

Richmond Carers Centre

Carers Support Line

020 8867 2380

24hr answerphone

SAVE THE DATE

Thursday 14th June 2018



Image source: www.kew.org

NOW IS YOUR CHANCE
TO LET THE COUNCIL
KNOW WHICH ISSUES
YOU THINK SHOULD BE
REVIEWED NEXT.



centre of
excellence

Carers Trust Award



newsletter

Spring 2018

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CEO UPDATE

Welcome to the Richmond Carers Centre Spring Newsletter 2018. We would like to wish you all a Happy New Year. In this edition you will find we have added a page to our newsletter called In the Spotlight (p9), each quarter focusing on one service offered, to give carers a better understanding of the support we provide and feel confident in accessing that service. We have booked the venue for this year's Carers Wellbeing Day (as below), which promises to be a wonderful event. As always, we have a very full newsletter for you and the workshop programme (p6-7) is particularly stuffed. There are some great things on offer for carers this quarter, including the Met Police's Stay Safe Event (p17); Kew Gardens Discovery Programme (p16) and lots of information on local services (p10-13) as well as opportunities to get involved in local decision making (p14).

SAVE THE DATE

The Carers Wellbeing Day (formerly Carers Conference) will be held this year on Thursday 14th June. Full details and booking available in the Summer Newsletter, out 1st May 2018.

Thank you to everyone who contributed to the collection boxes in Squires over the last few months – our first collection has raised **£304.50** for carers in Richmond. With seven months left as Squires' charity of the year, please continue to promote this opportunity to help support carers.


SQUIRES
GARDEN CENTRES



Richmond Carers Centre
5 Briar Road, Twickenham TW2 6RB Tel: 020 8867 2380
www.richmondcarers.org info@richmondcarers.org
Registered charity no. 1092459 Company No. 4412793



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Carers Culture Club

Tuesday 20th February 2018

Orchid Festival, Kew Gardens Meet at 11am

Our spring visit to Kew Gardens coincides with the Kew Orchid Festival. Entry is free to carers as part of our membership of the Community Access Scheme. Join us and stay as long as you want. **If you would like to join us please book your place by Friday 9th February 2018.**



Image source: www.kew.org



Image source: museumoflondon.org.uk

Tuesday 20th March 2018

Visit to the Museum of London and lunch. Meeting at 9.30am to catch the train and return approximately 4.30pm.

Interested in history and the development of our great city since 450,000 BC, then this is the trip for you. Please note The Museum of London is near London Wall and the

Barbican area so there will be a 20-minute walk from the station and when we go for lunch. **The museum is free. Carers contribution for lunch is £15 per head. Booking and payment closes Friday 9th March 2018.**

Wednesday 18th April 2018, 11am-2.30pm

A private tour and talk at the Museum of Richmond followed by lunch at Bill's

Do you know how Richmond got its name? About Richmond's Royal connections and development? Always wanted to learn more about the area in which you live? Now is your chance with a 90-minute talk and tour with museum staff. Followed by a two-course lunch at Bill's on Richmond Bridge. Group numbers are limited for the museum tour so early booking is advisable. If you can only join us for the lunch please advise us when booking. **Carers contribution for the lunch is £13 per head. Booking and payment closes Friday 6th April 2018.**



Image source: tripadvisor.com

Please provide a SEPARATE cheque for each event made payable to RICHMOND CARERS CENTRE, and write on the reverse the name of the event.

Regular carers groups and trips



Art Group

A social support group where carers can explore artist techniques whilst socialising with others. Fridays

10am to 12noon

Every Friday EXCEPT GOOD FRIDAY



Book Club

A friendly group of carers who meet monthly to discuss their current book choice and chat. Fridays

10.30am to 12noon

9th February 9th March 13th April



Floral Design

Learn basic floral design in a social supportive group of carers. Facilitated by volunteer carers with a long history in floral design. Thursdays

2pm to 4pm

22nd February 22nd March 26th April



Knit, Natter & Sew

The group meets monthly to swap and share skills. Just bring along whatever you are currently working on. Thursdays

2pm to 4pm

8th February 8th March 12th April



Kew Gardens Trip

Carers go free as part of the Community Access Scheme. Tuesdays

Meet at 11am

**20th February (Orchid Festival)
22nd May 21st August**



Regular carers groups and trips



Garden Gang

Monthly group where carers can get together to learn and develop gardening techniques. Wednesdays

Meet at 10am

21st February 21st March 25th April



River Crane Walks

Free carers' walks along the river Crane, led by Frances Bennett of FORCE (Friends of the River Crane Environment). Wednesdays

Meet at 10am

28th March



Coffee Morning

A monthly social support group where you can meet other carers. Held at ASCA in Richmond. Comfortable atmosphere and light refreshments. Wednesdays

10.30am to 12noon

14th February 14th March 11th April



Social Evening

A popular social support group where you can relax and chat in the company of other carers. Light refreshments available. Wednesdays

5pm to 7pm

21st February 16th May

Booking is essential for all above listed groups/activities.

Call **020 8867 2380** or email info@richmondcarers.org

for more information or to book, or visit our website

www.richmondcarers.org

Workshops – Spring 2018



First aid for parent carers

The British Red Cross delivers this first aid course at Vestry Hall, Richmond and will tailor content to suit situations in which attending parent carers may find themselves.

10am-12noon, Wednesday 7th February 2018

First aid – caring for older people

The British Red Cross delivers this first aid course at Vestry Hall, Richmond and will tailor content to suit situations in which carers caring for an older person may find themselves.

1.30-3.30pm, Wednesday 7th February 2018



Thinking about money after a bereavement

Delivered by Claire Brendon from the Down to Earth Project, this course is designed to support carers with financial queries surrounding bereavement.

10am-12noon, Thursday 22nd February 2018

Moving and handling techniques for parent carers

Naomi Benson will be supporting parent carers to improve and maintain back-care techniques when helping their child to move.

10am-12noon, Tuesday 6th March 2018



Introduction to Skype & Facetime

Margaret Prain will be helping participants to learn about keeping in touch with friends and family using IT. Please bring your own laptop or tablet computer if you have one.

1.30-3.30pm, Tuesday 13th March 2018



Homeopathic tips for stress management

Candice Joyce will advise on how the basic principles of Homeopathy might help to manage stress better.

10am-12noon, Tuesday 20th March 2018



Carers Allowance Benefit

Oliver Mawdsley from the Carers Allowance unit will be advising on eligibility for Carers Allowance and other related benefits.

10am-12noon, Thursday 19th April 2018

Legal clinic for carers

Local solicitors Gregory White and Tom Lovering are offering individual 15-minute appointments to answer legal questions you may have relating to issues associated with your caring role, such as Lasting Power of Attorney, Wills and Trusts, etc.

There is a suggested donation of £5 to Richmond Carers Centre.

9.30am-12noon, Tuesday 24th April 2018

Booking is essential for all workshops run by Richmond Carers Centre. For more information or to book a place on one of these workshops, please call **020 8867 2380** or email info@richmondcarers.org

Images sourced from Unsplash.com

Something for the kids?



MUSEUM of RICHMOND

Victorian Decoupage, Tuesday 13th February to Friday 16th February 2018, 10am to 12noon

Discover more about the delightful craft of decoupage and create your own example to

take home. Workshops are £4 per child, booking is essential. Book your place at www.museumofrichmond.com. Please note: children must be accompanied by an adult at all times.

Source: Museum of Richmond



working together for independent living

Family Matters workshops 2018

Tuesday 27th February, 10am-1.30pm

Understanding and Managing Anxiety in Children with ASD and ADHD *with Linda Campbell-Arthur MA (Clin)*. This

workshop offers parents tools for understanding and managing anxiety in children with ASD and ADHD. We look at the specific nature of anxiety and signs to watch out for. There will be some time to discuss individual examples and to give specific recommendations to parents. Session ends with a demonstration of progressive muscle relaxation

Tuesday 27th March, 10am-1.30pm

Special Needs & Puberty. Ready or Not, Here It Comes *with Mark Brown of Special Help 4 Special Needs*. This workshop aims to explore the issues faced by children/teenagers with special needs and the people around them when the child/teenager is going through puberty. This includes identifying some of the characteristics of puberty that have an impact on children/teenagers with special needs, providing understanding in relation to anger management as teenagers and looking at practical approaches towards inappropriate sexualised behaviour.

Tuesday April 24th, 10am-1.30pm

Just a Few More Minutes Please – Sleep Problems *with Mark Brown of Special Help 4 Special Needs*. Mark will explore the difficulties associated with sleep and children with special needs, as well as some neuro-typical children, and provide some general ideas and approaches toward getting better sleep.

‘The need for sleep is not just about being exhausted; it is about the mental and physical wellbeing of the person.’

A free lunch is provided after each workshop. Family Matters run workshops and drop-in sessions at the Disability Action & Advice Centre, 4 Waldegrave Road, Teddington TW11 8HT every fourth Tuesday of the month from 10am-1pm except for school holidays. Ruils staff, including Sian Austin and Linda Campbell-Arthur from Family Matters, Alex Hardy from Independent Support and Sue Robson from the Sitting & Befriending service, are on hand to answer your questions. Family Matters offers 1:1 support for parents and carers of children with extra needs. We can work with you to focus on areas of family life that are causing concern and identify steps to address them. We can provide information, support and advocacy services. If we can't find an answer, we'll find someone who can.

Source: Ruils

In the Spotlight *Information and Advice*

What do we mean when we say Richmond Carers Centre provides information and advice to carers? Information and Advice about what?



- Support available in Richmond including emotional support, opportunities to develop support networks, and rights/entitlements (benefits, employment)
- Advice about the emotional and physical impact of caring
- Information about strategies and support options
- Signposting and/or referring to other organisations as needed
- Liaison with other professionals to find out relevant information

Why do we provide Information and Advice?

- To help carers support the person they care for whilst maintaining their own health and wellbeing through improving knowledge about support available to carers
- To help carers feel informed about their rights and entitlements
- To help carers understand their own needs as a carer, to find time for themselves/have a break/pursue some of their own interests, and feel better able to cope with the demands of caring
- To help carers develop a support network and feel less alone

How do we provide Information and Advice?

- Our Support Line is available for carers to contact us on to discuss any issues they may be facing and obtain contact details for professionals or alternative sources of support (**10am-3pm Monday to Thursday**)
- Sessions with Carer Support Workers to look at a carer's individual situation and help identify a way forward (call/email to book)
- Workshops to provide information about a specific topic (see p6)

What do carers say about the Information and Advice given?

- When I haven't known how to change a situation, they have been able to inform me, step in, and make the difficult phone calls that start to bring about change
- Excellent advice on negotiating my way through difficult agencies that were involved in my husband's care (GPs, NHS, local authority, district nurses etc etc). I felt empowered and much more in the driving seat
- Very helpful to have a source of information on carers' rights and options
- Help in navigating local social services to get a carers' assessment was invaluable and a long fight! Your sources of information and support make life so much easier for anybody in the borough trying to navigate their way through the numbers of people and organisations able to help them

Source: Richmond Carers Centre



Richmond Mencap Eastbourne Bungalow



Bookings are now taking place for 2018 from April to November and early enquiries are advised, particularly for bookings during school holidays. This three-bedroom bungalow sleeps six and is available to all carers. Unfortunately it is not fully wheelchair

accessible. It is situated near the sea.

It's run on a non-profit basis and weekly rent is between **£170 and £250** according to the week in question.

For further details please contact Sybil Lewis at the Richmond Mencap office on **020 8744 1923** or **office@richmondmencap.org.uk**



Source: Richmond Mencap



ETHNIC MINORITIES ADVOCACY GROUP

BME HEALTH AND WELLBEING GROUP FOR ELDERLS
Whitton Community Centre, Percy Road, Whitton TW2 6JL

Fortnightly on a Friday, 11am-1pm

Come and meet new people, and celebrate diversity whilst keeping healthy. Each session includes an exercise class/health walk and a workshop or talk on healthy living.

9th and 23rd February

9th and 23rd March

6th and 20th April

For more information call Ravi on **020 8893 9444**, email **ravi@emaguk.net** or write to Ravi Arora, 111A Kneller Road, Whitton, Twickenham TW2 7DT

Source: EMAG



Advice for Independent Living

Helping you get the right support

If you need help to look at options for getting help at home or making arrangements, call Paula on 020 8831 6088 or email paulabuckton@ruils.co.uk

Thinking about getting help for your daily life?

Not eligible for Council funding?

You may be struggling to know where to start.

Let Ruils help. We can work with you, or someone you know, to work out what kind of help you need, what options are available and what might work best for you or your loved one.

We will tell you about the pros and cons, work out the costs, and approach matters sensitively with those who might be reluctant to accept help.

We will use our experience and contacts to put together the best solution for you, or simply provide advice and signposting if that is all you need.

Whatever your situation, we have probably come across something similar before so we can guide you and advise you effectively.

We can also advise you on eligibility and processes for Social Care or NHS Continuing Healthcare funding. So, for peace of mind and reassurance, call us now using the contact details above.

ruils

Source: Ruils

Healthy Lifestyles for Carers

If you are a carer and would like to know more about improving your health, please come along.

Wednesday 28 February 2018, 6-7 pm

York Medical Practice, Oak Lane, Twickenham

Organised by the Patient Participation Group & staff with local carers who will be speakers for the evening including Margaret Dangoor, Paul Leonard and a support worker from Richmond Carers Centre.

To book please RSVP to:

riccgg.ympinfo@nhs.net or call the practice on **020 8744 0220**

Source: York Medical Practice

Compassionate Neighbours



Compassionate Neighbours

South West London and Surrey

Could you be a Compassionate Neighbour?

Compassionate Neighbours are trained volunteers offering friendship and a listening ear to people living in their community.

What would you do?

- Pop round for a cup of tea and a chat
- Help someone stay connected to their friends and the community
- Be part of a network of other Compassionate Neighbours in your community

Could you make a difference in your local community? Can you spare an hour a week?

To find out more call **01372 461856**
or email **volunteering@pah.org.uk** www.pah.org.uk

Source: Princess Alice Hospice



8pm to Midnight Mondays & Fridays

For Transgender people,
their families & friends



MindLine Trans+ is a confidential emotional, mental health support helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid, Non-binary. We provide a safe place to talk about your feelings confidentially. We do not record calls, nor do we ask for personal details. Our listeners will try to understand the feelings and concerns that you may have, will listen to you and can offer support.





Working for Carers supports unpaid carers across London to move closer to employment. The project is led by Carers Trust and delivered by its network of 24 partners across London, and is jointly funded by the Big Lottery Fund and European Social Fund.

Working for Carers aims to:

- Support carers to pursue their employment goals through confidence building and skills development
- Offer a flexible service that considers individual needs and ambitions
- Engage with local businesses and organisations to create employment, training and volunteering opportunities for carers
- Highlight the benefits of employing carers, adopting carer friendly policies, and understanding the needs of carers in the workplace

Carers can access free support, designed to meet their individual needs and delivered in their local area. This may include:

- One-to-one support and advice with an Employment Personal Advisor
- Group activities and training workshops
- Support with writing CVs and interview techniques
- Help with job searching
- Access to employment, volunteering and training opportunities

To be eligible for support you will need to be:

- An unpaid carer or former carer
- Aged 25 and over
- Living in London
- Not in any paid work

For more information about this free service call **020 7428 8950** or email **wfc@camdencarers.org.uk**

Source: Working for carers



Making a complaint about the NHS

Do you have a complaint about the way your NHS treatment has been handled? Do you need to let someone know about your experience? For general advice about how to make a complaint to the NHS or to

give feedback go to <http://bit.ly/2mvzpx1>

The NHS Complaints Advocacy at Cambridge House is there to help people make their concerns heard. It can provide information about understanding the procedures and offer support when making complaints. For more information call **020 7358 7007**, email **Richmond@ch1889.org** or go to <http://bit.ly/2D3vW2M>

Source: Healthwatch



Do you or the person you care for receive mental health services from South West London and St George's Mental Health Trust or Richmond Wellbeing Service?

If so, we want to hear from you. Healthwatch Richmond are reviewing local mental health care and want to find out what carers think about community mental health care, access to psychological services and crisis care.

- We will be visiting services over spring and summer 2018 and want to hear from you about what's working well and what needs improving.
- Your feedback will help us to work with the providers to improve mental health care locally.
- We are also keen to hear from the people you care for.

If you, or the person you care for would like to share your experiences to help shape our work, please contact

Healthwatch Richmond on **020 8099 5335** or
email **sandra@healthwatchrichmond.co.uk**



Source: Healthwatch



Heathrow expansion public consultation 17th January-28th March 2018

There are two parts to this consultation:

- The first relates to the physical changes on the ground needed to build a new north west runway and operate an expanded airport
- The second relates to potential principles that could be applied when designing the new airspace required for an expanded airport. At this early stage, there is no consultation on future flight path options. Your feedback is very important. You can provide your comments and views in a number of ways:
 - Online-go to **<https://www.heathrowconsultation.com/>**
 - Complete a feedback form, available on request or at exhibition events
 - In writing to: Freepost LHR EXPANSION CONSULTATION
 - To feedback on the expansion consultation send an email to **expansion.feedback@heathrowconsultation.com**
 - To feedback on the airspace consultation send an email to **airspace.feedback@heathrowconsultation.com**

All feedback received through these channels will be considered.

Source: <https://www.heathrowconsultation.com/>



Have Your Say

Richmond Council's Scrutiny Panels investigate local issues to find out how local services can be improved. Past reviews have included domestic abuse, cemetery space and development of residential basements. Now is your chance to let the Council know which issues you think should be reviewed next. To suggest a topic for review please complete the online form at www.richmond.gov.uk/scrutiny or email the scrutiny team on scrutiny@richmond.gov.uk. Please submit your suggestions by **23rd February 2018**. Please note that councillors on the Scrutiny Committee are not able to deal with individual complaints through the Scrutiny process. *Source: LBRUT*



The draft **London Plan**, which is currently being consulted on by the London Mayor, outlines the policy framework to be followed by London boroughs when setting their priorities for development, dealing with Planning Applications, and what needs to be considered. **The consultation closes on 2nd March 2018.**

In an open letter, Cllr Paul Hodgins urges residents to go online and have their say. He says that whilst the borough should support sustainable and intelligent growth, the Council believes it cannot support a rush for housing numbers at the expense of local economy and character. Boroughs should be recognised as economic, spatial and social destinations in their own right, and not just as housing outposts for central London.

The Council will formally respond to the consultation. Richmond Council is in full support of providing more housing opportunities for its residents and workers, including the provision of affordable housing. However, the proposed increase in housing needs to be accompanied by infrastructure planning and concurrent investment in transport infrastructure so children can go to a nearby school and have easy access to a GP.

To have your say go to <https://www.london.gov.uk/what-we-do/planning/london-plan/new-london-plan>. Alternatively, you can submit your comments by email to LondonPlan@london.gov.uk or by post to **Sadiq Khan (Mayor of London), New London Plan, GLA City Hall, London Plan Team, Post Point 18, FREEPOST RTJC-XBZZ-GJKZ, London SE1 2AA.**

Source: LBRUT

Kew Gardens Discovery Programme Offers 2018

The 2018 schedule of Health Walks for local residents will start again on Wednesday 7 February 2018 and will continue on the first Wednesday of each month throughout 2018.

This offer is for local residents who would like to stay active.

For full details visit <https://www.kew.org/kew-gardens/whats-on/health-walks-for-local-residents>



Again the Dementia Friendly Health Walks will resume on **Tuesday 20th February 2018 at 10.30am** and continue on the third Tuesday each month throughout 2018. This offer is for local residents living with dementia and their carers in Partnership with Richmond Alzheimers Society. For details visit <https://www.kew.org/kew-gardens/whats-on/health-walks-for-people-living-with-dementia>

Free Guided tours with sign language will begin again on **Sunday 4th February 2018** and the season will launch with a Guided tour with Sign Language on Kew's Discovery Bus. This offer is ideal for visitors who use Sign Language and have limited mobility. The programme then continues with the usual Free Guided Walking tour on the first Sunday of each month until November 2018. For details visit <https://www.kew.org/kew-gardens/whats-on/monthly-british-sign-language-tours>

From **Sunday 11th February 2018 at 11.30am** Kew will introduce a free bi-monthly Sensory Walking tour for Visitors with Sight Loss and their carers. This free event will complement the existing programme of access offers that Kew delivers. This offer has been created in partnership with VISOR Richmond & Richmond Talking Newspaper. This tour will be delivered on the **second Sunday of every other month** throughout 2018 until Sunday 9 December 2018 (February, April, June, August, October, December).

Source: Kew

Care and Support Jargon Buster

The Care and Support Jargon Buster is a plain English guide to the most commonly used health and social care words and phrases and what they mean. The definitions are plain English rather than legal, and were developed and tested by a steering group that included people who use services, carers and other representatives from across the social care sector. Type the following address into your browser to visit the jargon buster: <https://www.thinklocalactpersonal.org.uk/Browse/Informationandadvice/CareandSupportJargonBuster/>

Source: Think Local Act Personal



Sensory Palaces is a health and wellbeing learning programme for people living with early 'mild' dementia (as defined by the Alzheimer's Society) and their carers. Each session provides a chance for participants to explore stories from the palaces, participate in fun, sensory activities and build social connections.



**Historic
Royal Palaces**

Sessions run on **Tuesdays, 10.30am to 12.30pm** and there are spaces available on the following dates at Hampton Court Palace:

• **6th February** • **20th February** • **6th March** • **20th March**

Sessions are free but spaces are limited. **Booking is essential.**

Contact sensorypalaces@hrp.org.uk to book your space. The team will arrange to speak with you over the phone to assess your requirements and answer any queries. For more information visit the website at www.hrp.org.uk/hampton-court-palace/explore/sensory-palaces

Source: Historic Royal Palaces

STAY SAFE with the Met Police's Big Event
Held at Twickenham Rugby Stadium, 10am-2pm on Saturday 10th March, this event will look at scams, staying safe online and

home security. There are guest speakers including the MET Police Commissioner, Zac Goldsmith and Gloria Hunniford as well as a few companies to show products that can be used to prevent crime in your home. Tea and coffee provided.



**METROPOLITAN
POLICE**

Working together for a safer London

Source: Metropolitan Police

You are not alone is an information booklet that National Autistic Society Richmond has co-produced with parents. This is aimed at those parents who think that their son or daughter might be different in some way from their peers, possibly because they may have an autism spectrum condition. This booklet can be downloaded from the useful links page of Send Family Voices (<http://www.sendfamilyvoices.org/useful-documents/>) or the Richmond NAS branch News page (<http://www.richmondnas.org/our-branch-news.html>). *Source: Richmond NAS*



Regular groups for young carers

11+ Youth Group

A social group for young carers to chill out, relax and do fun activities.

First and third Monday of the month during term time.

4pm to 6pm

After School Siblings Group

A social group for ages 5-8 and 9-12 year old sibling carers to relax and do fun activities after school. The two age groups run on alternate Fridays during term time.

4pm to 6pm

February half-term activity programme

CREATE inspired arts workshops for ages 11-17

Monday 12th, Tuesday 13th and Wednesday 14th February

An opportunity to come and create collages, art and other creative works

Horse Rangers for ages 7-11

Wednesday 14th February

You need to inform us of your height and weight.

Includes a ride in Bushy Park and a pizza lunch

Heatham House fun day and Honey Pot Playbus for ages 5-11

Thursday 15th February

Opportunity to have lots of fun, play games, arts and crafts, make friends and meet bumble on the honey pot playbus

Easter Holiday Programme, 29th March-16th April

Activities will include trampolining, go karting, bowling, horse rangers and other outdoor activities. If you would like further information for these activities, please ensure we have your correct email address.

Young Carers Mentoring

We are pleased to announce that we have been successful in securing funding for a second year of our Mentoring programme in Secondary Schools, from Richmond Parish Lands Charity.

'It's fun and boosts your confidence. It is good to talk to somebody in private and to somebody you can trust'

RPLC

Supporting people & charities
in Richmond since 1786
Charity No. 220059

'It gives me space to talk during school hours where I can relax and be myself'



Richmond Borough Mind runs the **Carers In Mind Project**, which offers a range of specialist services to families and friends supporting someone with mental health difficulties. The demands of supporting someone can impact on your own wellbeing so it can be helpful to get support from people who understand your role and can offer professional advice and guidance.



MONTHLY MENTAL HEALTH CARERS SUPPORT GROUPS

East Sheen Support Group third Wednesday of the month, 7-9pm. Long-standing support group facilitated by a local carer. St Mary's, Mortlake High Street, London SW14 8JA

Twickenham Support Group third Wednesday of the month, 6.30-8.15pm. Group facilitated by Clare Taylor of Carers In Mind. Richmond Carers Centre, Briar Road, Twickenham TW2 6RB

Maddison Support Group first Thursday of the month, 6-7.45pm. Support group facilitated by Kris Chokupermal from the Home Treatment Team suitable for people supporting someone with enduring psychosis. The Maddison Centre, 140 Church Lane, Teddington TW11 8QL

Partners Support Group second Wednesday of the month, 6.30-8pm. Group specifically for carers who are supporting their partner, facilitated by John Elkin of Carers In Mind. Richmond Royal Hospital (August) then Richmond Carers Centre (September onwards).

SOCIAL EVENTS

Carers Monthly Lunches The venue is Mind's office at 32 Hampton Road, Twickenham Green, TW2 5QB. Fridays 23rd February, 30th March and 27th April, there will be a workshop after each lunch please book at the latest the Monday before the lunch.

Carers Outings

Friday 16th February. Guided tour of the Kew Orchid festival, meet at the main Kew Gardens gate at 11am, book by 5th February.
Saturday 24th March. Twickenham Fine Ales Comedy Night, comedy starts at 8pm. Doors open from 7.30pm, please book by 12th March.

To book any of the social events or workshops or to attend a support group please contact either clare.taylor@rbmind.org or john.elkin@rbmind.org or carers@rbmind.org or call us on **020 8940 7384**.

Supper club is back

This popular monthly gathering includes a two-course meal and entertainment, and is run by Home Instead at the Woodville Centre in Ham, monthly on **Thursdays** from **6-8pm**. The cost is £8.50.

Supper club dates:

- 8th February
- 8th March
- 12th April

Email event.richmond@homeinstead.co.uk or call **020 3879 7877**.



Activities for Carers

Evening Carers Support Group for carers of people with early/ approaching moderate stages of dementia

Held monthly on a **Wednesday** at Richmond Carers Centre, Briar Road, Twickenham TW2 6RB
6.30-8pm. Forthcoming dates:

- 28th February
- 28th March
- 25th April

Coffee Morning for early stages ONLY

This is held every two months on the **first Friday** of the month, **10.30am-12.30pm** in Richmond Gate Hotel, 152-158 Richmond Hill, Richmond TW10 6RP.

Refreshments are charged £5 per person, payable on the day, and there is free parking. Forthcoming dates:

- **Friday 6th April**

Booking is essential, for more information please email Claire.Waddington@alzheimers.org.uk or phone **020 8611 6800**.

Young People with Dementia Carers Peer Support Group

Held at Alzheimer's Society Office in Richmond, **6.30-8pm**, and facilitated by Natasha Sindano. Forthcoming dates:

- **Tuesday 10th April**

For more information and booking call Alzheimer's Society Richmond on **020 8611 6800** or email Natasha.Sindano@alzheimers.org.uk



Photo by freddie marriage on Unsplash

Source: Alzheimer's Society

INS Services for Carers



Services and information for carers supporting someone in the borough of Richmond with a Neurological condition. For more information or to attend any of the events below, please contact **020 8755 4000** or **admin@ins.org.uk** and ask for the listed contact.

Carers' Fit Club Fit club offers carers an opportunity to exercise at their own pace and ability. This includes a blood pressure check and information on how to keep fit and well. The six sessions will run on **Wednesday** afternoons from **1-2pm**. Next six-week block starts **21st February**. Prior to attending, you will be assessed by a member of the team.

Live well Groups

A four-week group for clients and their carer/s aimed at helping you both to understand and manage the symptoms of living with a neurological condition via exercise, information and discussion. Free for carers to attend.

Live well with MS

Tuesdays - 27th February and 6th, 13th & 20th March, 10-11.30am

Live well with Parkinson's

Thursdays - 1st, 8th, 15th and 22nd March, 2-3.30pm

Exploring Spirituality & Wellbeing

Wednesdays, 2-4pm
82 Hampton Road, Twickenham
TW2 5QS. New carers welcome.

- **14th February 2018**
- **14th March 2018**
- **18th April 2018**

Taking Back Control This course will run over three weeks and focuses on the emotional impact of caring for someone with a long-term neurological condition, and on learning coping strategies and relaxation techniques.

British Red Cross First Aid

Tuesday 13th February, 10.30am-12.30pm. British Red Cross are running a free first aid session for any carers who may support a person at risk of experiencing a slip, trip or a fall. Know what to do in an emergency. A certificate of attendance is given at the end of the session.

Carers' Walks Thursdays, 10.30am-12.30pm

- **15th February 2018**
- **15th March 2018**
- **19th April 2018**

Locations TBC – usually local park.

Carers' Coffee Morning

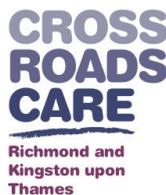
Tuesdays, 10.15-11.30am. Held at Squires Garden Centre, Sixth Cross Rd, Twickenham TW2 5PA.

- **20th February 2018**
- **20th March 2018**
- **17th April 2018**

Source: INS

The Caring Café

The Caring Café is a gathering where people living with dementia, their families and friends can meet for coffee and/or lunch in the company of others in a similar situation, to share experiences and enjoy spending time together. The café runs between 11am and 3.30pm on the first and third Saturdays of the month at **Sheen Lane Day Centre**, 74 Sheen Lane, Richmond SW14 8LP. Support Workers from Crossroads Care and the Alzheimer's Society are on hand to provide guidance and information. For more information, please call Rachel Tawadrous at Crossroads Care Richmond and Kingston on **020 8943 9421** or email rachel.tawadrous@crossroadscarerk.org.uk. Please see café dates below.



Source: Crossroads Care Richmond and Kingston



3rd February 2018

Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Musical entertainment at 1.30pm

17th February 2018

Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Afternoon entertainment

3rd March 2018

Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Musical entertainment at 1.30pm

17th March 2018

Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Afternoon entertainment

7th April 2018

Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Musical entertainment at 1.30pm

21st April 2018

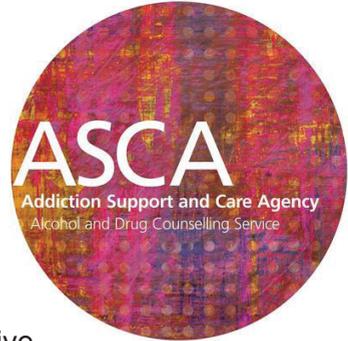
Carers Support Group
1.15pm-2.30pm

Facilitated by Alzheimer's Society
Afternoon entertainment

Please note the **Caring at a Distance Group** which is facilitated by the Alzheimer's Society will no longer take place at the The Caring Café but will now be at the Avenue Club on the **first Friday of each month**. For more information, please contact the Alzheimer's Society on **020 8611 6800**.

The Addiction Support and Care Agency (ASCA)

Spring is a time of new beginnings and growth. According to American psychologist Abraham Maslow, every person has a self-actualising tendency and tries to reach their full potential in life. Ongoing personal issues, however, can prove a stumbling block to an individual's development and where to turn for professional help may then prove problematic. Fortunately, the Richmond and Kingston area is served by a longstanding counselling service that can help facilitate positive change in those wanting to be the best they can be.



The Addiction Support and Care Agency (ASCA) is a local charity that offers confidential, low-cost, one-to-one counselling and group therapy to address a range of life's problems, including alcohol, drug and other addictions; anxiety; depression; low self-esteem and stress. There is also a Carers' Group for those whose lives are, or have been, impacted by the addictions of others. This seems all the more relevant when it is known that alcohol and drug dependency affects one in 25 people and one in four adults drink more than is healthy. Extra wellbeing services available include meditation classes and yoga.

In addition, ASCA runs a 12-Step Zen Group, which features meditation and discussion in a supportive atmosphere. This is a drop-in group, open to everyone and does not require an initial assessment. It has proved a popular meeting for those who like a calm space for reflection.



For further information, please visit www.addictionsupport.co.uk, email info@addictionsupport.co.uk, contact ASCA Richmond **020 8940 1160** (233 Lower Mortlake Road, Richmond, Surrey TW9 2LL) or ASCA Kingston **020 8339 9899** (96 Ditton Road, Surbiton, Surrey KT6 6RH).

Source: ASCA

Who are the Hub Service?

Richmond Carers Centre offers free and confidential advice, information and support to carers aged five and up living in or caring for someone living in Richmond upon Thames. Carers who register with us can access additional support such as carers workshops and our leisure and activities programme. **T: 020 8867 2380 E: info@richmondcarers.org W: www.richmondcarers.org**



Carers in Mind supports families and friends who are caring for a loved one over 18 and experiencing functional, non-organic mental health difficulties. We provide information, advice and guidance, one-to-one support, training and workshops, peer support groups, social activities and informal advocacy. **T: 020 8940 7384 E: carers@rbmind.org W: www.rbmind.org**



Addiction Support and Care Agency provides support and advice for carers to enable them to cope with someone who has a drug or alcohol problem. Carers Support Groups every Tuesday 6-7.30pm. Please call for further information. **T: 020 8940 1160 E: info@addictionsupport.co.uk W: www.addictionsupport.co.uk**



Integrated Neurological Services provides long-term, professional support for people with neurological conditions including Parkinson's, MS and Stroke, as well as their carers. **T: 020 8755 4000 E: admin@ins.org W: www.ins.org.uk**



Grace Advocacy is a charity that understands the financial pressures which carers are under. It offers financial health check-ups and a full debt advice service with access to the widest variety of debt solutions available. **T: 020 7183 4456 E: advice@graceadvocacy.org W: www.graceadvocacy.org**



Alzheimer's Society provides specialist information, guidance and support for people and families affected by Alzheimer's disease and all other types of dementia. Support services include carers support groups and outings specifically for carers of people with dementia. **T: 020 8611 6800 E: richmondservices@alzheimers.org.uk W: www.alzheimers.org.uk**



Crossroads Care Richmond & Kingston runs a local Caring Café for carers of people living with dementia and the people for whom they care. **T: 020 8943 9421 E: richmonduponthames@crossroad.org.uk W: www.carers.org/local-service/richmond-and-kingston**



The Richmond carers Hub Service is offered to support carers and is funded by the London Borough of Richmond upon Thames.

