Welcome to the February edition of News for Carers

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Go electronic!

Most of us have access to internet and an email address these days. Electronic information is quick, efficient and eco-friendly. How about signing up to our online newsletter!

There is nothing but benefits from switching from paper copy to online version of News for Carers.

Firstly, the newsletter will get to your email address as soon as it’s designed with no delays caused by printing and delivery by post.

Secondly, it doesn’t take up any physical space in your home and quietly sits in your computer, smartphone or tablet.

Thirdly, it is completely green. There is no need for cutting trees, using energy or fuel for printing and delivering.

And lastly, once you have shared your email address with us, we will be able to send you electronic updates, reminders and information about interesting events provided by our partners (if you wish to use this option).

If you are ready to switch to electronic version of News for Carers, please email us on kandc@carersuk.org

Carers Information Booklet 2016 is ready!

Our annual Carers Information Booklet 2016 is now out! If you haven’t already received it in the post, please call to us to order your free copy on 0800 032 1089 or email kandc@carersuk.org
Carers Forum

Kensington and Chelsea Carers Forum meets each quarter and gives carers a chance to have a say on local health and social care issues. It also enables carers to have a voice and to shape the types of services available in RBKCC. The forum is open to all carers in Kensington and Chelsea.

Come and join us for the next Carers Forum which will take place on Thursday, 14 April 2016, between 10.45am-1.30pm in Committee Room 1, Kensington Town Hall (Horton Street, London W8 7NX).

We provide a light lunch for all carers who attend the forum so please let us know if you are coming, so we can make sure we have enough food.

For more information about the next Kensington and Chelsea Carers Forum and to book your place, please contact Carers Kensington & Chelsea by phoning us on 0800 032 1089 (Freephone from land lines) or by emailing kandc@carersuk.org.

Carers’ information online

The People First website is funded and run by the Councils of Hammersmith & Fulham, Kensington and Chelsea and Westminster. It is an online resource containing information on a wide range of issues, ideas, list of events and activities, and services to help residents maintain independence and wellbeing.

For the older adult population, people living with disabilities of whatever kind and those who look after others, the site aims to treats people as experts on their own needs and who want to live life fully.

Carers can visit a section entitled Support for Looking After Someone which has information specific to the needs of carers. Visit www.peoplefirstinfo.org.uk.

Carers Allowance and State Pension, what are the rules?

Carers are often confused about how receiving a State Pension affects Carers Allowance.

Question: “I am looking after my husband who is 68 and who receives Attendance Allowance. I am state pension age and receive my State Pension. Can I claim Carer’s Allowance for looking after him?”
Answer: “If you are in receipt of a State Pension you usually cannot be paid the full amount of Carer’s Allowance at the same time. This is because State Pensions and Carer’s Allowance are classed as ‘overlapping’ benefits. However, it may still be worth you making a claim for Carer’s Allowance, as you may still be able to get some extra money in recognition of your caring role.

If your State Pension is less than Carer’s Allowance (currently £62.10 per week), it can be topped up to the level of Carer’s Allowance if you make a claim. For example, if your State Pension is £50 per week, you could receive £12.10 per week in Carer’s Allowance.

If your State Pension is more than Carer’s Allowance (more than £62.10 per week) then you would not actually be paid any Carer’s Allowance itself, however it may still be worth making a claim. This is because you can get what is called an ‘underlying entitlement’ to Carer’s Allowance. This could increase any means-tested benefits you are currently getting, or could mean you become entitled to means-tested benefits for the first time (depending on your and any partner’s other income and capital). This is because having the ‘underlying entitlement’ to Carer’s Allowance means that a Carer Addition of £34.60 per week will be included in the calculation for your means-tested benefits.

For example, if you are receiving any Guarantee Pension Credit, you should get an extra £34.60 per week (the Carer Addition) included in your Guarantee Pension Credit award if you claim the ‘underlying entitlement’ to Carer’s Allowance.”

Note: Being paid Carers Allowance can sometimes have an effect on the benefits of the person you are caring for, if they are receiving the severe disability premium (or addition) as part of their benefit. This is normally only the case if you do not live with the person you care for. Having an underlying entitlement to Carers Allowance will not affect their benefit.

If you think you might be missing out on an underlying entitlement to Carers Allowance, or want to find out more about any other benefits you may be able to claim you can contact Carers Kensington & Chelsea for further advice, – see page 2 for contact details.

The Bedroom Tax and the Benefit Cap

Bedroom Tax

The rules for the bedroom tax allow an extra bedroom where the claimant or their partner has a need for overnight care, and as such have carers who need regular use of a bedroom. However at present this rule does not apply to children who need overnight carers.

On 27th January 2016 the Court of Appeal made a decision that the bedroom tax unlawfully discriminates against disabled children requiring overnight care as it does not allow for an additional bedroom for their overnight carer.

If you are subject to the bedroom tax but think you should not be because of this decision, then if you have not done so already you should appeal against the decision to restrict your Housing Benefit, or ask for it to be reviewed. You will need to do this in writing by sending a letter to Benefits Service of RBKC.

The Government have appealed the decision and it is likely that the appeal will be heard at the Supreme Court in early March. This means that until the outcome of the Supreme Court hearing, the rules haven’t actually changed, and so it is likely your appeal will be unsuccessful or the outcome may be delayed until the Supreme Court hearing decision has been made.

For more details about the case and what to do if you think it affects you see the Carers UK website at www.carersuk.org/help-and-advice/financial-support/help-with-benefits/bedroom-tax

Benefit Cap

The benefit cap limits the total amount of benefit that can be paid to a non-working household. The benefit cap levels are set at £500 per week for couples and families or £350 if you are single without children.

Carers are not specifically exempt, although many carers have been exempt from the benefit cap because they live in the same “benefit household” as the disabled person they are caring for, and if someone in your “benefit household” is receiving a disability benefit the household is exempt from the benefit cap. So a parent caring for a dependent child who is receiving a disability benefit would be exempt, as would someone caring for and living with a spouse or partner who is receiving a disability benefit. However, people caring for parents, grandparents, adult children, siblings or friends are subject to the cap.

On 26 November 2015, the High Court ruled that the benefit cap unlawfully discriminated against disabled people by failing to exempt their unpaid full-time carers from the benefit cap. Carers UK provided expert evidence for the carers in the case.

As a result, the Government announced on 25th January 2016 that it was going to exempt carers who receive Carer’s Allowance from the benefit cap. This is very welcome news and will make a big difference to
the 1400 or so carers who are affected by the benefit cap. It is not yet clear when the law will be changed or whether carers who have been affected will be able to get back benefit that has been capped. For more details on what to do if you are affected by the benefit cap go to the Carers UK Website at www.carersuk.org/help-and-advice/financial-support/help-with-benefits/benefit-cap

News from RBKC

Carers Engagement and Co-production Meetings

The Royal Borough of Kensington and Chelsea (RBKC), Westminster City Council (WCC) and the London Borough of Hammersmith & Fulham (LBHF) are currently designing the tender for future carers’ services (for implementation from May 2017 onwards) by a process of engagement and co-production.

They would like to invite carers, providers and other key stakeholders to attend a series of meetings/workshops to shape the future provision of carers’ services.

Please find detailed below dates for the meeting that will take place in RBKC.

Meetings in RBKC:
Friday 26 February 2016, 6-8pm at the Committee Rooms 3 & 4, the Civic Entrance, Kensington Town Hall, Hornton Street, W8 7NX
Monday 29 February 2016, 12-3pm at the Committee Room 3 & 4, the Civic Entrance, Kensington Town Hall, Hornton Street, W8 7NX
Wednesday 30 March 2016, 12-3pm at the Walford-Crofton Room, the Freeman Suite, Kensington Town Hall, Hornton Street, W8 7NX

Please note that specifically to manage and audit the engagement and co-production process Adult Social Care have created a specialist email commissioning@rbkc.gov.uk account. If you are interested in participating in these events or getting more involved in the process please email commissioning@rbkc.gov.uk in the first instance and commissioners will get back to you or phone Camille Law on 020 7938 8551.

News from NHS

Adult Community Mental Health Services are changing

From 3rd November 2015 a new model of care has been introduced to the Adult Community Mental Health Services in Kensington and Chelsea. These changes include:

• Easy access to services via a Single Point of Access (24 hours a day, 365 days a year)
• Increased hours of operation
• Improved responsiveness for urgent and emergency referrals
• Standardised approach to care delivery
• Treatment focused around recovery goals

The changes to the community teams in Kensington and Chelsea will not happen all at once but you will start to see changes from January 2016.

**The Single Point of Access (SPA)**

This is a one-stop entry point into adult secondary community mental health services for patients living in Kensington and Chelsea. The SPA has replaced the existing referral points and deliver a multidisciplinary triage, information and advice service 24 hours a day, 7 days a week, 365 days a year.

All referrals into CNWL Adult Mental Health services must be made through the SPA by telephone on 0800 023 4650 or by e-mail at cnw-tr.SPA@nhs.net.

**Urgent Advice Line – 24 Hour Rapid Response Service**

The Home Treatment Team will provide a rapid response assessment service for all referrals that have been triaged by the Single Point of Access (SPA) as being ‘emergency’ i.e. patient seen within 4 hours or ‘urgent’ i.e. within 24 hours. The Home Treatment Team will be able to provide a time limited service for those individuals experiencing a crisis that may not necessarily require an admission to hospital but rather require support in order to resolve the crisis.

You can contact Urgent Advice Line (24 Hour Rapid Response Mental Health Services) by phoning 0800 023 4650 or emailing cnw-tr.SPA@nhs.net.

**New Community Mental Health Teams (CMHTs)**

The new CMHTs offer continuity of care, clinical support and work with patients to develop their recovery goals.

CMHTs will offer three distinct functions:

- Providing assessment, treatment and care for those with time-limited disorders who can benefit from specialist interventions.
- Providing assessment, treatment and care for those with more complex and enduring needs.
- Giving information and advice on the management of mental health problems to other professionals – in particular advice to primary care.

CMHTs will assess patient needs making sure treatment provided is personalised and tailored to the individual. Giving patients more intensive care when they need it most and working with them towards greater empowerment and independence in managing their health and wellbeing. The teams will tell patients how long their treatment will last and where the care will be provided.

If you would like more information on the Single Point of Access or are worried about any of these changes and have questions about how they might affect you, please speak to your Care Co-ordinator, the Lead Professional you see or your local Team Manager. If you would like to provide feedback or make a complaint about any of these services, this can be done via your local Care Co-ordinator, the Lead Professional you see or your local Team Manager or via the Trust Complaints Team who can be emailed via feedback.cnw@nhs.net

**Whole Systems Integrated Care – Sharing your information to improve care**

In Kensington and Chelsea health and care professionals are working together to improve the care you receive. Those directly involved in your care will be able to see relevant information about you so you can receive joined up care.

This ensures that when you visit your GP practice, the hospital or get support in your community or at home, your care professionals such as your GP, hospital doctor, district nurse or social worker has the right information about you at the right time. Your consent is required for information to be accessed by hospitals, social care, mental health and community care organisations. Information will not be shared with or sold to anyone else.

If you agree to share your information, it is shared with health and social professional providing care for you and anonymously (without your personal details) with health and social care organisations to plan local services and improve care for everyone.

Some of the benefits of sharing your information are that you only need to tell your history once, you avoid unnecessary appointments and tests and be more involved in decision about your care.

For more information on Whole Systems Integrated Care and information sharing talk to your health or social care professional or visit http://integration.healthiernorthwestlondon.nhs.uk/ or email share4care@nhs.net
Hestia’s Carers Social Activities Service

Hestia Kensington & Chelsea offers activities for adult carers between ages 18 – 55. The forthcoming events are:

**Thursday 3 March** – 7.30-10.30pm Mamma Mia, Novello Theatre, Aldwych (£4 contributions from carers)

**Monday 14 March** – Relaxation/Meditation at Innerspace, Covent Garden (free event)

**Friday 15 April** 2.30-4.30pm – Cream Tea at Harrods, Knightsbridge (£5 contribution from carers)

**Wednesday 27 April** 7-8.30pm – Salsa Class at Salsa Club at Hammersmith (£3 contribution from carers)

Please note that spaces for all events and outings are limited so please book early. If you are interested in any of these events, please call Ellie on 020 7221 0052 or email elvira.vedelago@hestia.org for more information and to reserve your place.

Time for Me North Kensington

This is a free support and activities group for unpaid carers who are over 50 living in the north of the borough. The group, run by Open Age, usually meets on Friday mornings from 11am to 1pm at the Second Half Centre, St Charles Centre for Health and Wellbeing (Exmoor Street, London, W10 6DZ). Some of the activities include outings such as meals out or trips to exhibitions or shows etc. and the meeting place for those is specified below.

The winter activities include:

**Friday 26 February** – Card making with June and fabric painting / crafts with Lynda

**Friday 4 March** – Trip to St Pauls Cathedral tour (advance booking essential) – Meet at Open Age (St Charles) at 8.45am or St. Pauls at 10am

**Friday 11 March** – Stress management with Sarah Hurley

**Friday 18 March** – Second Half Centre End of Term Party (12-2pm)

Please note that all trips need to be booked in advance. For more information and to book a place, please contact Liz Butters on 020 8962 4536 or email ebutters@openage.org.uk

Time for Me South Kensington & Chelsea

Time for Me South Kensington & Chelsea offers support and activities for unpaid carers who are over 50 and living in the south of the borough.

The winter programme includes:

**Thursday 25 February** – Classical Concert with Afternoon at HTB Onslow Square

**Friday 26 February** – Brisk walk through Hampstead to Kenwood House

**Thursday 3 March** – Pitch & Putt at Queens Park followed by lunch

**Friday 4 March** – Yoga Nidra Session with Laura at New Horizons

**Friday 11 March** – Dementia friends information session at new Horizons

**Friday 18 March** – London Philharmonic Orchestra, brief Encounter Screening with Live Music

All trips and outings **must be booked in advance** as places are limited. For more information and to book a place please contact Ashley Young on 020 7590 8970 or email ayoung@openage.org.uk.

Age UK Kensington & Chelsea

**Carers Get Together**

Age UK Kensington & Chelsea has re-shaped its Carers Support Group, which they have been running for over 3 years now. A support group is held every three months in a new format of an informal, relaxing workshop. Join the group for food, chat, music, information and a chance to experience something new.

The next Carers Get Together is taking place on 16 March 2016, 1-3pm at Kindred Studios, 69 St Marks Road, W10 6JG. Join the group for a Pottery Workshop and tea and cakes.

The places are limited. Please contact Kate Nash for further information and to book your attendance by phoning 020 3181 0002 or emailing knash@aukc.org.uk

**Age UK – At Home Services**

Age UK Kensington & Chelsea continues to provide a wide range of services which might be of interest to you, if you care for a relative or friend over 55 years old, or you are over 55 yourself:

- Information and advice service;
- Primary Care Navigators – based at GP surgeries and there to help you access community services;
• Friends & neighbours – social groups with common interests;
• Community Lunches
• Befriending service provided by volunteers;
• Groups for people with memory loss including gentle exercise;
• Decluttering service;
• Shopping bus;
• Gardening help;
• Home improvements service to prevent falls and improve safety;
• At Home personal care services (chargeable) and nail-cutting service (by referral only)
• Chair based exercise at home

For more information about any of the above services please contact Age UK Kensington & Chelsea by phoning 0208 960 8137 or by visiting their website at www.ageuk.org.uk/kensingtonandchelsea.

Octavia Foundation’s Befriending Service in Kensington and Chelsea
Octavia Foundation Befriending Service is dedicated to reaching out to adults who are isolated due to their personal circumstances or poor health.

Some carers spend most of their time looking after a family member or a friend and often may feel isolated in their role and lacking in support for themselves. Befriending visits can provide a vital opportunity for carers to look after their own wellbeing through supportive relationships.

The Octavia Foundation’s Befriending Service offers one-to-one emotional support and a link to the community for those who are socially isolated.

Befriending sessions can include simply having a chat, going for a walk or doing an activity. It depends on what the person would like to do. Meetings are organised at a place and time that is suitable for the person.

Each individual is carefully matched with a volunteer befriender who visits every week for at least six months. All the volunteers are carefully recruited, police checked and trained to ensure a safe, professional service and the best friendship match possible.

To find out more about how this befriending service could benefit you or the person you care for, please contact Raksha on 020 8345 5532 or email raksha.gadhvi@octavia.org.uk

BME Carers and Families Forum
The BME Carers and Families forum is open to carers or those whose family uses care service.

The forum is facilitated by Midaye Somali Development Network and is free to join for the residents of Kensington and Chelsea, Westminster and Hammersmith & Fulham boroughs.

The purpose of the forum is to:
• share ideas and information;
• discuss carers’ rights and learn about local support and activities available to them;
• provide an opportunity for training and developing new skills;
• meet with people in similar situation;
• enable carers to gain support from multi-lingual staff and volunteers.

For more information and to find out when the next forum takes place contact Idil at Midaye by phoning on 020 8969 7456 or 07818 723789. Alternatively, you can email her at idil@midaye.org.uk.

Do you look after someone with dementia or memory problems?

Dementia Services, Age UK Kensington & Chelsea

My Memories Café
My Memories Café is a social gathering for people with memory problems or dementia and their friends or family. The cafes provide a place for anyone having difficulties with their memory or who is concerned about someone close to them who is, to find out more about what services and support are available. It can also be a chance to have a chat with someone who is going through something similar. Each session has a theme and the meetings are often attended by other health care professionals who can give support, such as Admiral Nurses. Lunch is provided.

Sessions are held between 1-3pm at:
Cremorne Clubroom (Milman’s Street, World’s End Estate, London, SW10 0BY) on Fridays 26 February, 18 March and 29 April.
St Peter’s Church (Kensington Park Road, Notting Hill, W11 2PN) on Tuesdays 1 March and 5 April.
Exercise for the Mind

Exercise for the Mind is a weekly gentle chair-based exercise class that is aimed for people with memory loss or dementia. Transport can be arranged for those who need it.

Gentle chair exercise are held at:
- **Cremorne Clubroom** (Milman’s Street, World’s End Estate, London, SW10 0BY) every Wednesday from 2.30-4pm.
- **Salvation Army** (205 Portobello Road, London, Notting Hill, London W11 1LU) every Thursday from 2.30-4pm.

To find out more and arrange transport, if required, contact Kate at Age UK Kensington & Chelsea by phoning on 020 8960 8137.

Young at Heart Group

Age UK Kensington & Chelsea’s Young at Heart Group is a monthly social group for younger people with diagnosis of dementia or mild cognitive impairment living in Kensington and Chelsea and Westminster. Carers, family and friends are also welcome to come along.

Young at Heart Group tries to arrange their meetings based on feedback and suggestions from those who attend. If you would like to join the group for any of the outings please contact Anna Sadler, Dementia Advisor by phoning 020 3219 0910 or emailing asadler@aukc.org.uk to book your place.

Art & Expression at the V&A

Age UK Kensington & Chelsea in partnership with Victoria and Albert Museum continues its varied programme of monthly workshops. During the sessions you will be able to explore arts-based activities and creative expression in a social setting, over a cup of coffee. Workshops are suitable for people living with early stage dementia, their carers and friends.

The sessions take place on first Monday of the month between 1-3pm in beautiful surroundings of the Victoria and Albert Museum (Learning Centre, Victoria and Albert Museum, Cromwell Road, South Kensington, London SW7 2RL).

Advance booking is essential as places are limited. For the full programme of upcoming events and to book your place contact Anna Sadler at Age UK Kensington & Chelsea on 020 8960 8137 or by emailing asadler@aukc.org.uk.

Singing for the brain

Every Friday until 8 April 2016, between 3.15-5.15pm in Westminster Memory and Dementia Resource Centre (42 Westbourne Park Road, London W2 5PH), Alzheimer’s Society will be holding a singing session for people living with dementia and their carers. The sessions are available to people living in the boroughs of Kensington and Chelsea, Westminster and Hammersmith and Fulham.

Singing is not only an enjoyable activity, but it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group.

Hidden in the fun are activities which build on the well-known preserved memory for song and music in the brain. Even when many memories are hard to retrieve, music is especially easy to recall.

For more information or to confirm attendance, please contact Emily Raiher by phoning 020 8563 0001 or 07725 215526, or emailing hammersmith-fulham@alzheimers.org.uk or emily.raiher@alzheimers.org.uk

Trinity’s End of Life Dementia Service

People with dementia are statistically less likely to access palliative and end of life care than people with other diagnoses. This has been attributed to a range of issues:

- people with dementia often do not express their future care wishes while they still have capacity
- dementia is difficult to prognosticate and it is not traditionally seen as a terminal condition
- generalist healthcare professionals often can’t identify when a patient is in pain and/or approaching the end of life
- care is disjointed
- carers experience challenging situations but are often unaware of the support available

As a result, people with dementia are more likely to die in hospital (where most people say they would least like to die) and are less likely to have their pain identified and managed, leading to unnecessary suffering.

Trinity’s End of Life Dementia Service can help with **advance care planning** to help people with dementia to record their wishes for their future care, **coordinating care** to ensure that the right support is in place, **supporting friends and family** to care for someone with dementia, **managing symptoms** such as pain, distress, confusion and anxiety and **advising professionals** who care for people in late stages of dementia.

The service can offer support to a resident or someone registered with a GP in Kensington and Chelsea or
Wandsworth who has a diagnosis of dementia living at home or in a care home or their carer.

The service welcomes referrals whenever someone needs their services. This could be following the diagnosis of dementia for support with advance care planning or when an individual or their carers are struggling to cope with changes in their relative’s symptoms or general physical ability.

For further information and to make a referral, please contact Referral and Admissions Nurse on 020 7787 1065 or email WACCG. TrinityHospicereferrals@NHS.net (Monday to Friday, 8.30am-4.30pm).

Advocacy for people with dementia

The Advocacy Project provides free, independent and confidential advocacy to people with dementia who are over 65 years old and are living in Kensington and Chelsea or Westminster.

Who can access the service?

- People living in the community.
- Residents of care homes.
- People accessing day centres.
- People using or wishing to use mental health services.
- People discharged from hospital and continuing to use mental health services.

Things that Advocates can help you with:

Speaking up – Advocates can support you to plan for meetings, draft correspondence, communicate with staff and raise issues. They can accompany you to meetings about your care and treatment. If you would like them to, they can speak on your behalf and clarify information.

Exploring options – Advocates can discuss your problems or concerns, helping you to identify and explore your options.

Providing information – Advocates can provide information on your legal rights, the services available to you and how you can access them. They can support you to access specialist help, such as solicitors or benefits advisers.

Making complaints – Advocates can support you to comment or complain about the services you receive.

Advocates support you to access your legal rights and speak up for yourself. Advocates do not give advice. To find out more or to access the service please contact The Advocacy Project by phoning 020 8962 8695 or emailing info@advocacyproject.org.uk.

Do you look after someone affected by Autism?

National Autistic Society West London

The National Autistic Society (NAS) West London branch is run exclusively by volunteers who are parents of children on the autism spectrum or professionals working in the field of autism. The branch was launched in October 2012 and covers the London boroughs of Hammersmith & Fulham, Kensington and Chelsea and Westminster City, and aims to offer support to parents and carers of children, but also to adults affected by autism.

For more information please contact the branch manager Claire O’Connor by phoning 07436 802 632 or emailing NASWestLondonBranch@nas.org.uk.

Autism Carers Support Group

Are you caring for a family member or close friend with an autism spectrum disorder?

Would you like to be able to get more information and advice, and talk with others in the same position?

Carers Network and NAS West London runs a regular carers support group which offers information, advice and a chance to meet and talk to other carers of people affected by Autism.

It is open to all carers in Hammersmith & Fulham, Kensington and Chelsea and Westminster.

The group meets on Fridays between 11.30am-1.30pm at Westbourne Grove Church, on the corner of Ledbury Road, Westbourne Grove, London W11 2RW.

Dates for upcoming meetings in 2016 are as follows:

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For more information please contact the group facilitator Alix Richards, at Carers Network Hammersmith & Fulham by phoning 020 7386 9417 or emailing Alix.richards@carers-network.co.uk.
Do you look after someone with learning disability?

Full of Life Centre provides services for young people (14 – 25 years old) with complex needs living in Kensington and Chelsea. The centre operates 6 days a week and its activities focus on communication, personal development, new experiences and learning new skills. The Centre offers a day service, an afterschool club, Saturday club and half term and holiday activities.

All Parent Forums are open to parent carers of disabled children and adults. The forum meets at Full of Life office (Kensal House Annex, 379 Ladbroke Grove, North Kensington, London W10 5BQ) from 10am to 1.00pm. The forum will be held on:

**Wednesday 24 February** – Ian Smith, DWP on impact of cuts to benefits

**Wednesday 16 March** – Claire Franklin EHC transfers

**Wednesday 23 March** – TBC

Please confirm your place for catering purposes by contacting us on 020 8962 9994 / info@fulloflifekc.com

News for parent carers from Samantha Peters – Full of Life Carers’ Advocate

**Learning Difficulty Assessments**

From August 2016 all Learning Difficulty Assessments (LDA) will cease and can no longer be applied. If your child currently has a LDA and is due to continue their education past August 2016 you may wish to consider requesting an Education, Health and Care assessment.

**Benefit changes**

Once your child turns 16, the benefits you receive on their behalf and your benefits may be affected. Some of those changes may apply to the following:

**Child Benefit and Child Tax Credit** – these usually stop after your child turns 16, however you may continue receiving them if your child is under the age of 20 and in full time education or training course.

When your Child Benefit and Child Tax Credit stop, your child may be eligible to apply for Employment Support Allowance (ESA) in their own right.

**DLA (Disability Living Allowance)/ PIP (Personal Independence Payment)** – after your child turns 16 they will be automatically assumed to have capacity to manage their own finances. A representative from the Department for Work and Pensions (DWP) normally visits you and your child at home to assess your child’s ability to manage their money. If your child is found that they are unable to act for themselves, you will normally be made an “appointee” by the DWP and carry on.

If you would like further information, please contact Samantha peters on 0208 962 9917/ advocacy@fulloflifekc.com

**Equal People’s Carers Activity Service**

Equal People Mencap offers carers of people with learning disabilities an opportunity to have some time to relax and enjoy community activities.

The upcoming outings include:

**Monday 29 February** – Roddy Horror Show

**Monday 14 March** – Avenue Q Musical in Richmond Theatre

**Monday 21 March** – Trip to Royal Airforce Museum

**Monday 28 March** – trip to Arsenal Stadium

For more information and to find out about the upcoming events please phone 020 8964 0544 and speak to Sophie or Paul. Alternatively email sledger@equalpeoplemencap.org.uk or ppopa@equalpeoplemencap.org.uk.
Do you look after someone with mental health problems?

Mental Health Carers monthly support group
A monthly Carer Support Group for carers of people experiencing mental health problems takes place on the first Wednesday of every month, from 1 – 3pm at the Pall Mall Mental Health Centre 150 Barly Road, London W10 6BS. Light refreshments are provided.

It is hosted by Nicky Lancaster (Acting Community Services Manager, Kensington and Chelsea) and Pat Nkoyo (Deputy Team Manager and Carers Lead at North Kensington Recovery Team) from Central and North West London (CNWL) NHS Foundation Trust.

For more information about the Mental Health Carers monthly support group you can email Nicky (nicky.lancaster@nhs.net) or phone her on 07718 685764. If you provide the hosts with either your email address or mobile phone number, a reminder will be sent each month to let you know that the meeting is on.

Help in a mental health crisis

During office hours (9am to 5pm, Monday to Friday)
If you already use Community Mental Health services, during office hours your first point of contact should be the person that you usually see (your care coordinator, or named lead professional). Their contact details, or the contact details of your care team, are contained in your care plan and on your Crisis Card given to your lead professional.

Contact details for Community Mental Teams are as follows:

- South Kensington Recovery Team: 020 3315 3577
- North Kensington Recovery Team: 020 8206 6900
- Westminster and Kensington & Chelsea Early Intervention Team: 020 7361 7900
- Kensington & Chelsea Assessment and Brief Intervention Team: 020 8206 6969.

Out of hours (5pm-9am, Monday to Friday; and 24 hours on Saturdays, Sundays and bank holidays)
There is the Urgent Advice Line, or a friend or relative, are experiencing a mental health crisis out-of-hours. The Urgent Advice Line provide advice, support and signposting 0800 0234 650.

You can also contact the SANEline on 0300 304 7000.

SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. They are open every day of the year from 6pm to 11pm.

Kensington and Chelsea Mental Health Carers Association

Mental Health Carers Support Group
Kensington and Chelsea Mental Health Carers Association (KCMHCA) runs regular Carers Support Group meetings which are held on every third Thursday of each month, usually in the evening between 6 – 8pm in Committee Room 2, Kensington Town Hall (Horton Street, W8 7NX). The guest speakers are invited to talk about the topic chosen by the carers.

For more information about KCMHCA and their services, including Carers Support Group and Carers Advocacy service, contact Milton Martin by phoning him on 020 8960 3873 or emailing kcmhcarners@gmail.com. Alternatively, you can email KCMHC’s Chair, Jeltje Heevel at jeltjheevel@yahoo.co.uk.

Address: KCMHCA, Office 2, Canalside House, 383 Ladbroke Grove, London W10 5AA.

Mental Health Carer’s Assessment
If you look after someone with mental health problems and provide regular support to them you are eligible for carer’s assessment.

- If the person you care for has a care coordinator (such as a social worker or a community psychiatric nurse) and is open to the Mental Health Team, then the care coordinator should carry out your carer’s assessment. You need to contact them to arrange an appointment.

- If the person you care for only sees a lead professional (psychiatrist, GP or psychologist) and is not known to any Mental Health Team, then the Single Point of Access (SPA) will arrange carer’s assessment. To request assessment you can ask your GP to refer you or contact SPA yourself on 0800 0234 650.
Mental Health Advocacy

The Advocacy Project provides free, independent and confidential mental health advocacy to people living in the boroughs of Kensington and Chelsea and Westminster.

Who can access the service?

- People using or wishing to use mental health services.
- People discharged from hospital and continuing to use mental health services.

Things the advocate can help you with:

- Speaking up – communicating with professionals, drafting correspondence, attending meetings.
- Exploring options – discussing your problems or concerns, helping you to identify solutions.
- Providing information – on your legal rights, the services available to you and how you can access them (including specialist help, such as solicitors or benefits advisers).
- Making complaints – supporting you to comment or complain about the services you receive.

Advocates support people to access their legal rights and speak up for themselves. Advocates do not give advice.

To find out more or to access the service please contact The Advocacy Project by phoning 020 8962 8695 or emailing info@advocacyproject.org.uk.

Kensington & Chelsea and Westminster CNWL Carers Interface Meeting

Central and North West London Carers Interface Meeting is a regular, bi-monthly meeting which gives carers and families of people using CNWL Mental Health Services in Kensington & Chelsea and Westminster a chance to meet with senior staff of the services.

The meeting provides an opportunity for carers to raise queries, ask questions, and discuss issues directly with representatives of CNWL.

Each meeting consists of feedback and discussion from carers to CNWL representatives, feedback from CNWL representatives on progress being made in supporting carers and Trust developments and discussion about “hot topics” which can involve outside agencies and speakers if needed.

The next meeting will take place on Tuesday, 8 March 2016, from 3.30pm – 5pm at Pall Mall, Mental Health Centre, 150 Barlby Road, W10 6BS. The first half an hour is a chance for carers to talk to professionals about their individual issues.

If you are interested in attending please email Abie Airhiavbere (meetings administrator) at abieyuwa.airhiavbere@nhs.net to notify her about your attendance and to request to be added to the mailing list.

The next carers meeting on 8 March 2016 at Pall Mall MHC 150 Barlby Road W10 6BS from 3.30pm to 5pm.

Friends in Need

Friends in Need West London is a social network run by Depression Alliance for anyone affected by depression. The group meets up regularly, goes out and about to places of interest and support each other. Joining Friends in Need network can be an important step towards recovery, friendship and wellbeing. The group is not just for people who have experience of depression, it is open to their family and carers.

If you would like to become a member of the West London Network and join the group for their events and get weekly email updates, please phone 020 3011 0433 and leave your name and number or email westlondon@depressionalliance.org. They will call you and arrange how to join.

Do you look after someone with substance misuse problems?

Relative Connections Group

Relative Connections is a substance misuse family therapy group for loved ones of those that misuse alcohol and drugs provided by Central and North West London NHS Trust in partnership with Turning Point.

The group offers specialised support to partners, families and significant friends who are concerned or affected by another person’s excessive or problematic use of alcohol or drugs.

The Relative Connections group offers a way forward through support, education and an opportunity to talk over the problems you face. The group leaders are all members of the Family Therapy Service team and are qualified as Family Therapists or psychotherapists.

The group meets regularly on a weekly basis in the following locations:
Tuesdays, 5 – 6.30pm at CAPS (Kensington & Chelsea Community Assessment and Primary Service), 69 Warwick Road, Earls Court, London SW5 9HB.

Wednesdays, 11am – 12.30pm at Masbro Centre, 87 Masbro Road, London, W14 0LR.

For more information or if you would like to attend please contact Stephanie by phoning 07970 892 087.

Adfam – Older People, Drugs and Alcohol Project

Funded by the City Bridge Trust, Adfam is delivering an exciting project working with people aged 55+ living in London, who are affected by someone else’s drug, medication or alcohol use. They hold monthly meetings, where older people affected by these issues are able to offer each other practical and emotional advice, help and support in a friendly and non-judgemental environment. There are regular information and skills sessions on a variety of topics, and a trained counsellor comes in every three months to run a session with the group.

They regularly organise trips and outdoor activities – a chance to relax, socialise with the group and take some time for yourself! The group is completely led by the group members and what they say they want from the project. There are also opportunities to take part in skills sessions to learn how to offer friendly support to other older people with similar experiences.

Upcoming sessions:

26 February 2016, 11am – 2.30pm Venue TBC
24 March 2016, 11am – 2.30pm Venue TBC

Travel expenses are covered and lunch provided.

One of the group members said:

“I have friends and family and they’re great, but they don’t understand. They can’t understand, so I choose not to talk to them about it. Coming to the group last week was fantastic. I didn’t know there were any services for people like me.”

If you’d like to learn more including where the sessions will be held, please email Rachael Evans r.evans@adfam.org.uk or call on 020 75537640.

Health, wellbeing and leisure opportunities

Cook and Taste

Cook and Taste is a free, 5 week (2 hour sessions) community nutrition and cookery programme provided by Central London Community Healthcare NHS Trust across Kensington and Chelsea. Each session focuses on a different aspect of healthy eating through interactive activities and discussion; followed by a practical cooking session where participants make a delicious and healthy recipe and sit down and eat together. The programmes have been designed by qualified dieticians and nutritionists and are delivered by community nutrition assistants.

If you are interested in the Cook and Taste programme contact the Nutrition and Dietetics Service by phoning 020 8962 4870 or emailing cook&taske@clch.nhs.uk

Nutrition and Hydration Week - 14-20 March

Eating well and drinking enough fluids is an important part of staying healthy. It is Nutrition & Hydration Week from the 14 to 20 of March and the Public Health Nutrition Team (Adults Services), Central London Community Healthcare NHS Trust would like to shine the spotlight on common myths and facts around eating and drinking in later life.

Getting thinner is a normal part of ageing – MYTH

Keeping a healthy, stable weight is important throughout our lives, particularly in later life. Getting thinner is not a normal part of ageing but it is easy for weight to drop off without noticing. Unintentional weight loss increases the risk of ill health and makes it difficult to recover from infections, injury or surgery.

Six small meals are as good as three main meals – FACT

It’s important to take enough calories and protein when you have lost your appetite or if you are unwell. Eating smaller more regular meals and nourishing snacks may feel more manageable during these times. When you’re...
feeling better and your appetite has improved, you may wish to return to your normal diet.

Why not try out some of these nourishing snacks? Rice pudding (bought or home-made), cheese and crackers, crumpets with butter and cream cheese/honey, porridge oats made with full fat milk or cream, cheese and beans on toast, fruit scones with butter, liver pâté and crackers, scrambled egg on toast, peanut butter on toast, bagel with soft cheese and ham and poppadum with raita and chutney.

**Drinking 6-8 glasses of fluid a day is recommended – FACT**

We need about 6 – 8 (about 1.5 litres) glasses of fluid throughout the day to stay hydrated. This can include tea, coffee, jellies, water and milk. “Think drink!” throughout the day.

**Tips to help you stay hydrated:**

- Make snacks hydrating AND nourishing e.g. hot chocolate made with full cream milk, jelly with custard; and coffee with cream.
- Invest in a water bottle that you will actually use – and keep it close.
- Hydrate with water-based foods e.g. melon, cucumber, home-made water-based ice-pops.
- Infuse your water with fruit, vegetables or herbs or drink cooled herbal teas.

**Cutting back on drinks will reduce the urge to pass urine – MYTH**

The bladder is a hollow muscular organ. These muscles relax to allow the bladder to fill with urine and contract to allow you to pass urine. Drinking too little may increase the need to go to the toilet because strong, concentrated urine collects in the bladder which can irritate these muscles and cause your bladder to contract too often (bladder overactivity). In other words, not drinking enough fluids may lead you to pass urine more often! (It is important to remember that if you do have an overactive bladder, caffeinated and fizzy drinks are best avoided.) Try and drink throughout the day – drinking too late at night could disturb your sleep.

For more information about keeping a healthy weight in later life, visit:

- www.malnutritiontaskforce.org.uk/campaign
- www.malnutritionselfscreening.org
- www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf

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**Take Time To Talk**

Take Time to Talk is a free and confidential NHS service for people aged 18 and over who live in Kensington and Chelsea, Queens Park and Paddington. They provide a range of psychological therapies and support to help you feel better if you’re anxious, depressed, stressed or worried.

They also offer a Carers Counselling Service for all carers living in Kensington and Chelsea. Whether the carer is new to the role or has been caring for a long time, they aim to provide the opportunity for a carer to focus on their own emotional wellbeing.

If you would like to find out more about or service, please visit our website: www.take-time-to-talk.com

To refer, simply visit our website and “Opt-In”, or talk to your GP.

Once you’ve referred into the service, we will arrange an initial assessment where you can discuss your current difficulties as well as the treatment options available with a practitioner.

**Talking Talk Shop at The Dalgarno Trust**

If you feel isolated, depressed or suffering a long term illness or addiction to food, drugs or drink, you may want to join the Talking Talk Shop group run by Just Solutions123 every Wednesday (11am-12.30pm) in the Dalgarno Trust (Dalgarno Way, W10 5QB).

Just Solutions 123 have been running the Talking Talk Shops for one year now from the Dalgarno Trust Centre. They work with people from all backgrounds with varying disabilities, who are on waiting list or finished counselling but wish to continue talking in a confidential, relaxed and safe environment. The members of the group support each other through all kinds of issues and empower the individuals to feel confident and eventually take control over their life.

The feedback from the members of this service is what keeps them going! The group has seen many of their members regaining confidence, moving on from isolation to increasing their social interaction and taking part in other community activities and groups. Training to become a Peer Group Facilitator is the end plan for those who are interested.

If you are interested in joining this group in a very comfortable and safe environment to talk in confidence, please contact Marcia Gigi 07444 321 795 or email justsolutions123@yahoo.com.sg
Health Trainer Service

The service is made up of people who have been specifically trained to provide NHS Health Checks and one-to-one Health Trainer support to help empower local people to improve their overall health and wellbeing.

Health Trainers provide free one-to-one support, motivation and advice to residents over 18 who want to improve their health and well-being.

Health Trainers are local people who have been specially trained to support people in their community to make healthier lifestyle choices such as taking up regular physical activity, eating a healthier diet, giving up smoking, drinking less alcohol or reducing stress levels.

Over six one-to-one sessions, a Health Trainer will work with you to develop a Personal Health Plan which you create to identify those areas of health you want to improve and the actions you can take to achieve your goals.

Health Trainers also provide you with relevant information and signpost you to other appropriate local services that can offer additional help and support.

For more information please contact Kensington and Chelsea Health Trainers Team by phoning on 020 7112 8570 or emailing kc@londonhealthtrainers.com. You can also contact Kensington and Chelsea Team Leader, Aneta Hutek, by phoning on 07587 632 548 or emailing Aneta.Hutek@turning-point.co.uk.

It is also possible to book your free health trainer session or a health check online. You can do it by visiting www.londonhealthtrainers.com/book-now.

Healthy Hearts Service

Healthy Hearts is the new Cardiovascular Disease Prevention Service for residents of Kensington and Chelsea, Westminster and Hammersmith and Fulham who meet one of the following criteria:

- Assessed in healthy check (or similar) as being at moderate to high risk of cardiovascular disease over the next 10 years
- Diabetic or another long term health condition that increases the risk of cardiovascular disease
- Obesity (BMI of 30 or more)

The Healthy Heart service offers a one hour face to face assessment. During this session a number of health checks are taken along with an assessment of risk factors such as poor diet and low levels of physical activity. Based on this assessment, a personalised Healthy Heart Plan will be put together to reduce the risk of cardiovascular disease. The Healthy Heart Plan opens the door to a range of free programmes which include physical activity classes, weight management groups, healthy cookery classes and specialist clinic. The programmes are provided by a range of health and fitness professionals including dieticians, nurses, physical activities practitioners and psychologists.

The programmes are delivered in partnership with Better gyms and a range of local voluntary and community organisations.

For more information on the service visit the website www.healthyhearts.org.uk, phone 020 3434 2500.
**Young Carers**

If you are under 18 and looking after someone in your family who is ill or disabled you may be a young carer.

It may seem a strange way to describe yourself, because looking after someone in your family may feel like a natural role. But being a carer means you have a right to help and support to make life easier.

It can be stressful as well as hard work looking after someone, even when you love them. And it can make it harder to keep up with things at school or college or to find time for yourself to relax, have fun or see your friends.

If you do help to care for someone within your family you can get help and support from the Young Carers project in Kensington and Chelsea (details below).

**New Young Carers Service – The Early Help for Family**

From 1 February 2016 Early Help offers support to young carers with additional needs. The offer of support includes:

- Working with key partners such as Schools to help identify young carers that may need additional support
- Offering young carers and their parent/carers an assessment that will lead to a plan of support to address any issues they may be having
- Meeting with young carers in their home, school or other setting to offer support
- Helping young carers access other activities for children and young people in the borough

To find out more about this new service contact Early Help by phoning on 020 7598 4608 / 020 7361 4129 or emailing earlyhelp@rbkc.gov.uk

**Personal Budgets for Young Carers**

Young Carers in Kensington and Chelsea (under the age of 18) might be eligible to apply for a Personal Budget of to £150 to spend on something which could improve their health and wellbeing (i.e. gym memberships dance classes, football lessons etc).

Personal Budgets for Young Carers are being administered by Family Action. Young Carers can self-refer. For more information and to request a referral form please contact either Carers Kensington & Chelsea (T: 0800 032 1089, email: kando@carersuk.org) or Elisabetta Mancuso, Young Carers activity worker, Kensington & Chelsea Personal Budgets Project (T: 020 7272 6933, email: Elisabetta.Mancuso@family-action.org.uk).

**Westway Young Carers’ Gym Programme**

Westway Fitness Club (3-5 Thorpe Close, London W10 5XL) has 23 fully funded gym memberships available to young carers (under 18) living in Kensington and Chelsea.

Free membership gives young carers access to gym, squash and table tennis every Monday between 4-6pm and a programme of monthly sports activities. A proof of your caring role will be required to join this service.

To enquire further and to book an assessment contact Warren Albrecht on 020 8960 221.