Welcome to the November edition of News for Carers

Holiday season is just around the corner and soon we will be welcoming New Year. We hope you have enjoyed reading News for Carers this year and that you will find something useful and of your interest in the future editions.

Happy Festive Season and a Prosperous New Year from Carers Kensington & Chelsea Team!

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Carers Rights Day 2014

Having the right information at the right time can make a huge difference when you are looking after someone.

Each year Carers UK holds Carers Rights Day to bring organisations across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to.

This year’s theme is Looking after someone? Know your rights and will focus on:
- Making carers aware of their rights;
- Letting carers know where to get help and support;
- Raising awareness of the needs of carers.

This year’s Carers Rights Day is taking place on Friday 28 November 2014. Carers Kensington & Chelsea will be celebrating the day with an informative, conference-style event in the Small Hall at Kensington Town Hall, Hornton Street, London W8 7NX. The event will take place between 11am and 3pm, so please put it in your diary and reserve the time. For the full programme for the day go to page 3.

Carers’ Annual Survey

If you look after a family member, partner or friend who is in need of support you may be asked to take part in a national survey in the next few weeks. Your views on how caring for others has affected your own quality of life and also the support provided to help you with the person you look after will enable services for carers to be improved. All answers are completely confidential. For more information about the survey go to page 4.
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 and Westminster City Council, 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.

November will be a Carers Month on People First website and will feature caring-related articles, update on support services for carers as well as information on activities and events taking place throughout the month so do check it out.

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 15 January 2015 between 11am-2pm in Committee Room 1, Kensington Town Hall (Hornton Street, London W8 7NX).

The group will discuss and plan what topics or themes they would like to see covered during the future meetings in the year 2015. It will also be an occasion to have a small New Year celebration with food and a little bit of fun activity too!

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.

Carers Kensington & Chelsea Annual Evaluation 2014 – your feedback

Some of you may remember our annual evaluation questionnaire that we sent to you at the end of August. We asked you to tell us what you thought about the service you received from us. We would like to thank everyone who filled in the questionnaire and returned it to us. Your feedback allowed us to reflect on how we provide
our services and we are pleased to share it with you.

We sent our evaluation questionnaire to all carers who were in touch with us in the period between 2 August 2013 and 1 August 2014 through the telephone, email or face to face. On 26 August 2014, we wrote to 328 carers to tell us what they thought about the services they received from us. The letter included an evaluation form and self-addressed freepost envelope for carers’ convenience.

Up until the end of October 2014 we have received 41 completed evaluation forms and further 5 that were returned uncompleted, from carers that had stopped their caring role. The return rate is 14%.

Overall the evaluation of the service by carers is very good (85%). Although the number of evaluation forms returned may seem comparatively small to the number of carers who have accessed our service, it still gives a good indication of how carers rate the service they have received.

As a result of the survey we have consulted both professionals and carers about the content of our Information booklet with a view of including more varied information about support services for carers and people they care for. Since the feedback revealed that almost all carers appreciated the newsletter and found it a useful source of information we will take extra care to include as varied articles as possible so that every carer could find something for themselves there.

The survey shows that some carers find it difficult to attend our advice sessions in the Town Hall and GP surgeries therefore we continue to offer flexible home visits to those carers.

We also understand that some of event and activities are difficult to attend by the working carers therefore we will endeavour to offer weekend and evening events during Carers Week. Working carers can also contact us with their queries through email on kandc@carersuk.org and we aim to reply within 48 hours.

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**Carers Rights Day 2014**

Carers Kensington & Chelsea will celebrate Carers Rights Day 2014 by holding a conference-style informative event on Friday 28 November 2014 between 11am – 3pm in the Small Hall, Kensington Town Hall (Hornton Street, London W8 7NX).

Come and join us for this day packed with interesting presentations, find out more about the new Care Act, meet other carers, have a friendly chat over a cuppa and a piece of cake at Conversation Café and more.

You are welcome to call in at any time to talk to us about your caring needs, listen to the presentations or simply relax, sit and talk to other carers.

Members of Carers Kensington & Chelsea advice team will be available from 11.00am so you will be able to talk to them directly about benefits, financial help, carers assessments and more.

The event is free to attend for all carers in Kensington and Chelsea, lunch and refreshments will be provided. For more information and to register your attendance please contact us on 0800 032 1089 or by emailing kandc@carersuk.org.

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**Programme:**

- **11am**  Event opens; tea & coffee and pastries served
- **11.15am**  Presentation from “Time to Change. Different Voices Conversation Café”
- **11.30am**  Presentation on “Paying for care and care cost cap” (Pathways through Dementia, Sara Wilcox)
- **12.15pm**  Break and opportunity to take part in Conversation Café and have a free health check
- **12.40pm**  Presentation on Expert Patient Programme (Nubian Life)
- **1pm**  The New Care Act and its implications for carers and services in RBKC (presentation, discussion and Q&A)
- **2pm**  Presentation on People First Website (Nick Marchant)
- **2.15pm**  Lunch and opportunity to take part in Conversation Café and have a free health check
- **3pm**  Event closes

Even if you can only drop in for a short time, this is YOUR day and we look forward to seeing you there.
News from RBKC

Carers’ Annual Survey – Please help the Council to help you

The Department of Health has asked Councils with Adult Social Services Responsibilities (CASSRs), including the Royal Borough of Kensington and Chelsea, to survey those who look after a family member, partner or friend who is in need of support or services because of their age, physical or learning disability or illness, including mental illness. Information gathered from the survey will be provided to the national Health and Social Care Information Centre (HSC IC).

The Royal Borough of Kensington and Chelsea wants to improve and develop services for carers in this very challenging financial climate, so they want to get your views on the support provided to help you with the person you look after and in particular, how your caring for others has affected your own quality of life.

The survey will take place between October and December 2014. If you are included in the survey, you will receive a questionnaire through the post and you will be asked to respond to it by a set date. Different types of communication methods for collecting the survey information will be used where required.

If you receive a questionnaire and have difficulty completing it, you can ask a friend, relative or an advocate to help you. Advice and assistance can also be obtained by contacting Nadia Husain on direct line 020 7361 2552, free phone number 0800 587 0072 or via e-mail at HSSCustomercare@rbkc.gov.uk.

Staff involved in the provision of services you receive, or services for the person for whom you care, should not help you to fill in the questionnaire. Your answers will be treated as confidential. They will not be passed onto anyone providing you or the person you help with services. You will not be personally identified to them and your answers will not affect the services you or they receive.

North Kensington Law Centre move to new premises

The North Kensington Law Centre has moved to new premises. After being based in the same offices in Golborne Road for 44 years the Centre has now moved to:

Unit 13, Baseline Studios Whitchurch Road London W11 4AT

Baseline Studios is a purpose built office space with disability access situated close to Latimer Road tube station, and a 10 minute walk from the busy hub of Shepherds Bush overground.

It is also a 10 minute walk from the previous offices and from Ladbroke Grove tube station.

The North Kensington Law Centre offers legal advice and help in the following areas:

- Housing
- Welfare Benefits
- Employment
- Immigration and Asylum

As much as possible, the North Kensington Law Centre aims to offer a free service. However, in some cases (i.e. housing, asylum and employment advice) you will have to qualify for Legal Aid in order to access the service for free. Welfare benefits advice is free of charge for Kensington and Chelsea residents.

North Kensington Law Centre is open Monday to Friday 9am to 5pm.

You can contact the Centre by phoning on 020 8969 7473 or emailing info@nklc.co.uk.

National News

Eligibility and the Care Act: what’s changing?

The Care Act 2014 comes into force from next April, bringing changes to the threshold that local authorities use to decide whose needs qualify for support.

The Act provides a wholesale modernisation of the legal framework governing how care is provided. One of the reforms it makes is to the threshold that local authorities use to decide who needs do, and who needs don’t qualify for support.

Instead of the current situation where local authorities can choose to meet different levels of need classified as critical, substantial, moderate or low, the Care Act puts in place a national threshold which all local authorities will have to meet.

On 23 October 2014 the Government published the statutory regulations and guidance which accompany the Care Act 2014. We now have the details of how the Act will work in practice including the threshold at which carers and those with care needs will be eligible for support.
Needs which meet the eligibility criteria:

For adults who need care and support

The adult’s needs have to arise from or are related to a physical or mental impairment or illness, and as a result of those needs the adult is unable to achieve two or more of the outcomes specified in the regulations, and as a consequence there is, or is likely to be, a significant impact on that adult’s well-being.

Key points:
- Having needs due to physical or mental impairment or illness
- Not being able to achieve two or more outcomes specified in the regulations
- Impact on well-being

The specified outcomes relate to everyday activities such as managing personal hygiene and toileting, eating, dressing, staying safe, socialising, maintaining relationships, working, training, education, leisure and recreation etc.

For carers

A carer meets the eligibility criteria if their needs arise as a consequence of providing necessary care for an adult and because of those needs the carer’s physical or mental health is, or is at risk of, deteriorating and the carer is unable to achieve any of the outcomes specified in the regulations, and as a consequence of that fact there is, or is likely to be, a significant impact on the carer’s well-being.

Key points:
- Having needs due to caring role
- Deterioration of carer’s physical or mental health
- Not being able to achieve one or more of the outcomes specified in the regulations
- Impact on carer’s well-being

The outcomes relate to caring responsibilities, maintaining own home, socialising, maintaining relationships, accessing community, recreation and leisure, engaging in work, training, education or volunteering etc.

If you would like to find out more about the Care Act and how it will affect you please come and join us at our Carers Week event on Friday 28 November 2014 (for more information go to page 3).

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:
- Wednesday 12 November 2014, 12-4pm – A Retreat Day including massage, reiki and mindful meditation. It is a free event with lunch provided. Booking is necessary.
- Wednesday 17 December 2014, 2.30-4.45pm – The Nutcracker Ballet. A small contribution from carers will be required to attend this trip and booking is necessary.
- Tuesday 20 January 2015 – social dinner – this outing will be in the evening and the venue will be confirmed closer to the date. A small contribution from carers will be required and booking is necessary.

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 27 November 2014, 6-8pm;
- Thursday 18 December 2014, 6-8pm;
- Thursday 29 January 2014, 6-8pm.

Carers steering group

This is a quarterly meeting for carers who are interested in playing a part in shaping the service. The carers discuss what they want from the service, work with staff to implement their ideas and are involved in future planning of activities within the Carers Social Activities
service. To find out when the next meeting will take place please contact Ellie or Mayra on 020 7221 0052.

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, 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 autumn/winter activities include:

- **Friday 7 and Friday 14 November 2014, 11am-1pm** – iPad art: card making workshop with Mryna.
- **Friday 21 November 2014** – a trip to Ideal Home Show at Earls Court Exhibition Centre. This trip has to be booked in advance as places are limited. For more information and to book your place, contact Liz on 020 8962 4536.
- **Friday 28 November 2014, 11am-3pm** – the group will attend Carers Rights Day event at Kensington Town Hall (for more information about the event go to page X).
- **Friday 5 December 2014, 11am-1pm** – Stress management workshop with Sarah Hurley.
- **Friday 12 December 2014 – Christmas lunch at the Little Bay in Kilburn**. There will be 12 places available. The project will pay £18 per person. Anything above that you will need to pay for yourself. The venue will be confirmed closer to the date. The outing must be booked in advance so contact Judy on 020 7590 8970.

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 autumn/winter programme includes:

- **Wednesday 12 November 2014, 2 – 4pm** – Free relaxation session with Jane at New Horizons Centre (Guinness Trust Estate, Cadogan Street, London SW3 2PF). Wear comfortable clothes. The sessions must be booked in advance.
- **Friday 12 December 2014, 11am-4.30pm** – The Great New Horizons End of Year Party at New Horizons Centre (Guinness Trust Estate, Cadogan Street, London SW3 2PF). There will be a raffle, delicious food, drinks, entertainment and live music for you to dance to. Tickets are £15 each (available to buy at the New Horizons’ reception), but there are 10 free tickets available so contact Judy on 020 7590 8970 to secure yours.

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 winter programme includes:

- **Friday 28 November 2014, 1 – 3pm** – Planning for later life with Angela Fox from Age UK Kensington and Chelsea; Cremorne Sheltered Clubrooms, Millman Street, London SW10 0BY.
- **Thursday December 2014, 5.30 – 8pm** – Christmas Dinner (location to be confirmed closer to the date). For
more information and to book your place contact Saba on 020 8960 8137.

Tuesday January 2015, 2-4pm – Activities for people with dementia and their carers; North Kensington Library, 108 Ladbroke Grove, London W11 1PZ.

Friday 27 February 2015, 2- 4pm – Activities for people with dementia and their carers; Cremorne Sheltered Clubrooms, Millman Street, London SW10 0BY.

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.

Do you look after someone with dementia or memory problems?

Dementia Services, Age UK Kensington & Chelsea

A warm welcome to the new Dementia Advisor

In the summer we said goodbye to Holly Corlett, who is returning to study for a doctorate in Clinical Psychology at Royal Holloway, University of London. We would like to wish Holly all the best for the future and also say a warm welcome the new Dementia Advisor, Anna Sadler. Anna has written a few words to introduce herself:

My name is Anna Sadler and I am the new Dementia Advisor in Kensington and Chelsea. Before I came to work with Age UK Kensington and Chelsea I worked for the Alzheimer’s Society where I was a Community Development Worker delivering lots of awareness presentations. I am looking forward to spending time working more closely with people who have dementia or have been affected by it. This is a very exciting opportunity for me and I look forward to meeting a lot of you over the next few months!

Anna splits her time between the Memory Service Kensington & Chelsea and Westminster and Age UK Kensington and Chelsea and can be contacted on either 020 3219 0910 (Memory Service) or 020 8960 8137 (Age UK), or by email: asadler@aukc.org.uk.

My Memories Cafe

My Memories Cafe 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. The cafes are attended by representatives from 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.

In the south, the group meets every last Friday of the month (apart from December when they have their Christmas Party on the second Friday) from 2 – 4pm at Cremorne Sheltered Clubrooms, Milman Street, SW10 0BY, Buses 11, 22 and 328 run nearby (Worlds End stop). Cost £2. Free transport can be provided.

The upcoming meetings will take place on:

- 28 November 2014
- 12 December 2014 (Christmas Party)
- 30 January 2015
- 27 February 2015.

In the north, the group meets every first Tuesday of the month (apart from December when it is our Christmas Party on the second Tuesday) from 2 – 4pm at St Peters Church, Kensington Park Road, London W11 2PN.

The nearest tube stations are Ladbroke Grove and Notting Hill Gate. Buses 52 and 452 run nearby (Arundel Gardens stop). Cost £2. Free transport can be provided.

The upcoming meetings will take place on:

- 9 December 2014 (Christmas Party);
- 6 January 2015;
- 3 February 2015.

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 chair-based exercise class aimed at people with memory loss or dementia. Free door-to-door transport can be provided if needed.

The group meets every Thursday (until 18 December) from 2.30pm – 3.45pm at the Salvation Army, 205 Portobello Road, London W11 1LU. Cost £2.
The upcoming classes will take place on:
• 13, 20 and 27 November 2014;
• 4, 11 and 18 December 2014.

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

Remembering Yesterday, Caring Today
A reminiscence group for people with dementia and their relatives to attend together, have some fun, share memories, and try out new things together.

The group will meet at St Peter’s Church, Kensington Park Road, London W11 2PN for 10 sessions on the following Tuesdays from 2 – 4pm:
• 11, 18 and 25 November 2014;
• 9 and 16 December 2014;
• 6 and 13 January 2015.

To find out more, 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.

Meetings to date included a boat trip to Greenwich, meeting for a drink in a local pub, visits to the Natural History Museum, Kensington Palace and Key Gardens and a summer picnic in Hyde Park. Young at Heart Group tries to arrange their meetings based on feedback and suggestions from those who attend. Carers, family and friends are also welcome to come along.

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 (Cromwell Road, South Kensington, London SW7 2RL).

The upcoming workshops include:

Monday 3 November 2014, 1-3pm in the Art Studio – Let’s go to the Music Hall
London’s Music Hall was a sign of the city’s expansion and the songs were a chronicle of everyday life of working people. The group will look at the history of the songs, some of the great performers, the style of the songs and what they were about. There would be an opportunity to sing along and for the group to write their own modern music hall song. Led by Malcolm Jones and Natasha Lohan

Monday 1 December 2014, 1-3pm in the Art Studio – A Variety Playbill
As time went on Music Hall became the Variety Theatre we know of the 1930s/40s and 50s. The group will explore some of the great variety acts of this era and share memories of the most famous performers. Come along and sing a song or two and surprise yourself by being creative with words and music too. There may be a Christmas hit within you. Led by Malcolm Jones and Natasha Lohan

For the full programme of upcoming events and to book your place contact Anna Sadler at Age UK Kensington & Chelsea on 0208 960 8137 or by emailing asadler@aukc.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:

- 18 November 2014 – Claire Franklin, ASSET;
- 2 December 2014;
- 13 January 2015;
- 27 January 2015;
- 10 February 2015;
- 24 February 2015;
- 10 March 2015;
- 24 March 2015.

Make sure you put these dates in your diary. Not all of the guest speakers have been confirmed yet, so for more information about the forum and topics for the upcoming meetings contact Full of Life on 020 8962 994 or email info@fulloflifekc.com.

**Carers Advocacy Service – update**

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. For further details please contact Samantha Peters by phoning on 020 8962 9917 or emailing sam@fulloflifekc.com.

Part 3 of the Children and Families Act 2014, which focuses on Special Educational Needs and Disability, was implemented on 1 September 2014 and young adults from ages 16-25 may be able to access an EHC (Education, Health and Care) plan to receive special educational support.

This will also mean that no new Learning Disability Assessments (LDA’s) will be carried out after this date, although young adults who already have an LDA will still have the same legal rights for a further two years (until 2016).

If your young adult has a lapsed statement or a Learning Disability Assessment, you will have to request a re-assessment for an Education, Health and Care Plan (EHC), as you will not be automatically transferred.

The decision to proceed with an EHC assessment or EHC plan will be based on individual circumstances.

The Carers’ Advocacy service will be advising on the new system and will also be offering to accompany parent carers on visits to colleges, to see the facilities and provisions on offer. This will need to be booked in advance and will be dependent on the current case load. Please contact Samantha Peters either by email at sam@fulloflifekc.com or by calling 0207 962 9917.

**A new name for Parent Partnership Service**

Under the Children and Families Act, which came into force this September, all Parent Partnership services will now be known as Independent Advice and Support Services (I.A.S.S)

The I.A.S.S service at Full of Life will continue to offer advice, information and support in relation to special educational needs (SEN).

**Full of Life’s Independent Support Service (I.S.S)**

In addition to its Independent Advice and Support Services, Full of Life will also be providing the Independent Support Service which will offer specific support for parents of children and young people who are transitioning from Statements or Learning Disability Assessments to Education, Health and Social Care Plans (E.H.C).

EHC Plans will be replacing The Statement for children/young people with disabilities and special educational needs. This transition will take place in stages over 3 years and the first children who will be offered EHC Plans will be those who have not already got a Statement. However you can request an EHC assessment at any time. All Full of Life staff have received training from IPSEA, Professor Luke Clements and the Council for Disabled Children on the new system.

For more information about this service please contact Full of Life on 0208 962 9994 or by emailing info@fulloflifekc.com.

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**Samantha Peters**, Carer’s Advocate

**Celine Jones**, Information Officer and Family Support Worker

**Allison Ambrogi**, Independent Advice Support Service
Making the Unseen, Seen – Art Exhibition

Full of Life is very proud to present ‘Making the Unseen, Seen Exhibition’ which will take place between 12 – 18 January 2015 at The Tabernacle. It presents the unique artistic talents of the young people who attend the Full of Life Centre. Each piece of art work has been created by a tailored method, for example a young person has created a series of dynamic paintings by throwing paint filled balloons at a canvas. This kept the process fun, interesting and expressive for the young person, who usually struggles to keep focused on one activity at a time, whilst creating an energetic and beautiful piece of art.

Full of Life would like to thank The Tabernacle for advertising this event on their behalf – visit www.tabernaclew11.com/full-of-life-presents-making-the-unseen-seen-exhibition. You can also watch Full of Life’s promotional video at www.facebook.com/fullofliferbkc/videos.

Free Makaton training for parents and carers

RBKC Learning Centre is running a 2-day Makaton training session which is free to attend for parents and carers of children and young people with learning disabilities.

The training will cover basic Makaton signing and symbol use and look at communication with people with learning disabilities in general.

The training will take place on 9 December and 10 December 2014 between 9.30am – 4.30pm, 77-89 Glenthorne Road (Third floor), W6 OLJ.

The sessions can be booked on line. Parents and carers can apply by going to the web-link for non-council staff (http://lms.rbkc.gov.uk) and creating a profile. Once logged in you can find the course by using the search box on the right hand side and typing ‘Makaton’.

If you have any questions or problems with booking your place contact Lisa Morsley by phoning on 020 7313 6858 or emailing: Lisa.Morsley@rbkc.gov.uk. Please note that Lisa only works from Monday to Wednesday.

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 18 November 2014, 7.30pm – The Lion King at the Lyceum Theatre (21 Wellington Street, London WC2E 7RQ) – tickets £25.00
- Monday 24 November 2014, 7.30pm – Sunny Afternoon (The Kinks musical) – Harold Pinter Theatre (Panton St, London SW1Y 4DN) – tickets £30.00
- Monday 9 December 2014, 7.30pm – White Christmas at the Dominion Theatre (268-269 Tottenham Court Rd, London W1T 7AQ) – ticket £30 (please note that only circle seats are available and they are accessed by stairs only)

Minibus transport is available for the theatre trips if required from the Resource Centre at 73 St Charles Square, London W10 6EJ 6pm, return by approximately 11pm.

Equal People would also like to invite all carers to their Winter Ball which will take place on Thursday 18 December 2014 between 7-11pm at the Copthorne Tara Hotel (Scarsdale Place Kensington, London W8 5SY). A fun night out with live music, sit down meal, and a raffle.
Tickets cost £35 per person and include two course meal, a glass of juice and wine.

For more information and to reserve your place for any of the above events call 020 8964 0544 and speak to Paul or Sophie. Alternatively email seldgister@equalpeoplemencap.org.uk or pppop@equalpeoplemencap.org.uk.

Learning Disability Today Conference

Learning Disability Today: conference and exhibition will take place on **Thursday 27 November 2014** (all day event 9am-6pm) at the Olympia Conference Centre, Hammersmith Road, London W14 8UX.

Learning Disability Today is a day of seminars, exhibitions, interactive zones and the chance to network and make friends. The theme this year is all about Living Well. Learning Disability Today is a place to learn about the sector, the challenges, the celebrations and recent research. In the seminar sessions visitors will hear from sector leaders, self-advocates and people working on the frontline. Topics will include: Autism, risk, wellbeing, relationships, values, positive behaviour support, service integration and the Care Act. Whether you care for a person with a learning disability, have a learning disability yourself, are studying, or are a Commissioner, Manager or Chief Executive, Learning Disability Today aims to give all visitors a forum to learn, share and debate.

The normal cost of the ticket is £30 but it is free for family carers and anyone with disability. To book your free ticket visit http://www.learningdisabilitytoday.co.uk/learning-disability-today-london/ or call Pavilion customer services on 01273 43 49 43, or email info@pavpub.com with any questions about your booking.

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, and will offer information, advice and a chance to meet and talk to other carers of people affected by Autism. The First meeting will take place on **Thursday 29th January 2015**, 10am – 12pm at North West London Commissioning Support Unit, 15 Marylebone Road, London, NW1 5JD. Please register your interest with Lydia Hodges at Carers Network on 0208 960 3033 or Lydia.Hodges@carers-network.co.uk.

### Early Birds sessions at Science Museum

Early Birds session is a new experience for families with members who have Autism. On selected dates in 2014, the Science Museum will be open from 08.30am for families to come along and enjoy the Museum free of the general public.

The next available session is on **13 December 2014** between 8.30 – 11.15am (Science Museum, Exhibition Road, London SW7 2DD).

The Early Birds sessions will see some of the Museum’s interactive galleries open exclusively to booked Early Bird guests until 11.15am. There will also be a selection of workshops, the opportunity to access selected galleries and to witness some thrilling demonstrations.

The sessions are completely free but need to be booked in advance. Bookings can be made by calling 02079424777 and if you would like to be added to the Early Birds mailing list please email: familyprogrammes@sciencemuseum.ac.uk.

### Relaxed Performance of ‘Psst! Secrets of a White Rabbit’

A music-filled fantasyland and a blend of physical theatre, puppetry and enchanting humour are sure to
entertain. The show will take on the 1 November 2014 between 2 – 2.30pm at the Barbican Centre (Silk Street, London EC2Y 8DS).

Barbican’s relaxed performance is open to anyone but is particularly suitable to support groups and families of those on the autistic spectrum or people who have learning disabilities, sensory or communication disorders. ‘Visual stories’, which give information about the theatre and the show, are available to help support your visit. Suitable for families with children aged 2 and above. Drop-in art activity for families is available before the performance from 12.30pm-2pm in The Pit foyer; free to same-day ticket holders.

Tickets cost £8 plus a booking fee (£3 booking fee for online transactions or £4 by phone, there is no booking fee if booked in person at the Barbican). To book online please visit: http://www.barbican.org.uk/theatre/event-detail.asp?ID=16239 or phone 0845 120 7511.

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 at Canalside House, 383 Ladbroke Grove, London W10 5AA. 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.

**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 20 November 2014.

**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.
Drumming for Mental Health

Mutual Recovery African Drumming Workshop is a free ten-week programme of sessions leading participants through various aspects of African drumming. Led by a professional African drummer and student musicians from the Royal College of Music each week will offer participants a chance to engage in a variety of exciting workshops learning to play Djembe drums in a supportive and friendly atmosphere.

This course is open to adults who are currently or have previously accessed support for mental health conditions and/or their carers.

It is free and the Royal College of Music will provide all equipment needed.

The sessions started on 8 October and are taking place on Wednesday mornings at St Paul’s Church, Queen Caroline Street, London W6 9PJ. The closest tube station is Hammersmith and many buses including 9, 10, 27, 33, 72, 190, 209, 211, 220, 391, 419, 485 and H91 stop nearby.

The remaining dates are: 19 November, 26 November, 3 December and 10 December 2014.

For more information about the course and to book your place, contact Louise by phoning 020 7591 4781 or emailing drumming@rcm.ac.uk. You can also visit www.rcm.ac.uk/cps/MRFAQ.

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 Summer/Autumn Term runs from April to December 2014. 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.cnwl@nhs.net.

Training venues:

In Kensington & Chelsea:

- Pall Mall Centre for Mental Health
  150 Barlby Road, London W10 6BS
- South Kensington & Chelsea Mental Health Centre (SK&CMHC), 1 Nightingale Place, London SW10 9NG
- St Charles Mental Health Centre,
  Exmoor Street, London W10 6DZ

In Westminster:

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

Some of the upcoming training sessions and workshops include:

- Introduction to recovery (one-day workshop) – Thursday 20 November 2014, 10am-4.30pm in Latimer House (Westminster);
- Recovery and social inclusion (four-week course, one day per week) – Fridays: 14 and 21 November 2014, 10am – 4.30pm in Latimer House (Westminster);
- Introduction to managing stress (half a day workshop) – Thursday 27 November 2014, 1-4pm in Latimer House (Westminster);
- Introduction to mindfulness (six-week course, two hours per week) – Wednesdays: 12, 19, 26 November 2014; 3, 10 and 17 December 2014, 2pm-4pm in Latimer House (Westminster);
- A good night’s sleep (two half-day workshops) – Tuesdays 11 November 2014 and 2 December 2014, 1pm-4pm in Latimer House (Westminster);
- Understanding your medication (half a day workshop) – Wednesday 19 November 2014, 10am – 12.30pm in Latimer House (Westminster);
- Introduction to hearing voices (half a day workshop) – Wednesday 26 November 2014, 1pm-4.30pm in Latimer House (Westminster).

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

Established in 1974, Kensington & Chelsea Mind has over 35 years’ experience of developing and providing innovative mental health services for the people of Kensington & Chelsea.

Mind offers information and services which support the recovery, growth and wellbeing of people suffering from mental distress, to enable them to live full and independent lives.

Healthy Minds Workshops

Kensington & Chelsea Mind has launched a new series of 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:

• 19 November 2014 – Understanding depression
• 10 December 2014 – Understanding Anxiety and panic attacks
• 28 January 2015 – Coping with sleep problems
• 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 – Mindfullness 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

Flu jabs

Flu is a viral infection of the respiratory tract that is quickly and easily transmitted through coughs and sneezes. It can also be spread through touching something like a door handle after and infected person and then touching your nose or mouth. Symptoms can include high temperature, headache, dry cough and aches.

Flu is more dangerous for some people than others and can develop into serious illnesses such as bronchitis and pneumonia. For those in at-risk groups (due to old age or medical condition), flu can even cause life-threatening complications.

Many carers struggle to find the time to look after themselves, but if they fall ill it is bad news not only for them but for the person they look after too. That is why carers who get Carer’s Allowance, or who are the main carer for an older or disabled person, should be offered a free flu jab.

This is Government policy, but it is at their GP’s discretion so carers should explain their concerns for the welfare of the person they are looking after should they fall ill, for example if there is no one else who would be able to step in. Carers might also qualify for a free flu jab if they are over 65 or have health problems of their own – your GP should check to see if you fall into one of the clinical risk groups. Your GP will decide whether you need a flu jab based on this information.

Carers can also talk to their local pharmacist, as lots of pharmacies are administering free NHS flu vaccinations this year. There are over 25 participating pharmacies in Kensington and Chelsea making the availability of seasonal flu jabs easy and close to home, which means that more people can easily take this quick and simple precaution.

People who qualify for free flu jabs from pharmacies:

• Any patient over 65
• Pregnant women at any stage of the pregnancy
• NHS health care workers
• Under 65 at risk groups (such as those suffering from asthma, diabetes, heart conditions and kidney disease)

The list of pharmacies offering free flu jabs in Kensington and Chelsea:
Stay warm this winter

Healthy Homes

Healthy Homes is a partnership of the Royal Borough of Kensington and Chelsea, the NHS and local voluntary agencies. Its aim is to help residents to live in homes free from cold and damp and affordable to keep warm.

If your house is cold or damp and you sometimes struggle to pay your fuel bills, Healthy Homes may be able to help you. Rising fuel prices and cold winters mean it is easy to find yourself facing large fuel bills during and after winter months. Healthy Homes can help and advice you on how to deal with your fuel bills. They may also be able to contact the energy company on your behalf or, in certain circumstances, apply to trust funds to reduce the outstanding debt.

The Council currently has a scheme to provide free draught proofing for windows and doors. Healthy Homes can refer you for this as well.

Contact Healthy Homes on 0808 202 6204 (free from landlines) for advice on how to keep your home warm this winter.

Warm home discount

If you are on a low income, you may qualify for the Warm Home Discount Scheme. This gives a rebate to pensioners on low incomes and some other customers on low incomes. The rebate is £140 on your electricity bill for winter 2014-2015. The money isn’t paid to you; it's a one-off discount on your electricity bill, usually between October and March.

You qualify for the discount if on 12 July 2014 all of the following apply:

- your supplier was part of the scheme
- your name (or your partner’s) was on the bill
- you were getting the Guarantee Credit element of Pension Credit (even if you get Savings Credit as well).

If you’re not a pensioner on a low income, you may still be eligible for the Warm Home Discount Scheme. Each supplier has their own rules about who else (known as CARERS Kensington & Chelsea}

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Boots, 203-205 Brompton Road, London SW3 1LA
Boots, 254 Earls Court Road, London SW5 9AD
Boots, 228-232 Fulham Road, London SW10 9NB
Boots, Units 30-31 Gloucester Arcade, 128 Gloucester Road, London SW7 4SF
Boots, 127a Kensington High Street, London W8 5SF
Boots, 148-150 Kings Road, London SW3 4UT
Boots, 60 Kings Road, London SW3 4UD
Boots, 96-98 Notting Hill Gate, London W11 3QA
Day Lewis Harrods Pharmacy, Harrods, 87-135 Brompton Road, London SW1X 7QN
Baywood Dispensing Chemist, 239 Westbourne Grove, London W11 2SE
Calder Pharmacy, 55/57 Notting Hill Gate, London W11 3JS
Chana Chemist, 114 Ladbroke Grove, London W10 5NE
Chana Chemist, 196-198 Portobello Road, London W11 1LA
Chelsea Pharmacy, 61-63 Sloane Avenue, London SW3 3DH
Dillon's Pharmacy, 24 Golborne Road, London W10 5PF
Dr Evans Pharmacy, 15 Elgin Crescent, London W11 2JA
Earls Court Chemist, 240 Earls Court Road, London SW5 9AD
Harley's Pharmacy, 35-37 Old Brompton Road, London SW7 3HZ
Hillcrest Pharmacy, 104-106 Holland Park Avenue, London W11 4UA
Medicine Chest, 413-415 Kings Road, London SW10 0LR
Notting Hill Pharmacy, 12 Pembroke Road, London W11 3HL
Pharmaclinix, 132 Bramley Road, London W10 6TJ
Spivack Chemist, 173 Ladbroke Grove, London W10 6HJ
Stickland Chemist, 4-6 The Arcade, South Kensington Underground, London SW7 2NA
Stratford Pharmacy, 4 Stratford Road, London W8 6QD
Tesco, West Cromwell Road, London W14 8PB
Worlds End Pharmacy, 469 Kings Road, London SW10 0LU
Zafash Chemists, 233-235 Old Brompton Road, London SW5 0EA.
the ‘broader group’) can get this help. You may be eligible if you’re on a low income and you have a disability or long-term illness, or children.

Each energy supplier has different criteria, so contact your supplier to check whether you’re eligible.

The Warm Home Discount Scheme is run by energy companies. The largest ones are required by law to offer this rebate.

If you are a pensioner eligible for the Warm Home Discount, the Department for Work and Pensions will try to make sure you get this discount automatically. If you are missed out, you can ask for the discount directly from your supplier.

If you are on a low income, you will need to contact your energy supplier for details of whether you are eligible. If you believe you are eligible, you will then need to apply directly to your supplier.

For more information on applying to your energy supplier for the Warm Home Discount visit www.gov.uk/the-warm-home-discount-scheme or ring the Warm Home Discount Scheme helpline on 0845 603 9439, Monday to Friday, 8.30am to 4.30pm.

The following suppliers are part of the scheme (for more information you can contact them directly):

- **Atlantic** – see SSE
- **British Gas** (0800 072 8625; you can also apply online by visiting www.britishgaswarmhomediscount.com)
- **Co-operative energy** (0800 954 0693 or 01926 516 152, you can apply online by visiting www.cooperativeenergy.coop/reduce-your-bills/whd/bg)
- **EDF Energy** (Priority Services Team 0800 068 8251, you can apply online by visiting www.edfenergy.com/for-home/help-support/warm-home-discount)
- **E.ON** (0800 404 6287, you can apply online by visiting http://www.eonenergy.com/for-your-home/saving-energy/need-little-extra-help/warm-home-discount)
- **Equipower** (Ebico) – see SSE
- **Equigas** (Ebico) – see SSE
- **First Utility** (0800 138 3342, you can apply online by visiting http://www.first-utility.com/about-us/saving/energy-saving/warm-homes-discount)
- **Manweb** – see ScottishPower
- **M&S Energy** (0800 9 802 473)
- **npower** (0808 172 6999, you can apply online by visiting www.npowerwarmhomediscount.com)
- **Sainsbury’s Energy** – see British Gas

**Scottish Gas** – see British Gas

**Scottish Hydro** – see SSE

**ScottishPower** (0141 568 6182; you can apply online by visiting http://www.scottishpower.co.uk/support-centre/service-and-standards/support/warm-home-discount)

**Southern Electric** – see SSE

**SSE** (formerly Scottish and Southern Energy; 0800 300 111, you can also request the application form online by visiting www.sse.co.uk/OnlineForm/WarmHomeDiscountApplication)

**SWALEC** – see SSE

**Utility Warehouse** (0800 781 7777).

### Senior residents (55+)

**Age UK Kensington & Chelsea**

**Outings**

Monthly outings for older residents (over 55 years old) living in Kensington and Chelsea. Family, friends and carers are all welcome to join. Places are limited so please book in advance by calling 020 8960 8137.

The upcoming outings include:

- **Wednesday 19 November 2014** – a trip to the Imperial War Museum. Commemorate the end of the First World War and Armistice Day by visiting this fascinating museum.
  
  Cost: £5.00 contribution including lunch and door-to-door transport.

- **Thursday 11 December 2014** – Christmas Lunch at the Genies Restaurant. The group will be celebrating Christmas and the end of 2014 together with a meal out. A perfect opportunity to get together with friends, reminisce and enjoy a lovely meal.
  
  Cost: £15.00 contribution including lunch and door-to-door transport.

**Reading Group**

Age UK Kensington & Chelsea Reading Group meets every Monday from 11.30am – 12.30pm at St Cuthbert’s Centre, 51 Philbeach Gardens, London SW5 9EB.

The group reads poems and short stories together and then chats about what they have read and what it means to them.
You do not have to read aloud unless you want to. You can simply listen and relax.

If you would like to join the group please call Sam Hatley on 020 7352 4016.

**Mi Community Digital Clinic**

Have you been having problems using your mobile phone or digital camera?

Come to the Digital Clinic on Friday 28 November 2014 between 2 – 4pm at the Brompton Library (210 Old Brompton Road, London SW5 0BS).

There will be volunteers on hand to show you how to make a call, send a text message, take a picture or download your photos. If you have any questions on your laptop or tablet device please bring those as well.

For more information call Sam at Age UK Kensington & Chelsea on 020 8969 9105.

**Concert: Portobello Orchestra**

Save the date for a memorable evening with music from the Portobello Orchestra – the concert will take place on Saturday 6 December 2014 at 7.30 pm at St Peter’s Church (90 Kensington Park Road, London W11 2PL).

The Portobello Orchestra kindly reserves a limited number of free tickets for Age UK Kensington & Chelsea members. If you would like to apply for a free ticket please contact Tasio or Margaret on 020 8969 9105.

**Classical Music at HTB Onslow Square**

Holy Trinity Brampton will be staging a Classical Concert with Afternoon Tea for Older People & Friends at HTB Onslow Square, London SW7 3NX.

Along with great music, HTB provides a Ritz-like afternoon tea with a beautifully prepared and presented spread of delicious sandwiches and cakes.

The upcoming concerts include:

- **Thursday 4 December 2014, 2.30 – 5pm** (Christmas special);
- **Thursday 29 January 2015, 2.30 – 5pm**.

The event is free. If you would like to attend, just turn up on the day – there is no need to book in advance. If you would like some more information please call on 020 7052 0456 or email concertsandteas@htb.org.uk.

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**Open Age**

Open Age established in 1993 and 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 around 380 activities each week including a wide range of physical classes, dance, creative and performing arts, IT, languages, current affairs 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 great 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.

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.

Some of the activities include:

- **Better Sleep through Meditation**: Thursdays 13 November and 11 December 2014, 1 – 3pm at Second Half Centre (St Charles Centre, Exmoor Street, London W10 6DZ) – learn how to relax and prepare yourself for better sleep. Improve your health and wellbeing. (FREE).

- **Relaxation Therapy Techniques**: Wednesdays, 1-3pm at the North Kensington Library (108 Ladbroke Grove, London W11 1PZ) – learn to relax and control your stress levels. Build your confidence, improve your concentration and feel energised. (£3 per class but if you are on benefits it is FREE).

- **Free computer time**: Mondays, Thursdays and Fridays 12.15 – 1pm; Wednesdays 3.15 – 5pm at Second Half Centre (St Charles Centre, Exmoor Street,
London W10 6DZ) – drop-in with no booking required and limited volunteer support. Bring your own USB stick to store documents. (FREE).

**Healthy Lungs:** Tuesdays 10.30 – 11.30 at Westway Sports & Fitness Centre (Crowthorne Road, London W10 6RP) and Fridays 2.30 – 3.30pm at Second Half Centre (St Charles Centre, Exmoor Street, London W10 6DZ) – exercise classes specifically designed for people with breathing difficulties. (FREE but must book in advance as spaces are limited, call Hamza on 020 8962 4141 to reserve your place).

**Steady & Stable:** Tuesdays 1 – 2.15pm at Second Half Centre (St Charles Centre, Exmoor Street, London W10 6DZ) and Fridays 10 – 11.15am at Latymer Christian Centre (116 Bramley Road, London W10 6SU) – fun, tried and tested programme to improve balance and strength to reduce falls. (FREE but must be booked in advance as spaces are limited, call Deryn on 020 8962 5582 to reserve your place).

**Open Age Men’s Space:** Monday to Friday, various times and locations – a social group for men aged 50 and over. The programme includes drop-ins and talks, discussions, meals out, concerts, trips, board games, computer and photography workshops, film club and more. For more information and to join the group contact Russell John on 020 8962 5583. (All activities are either FREE or low cost).

**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, find out about local opportunities and ways to improve your health and wellbeing over refreshments. (FREE, no booking required). Themes for the upcoming meetings are: 11 November 2014: What is colour therapy- Healing with colours 18 November 2014: Learn about Healing (Reiki, Energy, and Faith). What is it? Does it work? 25 November 2014: Enjoy listening to and discussing music and poetry with Caroline.

**Walk for Health:** Tuesdays 10 – 11am – enjoy a pleasant walk whilst chatting to new people. (Free, no booking required).

**Pathway to work:** Thursdays 10am – 12.30pm – do you need help in looking for and applying for jobs? Learn new skills and build your confidence for new opportunities. (Free, no booking required).

**Card making:** Thursdays 3.30 – 5pm – a friendly card making group. Discover your creative side, relax and socialise over refreshments. No artistic skills required. (Free but contributions welcome).

**Wellbeing Coaching:** an opportunity to discuss, in complete confidence, anything that is important to you in helping you lead a healthy life. Why not have a taster session and see how this may be able to help you? (Free, for more information and to book your appointment contact Samixa on 020 73410300 or 07854238343 or by emailing samixa.shah@nhs.net.

**Health Trainers**

Would you like to be fitter, change your eating habits, give up smoking or just feel a bit better about yourself?

Through one-to-one sessions Health Trainers support people to make healthy lifestyle changes and choices. They also offer free health checks. (Free, for more information and booking contact 020 8962 5730 or email healthtrainers@westway.org).

**Expert Patient Programme**

Do you have a long term condition? Do you look after someone who does? Would you like to have a healthier and less stressful life?

If you said ‘yes’ to any of the above questions, you may want to join Expert Patient Programme (EPP).

EEP is a FREE 6 week course which helps participants to manage their long term health condition (this includes mental health). The course covers issues such as healthy lifestyle advice including diet and exercise, managing pain, fatigue and stress, better communicating with friends, family and health professionals, better sleep, coping with the illness in a positive way and many more.

EEP will give you an opportunity to meet new people in a friendly environment, learn new skills to have a healthier life and share experiences to have a healthier life.
Ladbroke Grove
Venue: Migrant Refugee Community Forum, 2 Thorpe Close, Ladbroke Grove, W10 OAP
Thursdays 11am – 1.30pm for 6 weeks, start 29 January 2015
Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: davendra.dangol@nubianlife.org.uk

Shepherds Bush
Venue: Nubian Life Resource Centre, 50 Ellerslie Road, Shepherds Bush, W12 7BW
Fridays 11am – 1.30pm for 6 weeks, start 30 January 2015
Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: davendra.dangol@nubianlife.org.uk

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.

Malnutrition Awareness Training
Are you concerned someone you know is not eating well? Learn how to recognise malnutrition and provide help.
This FREE training programme will help you identify if an elderly person you care for is at risk of malnutrition. An accredited nutritionist will provide details of how you can help them and services available to help.
It will take place on Wednesday 12th November between 2-4pm at the Public Health Training Centre, 37 Pembroke Road, London W8 6PW. Booking is essential.
For further details and to book contact Ginny Eastwood on 0207 313 3024 or email ginnen.eastwood@clch.nhs.uk.

All Ability Club
The Royal Borough of Kensington and Chelsea offers all ability cycling sessions delivered by teams of experienced instructors from the award winning social enterprise, Bikeworks, and funded in conjunction with NHS West London CCGs.

Road Food Cookery Demonstration
On the third Friday every month, a different chef goes shopping at the market stalls and independent shops along Portobello and Golborne Road market. They then prepare different dishes from scratch at the cooking demo stall outside the Office shoe shop (206 Portobello Road between Talbot Road and Westbourne Park Road W11). They begin cooking around 11am, with free sample tasters ready for market shoppers to try by around 12pm.
Participants are independent chefs, food businesses, social enterprises and community groups. Everyone is welcome to come and sample the food they created for free.
The upcoming event Road Food: Dishes from Bahrain will be part of the Nour Festival of Arts (20 October – 30 November 2014) celebrating contemporary arts and culture from the Middle East and North Africa and will take place on Friday 21 November 2014 between 11am – 3pm.
Bahraini chef Mimi brings the unique flavours of Bahrain to the Road Food Cooking Demo. Bahraini cuisine is a fusion of food from the surrounding areas whilst still retaining a distinct identity. A variety of delicacies will be cooked from scratch with ingredients sourced in the

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market, such as Madhrouba and Machbous. Come and meet Mimi and taste the unique flavours of Bahrain.
For more information about the Road Food events, visit facebook.com/rbkroadfood or follow Road Food on twitter @rbkroadfood

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
Spongeons 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 and 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 12 November 2014, 4.30 – 6pm at St Quintin Centre – Forum and small group work about caring;
Wednesday 3 December 2014, 4.30 – 6pm at St Quintin Centre – Christmas Session (card making Cracker making gift, making bracelets, making snow globes);
Wednesday 21 January 2015, 4.30 – 6pm at St Quintin Centre – Cup and plate design; outdoors games: football, pat ball; group board games;
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 13 November 2014, 5.30 – 7.30pm – Canalside Centre – Canoeing and kayaking;
Thursday 4 December 2014, 5.30 – 7.30pm – Canalside Centre – Canoeing and kayaking;
Thursday 22 January 2015, 5.30 -7.30pm – Canalside Centre – Kayaking, canoeing, cooking, computer games, gym session;
Thursday 12 February 2015, 5.30 – 7.30pm – Horse Riding
Thursday 12 March 2015, 5.30 -7.30pm – Paint balling.
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.