

YOU MATTER

You are invited to attend our


Carers Wellbeing Day

(formerly known as the Carers Conference)

Thursday 14th June 2018

10am to 2pm

**York House,
Twickenham**



Why not give yourself these few short hours to indulge in some of our wellbeing activities? These include guided relaxation, Indian head massage or aromatherapy. You can also have a health check on the day, and meet other carers as well as local professionals providing services for carers. To finish, enjoy a buffet lunch with musical entertainment, then leave with a goody bag full of information and freebies.

Programme

- 10am** Registration and goody bag collection.
Tea and coffee available on arrival and throughout the morning
- 10.15am** Welcome and introduction, Liz Bruce, Director of Adult Social Services
- 10.30am-12noon** Carers marketplace opens
Wellbeing workshops and facilitated discussions consultation
Individual sessions available with the legal clinic, financial clinic and hand massage therapists begin. Health checks provided by local pharmacists C. Goode Pharmacy and Kanset Pharmacy
- 1pm** A cafe-style buffet lunch provided by caterer Plum Duff will be served in the Hyde room

Workshop information

All workshops are 45 minutes duration

10.30am	<p>Clarendon Hall Talk and Draw with Orleans House</p> <p>Salon The seven pillars of wellness with ASCA</p> <p>Winter Garden Large group relaxation with RBMind and the Twickenham Wellbeing Centre</p> <p>Terrace Room Take-home strategies for tackling back pain with Claire Lisboa of Twickenham Osteopathy Clinic</p> <p>Terrace Parlour Facilitated discussions consultation with Kingston and Richmond CCG</p>
12noon	<p>Clarendon Hall Stay Safe. Anti-scam with Metropolitan Police</p> <p>Salon Essential Oils with Miranda Key</p> <p>Winter Garden Mindfulness with Andrea Hosfeld</p> <p>Terrace Room Meditation & seated yoga with Amanda Wilkes</p> <p>Terrace Parlour Financing your care with RUILS</p>

Marketplace

The below local organisations will all be a part of the Carers Marketplace

Richmond Carers Centre	Integrated Neurological Services	Local Metropolitan Police
Me too & co	Addiction and Support Care Agency	Novus Homeshare
Homelink Day Respite Care Centre	Working for Carers	Health Walks and Green Gym
Crossroads Care Richmond and Kingston	HRCH Dementia Service	Healthwatch Richmond
Alzheimers society	Oliver Mawdsley, DWP	Age UK Richmond
Ethnic Minorities Advocacy Group	Health checks delivered by local Pharmacists	RBMind
Careline/Telecare	ADHD Richmond	Richmond Aid
Mulberry Centre	Richmond Mencap	RUILS

Workshop booking form

Please circle up to two workshops at each of the two time slots below and label them in order of preference. We will do our best to get you your first choice in each case but cannot guarantee it. Event booking form overleaf.

10.30am	Talk and Draw	Seven pillars of wellness	Take-home strategies for tackling back pain
	Large group relaxation	CCG facilitated discussion	
12noon	Stay Safe anti-scam presentation	Essential oils	Meditation and seated yoga
	Mindfulness	Financing your care	

Venue location and transport



YORK HOUSE, Richmond Road, Twickenham TW1 3AA

For general enquiries call **020 8831 6108**

Buses stopping on Richmond Road, close to York House are **R68, R70, H22, 490, 33**

Buses stopping on King Street are **281, H22 and 267**

Nearest train station is **Twickenham**

There are also a number of public pay and display car parks in Twickenham, including at York House. For more information visit **www.richmond.gov.uk/parking**

Event booking form

Please complete and return to Carers Week Event, FREEPOST RRKZ-TTCE-RYES, Richmond Carers Centre, 5 Briar Road, Twickenham TW2 6RB by Friday 1st June 2018. Any queries call Richmond Carers Centre on 020 8867 2380. Once we have received your registration form your place will be booked. You will not receive further confirmation.

- ☐ I wish to attend
- ☐ I need help with respite
- ☐ I need help with transport
(for carers with distance or mobility issues)

We will not be providing respite on site but we will help with respite if you require additional support. This will have to be booked and will be subject to a Care Assessment. Please give details and we will contact you to discuss your needs further. If you wish to speak with someone please call Rachel Tawadrous, Crossroads Care Manager on 020 8943 9421 by Friday 11th May 2018 to ensure there is time to make the necessary assessments. We can support you to use your current respite provider if you would prefer – if you would like to look into this option please call Richmond Carers Centre to discuss.

NAME

TEL NO

EMAIL ADDRESS

SPECIAL REQUIREMENTS (E.G. DIETARY/ACCESS)?