Welcome to the August edition of News for Carers

Welcome to our August edition of News for Carers. Warm summer months have yet again passed too quickly and shorter, but hopefully still sunny, autumn days are upon us.

Those who joined us during any of Carers Kensington & Chelsea Carers Week events will know that it was a great success with over 100 carers attending different activities and events throughout the week from Monday to Sunday. For the full report on how we celebrated Carers Week 2014 please see pages 3-4.

As usual, we would like to encourage all carers to have a look at what services, support groups and activities are available to you and the people you care for in The Royal Borough of Kensington and Chelsea. For an update on local support groups and social activities for carers see pages 6-8. If you look after someone with dementia or memory problems turn to pages 8-9 and if you are a parent of a disabled child or an adult you might find the information on pages 9-11 useful. Carers of people with mental health problems can check pages 11-13 for the relevant information. If it is an update on health, wellbeing and leisure opportunities that you are looking for then visit pages 13-15.

And finally, if you are a young carer turn to the last page for an update from Spurgeon’s Young Carers Service.

Carers Rights Day 2014

Save the date!

Carers Rights Day is about getting carers the information and advice they need to claim benefits, access practical support and find out how technology can help take the pressure off.

Each year Carers UK organises Carers Rights Day to:

- Increase the take up of benefits;
- Make sure carers know their rights;
- Guide carers towards practical support;
- Raise 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 information 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. The full programme for the day will be published in the November newsletter.
Annually CKC evaluation

At the end of August 2014, Carers Kensington & Chelsea will be sending out our annual evaluation, asking all carers who have been in touch with us in the past year about their experience. Carers Kensington & Chelsea is committed to providing the best service for our carers and we would like to hear from you about whether the advice and information we provided to you was useful and if yes, how. We are also open to any comments and suggestions on how we could improve our service and the way we support you in the future.

We would be grateful if you could take a moment to give us your feedback. We will send a return envelope enclosed with the form so you will not need a stamp to send it back to us.

If you haven’t been in touch with us in the past year and you only receive News for Carers magazine but are still interested in completing the evaluation, please let us know and we will send a copy to you. You can call us on 0800 032 1089 (free from land lines) or email kandc@carersuk.org.

Carers’ information online

People First

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. 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. 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 October between 11am – 2pm in Spring Room, The Freeman Suite, Kensington Town Hall, Hornton Street, London W8 7NX.

The Freeman Suite is a newly refurbished part of Kensington Town Hall. To access the venue you have to walk past the Civic Reception and the entry is to the left from the main Customer Services Centre entrance. The agenda for the meeting will be confirmed 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 and to book an appointment please call us on 0800 032 1089 (free from land lines) or email kandc@carersuk.org. You can also visit our website at www.carersuk.org/about-us/kensington-a-chelsea.
How we celebrated Carers Week 2014

Carers Week is an annual awareness campaign to celebrate and recognise the contribution made by the UK’s 6.5 million carers. This year it ran from 9-15 June and saw a new exciting initiative, Carers Week Quest, being introduced. The Quest was designed to encourage communities to work together to reach out to those carers who are still missing out on support and services.

Carers Week 2014 in Kensington and Chelsea was a big success. Kensington and Chelsea’s voluntary organisations and carer support services joined forces to prepare a series of activities and Carers Kensington & Chelsea organised and delivered four events, and also got involved in the local celebrations and initiatives in the community.

Throughout the week our events were attended by over 100 carers and supported by nearly 40 professionals.

We started our Carers Week celebrations on Monday 9 June with a Back Care Training session for carers at The Tabernacle. Valerie Brandon, Senior Physiotherapist and Melanie Bewers, Occupational Therapist from the Community Rehabilitation Team at CLCH NHS Trust delivered an interactive and informative presentation. It was a good reminder for all of us about the importance of looking after ourselves and particularly our backs.

On Wednesday 11 June Carers Kensington & Chelsea welcomed carers to our first ever Carers Week evening event. We gathered at 6.30pm for an evening of music in a lovely open space at the Chelsea Gardener. Talented singer Tanya Christina entertained a group of 20 carers and we were provided with tasty fire-breads, canapés, mini-cakes and a selection of refreshing ‘mocktails’ by a next door restaurant, Bumpkin.

One of the carers has summed up the event: “relaxed, beautiful environment, made it easy to meet and converse with other carers attending. Music was excellent, together with wonderful food” and all agreed that they would like to see more events like this in the future.

On Thursday 12 June Carers Kensington & Chelsea continued to celebrate Carers Week. In the morning we supported Emperor’s Gate Surgery with their Open Day and Carers’ Awareness Session by tempting patients with fruit and chocolates and providing information and advice to those who needed it.

In the afternoon we had another social activity planned. 25 carers arrived for an Afternoon Tea in the beautiful surroundings of The Orangery, Kensington Palace.

Councillor Catherine Faulks, who is Carer’s Champion, welcomed everyone. Her speech was followed by a presentation from Chloe Wright, Senior Policy and Public Affairs Officer at Carers UK, who gave us an update on the new Care Act and its implications for carers (if you would like to find out more about the Care Act & Children and Families Act 2014 and what new rights it gives to carers go to page 4).
Carers appreciated the opportunity to meet one another and socialize, and complimented on the “luxury, superb venue”.

On Saturday 14 June Carers Kensington & Chelsea supported Chelsea and Westminster Hospital during their Open Day. Chelsea and Westminster Hospital embraced Carers Week by having a Carers Corner during their event and linking their Open Day with the publication of their Carers Information booklet.

Carers Kensington & Chelsea shared a stall with our colleagues from Carers Network. Together we answered general enquires from carers from different parts of London and the UK.

We ended our Carers Week celebrations with our first event of this kind – Sunday Family Fair in Westway Sports Centre. We organised this event in the spirit of ‘Carers Week Quest’ by working in partnership with two other organisations: the Westway Trust and Spurgeon’s Young Carers Service.

The event was attended by over 50 carers (including young carers) and their families. There was a number of activities for people of all ages throughout the day including Zumba session; back, shoulder and hand massages; health checks; gym sessions and information stalls for adults and arts and crafts, bouncy castles, rock climbing, tennis, and Honey Pot activity bus for children. The event ended with a sing-along carried out by one of the carers, Mr Alexander “D Great” Loewenthal, which proved very popular.

Care Act & Children and Families Act: New rights for carers

The Care Act 2014 received Royal Assent on the 14 May 2014. Part 1 of the new Act consolidates and modernises many older related social care laws. This briefing covers the main relevant provisions for carers.

Importantly, the Act strengthens the rights and recognition of carers in the social care system, including, for the first time, giving the carers a clear right to receive services, putting them on the same footing as those they care for. The Act also improves access to carer’s assessment and strengthens rights to be involved in assessment and support for the person they care for. These are by far the strongest rights for carers yet.

The Care Act brings those funding their own care into the care system with obligations on local authorities relating to information and advice, universal services and assessments amongst others. It also sets out a new model of paying for long-term care, putting in place a cap on non-accommodation costs which an individual is liable for.


Much of the practical detail is in the regulations and guidance accompanying the Act. A consultation on draft regulations and guidance is taking place during the summer of 2014 and final regulations and guidance will be published in October 2014 ready to be implemented in April 2015.

Key elements for carers covered by the Care Act include:

- Wellbeing duty
- Access to assessment and new eligibility criteria
- Charging for long term care and care cost cap
- Duties to provide information and advice
- Duties to provide preventative services
- Transition from children’s to adult services
- Continuity of care
Parent carers in general (section 90
Children & Families Act 2014)
The Children & Families Act 2014, s90 amends the
Children Act 1989 (by adding s17ZD and s17ZE) to
oblige local authorities to assess parent carers (referred
to in the Act as “child’s carers”) on the ‘appearance of
need’ – i.e. if it appears to a local authority that a
parent carer may have needs for support (or is
requested by the parent) then it must assess whether
that parent has needs for support and, if so, what
those needs are. Such an assessment must include an
assessment of whether it is appropriate for the parent
to provide, or continue to provide, care for the disabled
child, in the light of the parent’s needs for support,
other needs and wishes.

The assessment must also have regard to the wellbeing
of the parent carer (same as in the Care Act) and the
need to safeguard / promote the welfare of the disabled
child and any other child for whom the parent carer has
parental responsibility.

Having undertaken such an assessment the local
authority must then decide whether the parent has
needs for support; whether the disabled child has
needs for support; and if so whether those needs could
be satisfied (wholly or partly) by services under Children
Act 1989.

There is in addition, a duty on the local authorities to
take reasonable steps to identify the extent to which
there are parent carers within their area who have
needs for support.

For further information please visit Carers UK website
http://www.carersuk.org/for-professionals/policy/policy-
library/care-act-2014 or call Carers Kensington &
Chelsea 0800 032 1089.

Benefit sanctions – know your
rights

What is a benefit sanction?
A benefit sanction is a penalty that the Department for
Work and Pensions (DWP) can apply to certain benefits if
you fail to take part in work-related activity without good
cause. It leads to a reduction in your benefit for a period
of time. The benefits most often affected are Jobseeker’s
Allowance (JSA), Employment Support Allowance (ESA)
and Income Support (IS). New rules on work-seeking
were extended to lone parents in April 2014.

What should I do if I get one?
If you are told you are going to be sanctioned you
should always check if there are grounds for challenging
the decision. It may be that the “offence” never took
place, or the sanction is overly harsh. People sometimes
feel that it is not worth the trouble of appealing a benefit
sanction, but we strongly recommend that you do. One
of the reasons for it is that if you have had one sanction
already, then any sanction you have in the future will
count as your second ‘offence’. Under the new rules,
this will mean 13 weeks (3 months) of reduced benefits.
So it’s vitally important to get expert advice as soon as
possible in order to try to get the sanction cleared from
your record.

How can I challenge a decision?
To challenge a decision you need to request a
Mandatory Reconsideration of the decision. You do this
by writing to the address on your benefit letter and
telling them why you think their decision is wrong.
When doing this, you should always seek expert
advice. In the Royal Borough of Kensington and
Chelsea, you should contact Nucleus Advice Service or
North Kensington Law Centre using the contact details
at the end of this article. You should do this as soon as
someone at the Job Centre Plus tells you that you will
have a sanction, or you find you haven’t received your
full benefit, or you get a letter from the DWP about the
sanction – whichever happens first. You usually only
have 1 month to request a Mandatory Reconsideration
from the date when the DWP decide to sanction you,
so act quickly. You can follow this with an appeal to an
independent tribunal if necessary. Again, an advice
agency like Nucleus or North Kensington Law Centre
can help you through this process.

Important note for people on Carer’s Allowance:
Carers who claim Carer’s Allowance and receive Income
Support are exempt from any work related
requirements so should not be subject to any
sanctions. However, if you have a partner, they may be
placed in a group that does have work-related
requirements. Thus any letter sent to the member of
your couple who is not receiving Carer’s Allowance in
their name could still contain mandatory requirements,
i.e. something they have to do or face a sanction.

Carers can be required to attend “an interview on
preparing for work”, or similar wording. You’ll be invited
to one of these when you first claim Income Support,
and you must attend it. After that Job Centre Plus can
require you to attend a meeting once every three years
while you are on Income Support as a carer, or
whenever your circumstances change (such as if you
start part-time work). Any other invitation to a meeting
is just that – an invitation. If you don’t want to go, you
can ring the number on the letter and cancel the appointment. If you have any questions about what the Job Centre Plus is telling you or your partner, call Carers Kensington & Chelsea on 0800 032 1089 (free from landlines).

What if I’m not on Carer’s Allowance?
Carers who don’t receive Carer’s Allowance but are in the Support Group for ESA are also not expected to attend any work-related activity, but people in the ESA Work-Related Activity Group (WRAG) will usually be expected to take part in work-focused interviews.

However, this does not apply if you have reached the qualifying age for pension credit, or are a single parent living with your child aged under one. If the person you’re caring for is in the ESA WRAG, they may be called for a work-focused interview themselves. As you can see, it is complicated, so once again, if you are unsure what it all means, seek advice.

How to get advice
For advice on appealing against sanctions, contact Nucleus Legal Advice Service on 020 7373 4005 (298 Old Brompton Road, London SW5 9JF) or North Kensington Law Centre 020 8969 7473 (74 Golborne Road, London W10 5PS). For advice on anything else to do with benefits or any other aspect of your caring role, phone Carers Kensington & Chelsea on 0800 032 1089 (free from landlines) or email kandc@carersuk.org.

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:

- A monthly range of activities including day trips, visits to museums and galleries, creative classes and alternative therapies. The next planned day trip will be to the seaside at the end of August, but the exact date is still to be confirmed – please contact Ellie or Mayra on 020 7221 0052 for more details and to book your place.

- Carers support group which takes every last Thursday of the month 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 will be available for private one to one sessions if needed. The next meeting will be on Thursday 28 August between 6pm – 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. The next steering group meeting will take place in September but the exact date and time is yet to be confirmed – please contact Ellie or Mayra on 020 7221 0052 for more details.

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.

Solicitors Evening Advice Sessions
Do you need guidance on a legal issue? Nucleus Legal Advice service has experienced and qualified lawyers who volunteer to help local people who cannot afford to get advice from a solicitor.

They can advise you on the merits of your case and what you need to do to help resolve the problem. Areas of law covered are: bankruptcy, employment, debt, family, crime, landlord and tenant, commercial, probate, consumer and wills.

Nucleus also offers Quick Advice Sessions on Mondays 1.30pm – 4.00pm, Tuesdays 3.30pm – 6.00pm and Thursdays 10.00am – 12.30pm.

For telephone advice or to book an appointment call 020 7373 4005 (Monday – Friday).

Nucleus Advice, 298 Old Brompton Road, London SW5 9JF.

Time for Me North Kensington
This is a free support and activities group for unpaid carers who are over 50 and living in the north of the borough. The group, run by Open Age, meets on Friday mornings from 11am to 1pm. It has moved to a new venue at the Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ.

The summer/autumn programme includes:

- Friday 15 August 11am-1pm – Stress management with Sarah Hurley
- Friday 29 August 11am-1pm – Card making with June and fabric painting / crafts with Lynda
• Friday 5 September 11am-4pm – Open Age Picnic, the group will meet at Paddington Recreation Ground, Randolph Avenue, W9 1PD – come and enjoy an art session, a sing along, photo treasure hunt, sleep and meditation workshops, and tasters of bowls, table tennis, tennis, outdoor gym, and more.

• Friday 12 September 11am-1pm – Stress management with Sarah Hurley

• Friday 19 September 11am-1pm – Jewellery making and crafts with Daphne

• Friday 26 September 11am-1pm – Card making with June and fabric painting / crafts with Lynda

• Friday 3 October 11am-1pm – Exercise, dance or walk with Shiralee

• Friday 10 October 1.30pm-5.30pm – Royal Albert Hall Friendship Matinee * – 14 free places are available for a trip to Royal Albert Hall for a special performance of the music of John Williams by the Royal Philharmonic Orchestra. His classics include theme tunes from, amongst others, Star Wars, Superman, Indiana Jones, Harry Potter and War Horse. The group will meet at Open Age (St Charles) at 1.30pm (and travel by public transport) or at 2.30pm at Royal Albert Hall. This trip Matinee must be booked in advance as places are limited. For more information and to book a place, please contact Liz Butters on 020 8962 4536 or email ebutters@openage.org.uk.

• Friday 17 October 11am-1pm – Exercise, dance or walk with Shiralee

• Friday 10 August 1.30pm-5.30pm – Royal Albert Hall Friendship Matinee * – 14 free places are available for a trip to Royal Albert Hall for a special performance of the music of John Williams by the Royal Philharmonic Orchestra. His classics include theme tunes from, amongst others, Star Wars, Superman, Indiana Jones, Harry Potter and War Horse. The group will meet at Open Age (St Charles) at 1.30pm (and travel by public transport) or at 2.30pm at Royal Albert Hall. This trip Matinee must be booked in advance as places are limited. For more information and to book a place, please contact Liz Butters on 020 8962 4536 or email ebutters@openage.org.uk.

• Friday 10 October 12pm-4pm – the group will attend the Wellbeing for Life Health Fair at Kensington Town Hall (for more info about the event go to pages 13-14)

• Friday 24 October 11am-1pm – Alexander Technique with Chandra

Please note that the group will not meet on Friday 22 August (Bank Holiday Weekend).

* The trip to the Royal Albert Hall Friendship Matinee must be booked in advance as places are limited.

For more information and to book a place, please contact Liz Butters on 020 8962 4536 or email ebutters@openage.org.uk.

London Parks and Gardens with Keeley

Open Age has also organised additional summer activities which are free for carers to join – enjoy the trees, plants and wildlife in London Gardens and Parks. Join Keeley for these free visits which will include tree and plant identification.

Tuesdays 1-3pm (10 places available on each visit, must be booked in advance):

• Tuesday 12 August – Southbank Queen Elizabeth Hall Roof Garden (meet 1pm at Queen Elizabeth Hall, Southbank Centre, London SE1 8XX)

• Tuesday 19 August – Holland Park, W11 (meet 1pm outside Holland Park tube station)

• Tuesday 26 August – Camley Street Nature Park, Kings Cross (meet 1pm at St Pancras station).

For more information about any of the above activities and to book a place for the trips, 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 summer/autumn programme includes:

• Thursday 4 September – A Chinese meal out and an opportunity to relax, unwind, enjoy the food and socialise with other carers. There will be 12 places available. The project will pay £20 per person. Anything above that you will need to pay for yourself. The venue will be confirmed closer to the date.

• Wednesday 15 October – The Play That Goes All Wrong at Duchess Theatre. A hit new comedy. There are 10 tickets available at £5 each. The group will meet at the Duchess Theatre, 3-5 Catherine Street, London WC2 5LA at 6.30pm.

• Friday 17 October 12pm-4pm – the group will attend the Wellbeing for Life Health Fair at Kensington Town Hall (for more info about the event go to pages 13-14)

• Wednesday 5 and 12 November 2pm-4pm – Free relaxation sessions 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 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, but there are 10 free tickets available so call quickly to secure yours.

- Thursday 18 December – An Italian meal out. 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.

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 autumn programme includes:

- **Thursday 4th September**, 2 – 4pm Counselling for Carers at North Kensington Library, 108 Ladbroke Grove, London W11 1PZ.
- **Tuesday 24th September**, 2 – 4pm Counselling for Carers at New Horizons Centre, Guinness Trust, Cadogan Street, London SW3 2PF.

If you would like to know more about any of the above, or suggest a topic which you would like to be covered in a session please contact Holly Corlett or Saba Vigneri by phoning on 020 8960 8137. They might also be able to arrange respite care for the person you look after in order to enable you to attend.

Do you look after someone with dementia or memory problems?

Dementia Services, Age UK Kensington & Chelsea

**My Memories Cafe**

My Memories Café provides group based support for people with memory difficulties and their friends and 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.

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 from 2pm – 4pm at New Horizons Centre, Guinness Trust Estate, Cadogan Street, London SW3 2PF.

The nearest tube is Sloane Square. Buses run nearby with 452, 137 and C1 stopping on Sloane Street and 360, 11, 22, 211, 319, 19 stopping on King's Road.

**In the north**, the group meets every first Tuesday of the month 2pm – 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).

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. Door-to-door transport can be provided if needed.

The programme will run for 12 weeks between 2 October and 18 December 2014, every Thursday from 2.30pm – 3.45pm. The group will meet at The Salvation Army, 205 Portobello Road, London W11 1LU.

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 2pm-4pm:
• 14, 21 and 28 October 2014
• 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 and a tour of the Wildlife Photographer of the Year Exhibition at the Natural History Museum.

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.

The next outing is scheduled for Wednesday 13 August. The group will be going to Kew Gardens (free tickets are available) and the trip will include visiting Kew Garden’s summer installation ‘Plantasia.’ There will also be a bus driven tour round the gardens available, which costs £4 per person.

Venue: Kew Gardens, Brentford Gate, TW9 3AB
Time: 11:00am – 4:00pm

The group will meet outside Royal Oak tube station at 11:00am. Buses 7, 18, 23, 27 and 36 stop nearby. Please do not be late or the group will have to leave without you.

If you would like to attend contact Holly Corlett on 020 8960 8137 or email hcorlett@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 Mondays of the month between 1-3pm in beautiful surroundings of the Victoria and Albert Museum (Cromwell Road, South Kensington, London SW7 2RL). For the full programme of upcoming events and to book your place contact Holly Corlett at Age UK Kensington & Chelsea T: 0208 960 8137, email: hcorlett@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:
- 9th September
- 23rd September
- 7th October – Elizabeth Stopp, Ophthalmology
- 21st October
- 4th November
- 18th November – Claire Franklin, ASSET
- 2nd December

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.

**Full of Life Show 2014**

This year, Full of Life will be putting on an extra special show for all their parent carers, families and supporters – a musical adaptation of one of many people’s favourite Roald Dahl’s book, Charlie and the Chocolate Factory.

**Friday 22 August at 2pm**

The show will take place on Friday 22 August at 2pm at the Chelsea Theatre (7 World’s End Place, King’s Road, London SW10 0DR). Places are limited so booking is essential.

For more information about the show and to book your place contact Full of Life on 020 8962 994 or email info@fulloflifekc.com.

**Full of Life’s Carers Advocacy Service**

Full of Life would like to remind parent carers of young people and adults with learning disability (age 14 and over) who live in the Royal Borough of Kensington and Chelsea that the Carers Advocacy Service is available to support them.

The service provides independent practical support, advice and information on the following:
- benefits and form filling
- issues in relation to housing, social services, carers assessments
- support with coordinating and attending meetings/reviews
- support with complaints
- support with liaising with services and professionals

Carers Advocacy Service ensures that parents are at the heart of service development for themselves and the person they care for. Full of Life also offer parents the opportunity to get together at different events such as theatre trips or lunches and provides a quarterly newsletter.

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.

**New Independent Support Services**

Full of Life have been successful in their bid to provide Independent Support Services to help families transfer from Special Education Needs Statements to Education Health and Social Care Plans (EHC).

As part of the Children and Families Act, parents of school and college age children will be able to apply for EHC Plans from September 2014. This will be a complex transition, as for the first time education, health and social care needs will have to be assessed and included in a single plan. The plan will also have to detail what services will be put in place to meet the assessed needs, as well as the funding for each provision.

Allison Ambrogi, Parent Partnership Officer and Celine Jones, Information Officer and Family Support Worker will be available to assist families of school age children with these important changes. Samantha Peters, Carers’ Advocate will be supporting families of young people aged 16 – 25 years. Please note that in order to be able to access this service families must live in the Royal Borough of Kensington and Chelsea.

If you would like more information about Full of Life’s Independent Support Services contact them directly on 0208 962 9994 or email info@fulloflifekc.com.
Free Makaton training for parents and carers

RBKC Learning Centre will be running three 2-day Makaton training sessions which are 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.

- 23 September – 24 September 2014 9.30am – 4.30pm, venue to be confirmed;
- 9 December – 10 December 2014 9.30am – 4.30pm, venue to be confirmed.

The sessions can be booked online. 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 offers carers of people with learning disabilities an opportunity to have some time to relax and enjoy community activities. Eight trips a year are organised.

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. More theatre trips are planned for August and September.

Carers are also invited to Equal People’s End of Summer Barbeque which will take place on Sunday 7 September 1-4pm at the Equal People’s Drop-in Centre (73 St Charles Square, London W10 6EJ). The cost is £5 per person and booking is essential.

To find out about the latest activities and outings and to book your place for any of them, including the barbeque call Nick on 0208 964 0544 or email nwalsh@equalpeoplemencap.org.uk.

Do you look after someone with mental health problems?

Mental Health Carers monthly support group

The monthly Carer Support Group for carers of people experiencing mental health problems facilitated by Jim O’Donnell and Nicky Lancaster from Central and North West London NHS Foundation Trust.

The meeting takes place on the first Wednesday of every month, from 1pm to 3pm at Canalside House, 383 Ladbroke Grove, London W10 5AA. Some refreshments are provided.

Email Jim and Nicky on jim.odonnell@nhs.net and nicky.lancaster@nhs.net or telephone on 07718 668764 for Jim and 07966 045238 for Nicky.

If you can 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 please call Social Service Line on 020 7361 3013.

RBKC Integrated Mental Health Service

RBKC Integrated Mental Health Service, run by Hestia Kensington and Chelsea, offers a range of support for people age 18-65, including group work (different activities throughout the week, Monday to Friday), outreach, drop-ins (at the Grove Resource Centre on Mondays, Tuesdays and Thursdays 11am -1pm and at the Oremi Centre from Monday to Thursday 10.30am-2.30pm), emotional and practical support, outings and activities based at two day centres:

- The Grove Resource Centre (1-9 St Mark’s Road, London W11 1RG)
• The Oremi Centre (Unit 3, Trellick Tower, 5 Golborne Road, London W10 5PA).

They also offer specialist support for African and Caribbean adults (outreach and day service at the Oremi Centre), and Arabic speaking communities (practical and emotional support).

Referrals – if you or the person you look after is interested in being referred to the RBKC Integrated Mental Health Service ask your Community Psychiatric Nurse, Care Co-ordinator or Psychiatrist to refer you. If you are not engaged with any of the professionals above, the service can still help you to get the right support.

For general referrals contact Carol English, Referral and Assessment Officer, by phoning 020 7221 0052 or emailing carol.english@hestia.org.

Kensington and Chelsea Mental Health Carers Association

Mental Health Carers Support Group
Kensington and Chelsea Mental Health Carers Association (KCMHCA) continues to run the Mental Health Carers Support Group meetings which are held on every third Thursday of each month, usually in the evening between 6pm-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.

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. An advocate is someone who argues 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.

Respite breaks
KCMHCA continues to offer carers breaks in their Alta Vista carers respite centre in southern Spain. Alta Vista offers organised respite breaks which include travel, accommodation as well as a range of treatments, activities, counselling and residential training courses in carer advocacy and more.

For more information about Mental Health Carers Support Group, Carers Advocacy service as well as respite opportunities including rates and reservations please 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 will take place on Wednesday mornings from 8 October to 10 December 2014 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.

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 10am-4.30pm in Latimer House (Westminster)
• Recovery and social inclusion (four-week course, one day per week) – Fridays: 31 October; 7, 14 and 21 November 10am -4.30pm in Latimer House (Westminster)
• Exploring hopes and dreams (four-week course, half a day per week) – Wednesdays: 17, 24 September; 1 and 8 October 10am-12pm in Latimer House (Westminster)
• Beating mental health stigma (four-week course, half a day per week) – Wednesdays: 17, 14 September; 1 and 8 October 10am-1pm in Latimer House (Westminster)
• Introduction to managing stress (half a day workshop) – Thursday 27 November 1pm-4pm in Latimer House (Westminster)
• Taking back control: health and wellbeing plans (six-week course, two hours per week) – Fridays: 19, 26 September; 3, 10, 17 and 24 October 2pm-4pm in Latimer House (Westminster)
• Introduction to mindfulness (six-week course, two hours per week) – Wednesdays: 12, 19, 26 November; 3, 10 and 17 December 2pm-4pm in Latimer House (Westminster)
• Living with change (one day workshop) – Wednesday 10 September 10am-4.30pm in Stephenson House (Westminster)
• A good night’s sleep (two half-day workshops) – Tuesdays 11 November and 2 December 1pm-4pm in Latimer House (Westminster)
• Creativity and wellbeing (half a day workshop) – Tuesday 7 October 1pm-4pm in Latimer House (Westminster)
• Understanding mental health (half a day workshop) – Thursday 9 October 10am-1pm in Latimer House (Westminster)
• Understanding a diagnosis of depression (one day workshop) – Tuesday 7 October 10am-4pm in Latimer House (Westminster)
• Understanding anger (four-week course, half a day per week) – Wednesdays: 15, 22, 29 October and 5 November 10am-1pm in Latimer House (Westminster)
• Understanding bereavement (one day workshop) – Thursday 11 September 10am-4pm 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).

Health, well-being and leisure opportunities corner

Senior residents and their carers

Wellbeing for Life Health Fair 2014

The Wellbeing for Life Health Fair is a unique annual event in Kensington and Chelsea where older people can learn and share tips about living life to the full. The health fair can also provide you with information and advice about how to enjoy the best of health and independence in later years. Last year the health fair attracted nearly 700 visitors and is known as one of Kensington and Chelsea’s biggest community events. Back for another year, this year’s health fair promises to be better than ever.

The Health Fair is organised in partnership between Kensington and Chelsea Age UK, Central London Community Healthcare, Royal Borough of Kensington and Chelsea and other voluntary organisations, and this year it will take place on Friday 17th October 2014.
between **12pm – 4pm** at Kensington Town Hall, Hornton Street, W8 7NX.

There will be information about:

- How to keep active, mobile and independent
- How to eat well
- How to take care of your emotional wellbeing such as sleeping well, managing stress, memory problems etc.
- Alongside these, there will be a range of organisations on hand to give advice on housing, safety and finances.

Come along and meet a host of professionals from national and local organisations and get a chance to have a free complementary therapy session and a health check. All the popular activities from last year will return, including:

- taster sessions in reflexology, Indian head massage and Reiki
- exercise taster sessions
- refreshments
- raffle and goody bags

The event is **free**. Transport will be available for those with limited mobility. For further information please contact Sabrina Kerr, Health Fair Coordinator at Age UK Kensington & Chelsea on 0208 960 8137 or email: healthfair@aukc.org.uk.

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**Celebrating Older People – Silver Sunday 5 October 2014**

Silver Sunday is an annual day of fun and free activities for older people across the UK.

It was launched in 2012 by The Sir Simon Milton Foundation and Councillor Christabel Flight, after a report discovered more than a third of people over 75 said they were lonely. The aim was to celebrate older residents and to help them get out and about and meet new people. This year Silver Sunday will take place on **5 October 2014**.

There will be free activities and events happening across the borough and surrounding areas. The activities are open to senior residents and their carers. Check the eligibility criteria for each event carefully though as they do vary. Some events require advance booking and are open to all on a first come first served basis – this will clearly flagged below with relevant contact details.

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**New Horizons**

Guinness Trust Estate, Cadogan Street, London SW3 2PF

There will be a day full of activities at the New Horizons Centre. The programme includes:

- 10am – 12pm Photoshop/Digital Camera Workshop in the IT Suite
- 10am – 12pm History of Art in the Multi Activity Room
- 10am – 12pm Needlework and Jewellery Making Workshop in the Café
- 12pm – 2pm Secrets of the Silver Screen in the Multi Activity Room
- 12pm – 2pm Creative Writing and Journalism Workshop in the IT Suite
- 12pm – 2pm Quiz and Scrabble Afternoon in the Café

The activities are free and open to all Kensington & Chelsea residents over 50 years old and their carers. No booking is required. For further details please contact Ms. Roshan Raghavan-Day by phoning on 020 7590 8970 or emailing rraghavan-day@new-horizons-chelsea.org.uk.

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**Victoria and Albert Museum**

Cromwell Road, London SW7 2RL

**Constable: The Making of a Master** – Exhibition Talk and Visit, 11am -1pm.

Join Curator of Paintings, Ana Debenedetti, who will introduce you to the new major V&A exhibition Constable: The Making of a Master. The exhibition will reveal the hidden stories of how John Constable created some of his most loved and well-known paintings. On display will be such famous works as The Haywain together with the oil sketches he painted outdoors direct from nature. The event includes refreshments, a curator talk and a self-guided exhibition visit.

The event is open to people age 65 + and their carers. Booking is essential and can be done via the V&A Bookings Office, T: 020 7942 2211.

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**Third Age Counselling**

Glastonbury House, Warwick Way, London SW1V 4NT

Art therapy: taster session, 1pm – 3pm. A buffet lunch will be served.

The event is open to all residents age 65+ and their carers.

Spaces are limited so the session must be booked in advance by phoning 0207 976 6667 (select option 2).
The Royal Hospital Chelsea
Royal Hospital Road, London, SW3 4SR
 Toe Tappin’ Tea Dance, 3:30pm – 5:30pm.

NBFA Assisting the Elderly are hosting a Toe Tappin’ Tea Dance at the Royal Hospital Chelsea.

This event will be a reunion for people who have a connection with NBFA Assisting the Elderly, as well as a chance for those who live in the hospital or in the local area to come and meet new friends. There will be a live band and light refreshments.

For more information phone 020 7828 0200.

Age UK Kensington and Chelsea
Age UK Kensington and Chelsea takes part in Silver Sunday celebration each year by providing activities to senior residents age 55+. For more information about their programme for this year contact Age UK Kensington & Chelsea by phoning 020 8969 9105.

All ages
Free haircuts at HARI’s hairdressers

Haircuts in the capital can be very expensive and often there are just more important and pressing matters to spend the money on. Fortunately, there are some cutters in the capital who are happy to give you a free or very cheap styling session from one of their trainees.

Some might find this modelling experience scary but you shouldn’t worry – these appointments are always supervised by a senior stylist. It’s a perfect way to get that little bit of pampering and a haircut in nice surroundings without having to spend a penny.

HARI’s hairdressers is a smart west London salon chain and they are looking for models. Haircuts are free but there’s a small charge (£20-30) to cover the cost of colouring should you wish to have it done.

Available appointment times are 10am, 12pm, 2pm and 4pm on days and locations below:

- Mondays and Tuesdays at HARI’s King’s Roads, 233 King’s Road, London SW3 5EJ. The closest tube station is Sloane Square. To book phone on 020 7349 8722.
- Wednesdays at HARI’s Brompton Road, 305 Brompton Road, London SW3 2DY. The closest tube station is South Kensington. To book phone on 0207 581 5211.

It’s recommended that you book in a couple of weeks in advance.

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 (EEP).

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.

Worlds End, Chelsea
SMART
Venue: Chelsea Theatre, 7 World’s End Place, King’s Road, SW10 0DR
Thursdays 2pm – 4.30 pm for 6 weeks, starts Thursday 2 October 2014
Contact: Jose Veiga l Tel: 0207 376 4668 l Email: jose.veiga@smartlondon.org.uk

St Charles
Nubian Life
Venue: The Dalgarno Trust, 1 Webb Close, Dalgarno Way, W10 5QB
Wednesdays 11am – 1.30pm for 6 weeks, starts 15 October 2014
Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: davendra.dangol@nubianlife.org.uk

Ladbroke Grove – with Somali language support
Midaye
Venue: 1 Thorpe Close, Ladbroke Grove, W10 5XL
Mondays 10am – 12.30pm for 6 weeks, starts 20 October 2014
Contact: Filsan Ali|Tel: 0208 969 7456| Email: Filsan@midaye.org.uk

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.
It also provides details of how you can help them and services available to help.

The training is a two hour session delivered by an accredited nutritionist. It is available to people who live in RBKC or look after someone who does.

Upcoming dates for 2014 are:
• Wednesday 3rd September 2-4pm
• Wednesday 12th November 2-4pm

Both sessions will take place 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 ginny.eastwood@clch.nhs.uk.

Free yoga for carers

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.

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

S purgeons 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 Family 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).

Summer activities and days out

13 August 10am – 12pm – trip to the Ecology Centre for young carers age 5-11. Learn about animal eggs and nests, colourful birds and frogs, toads and newts and then search for them in the park.

Cost: Free and no booking required.

Venue: Holland Park Ecology Centre, Holland Park, London W8 6LU.

The closest tube stations are Holland Park and High Street Kensington. Buses 9, 10, 27, 28, 49 and 328 stop nearby.

27 August 12pm – 3pm – a picnic in Hyde Park for young carers age 5-11. Enjoy nature and share food with friends at this fun picnic in the park.

Cost: Free but advance booking is required.

Venue: Hyde Park, London W2 2UH.

The closest tube stations are Knightsbridge, Lancaster Gate and Marble Arch.

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.