Welcome to the February edition of News for Carers

After a long, and as it turned out very cold, winter we are looking forward to hopefully much warmer and sunnier spring. The new season will bring not only better weather but also highly anticipated changes in legislation for carers. The new Care Act is coming into force from April 2015 and with it new rights for carers will be introduced. Go to page 3 to find out more.

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How we celebrated Carers Rights Day 2014

Carers Kensington & Chelsea celebrated Carers Rights Day 2014 by holding a conference-style information event in the Small Hall at Kensington Town Hall. The event was attended by over 50 carers and a number of guest speakers. Presentations included overview of the new Care Act and its implementation in Kensington and Chelsea; paying for care and the care cap; and how to find useful information for carers on People First website. There were information stalls for carers to visit, as well as free health checks offered by the Health Trainers.

One of the highlights was a Different Voices Conversation Café run by the Advocacy Project. This pop-up café provided an interactive space in which people with lived experience of mental health problems could share their stories and reflections with people without that experience, over tea, cakes and cookies. The aim was to both inform as well as help to end the mental health stigma.

Carers Week 2015 dates announced

This year national Carers Week celebrations will take place between Monday 8 and Sunday 14 June 2015.

Last year we celebrated Carers Week with a series of events and outings including back care training; music and nibbles at Chelsea Gardener; afternoon tea in Kensington Palace and a Sunday family event at Westway Sports Centre.

We have started to put together a programme for this year and would love to hear from you! If you would like to suggest an idea for an event, activity or a workshop for this year’s Carers Week please let us know by phoning on 0800 032 1089 or emailing kandc@carersuk.org by Friday 13 March 2015.
Carers’ information online

Carers Month on People First website

People First website is an easy-to-use online resource for information and help on a wide range of issues. Provided in association with the Adult Social Care teams in the Royal Borough of Kensington and Chelsea, Westminster City Council and Hammersmith & Fulham, the aim of the website is to give residents a jargon-free source of information, ideas and services to help maintain independence and well-being.

For the older adult population, people living with disabilities of whatever kind and those who look after others, the site treats people as experts on their own needs who want to live life fully. For you, or someone you know, or care for visit www.peoplefirstinfo.org.uk.

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 the ability to shape the types of services available in RBKC. The forum is open to all carers in Kensington & Chelsea.

Come and join us for the next Carers Forum which will take place on **Thursday 16 April 2015** between **11am-2pm** in Committee Room 2, Kensington Town Hall (Hornton Street, London W8 7NX).

During this meeting we will discuss the new Care Act and look at what it means to carers and how it is going to be implemented in RBKC. We are expecting a guest speaker from the Council and we will confirm their details closer to the date.

Please note that booking is essential as spaces are limited and we will be able to provide light lunch only for those who confirmed their attendance in advance.

For more information about the next Kensington & 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.
The Care Act – New rights for Carers

The Care Act 2014 and the Children and Families Act 2014 strengthen the rights and recognition of carers in the social care system, and will both come into effect on 1st April 2015.

New rights entitle carers and the people they care for to a clear right to an assessment of their needs regardless of their income and finances or their level of need. Young carers and the parents of disabled children are also included in the new system.

The benefit of having a Carers assessment is that it will identify care and support needs and provide information and advice about services aimed at meeting those needs.

The Care Act introduces a national eligibility criteria for both carers and the person being cared for. This will introduce a minimum threshold and if a carer or the person being cared for meets this threshold, they will have eligible needs. Following a financial assessment, the council will then have to agree with the person assessed which of their eligible needs they will meet and how.

This will be the first time that local councils will be required to meet carer’s eligible needs directly, and a national eligibility criteria should make assessments for both carers and the people being cared for more uniform around the country and less like a ‘postcode lottery’

If you have previously been refused help following a carers assessment or been told that were not entitled to an assessment, you may find that after 1st April you can get help.

How can you find out more?

Kensington and Chelsea Carers Forum will be discussing the Care Act and its implementation at their next meeting on Thursday 16 April (please see page 2 for more details).

Please let us know if you plan to attend by calling Carers Kensington & Chelsea on 0800 032 1089 or by emailing kandc@carersuk.org.

If you have internet access, our parent organisation Carers UK has information on their website with, including Frequently Asked Questions about the Care Act, at


The Care Act – What RBKC is doing

Kensington and Chelsea Council is preparing for the Care Act through a programme of work which is looking at each aspect of the Act and its impact on customers and carers. The Council is expecting more carers to come forward for an assessment, so they are working with care management, Carers Kensington & Chelsea and other local carers’ forums to devise the best way to meet this increased need. The Council is looking at how they can carry out assessments and the type of support they can offer to carers to enable them to carry on in their caring role.

The Council will work with carers’ forums and local newsletters to keep you informed about what is happening. You can also find more information about the Act, as well as on local services and events, on the People First website (www.peoplefirstinfo.org.uk). More detailed information about carers’ local offer will be available on the People First website from 1st April.

Carers Partnership Board

(Kensington and Chelsea, Hammersmith & Fulham and Westminster)

The next Carers Partnership Board will meet on 3 March, 10am to 12pm at Westminster City Hall (Rom 6, 17th Floor), 64 Victoria Street, London, SW1E 6QP. The topic of this meeting will be The Care Act and how it will affect carers. If you wish to join the group and participate in the discussion and to register your interest in attending contact Linda Burke by phoning 020 8753 1631 or emailing linda.burke@lbhf.gov.uk
News from West London Clinical Commissioning Group

Patient Participation Groups (PPG) – take part in shaping your services

What is a PPG?

PPG gives local people the opportunity to have a say in how GP services are planned, developed and evaluated, by developing a good working relationship with the practice staff and GPs. Every borough has a Clinical Commissioning Group (CCG) which has a GP membership. The CCG will buy services for the population so it is important that patients influence how money is spent.

There may be patients that have valuable input, but don’t have the time to attend meetings. In response, practices have set up virtual groups where patients will be kept informed and consulted electronically seeking their opinions.

• Do you want to work with your fellow patients and GP practice staff to help shape local health services?
• Can you think of positive ways to influence and improve the services at your local GP practice?
• Do you want to help improve health services locally by becoming a voice for the patient experience?

If you answer yes to any of the above questions, then contact your local GP practice and become a Patient Participation Group Member now.

For further information contact Olivia Danso, PPG Officer by phoning 020 3235 0008 or emailing olivia.danso@hestia.org.
GP surgeries open 7 days a week – reminder

Residents in Kensington and Chelsea and Queen’s Park and Paddington are being reminded that many GP surgeries now offer seven day access as winter pressures continue to affect A&E services across the country.

The following surgeries in the area are all open between 9am and 5pm on Saturdays and Sundays:

- Knightsbridge Medical Centre (71-75 Pavilion Road, London SW1X 0ET, T: 020 8237 2600);
- Barlby Surgery (St Charles Centre, Exmoor Street, London W10 6DZ, T: 020 8962 5100);
- Colville Health Centre (51 Kensington Park Road, London W11 1PA, T: 020 7727 4592);
- Earl’s Court Medical Centre (248 Earls Court Road, London SW5 9AD, T: 020 7835 1455).

Patients do not need to be registered with these practices to use this service.

In addition, a walk in service is also available at the weekend at the following surgeries:

- Half Penny Steps Health Centre (427-429 Harrow Road, London W10 4RE, T: 020 8962 8700) – Saturdays and Sundays from 10am to 4pm;
- Earl’s Court Health and Wellbeing Centre (2 Hogarth Road, Earl’s Court, London SW5 0PT, T: 020 7341 0300) – Saturdays only from 9am to 12pm.

There are also a number of Urgent Care Centres (UCCs) in the area which can treat residents who require care immediately for illnesses or injuries that are not life-threatening. A&E is for people with major, life-threatening illnesses and injuries.

Both the Urgent Care Centre at Chelsea & Westminster Hospital (369 Fulham Road, London SW10 9NH) and the Fulham Centre for Health at Charing Cross Hospital (Fulham Palace Road, London W6 8RF) are open 24 hours a day, including weekends and public holidays. There is also an Urgent Care Centre at St Charles Hospital (Exmoor Street, London W10 6DZ) which is open from 8am until 9pm, seven days a week.

Residents can also call NHS 111, 24 hours a day, seven days a week for advice and details of local health services.

More information about health services in North West London, including details of GP weekend opening across the area, can be found at www.rightcarenwondon.nhs.uk.

Have your say in shaping the new Wheelchair Service

The Wheelchair Service for North West London is undergoing a large redesign focusing on a bottom-up, service user led reshaping programme to ensure that the new service is at the forefront of user requirements.

The procurement officers and commissioners would like to ensure that:

- the redesigned programme is user and carer focused;
- service users are able to get the “Right Chair, Right Time, Right now”;
- the service operates efficiently;
- delays in the assessment and provision of wheelchairs are minimised;
- repairs are carried out in a timely manner.

If you would like to get involved and help to shape the new Wheelchair Service come to the consultation event on Wednesday 18 March 2015 between 11am – 2pm (registration from 10.30am) at room MG14, Ground Floor, Westminster University, 35 Marylebone Road, London NW1 5LS. Lunch and refreshments will be provided.

If you wish to take part it is important to register. Phone Deborah on 0203 350 4150 or email clcgg.plannedcare@nhs.net for more information and to book your place. A map can be provided if required and your travel costs will be reimbursed.
Local Support Services Update

Hestia’s Carers Social Activities Service

Hestia Kensington & Chelsea offers activities for adult carers between ages 18 – 55 in the form of:

Events

A monthly range of activities including day trips, visits to museums and galleries, creative classes and alternative therapies. The upcoming events are:

- **Thursday 19 February**, 4-6pm – Painting Ceramics at the Pottery Café in Fulham. £5 contribution will be required. Limited spaces so book your place as soon as possible.

- **Monday 16 March**, time TBC – Film at the Electric Cinema, Portobello Road. £4 contribution from carers will be required.

- **Wednesday 15 April**, 2.30-4.30pm – Afternoon Tea, venue TBC. £5 contribution will be required. Limited spaces so book your place as soon as possible.

If you are interested in any of these events, please call Ellie on 020 7221 0052 for more information and to reserve your place.

Support groups

Carers support group takes place every last Thursday of the month (with the exception of December as the last Thursday of the month falls on Boxing Day this year) at the Grove Resource Centre, 1-9 St. Marks Road, London W11 1RG. This is an informal support group which gives carers an opportunity to come along, socialise and enjoy some refreshments with fellow carers. A staff member is available for private one to one sessions if needed. The upcoming meetings will take place on following days:

- **Thursday 26 February**, 6-8 pm
- **Thursday 26 March**, 6-8 pm
- **Thursday 30 April**, 6-8pm

Bring a snack to share if you are able to!

If you would like to take part in any outings or join the groups, contact Mayra or Ellie at the Grove Centre. T: 020 7221 0052; Email: maria.stergiou@hestia.org or elvira.vedelago@hestia.org.

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.

A diverse programme, based on participants’ requests, is organised each term.

The winter/early spring activities include:

- **Friday 20 February**, 11am-1pm – iPad art: cards with Mryna.

- **Friday 27 February**, 11am-1pm – card making with June and fabric painting / crafts with Lynda.

- **Friday 6 March**, 11am-1pm – stress management session with Sarah Hurley.

- **Friday 13 March**, 11am-1pm – iPad art: cards with Mryna.

- **Saturday 14 March**, meet at 2pm at Gielgud Theatre, Shaftesbury Ave, W1D 6AR – a trip to see The Curious Incident of the Dog in the Night-Time play (limited places so booking is essential).

- **Friday 20 March**, meet at 10am at Open Age (St Charles Centre) or 11am at Olympia (Hammersmith Road, London, W14 8UX) – a trip to Ideal Home Show Olympia (limited places so booking is essential).

- **Friday 27 March**, 12am-2pm – Second Half Centre’s End of Term Party.

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/early spring programme includes:

- **Wednesday 18 February** – cinema trip, time and venue TBC. 10 tickets will be available and a £3 contribution will be required.

- **Wednesday 25 February** – afternoon tea at New Horizons with freshly made. It will also be an
opportunity for the group to discuss ideas for the future activities and trips. It is a free event but please call Judy to let her know you are coming.

- Thursday 5 March, meet at 1.30pm at the New Wimbledon Theatre (93 The Broadway, London SW19 1QG) – a trip to see One Man, Two Guvnors play. There are 11 tickets at £5 each so you’ll need to be quick to secure yours.

- Wednesday 25 March, time and venue TBC – a carers’ meal. There will be 14 places available so call Judy to book yours. The project will pay the first £20 per person, the rest you will have to pay yourself.

All trips and outings must be booked in advance as places are limited. For more information and to book a place please contact Judy Graham on 020 7590 8970 or email jgraham@new-horizons-chelsea.org.uk.

Age UK Kensington & Chelsea

Carers Support Group

If you are a carer for an older person, you may want to join a monthly carer support group meeting run by Age UK in the south and the north of the borough. This is an opportunity to socialise, share knowledge and experience with other carers and gain access to useful information. Each month, a guest speaker talks to carers about the topic of their choice and answers questions that they may have.

The spring/summer programme includes:

- Friday 27 February, 2-4pm – Activities for people with dementia and their carers; Cremorne Sheltered Clubrooms, Milman's Street, London SW10 OBY.
- Thursday 12 March, 11am-3pm – Complementary Therapies and a Mindfulness session; venue TBC.
- Tuesday 21 April, 2-4pm – Lasting Power of Attorney presentation; North Kensington Library, 108 Ladbrooke Grove, London W11 1PZ.
- Friday 29 May, 1-3pm – Lasting Power of Attorney presentation; Cremorne Sheltered Clubrooms, Milman’s Street, London SW10 OBY.
- Tuesday 16 June, 2-4pm – Financial help and digital clinic; North Kensington Library, 108 Ladbrooke Grove, London W11 1PZ.
- Tuesday 21 July, 2-4pm – Financial help and digital clinic; Brompton Library, 210 Brompton Road, London SW5 0BS.

If you would like to know more about any of the meetings above, or suggest a topic which you would like to be covered in the future sessions please contact Saba Vigneri by phoning on 020 8960 8137. Age UK Kensington & Chelsea might also be able to arrange respite care for the person you look after in order to enable you to attend the support group.

BME Carers and Families Forum

The BME Carers and Families Forum was first launched in July 2012. 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.

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.

For more information and to find out when the next forum takes place contact Idil at Midaye by phoning on 020 8969 7456 or 07818723789. 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. The cafes are held monthly in both the north and the south sides of the borough.

Please note that the time of the meetings has changed.

In the south, the group meets every last Friday of the month from 1-3pm at Cremorne Sheltered Clubrooms, Milman’s Street, London SW10 0BY.

Cost £2. Free transport can be provided.

The upcoming meetings and topics are:

- Friday 27 February – Pampering session (hand massage, aromatherapy).
- Friday 27 March – Gardening session (decorating plant pots and planting seeds in them).
- Friday 24 April – Theme to be confirmed.

In the north, the group meets every first Tuesday of the month from 1-3pm at St Peters Church, Kensington Park Road, London W11 2PN.

Cost £2. Free transport can be provided.

The upcoming meetings and topics are:

- Tuesday 3 March – Gardening session (decorating plant pots and planting seeds in them).
- Tuesday 7 April – Theme to be confirmed.

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

Exercise for the Mind

Exercise for the Mind is a weekly chair-based exercise class aimed at people with memory loss or dementia. Free door-to-door transport can be provided if needed.

In the north, the class takes place every Thursday from 2.30 – 3.45pm at Salvation Army, 205 Portobello Road, London W11 1LU.

In the south, the class takes place every Wednesday from 2.30 – 3.45pm at Cremorne Sheltered Clubrooms, Milman’s Street, London SW10 0BY.

To find out more and arrange transport, if required, contact Kate Moffatt 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 & 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 8960 8137 or emailing asadler@aukc.org.uk to book your place. The upcoming trips include:

- Wednesday 25 February – The Wildlife Photographer of the Year Exhibition at the Natural History Museum (Cromwell Road, London SW7 5BD). The meeting time will be decided when the group knows how many people are interested in coming to this exhibition. Cost: £3.15 per person.
- Thursday 26 March – A trip on the London Eye (Southbank, London SE1 7PB). The meeting time will be decided when the group knows how many people are interested in coming. Cost: £10.50 per person or £20.95 for 2 people.

For information about future activities and outings and to join the group contact Anna Sadler at Age UK Kensington & Chelsea on 020 8960 8137 or by emailing asadler@aukc.org.uk
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 will 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).

- Monday 2 March, 1-3pm, Art Studio – Egg Tempera Painting – taking inspiration from medieval painting, the group will explore the ancient technique of egg tempera painting and discover the recipe for making the paint from egg yolk, oils, gums and vinegar. No previous skills are necessary and all materials will be provided.

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.

The Frontotemporal Dementia Support Group

Frontotemporal dementia is one of the less common forms of dementia. The term covers a range of specific conditions. It is sometimes called Pick’s disease or frontal lobe dementia.

The Frontotemporal Dementia Support Group (FTDSG) is particularly directed towards carers who are coping with behavioural changes in a partner, family member or friend as a result of frontotemporal dementia.

The main aims of the FTDSG are to provide information and to support carers.

The group meets several times a year in the United Kingdom and has an annual seminar which is open to professionals and carers.

Carers meetings

The next carers meeting will take place on Thursday 26 February, 11am-2pm (coffee available from 10.30am) at Wilkins Front, Main Quadrangle, University College London, Gower Street, London WC1E 6BT. Lunch will be provided. This event is free but please let the organiser, Jill Walton know if you are planning to attend this meeting by phoning on 07592 540 555 or emailing jill.walton@ftdsg.org.

There will be two guest speakers at this meeting:

- Angela Sherman will be talking about Continuing Healthcare Care funding applications. You can find out more about the organisation she directs at www.caretobedifferent.co.uk
- Dr Eneida Mioshi: Department of Psychiatry, University of Cambridge School of Clinical Medicine, will be talking about coping strategies for carers, amongst other things.

The Annual Seminar

The next FTDSG Annual Seminar will take place on Thursday 5 March, 9.30am – 4pm at the Lecture Theatre, National Hospital for Neurology & Neurosurgery, 33 Queen Square, London WC1N 3BG. The seminar brings together experts and practioners in the field to share information about Frontotemporal dementia Advance booking is essential.

To book contact Jill Walton by phoning on 07592 540 555 or emailing jill.walton@ftdsg.org.

Cost: £75 for Professionals £10 for carers.

Cheques payable to ‘National Brain Appeal: FTDSG’ and c/o Jill Walton, 22 Brushwood Drive, Chorleywood, Herts, WD3 5R.
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 the person with dementia with:

- Speaking up – Advocates can support them to plan for meetings, draft correspondence, communicate with staff and raise issues. They can accompany them to meetings about their care and treatment. If the person with dementia would like them to, they can speak on their behalf and clarify information.
- Exploring options – Advocates can discuss person’s problems or concerns, helping them to identify and explore their options.
- Providing information – Advocates can provide information on person’s legal rights, the services available to them and how they can access them. They can support them to access specialist help, such as solicitors or benefits advisers.
- Making complaints – Advocates can support the person to comment or complain about the services they 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.
Are you a parent carer of a disabled child or an adult?

**Full of Life**

Full of Life Centre provides services for young people (13 – 25 years old) with complex needs. 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.

**Training sessions for parents**

Full of Life also runs forums and training sessions for parent carers. All are free to attend if you are a parent carer of a disabled child or adult living in the Royal Borough of Kensington and Chelsea. All meetings take place on Tuesdays, usually between 10am – 1pm at Full of Life, Kensal House Annex, 379 Ladbroke Grove, London W10 5BQ.

The dates for upcoming sessions are as follows:

- Tuesday 24 February 2015 – Assertiveness Training – Lucy Seifert.
- Tuesday 24 March 2015 – Full of Life’s Annual General Meeting.

All parent carers of disabled children/adults are welcome. Please confirm your place for catering purposes by contacting Full of Life on 020 8962 9994 or by emailing info@fulloflifekc.com.
News from Full of Life’s Carers’ Advocate

Full of Life’s Carers Advocacy Service offers independent practical support, advice and information to parent carers of young people and adults with learning disability (age 14 and over) who live in the Royal Borough of Kensington and Chelsea. The service is available from Monday to Friday between 10am – 5pm by appointment only.

You can now contact Samantha Peters, Carers’ Advocate on her new email address – advocacy@fulloflifekc.com

Please note that her direct phone line will remain the same – 020 8962 9917.

ILF funding closure

On 30 June 2015, The Independent Living Fund (ILF) will be closing. The ILF was a source of financial support for disabled people, enabling them to live in their communities rather than in residential care. The ILF will be transferred to Local Authorities, and current users of the fund will receive support through the mainstream adult social care system.

If your son or daughter accesses the ILF please ensure their Needs Assessment clearly states their needs. If their needs are no longer being met due to the closure of the ILF, contact Samantha Peters, Full of Life’s Carers’ Advocate by phoning 020 8962 9917 or emailing advocacy@fulloflifekc.com.

Free bliss-full therapies and swimming lessons for carers

Last year Full of Life’s service users took part in a health survey looking at the health inequalities faced by parent carers. The report will be published on the Full of Life website later this year.

Amongst its findings, it was clear that parents carers were suffering from the same common health issues, such as getting as little as 4.5 hours uninterrupted sleep, having no time to go to their GP and often had to cancel health appointments due to the unpredictability of their caring role. To help address this in a small way Full of Life have funded two aromatherapy/reflexology sessions at Urban Bliss for parents carers, a Carers Christmas Dickens Walking Tour and free swimming lessons at the Frutina Swim Centre.

Keep an eye out for more free places by liking Full of Life’s Facebook page and joining our mailing list. For more information contact Full of Life by phoning 020 8962 9994 or emailing info@fulloflifekc.com.
West London Action for Children (WLAC)

West London Action for Children is a small local charity offering free counselling and therapy services to children and their families who live in the London boroughs of Kensington and Chelsea or Hammersmith & Fulham. They are a children's charity and work with parents/carers who have children under the age of 19 years old. WLAC’s services are primarily available to those on Income Support or receiving Tax/Universal Credits. WLAC promotes the wellbeing of children in need, working with them, their families and carers to help them achieve positive change.

They work with families, teenagers and children facing many different challenges and experiences.

Services include:

- Counselling and therapy (for individuals, couples, families, children and teenagers);
- Groups for parents (i.e.: Breathing Space – an 8 week mindfulness-based stress reduction group for parents. A taster session for this group will take place on Thursday 12th March);
- Groups for children.

This service can be accessed by referral only and – please contact Carers Kensington & Chelsea by phoning 0800 032 1089 or emailing kandc@carersuk.org if you would like to be referred. Alternatively if you would like to find out more about services on offer please contact WLAC directly by phoning on 020 7352 1155 or emailing team@wlac.org.uk.

Following a referral WLAC will arrange a consultation with you to establish which of their services are best suited to your needs.

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 group has been to Kew and Olympia, held music events on Portobello Green and parties at Equal People, as well as going to the theatre to see Wicked, Top Hat, Billy Elliott, We Will Rock You and much more.

The upcoming theatre trips include:

- Tuesday 24 February – The Play That Goes Wrong at Duchess Theatre (time and cost of the tickets TBC)
- April – War Horse at the New London Theatre (exact date, time and cost of the tickets TBC).

For more information and to express interest in any of the above events please phone 020 8964 0544 and speak to Sophie or Paul. Alternatively email slegister@equalpeoplemencap.org.uk or ppopular@equalpeoplemencap.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 Westminster, Kensington & Chelsea and Hammersmith & Fulham 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
This is a new group run by Carers Network and NAS West London which offers information, advice and a chance to meet and talk to other carers of people affected by Autism. The First meeting took place on Thursday 29th January 2015 and was very successful with 18 carers attending. The support group is going to meet monthly.

The next group will take place on Friday 27 March between 10am-12pm at Venture Centre (103A Wortington Road, London W10 5YB). A guest speaker from the National Autistic Society will talk about the Autism Act and what it means for carers.

Dates for the following meetings are:
- Friday 24 April, 11.30am – 1.30pm at Westbourne Grove Church (Westbourne Grove, London W11 2RW).
- Friday 29 May, 11.30 – 1.30pm at Westbourne Grove Church (Westbourne Grove, London W11 2RW).

For more information and to register your interest please contact Lydia Hodges at Carers Network on 020 8960 3033 or by emailing Lydia.Hodges@carers-network.co.uk.

Do you look after someone with mental health problems?

Mental Health Carers monthly support group

The meeting takes place on the first Wednesday of every month, from 1 – 3pm. Please note that the venue has changed. The group will no longer meet at the Canalside House. The new venue is Pall Mall Mental Health Centre 150 Barlby Road, London W10 6BS.

Light refreshments are provided.

For more information you can email Jim (jim.odonnell@nhs.net) or Nicky (nicky.lancaster@nhs.net), or phone them on 07718 668764 for Jim and 07966 045238 for Nicky.

If you provide them with either an email address or mobile phone number, a reminder will be sent each month to let you know that the meeting is on.

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) then the care co-ordinator 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) then the Advice, Information and Assessment Team will carry out your carer’s assessment. To arrange this or to find out more call Social Service Line on 020 7361 3013.

Carers Art Therapy Group
This new group will be open to any carer of a current user of Community Mental Health services in Kensington and Chelsea and aims to provide a supportive space for carers to think about their own wellbeing and to use art to express and explore their thoughts and feelings.

What will you be able get out of it?
- A space for yourself away from the role of carer
• The opportunity to use art making to process thoughts and feelings
• The support of a group of people with similar experiences

You don’t have to have any artistic skills to join the group.

If you are interested and would like to know more about the group please contact Annemarie Trainor by phoning on 07834418425 or emailing annemarie.trainor@nhs.net.

The group will start in February and is likely to take place in the afternoons. Venue TBC.

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. The guest speakers are invited to talk about the topic chosen by the carers. The venue is Committee Room 2, Kensington Town Hall, Hornton Street, W8 7NX.

The next meeting will take place on 19 February 2015 from 6pm-8pm. The theme for the evening will be Affirmations and sounds for everyday living and it will be facilitated by a guest speaker, John Killeen (BA, MA, Healer, Director of Soundiva). This sound healing workshop will involve using Tibetan Bowls and Voice work. Join in to find out what it is.

Carers Advocacy service
Carers of people with mental health problems often find themselves questioning the decisions made by psychiatrist and doctors on medication, sectioning, aftercare, duration of time spent in hospital and being transferred from one hospital to another. Kensington and Chelsea Mental Health Carers Association supports carers of people with mental health problems by providing a Carers Advocacy service. An advocate is someone who can argue your case within the Mental Health Act, the Carers Act and other legislation. Advocates are there to ensure the correct procedures are followed and their main role is to help you as a carer when you need it.

For more information about Mental Health Carers Association and their services including Carers Support Group and Carers Advocacy service contact Milton Martin by phoning on 020 8960 3873 or emailing Milton.martin35@yahoo.co.uk.

Address: KCMHCA, Office 9, Canalside House, 383 Ladbroke Grove, London W10 5AA.

Mental Health Advocacy
The Advocacy Project provides free, independent and confidential mental health advocacy to people living in the community 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.

CNWL Recovery College
Central and North West London Recovery College is a joint learning environment for people who use Central and North West London NHS Foundation Trust (CNWL) services, their supporters and CNWL staff.

The college aims to promote opportunities for the recovery and social inclusion of people with experience of mental illness. All of their workshops and courses are co-developed and co-delivered by people with lived experience of mental illness and mental health practitioners.

Free courses are available to CNWL service users and their supporters (relatives, carers and friends).

Recovery College’s Spring/Summer Term runs from January to July 2015. Courses and workshops can fill up fast so contact CNWL Recovery College to request their prospectus and a registration form. Alternatively, you can download an electronic form from their website (www.cnwl/nhs.uk/recovery-college) and return it by email: recoverycollege.cnwlnhs@nhs.net.
Some of the training venues:
In Kensington & Chelsea:
• South Kensington & Chelsea Mental Health Centre (SK&CMHC), 1 Nightingale Place, London SW10 9NG

In Westminster:
• Stephenson House, 75 Hampstead Road, London NW1 2PL
• Latimer House, 40-48 Hanson Street, London W1W 6UL

In Harrow:
• CNWL Recovery & Training Centre, Block F, Watford Road, Harrow, Middlesex HA1 3PT.

Some of the upcoming training sessions and workshops include:
• Two-hour sessions for carers, friends and family (can be attended individually or as series) at Stephenson House (Westminster):
  - Carers journeys: Telling your own story – Thursday 14 May
  - Coping with challenges of caring – Thursday 11 June
  - Knowing your way around the mental health system – dealing with crisis – Thursday 9 July
• Understanding mental health (half-day workshop) – Monday 23 February, 10am-1pm at CNWL Recovery and Training Centre (Harrow)
• Understanding a diagnosis of bipolar disorder (one-day workshop) – Monday 23 March, 10am-4pm at Stephenson House (Westminster)
• Understanding hoarding (one-day workshop) – Thursday 16 July, 10am-4pm at Stephenson House (Westminster)
• Understanding depression (one-day workshop) – Wednesday 22 April, 10am-4pm at Latimer House (Westminster)
• Introduction to managing stress (half-day workshop) – Wednesday 11 March, 1-4pm at Latimer House (Westminster)
• Introduction to mindfulness (six-week course, two hours per week) – Fridays: 15 May, 22 May, 29 May, 5 June, 12 June and 19 June; 2-4pm at Stephenson House (Westminster)
• Telling your story (six-week, two and a half hours per week) – Thursdays: 30 April, 7 May, 14 May, 21 May, 4 June and 11 June; 10am-12.30pm at Nightingale Place (Kensington and Chelsea)
• Understanding bereavement (one-day workshop) – Thursday 18 June, 10am-4pm at CNWL Recovery & Training Centre (Harrow).

You may attend the course and location of your choice where places are available.

For more information and to request a registration form contact: CNWL Recovery College, 2nd Floor Stephenson House, 75 Hampstead Road, London NW1 2PL; Tel: 020 3214 5686 (9.30am – 4.30pm).

Kensington & Chelsea Mind

Kensington & Chelsea Mind has launched a new series of Healthy Minds Workshops open for anyone who would benefit from exploring mental health related topics and reflecting on their wellbeing in a small, friendly and supportive group.

You can choose to do some or all of the workshops. Each workshop covers a different topic and is based on Mind’s award winning information booklets.

The workshops are run by Mind staff and a service user graduate from the Changing Minds, Training for Trainers course.

The workshops take place monthly on a Wednesday between 2-4pm at the Kensington & Chelsea Mind Office 1, 7 Thorpe Close, London W10 5XL. The following subjects will be covered:
• 25 February 2015 – How to increase your self-esteem
• 25 March 2015 – How to stop worrying
• 29 April 2015 – Understanding talking therapy
• 27 May 2015 – Keeping on top of your finances
• 24 June 2015 – Managing stress
• 29 July 2015 – How to assert yourself
• 19 August 2015 – Mindfulness and mental wellbeing

Spaces are limited to 12 places so book early to avoid disappointment.

For more information and to book your place contact Jill Watson on 020 8964 1333 (option 8) or by emailing jill.watson@kcmind.org.uk.
Health, well-being and leisure opportunities corner

Senior residents (50+)

Fit for the Future event – Friday 20 March 2015
Kensington and Chelsea Forum for Older Residents in partnership with Allied Health Solutions and Bucks New University and NHS Health Education North West London will host a Fit for the Future event on Friday 20 March between 10.30am and 3.30pm at the Small Hall, Kensington Town Hall (Hornton Street, London W8 7NX).

Come along to this unique free event to learn about falls prevention and local support services available to those at risk of falls.

The day will include presentations from experts in falls management as well as interactive market stalls, activity classes, health checks and lots more.

Refreshments and lunch will be provided.

For further information please contact either: June Davis (mobile: 07719302382, email: june.davis@bucks.ac.uk) or Zara Ghods (Tel: 0207 352 1336, email: Kensingtonandchelseaforum@hotmail.co.uk). To book your place contact Sue Wale by emailing sue.wale@bucks.ac.uk.

Open Age

Open Age is a user led charity working across Kensington, Chelsea and Westminster enabling older people, from 50 to over 100 years of age, to sustain their physical and mental fitness, maintain active lifestyles and develop new and stimulating interests.

Open Age offers a wide range of activities each week including exercise classes, dance, creative and performing arts, IT, languages, social groups with speakers, weekly trips, tea dances and taster days. Activities are provided from around 60 different sites that include Open Age’s own centres as well as church halls, community centres, libraries, sheltered housing schemes and sports centres. They even provide facilitated groups over the phone for free for those who cannot get out.

Membership is free and activities are either free or low cost (generally costing between £1 and £3 per hour) on a pay as you go basis, with no upfront or termly fees. Lunch clubs, trips out, and complimentary therapies are slightly more expensive but do still offer good value for money. Unless the programme says otherwise just show up at an activity and after completing a membership form you can generally start to take part.

Some of the activities include:

- New creating writing group over the phone, Mondays 2.30 – 3.30pm – for people over 50 and housebound who are interested in writing. Focus on poetry, fiction, word games, life stories and more. For more information, or to join, call Hester Jones on 020 8962 5584. All abilities welcome and no experience necessary. Free.

- Telephone discussion group, Thursdays 1 – 2pm – for people over 50 and housebound. The discussions are facilitated by Hester Jones who visits residents in their homes to explain how the scheme operates before inviting them to join a phone-in. Those taking part need to call a free 0800 number on a landline and then input a special code to join the weekly discussions. A former language teacher, Hester uses expert techniques to get people talking and the themes are upbeat and engaging. For more information, or to join, call Hester Jones on 020 8962 5584. Free.

- Inner Essence Workshops, Friday 13 March and Friday 10 April between 2-4pm at the New Horizons (Guinness Trust Estate, Cadogan Street, London SW3 2PF) – informative workshops on health and wellbeing providing practical advice for coping with life in a busy world.

For more information and a full list of activities visit their website at www.openage.org.uk. The Head Office of Open Age is located in North Kensington at The St Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DX. The office is open from 9am-5pm Monday to Friday and you are welcome to drop by and pick up programmes and find out more about what they offer. You can also phone in on 020 8962 4141.
All ages

New Active for Life brochure out soon
The Royal Borough of Kensington and Chelsea's new Active for Life brochure, due out at in the next couple of weeks, will detail all the activities taking place at the New Kensington Leisure Centre (due to open in March) as well as provide information on other activities and health services and listing contact details for leisure providers in the borough.

The brochure will be available from local libraries and leisure centres in Kensington and Chelsea. For more information contact the Sport Development Team on 020 7938 8182 or email sportandleisure@rbkc.gov.uk.

Sing to Live, Live to Sing
Sing to Live, Live to Sing is a new singing for health programme in Kensington and Chelsea, initiated by the Council's Arts Service in partnership with Public Health.

Did you know singing can help to improve breathing, relieve stress, develop core muscles and improve posture, as well as boosting confidence, encouraging a feeling of belonging, and improving overall mood?

Workshops are free, though participants must register to take part by contacting the venues.

Each series of workshops is led by an experienced singing tutor, and workshops are open to all aged 16 plus.

No previous singing experience is necessary.

Participants will be invited to take part in a short health questionnaire during the workshop series.

To sign up to the workshops, contact the venues directly or just drop into either venue:

- Chelsea Theatre (7 World’s End Place, King’s Road, London SW10 0DR) – every Tuesday from 7pm-9pm and every Friday from 10am-12pm. For more information and to register contact Michelle Abbey by phoning on 020 7352 1967 or emailing michelle@chelseatheatre.org.uk.

- Dalgarno Trust Community Centre (1 Webb Close, Dalgarno Way, London W10 5QF) – every Thursday from 5pm-7pm and every Monday from 2pm-4pm. Form more information and to register contact Marie Mulcagy be phoning 020 8969 6300 or emailing marie@dalgarnotrust.org.uk.

- Response Community Projects (300 Old Brompton Road, London SW5 9JF) – every Wednesday from 12.15 – 2.15pm. For more information and to register contact Linda Ogbuehi by phoning 020 7370 4606 or emailing info@responseprojects.org.uk.

For more general information on the programme contact Jennifer Wood in the Arts Service on 0207 3614 378 or email Jennifer.Wood@rbkc.gov.uk.

Earl's Court Health and Wellbeing Centre
The Earl's Court Health and Wellbeing Centre is located just a 2 minute walk from Earls Court tube station (2B Hogarth Road, London SW5 0PT) and offers a range of health services and free and low cost community activities which include:

- Coffee Mornings: Tuesdays 10am-12pm – socialise with a welcoming group over refreshments and find out about different health related topics and ways to improve your health and wellbeing. (FREE, no booking required).

Themes for the upcoming meetings are:

- Tuesday 3 February – Learn more about Stroke;
- Tuesday 10 February – Diabetes: Myths and Facts;
- Tuesday 17 February – Enjoy listening to and discussing music and poetry with Caroline;
- Tuesday 24 February – What does your handwriting say about you- Graphology.

If you would like to find out more about the Coffee Mornings please contact Judit Palankai by emailing Judit.Palankai@turning-point.co.uk. To find out more about health services and community activities on offer phone the Earl's Court Health and Wellbeing Centre on 0207 341 0300.

Free yoga for carers
Westway Fitness Club (formerly Portobello Green Fitness Club) offers free yoga session for unpaid carers. The sessions are held every Thursday at 1.30pm. If you are caring for someone and looking for ways to relax and exercise at the same time, join free yoga group. For more information ring Jane Adams on 07876303540.
Free computer and internet access
If you have been meaning to brush up on your computer skills, get to grips with the internet or simply need access to a computer, The Dalgarno Trust are here to help. The IT Hub is funded until May 2015 by Catalyst Housing, Affinity Sutton and Peabody Housing.

At the IT Hub sessions you can get support to make the most of the internet, learn how to set up your own email account, apply for jobs, pay your bills and connect with friends and family around the world. An IT Hub Support Worker is there during each drop in sessions to provide all the support you need.

Session times:
Mondays 6.30pm – 8.30pm
Saturdays 10.30am – 12.30pm

Simply drop by at the Dalgarno Trust (1 Webb Close Dalgarno Way, London W10 5QB) or contact Tara by phoning 020 8969 6300 or emailing tara@dalgarnotrust.org.uk for more information.

After Umbrage free holiday accommodation
After Umbrage provides short-term holiday accommodation in their Kingham Cottage in Bath free of charge to those caring for those who care of loved ones with a terminal illness and are in need of a break.

To book your break you will need to be referred either by your local Hospice or GP. For more information please visit their website at www.afterumbrage.org.uk.

Young Carers Corner
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).

Spurgeons Young Carers Service
Spurgeons Young Carers Service provides support for young carers aged 5 to 19. They offer weekly activities during term time and during holidays for young carers within the boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham.

Services on offer are:
- One-to-one support with a dedicated worker
- Peer mentoring
- Information and advice
- Training opportunities
- Regular young carers groups
- Young carers newsletter
- Young carer card
- Carers assessment and emergency plan for young carers aged over 18
- Social networking
- Help in accessing other services
- Opportunity to take a break, take part in activities and outings and have some fun.

Young Carers groups (term time)

- Junior group (age 5 – 11) meets every 3rd Wednesday of the month between 4.30pm – 6pm at the St Quintin Children Centre (90 Highlever Road, London W10 6PN).
- Senior group (age 12-19) meets every 3rd Thursday of the month between 4.30pm – 7.30pm at Canalside Activity Centre (Canal Close, London W10 5AY).

The upcoming events and activities include:
- Junior group:
  - Wednesday 11 February 2015, 4.30 – 6pm at St Quintin Centre – Discovering world through a microscope and make a big mural of what you see.
  - Wednesday 11 March 2015, 4.30 – 6pm at St Quintin Children Centre – Young Carer’s Forum: how caring affects me every day.
- Senior group:
  - Thursday 12 February 2015, 5.30 – 7.30pm – Horse Riding
To find out more about any of the above services, activities and outings or to book your place contact Spurgeons Young Carers Service by phoning on 020 8969 7812 or emailing triboroughyoungcarers@spurgeons.org.

**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 up 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: kandc@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).

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**New from Carers UK**

**Fifty years of supporting carers – Because no-one should have to care alone**

Carers UK is 50 this year. That’s 50 years of fighting for carers’ legal and social rights, offering direct support and creating real community between carers. The 50th Anniversary Appeal is focusing on raising awareness of the isolation that caring can cause. Once caring begins, it can be so difficult to maintain relationships and social networks. Almost three in five carers have lost touch with family and friends. Too many carers feel isolated; loneliness can make their caring role even harder. Carers UK believes that no-one should have to care alone.

In 2012, their last public appeal helped to expand the free, national Adviseline opening hours. This money was truly transformational. It helped grow this service from two to five days a week. Since then, they’ve answered thousands more calls from people in desperate need of advice, information, support or simply a listening ear. The Carers UK 50th Anniversary Appeal is simple. They’re looking for help to raise one million pounds; because no one should have to care alone. Visit the website www.carersuk50.org for more information and details on how you can get involved.

If you’re dealing with the isolation of being a carer yourself, don’t forget that Carers Kensington & Chelsea can help you with one-to-one advice and support, signposting and referrals. Or come along to one of our Carers Forums (page 2) to meet other carers in your situation. Contact us by phoning 0800 032 1089 or by emailing kandc@carersuk.org for more details.

**Do you look after someone with type 2 diabetes?**

Carers UK have been invited to establish a virtual group of carers to review and comment on patient leaflets produced by Boehringer Ingleheim.

Boehringer Ingleheim is a pharmaceutical company dedicated to the research and development of medical products to improve, sustain and care for life. They have a reputation for providing effective products for the treatment of diabetes 2.

We are seeking 10 Carers who have access to a computer and email at home to join a virtual group for 1 year.

Your role will be to review occasional patient information leaflets and ensure the information is easy to understand and appropriate for carers. A £25 voucher will be paid at the start of your membership to the group.

If this is you, we would like to hear from you!

To express your interest in participating in the Virtual Group please email or call Carers UK consultancy@carersuk.org | 020 7378 4941