Welcome to the May edition of News for Carers

We hope that you are all keeping well and enjoying the warmer weather. Spring is in its full swing which can only mean that summer is on its way and the Carers Week is just around the corner! As usual, Carers Kensington & Chelsea will celebrate the occasion by holding a series of events and activities for carers, so keep the week between 9 and 15 June free. You can read more about Carers Week below. To find out what will be happening in Kensington and Chelsea go to pages 2-3.

See page 5 for an update on local support groups and social activates for carers. Turn to pages 6-7 if you look after someone with dementia or memory problems and to pages 8-10 if you are a parent of a disabled child. If you care for someone with mental health problems check pages 10-12 for information on the new Integrated Mental Health Service in Kensington and Chelsea and for other support available. If it is an update on health and wellbeing services that you are looking for, then visit our Health and well-being corner on pages 12-16.

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 runs from 9-15 June and takes the exciting form of the Carers Week Quest. The Quest is designed to encourage communities to work together to reach out to the thousands of carers who are missing out on support and services.

Kensington and Chelsea’s voluntary organisations and carer support services joined forces to prepare a series of events for carers during Carers Week, so pencil it in your diary and keep that week free. You can find the full list of events and activities taking place in Kensington and Chelsea during Carers Week on pages 2-3.

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 7 August between 11am – 2pm in Committee Room 1 at Kensington Town Hall, Hornton Street, London W8 7NX (entry through the Civic Reception, upstairs). 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 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.
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 to the full. Visit www.peoplefirstinfo.org.uk.

Carers’ information online

People First

Feeling down now all those bank holidays are behind us? Fancy some pampering and indulgence until the summery weather makes reappearance? How about just celebrating yourself and all you do as a carer?

Carers Kensington and Chelsea has embraced Carers Week Quest and planned a number of events and activities throughout Carers Week, hoping it will be our biggest one since the beginning of the project. This year, we will have evening as well as weekend events to enable us to reach out to all those carers who cannot make it between the regular 9 to 5. We have also partnered up with Westway Trust and Spurgeon’s Tri-Borough Young Carers Project to reach out to even more carers and to deliver a family event which carers of all ages and their families could enjoy.

Below is the full programme of our events. Please note that with the exception of the weekend events all other activities need to be booked in advance by calling Carers Kensington & Chelsea on 0800 032 1089 (free from landlines) or emailing kandc@carersuk.org. All carers will need to register with us in order to attend any of the sessions. All events are free.

**Monday 9 June - Back care training session for carers** - delivered by a physiotherapist and occupational therapist from Central London Community Healthcare NHS Trust. The session will look at injury prevention and general principles of moving and handling.

Time: 2 – 5pm
Venue: The Tabernacle, Meeting Room (second floor, lift is available), 34-35 Powis Square, London W11 2AY. The nearest tube stations are Ladbroke Grove, Westbourne Park and Notting Hill Gate. Buses 7, 52 and 70 stop nearby.

A light lunch will be provided. Places are limited and booking is essential.
Wednesday 11 June – An evening of music at Chelsea Gardener – come and join us for a relaxing evening under the canopy amongst colourful plants and trees and with a wonderful performance from singer Tanya Cristina.
Time: 6:30-8pm
Venue: Chelsea Gardener, 125 Sydney Street, London SW3 6NR.
The nearest tube stations are South Kensington and Sloane Square. Buses 49, 11, 211, 22 and 19 stop nearby.
Nibbles and drinks will be provided. Places are limited and booking is essential.

Thursday 12 June – Afternoon tea at The Orangery, Kensington Palace – come and share a scrumptious afternoon tea (sandwiches, scones and tea pastries accompanied by tea or coffee) in a wonderful setting at Kensington Palace. We will be joined by Chloe Wright from Carers UK, who will give us an update on important changes for carers in the new Social Care legislation.
Time: 2 – 4pm
Venue: The Orangery, Kensington Palace, Kensington Gardens, London W8 4PX.
The nearest tube stations are High Street Kensington or Queensway. Buses 9, 10, 49, 52, 70, 94 and 452 stop nearby.
Places are limited and booking is essential.

Saturday 14 June – Open Day at Chelsea and Westminster Hospital – Carers Kensington and Chelsea is taking part in the event by having an information stall for carers. The theme of this year’s Open Day is “Keeping you well” and actress Joanna Lumley will be attending to open the event. There will be a variety of information stands from sexual health to maternity and from pharmacy to end of life care so there really is something for everyone. The Teddy Bear Hospital will provide fun and educational activities for children.
Time: 11am – 3pm
Venue: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10 9NH.
The nearest tube stations are Fulham Broadway, West Brompton and Earl's Court. Buses C3, 14, 211, 328 and 414 stop nearby.
No booking is necessary.

Sunday 15 June – Carers Week Family Fair – Carers Kensington & Chelsea has teamed up with Westway Trust and Spurgeon’s Tri-borough Young Carers project to celebrate Carers Week with a grand finale event for all carers and their families in Kensington and Chelsea. The day will be packed with fun activities for children and adults of all ages. There will be information stalls, health checks from Health Trainers, beauty treatments (hair makeovers, manicures, eyebrow threading) and hand and shoulder massages from Lush for carers to enjoy. For children and young people there will be bouncy castles, the Honey Pot bus, rock climbing sessions (between 11.30am-2.30pm), sport sessions (football, tennis) and arts and crafts activities. The gym will be available for carer’s exclusive use between 12-3pm and there will be Zumba session to join in too.
Time: 11am – 3pm
Venue: Westway Sports Centre, 1 Crowthorne Road, London W10 6RP.
The nearest tube station is Latimer Road. Buses 295 and 316 stop nearby.
Lunch will be provided. Booking is not necessary, however all carers will need to register at the entrance where lunch vouchers and wristbands will be issued.

For more information about any of the above events and to book your place please contact Carers Kensington & Chelsea by phoning on 0800 032 1089 (free from landlines) or emailing kandc@carersuk.org. Please note that for some events places are limited and booking is essential – carers who have not booked their place in advance will not be admitted. All weekday events need to be booked in advance – only Saturday and Sunday events do not require a booking.
News from West London Clinical Commissioning Group

Seven day GP access for patients
Patients in Kensington and Chelsea and Queen’s Park and Paddington are now able to access GP services 7 days a week, thanks to a new service launched by NHS West London Clinical Commissioning Group (CCG).

Patients can either walk in or book a same day appointment at GP practices in the area. You don’t need to be a member of the practice to use the service, and registration with your own GP will not be affected.

The practices that are offering this service on Saturday and Sunday, 9am to 5pm are:

**Knightsbridge Medical Centre**
71-75 Pavilion Road, London, SW1X 0ET
Tel: 020 8237 2600

**Barlby Surgery**
St Charles’ Centre for Health and Wellbeing
Exmoor Street, London, W10 6DZ
Tel: 020 8962 5100

**Earls Court Medical Centre**
248 Earls Court Road, London, SW5 9AD
Tel: 020 7835 1455

**Colville Health Centre**
51 Kensington Park Road, London, W11 1PA
Tel: 020 7727 4592

The following practices are also open at the weekend:

**Half Penny Steps**
427-429 Harrow Rd, London W10 4RE
Tel: 020 8962 8700

Open Saturdays and Sundays between 10am to 4pm

**Earls Court Health and Wellbeing Centre**
2 Hogarth Rd, Earl's Court, London, SW5 0PT
Tel: 020 7341 0300

Open Saturdays only between 9am and 12pm.

The weekend opening service provides patients who need access to care at the weekend an alternative to A&E. Patients can see a GP or a nurse, who in many cases can meet patients’ needs better than hospital staff can, and this will free up A&E departments for those with life threatening illnesses or injuries.

Weekend opening of GP practices is one element of West London CCG’s plans to improve the quality of, and access to, primary and community based care. For further information, please email: wlcg.team@inwl.nhs.uk

Patient Training
West London, Central London and Hammersmith and Fulham CCGs are offering training to anyone who is a registered patient, service user or carer living in Kensington and Chelsea, Hammersmith & Fulham or Westminster.

If you would like to get more involved in planning and buying local health services then contact Healthwatch to book your place by phoning on 020 8968 7049 or emailing healthwatchcw@hestia.org.

All sessions take place between 4.30 - 7.30pm and are held at 15 Marylebone Road, London NW1 5JD, near Baker Street underground station and the corner of Marylebone High Street. The dates and topics for the upcoming sessions are:

- **21 May 2014** - Participating in the procurement of local health services
- **2 June 2014** - Monitoring services and measuring outcomes
- **1 July 2014** - What does being a patient representative/lead mean?

St Charles Health Centre for Health and Well Being
Over 400 people attended a community health and wellbeing event held on 8 March 2014 at St Charles’ Centre for Health and Wellbeing in West London, to take part in fun family activities and to find out more about services at the centre.

The event, which was organised by West London Clinical Commissioning Group, Kensington and Chelsea Social Council and NHS Property Services, gave people an opportunity to find out more about how they can improve their health and wellbeing and be more active.

Activities on the day included dancing and exercise classes, a gardening master class, arts and crafts, and healthy eating advice for parents and children.

The Chef Challenge, which saw attendees challenge local chefs to a cook-off with local produce, was popular, as was the smoothie bike, which allowed people to make their own healthy pedal-powered smoothie.

Saturday Kitchen
Starting on 8 May and then every 6 weeks there will be a “Saturday Kitchen” in the St Charles restaurant where local residents can come along and learn how to cook seasonal food in a healthy and nutritious way. There will be recipe cards available to take away with them.

The chefs cooking on site will be from the Dalgarno Trust, NHS Property Services and Accuro, supported by CLCH dietetics.
Hestia’s Carers Social Activities Service

Hestia Kensington & Chelsea offers activities for adult carers aged between 18 – 55:

• Carers activities and outings – once a month; a range of activities including day trips, visits to museums and galleries, creative classes and alternative therapies.

• Carers support group – every last Thursday of the month at St Mary Abbots Centre, Vicarage Gate, London W8 4H. Meeting times vary, so contact Hestia for further details. This is an informal support group directed by carers which offers peer support, training and a safe place to voice your concerns.

• Carers planning 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 get involved in future planning of activities within the Carers Social Activities service.

If you would like to take part in any outings or join the groups, contact Mayra at the Grove Centre. T: 020 7221 0052; Email: maria.stergiou@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. 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 spring/summer programme includes:

Friday 16 May – jewellery making session.
Friday 23 May – trip to the Mind Body Spirit Festival at Earl’s Court - must be booked.
Friday 30 May – card making and crafts session.
Friday 6 June – chair yoga session.
Friday 13 June – Carers Week afternoon tea at the Hilton Paddington – must be booked.
Friday 20 June – dance session.
Friday 27 June – stress management session.
Friday 4 July – trip to the Hampton Court Palace – must be booked.
Friday 11 July – chair yoga session.
Friday 18 July – walk for health session.
Friday 25 July – card making and crafts session.

Trips and the afternoon tea 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.

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. February and March activities and outings include:

Wednesday 14 May – trip to Ightham Mote. Fifteen places at £5 each are available for the trip to Ightham Mote – a 700 year old manor house, surrounded by gardens, orchards, lakes and wooded walks. The group will meet at New Horizons at 9am and travel by minibus. The return is planned no later than 6pm.

Wednesday 21 May and Wednesday 28 May – two sessions of Relaxation and Meditation. These free sessions will be held at New Horizons from 2pm to 4pm. Please wear comfortable clothes and be aware that at some point you may be lying down on the floor.

Thursday 12 June – lunch Cruise on the River Thames. Fourteen places are available for free lunch and cruise on the River Thames. This is a special trip to celebrate Carers Week. Meeting place and time will be confirmed.

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 summer programme includes:

Thursday 29 May, 2 – 4pm Chair based yoga and meditation at Earls Court Health and Wellbeing Centre, 2 Hogarth Road, London SW5 0PT.
**Tuesday 24 June, 2 – 4 pm** Admiral Nurses—supporting someone to live well with dementia** at North Kensington Library 108 Ladbroke Grove, London W11 1PZ.

**Tuesday 22 July, 2 – 4 pm** Admiral Nurses -supporting someone to live well with dementia** at New Horizons Guinness Trust, Cadogan Street, London SW3 2PF.

**Thursday 4 September, 2 – 4 pm** Counselling for Carers at North Kensington Library 108 Ladbroke Grove, London W11 1PZ.

**Tuesday 24 September, 2 – 4 pm** Counselling for Carers at New Horizons Guinness Trust, Cadogan Street, London SW3 2PF.

**IT IS PREFERABLE THAT YOU DO NOT BRING THE PERSON YOU ARE CARING FOR TO THIS SESSION—PLEASE CONTACT AGE UK K&C SO WE CAN ARRANGE FOR SOMEONE TO SUPPORT THEM Whilst YOU ATTEND.**

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.

**Lunch Groups**

Lunch Groups are an opportunity to have lunch in a sociable setting and meet with old friends or make new ones. They are available across the borough. Once a month there is also a restaurant trip – it is to a different location each time so contact the Healthwise Team for more information.

Every Tuesday O’Neill’s Short Stories Group 11am-12.30pm (free, takes place before the Lunch Group) with lunch at 12.30-2pm. O’Neill’s Pub & Grill, 326 Earls Court Road, London SW5 9BQ (avg. £4).

Every Wednesday 1-2.30pm at The Pavilion, Pavilion Parade Wood Lane, Shepherds Bush, London W12 0HQ (£4).

Every second Wednesday of the month 2-3.30pm at Cockney’s Pie & Mash, 314 Portobello Road, London W10 5RU (£5 for a pie with double mash, pudding and a drink).

Thursdays during term time 12.30-1.30pm at the Queens Gate School, 131-133 Queens Gate, London SW7 5LE (£3 for soup, main, pudding and tea/coffee).

Thursdays during term time 1-2pm at St Charles 6th Form College, St Charles Square, London W10 6EY (£2.50 for two courses).

For further information about the Lunch Groups phone the Healthwise Team on 0208 960 8137 or email health@aukc.org.uk.

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**Do you look after someone with dementia or memory problems?**

**My Memories Café**

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, 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 – 3.45pm 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.

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**Friday 30 May 2014**

The Mayhew Animal Home and their TheraPaws project will be bringing in friendly dogs and cats to meet the participants of the My Memories Café. The group will be sharing memories about pets and animals they had or have known in their past.

**Friday 27 June 2014**

Circle dancing is simple and fun - anyone can do it. Members of the group will be invited to join in, hold hands and dance to music from different cultures. Activities where you can remain seated will also be available.
In the north, the group meets every first Tuesday of the month 2pm – 3.45pm 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).

The programme for the north group is the same as for the south and the dates are as follows:

**Tuesday 6 May 2014** – TheraPaws,

**Tuesday 3 June 2014** - Circle dancing.

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

Young at Heart Group

Age UK Kensington & Chelsea’s Young at Heart Group is a monthly social group for younger people with a 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 meeting is scheduled for **Thursday 15 May**. The group will be going for a game of bowling, and will also enjoy coffee/tea and a snack together.

**Venue:** Queens Ice Rink and Bowl, 17 Queensway, Bayswater, London W2 4QP (the nearest tube station in Queensway or Bayswater, buses 148, 94, 390 and 27 stop nearby).

**Time:** 12.45 – 3.00pm

**Cost:** £7.50 per person (let the organisers know if you have difficulty covering this as they might be able to help you with the cost).

If you would like to attend please contact Holly Corlett on 020 8960 8137 or email hcorlett@aukc.org.uk.

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**Art & Expression at the V&A**

Age UK Kensington & Chelsea invites you to come along for a varied programme of monthly workshops in the spectacular surroundings of the V&A. 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 at the Learning Centre of the Victoria and Albert Museum (Cromwell Road, South Kensington, London SW7 2RL).

Spaces are limited so booking is essential. Contact Holly Corlett at Age UK Kensington & Chelsea T: 0208 960 8137, email: hcorlett@aukc.org.uk.

**Monday 2 June,** 1-3pm **In Tune with Shakespeare,** Design Studio, V&A

Shakespeare not only wrote great plays but also many lyrics and songs. The group will have a look at some of his music and make some of their own. No musical knowledge or ability required. The session is part of the 450 Anniversary celebrations of Shakespeare’s birth. The session will be led by Malcolm Jones and Natasha Lohan.

**Monday 7 July,** 1-3pm **An Artistic Afternoon,** Design Studio, V&A

Chloe Harbour will lead this art activities session which will give you an opportunity to explore your artistic skills and to try something new in a relaxed and friendly atmosphere. All the materials will be provided.

**Monday 4 August,** 1pm-3pm **Exploring Expressive Colour,** Art Studio, V&A

Taking inspiration from colourful pattern designs and the abstract paintings of Mark Rothko, you will find ways of creating mood and atmosphere through colour. No previous skills are necessary and all materials will be provided. The session will be led by Benjamin Senior.

Art & Expression at the V&A is supported by Lord Leonard and Lady Estelle Wolfson Foundation.
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’s offer includes a day service, an afterschool club, a 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 at Full of Life, Kensal House Annex, 379 Ladbroke Grove, London W10 5BQ.

The dates for upcoming sessions and their topics are as follows:

**6 May 10am -1pm:** Samantha Peters (Carer’s Ambassador, Full of Life) on Transition and Social Services

**20 May 10am – 1pm:** Nora Lack (Occupational Therapist, The Behaviour and Family Support Team) on Sensory Integration Issues and Allison Ambrogi (Parent Partnership, Full of Life) on Understanding P Levels

**3 June 10am-1pm:** Samantha Peters on Transition and Health

**17th June 10am-1pm:** ASSET - Children and Families Bill and Changes to SEN

**1st July 10am-1pm:** Caroline Mclean (Head of Assessment Services for RBKC, Tri-Borough Service Manager) on Transition

**15th July 10am-1pm:** Topic and guest speaker to be confirmed.

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

Full of Life would like to remind parent carers of disabled young people and adults that the Carers Advocacy Service is freely available to support parents living in the Royal Borough of Kensington and Chelsea.

The service supports carers of young people and adults with a learning disability (aged 14 and over) and offers continuity of support when children transition to adult services.

The service ensures that carers know their rights as well as the rights of the person they care for.

**Samantha Peters, Carer’s Advocate**

The service provides independent practical support, advice and information on the following:

- Benefits and form filling;
- Issues relating to social services, such as Carer’s Assessment, Needs Assessment and access to services;
- Issues relating to housing;
- Support attending meetings and reviews;
- Support with complaints about health and social care;
- Liaising with services and professionals to access the best support for families.
- Provides a quarterly newsletter for parents and carers.

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@fulloflife.com.
Local Offer Mini Guide

Full of Life has also created a Local Offer Mini Guide to help parents of disabled children and adults understand the purpose of the Local Offer and how it will impact on their lives and the lives of their children. You can view the Mini Guide online using this link: http://www.fulloflifekc.com/uploads/newsletters/newsletter%20autumn%202013.pdf.

For more information about Full of Life and services they provide, phone 020 8962 9994 or email info@fulloflifekc.com.

Way Ahead Register

The Way Ahead Register is a confidential record of information about children with special needs and disabilities living in Westminster, Hammersmith and Fulham and Kensington and Chelsea. The Children Act 1989 required all local authorities to establish a register of children with a disability in their area. This was for the purpose of assisting service planning to meet the needs of children with disabilities and their families. Children’s names are added to the register at their parent’s request, and in return parents can receive information about services available in their area.

Way Ahead is a joint register which is shared between local partners across health and local authorities working in partnership:
- NHS Westminster
- NHS Hammersmith and Fulham
- NHS Kensington and Chelsea
- Imperial College Healthcare NHS Trust
- Central London Community Healthcare NHS Trust
- Chelsea and Westminster NHS Foundation Trust
- Westminster City Council
- London Borough of Hammersmith and Fulham
- The Royal Borough of Kensington and Chelsea

The register holds the following details for each child: name, date of birth and address; condition or diagnosis; information about the child’s skills and functioning and other basic details i.e. school, GP etc.

How a joint register can help you:
- A membership card will be issued to each child or young person on the Way Ahead register. The use of this card is completely voluntary. Parents and carers may find this useful in getting assistance and understanding for their child in many different situations. This card may also be helpful in obtaining concessions where they are offered to disabled children and their carers. We would advise taking additional proof of identity when using the card for this purpose;
- Having detailed information about the numbers of children and where they live will enable the local agencies concerned with your child to plan services together in order to provide a better service;
- You will receive information and updates about services in the local area;
- You will be asked for your views about services and proposed changes.

However, being on the register does not mean that your child will automatically be eligible for all services. Health and Children’s Services departments consider and assess all cases individually.

Who is eligible to be registered?

To be registered your child must be under 18 years of age and must have a permanent special need and / or substantial disability or be suffering from a long term illness. It is sometimes difficult to decide if your child has a condition that is permanent. Therefore the decision as to whether your child is eligible will be made by the child health specialists at the child development centre. It is likely that your child will be seen at one of the centres in the course of planning for their future needs.

Who will see the information about your child?

Only those professionals in your borough who need to know will have access to personal information about your child. They will include:
- Staff at the Child Development Service;
- Staff in the social work teams providing assessment of needs to children with a disability;
- Children’s Therapy Services;
- Education staff in the three boroughs;
- Health staff concerned with your child’s health.

Other professionals will have access to general anonymised or statistical information only such as the numbers of children with a particular diagnosis or geographical data to map needs in the area.

The information held on the register is confidential and is held on a secure computerised system. It conforms to The Data Protection Act 1998. Only authorised workers from social care, education and health can access this information. The register is not linked to any other registers or records held by health or the local authority.
**How long will your child stay on the register?**
This is a voluntary register and parents can opt to remove their child from it at any time.

- If you no longer wish your child to be on the register
- If you move out of the area
- Once your child is 18 years old

**To register contact the Shared Disability Coordinator at:**
Cheyne Child Development Service
Chelsea and Westminster NHS Foundation Trust
Doughty House
369 Fulham Road
London SW10 9NH
Tel: 020 8846 1606 or

Child Development Service
7e Woodfield Road
London W9 3XZ
Tel: 020 7266 8777

**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.

The dates are as follows:

**20 May and 21 May 2014** 9.30m – 4.30pm, Macbeth Centre, Macbeth Street, London, W6 9JJ;

**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 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.

**Do you look after someone with mental health problems?**

**Mental Health Carers monthly support group**
The monthly Carer Support Group that was previously run by Roseline Okiti, from RBKC’s Mental Health Carer Support Service (no longer in existence), is continuing to meet. Jim O’Donnell and Nicky Lancaster from Central and North West London NHS Foundation Trust have taken on facilitating the group, and are keen to ensure that it keeps running.

The meeting takes place on the first Wednesday of every month, from 1pm to 3pm. Some refreshments are provided.

Jim and Nicky are contactable by email: jim.odonnell@nhs.net and nicky.lancaster@nhs.net.

Their contact numbers are: 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 a carer’s assessment.

- If the person you care for has a care co-ordinator (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, outreach, drop-ins, 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) and the Oremi Centre (Unit 3, Trellick Tower, 5 Golborne Road, London W10 5PA).
Drop-in service – 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. Tea and coffee in a safe, informal space for service users to socialise, support their working relationships with staff and create or maintain friendships. Lunch is served at the Oremi Centre (Monday-Thursday).

Groups – Monday to Friday: Creativity Group, Book Break, Walking Group, Communication and Presentation Skills, Women’s Recovery Group, Men’s Recovery Group, Football Group, Grove Community Gardening, Community Singing, Cultural Discussion, Relaxation Time, Yoga.

Outreach – one-to-one support for emotional and practical concerns, either at your home or somewhere in the community. Service users will have one allocated worker who supports them by liaising or referring to services that can support with housing, benefits, medication, care plan assessments, physical and psychological well-being.

Reablement – weekly support provided by visiting adults on the wards in the mental health unit of St. Charles Hospital. This allows the service to engage with potential service users, develop relationships and offer information and advice.

Specialist support for African and Caribbean adults – the Oremi Centre provides a mental health day service and outreach service for African and Caribbean adults in Kensington and Chelsea and Westminster.

Specialist support for Arabic speaking communities – provides practical and emotional support to Arabic speaking adults with mental health problems. The community is supported through outreach by visiting people at their homes or in hospital, making referrals to services, escorting and attending meetings, liaising or advocating and translating with professionals on the service user’s behalf.

Referrals - if you or the person you look after is interested in being referred to the RBKCI 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 on 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.

KCMHCA continues to offer carers break opportunity 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 both Mental Health Carers Support Group as well as respite opportunities including rates and reservations please contact Milton Martin by phoning 020 8960 3873 or emailing Milton.martin35@yahoo.co.uk.

Address: KCMHCA, Office 9, Canalside House, W10 5AA.

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
- Supporters of service users, their family, friends and carers
- Members of staff

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:

Kensington & Chelsea

Pall Mall Centre for Mental Health 150 Barlby Road, London W10 6BS

South Kensington & Chelsea Mental Health Centre (SK&C MHC) 1 Nightingale Place, London SW10 9NG

St Charles Mental Health Centre, Exmoor Street, London W10 6DZ

Westminster

Stephenson House 75 Hampstead Road, London NW1 2PL

Latimer House 40-48 Hanson Street, London W1W 6UL

The College delivers courses across five boroughs where CNWL delivers services within, Brent, Harrow, Hillingdon, Kensington and Chelsea and 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 (9:30 am – 4:30 pm).

Some of the training sessions and workshops include:

**Introduction to managing stress** (half-day workshop)
Tuesday 8 July 2014 10.00am – 1.00pm, South Kensington & Chelsea Mental Health Centre

**Taking back control: health and wellbeing plans** (six-week course, two hours per week)
10am – 2pm, South Kensington & Chelsea Mental Health Centre
Tuesday 20 May 2014
Tuesday 27 May 2014
Tuesday 3 June 2014
Tuesday 10 June 2014
Tuesday 17 June 2014
Tuesday 24 June 2014

**A good night’s sleep** (two half-day workshops) 2 - 4.30pm, Pall Mall Centre for Mental Health
Thursday 10 July 2014
Thursday 24 July 2014

**Two hour sessions for carers, friends and family** (two-hour workshops) 2 - 4pm, venue to be confirmed (Westminster)
Thursday 22 May 2014
Thursday 29 May 2014
Thursday 12 June 2014
Thursday 19 June 2014

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**Health and well-being corner**

**Carers Open Day at Kings Road Medical Centre**

**Carer Primary Care Navigators project**
To shape a healthier future for their carers Kings Road Medical Centre has been taking part in the new Carer Primary Care Navigators Project in which they have been working closely with Carers UK to identify more carers within their practice. As part of the project the practice has implemented new services for carers including free flu jabs, referrals to local support services and an annual carers health check.

The practice also held a carers’ awareness day which helped them to identify new carers and raise awareness not only of the problems carers face but also of the local services that are available. Local pharmacists and GP practices were invited to the event to encourage awareness in the local community. Although the day got off to a slow start, with the help of Monika and Gabriela from Carers Kensington and Chelsea the practice were soon identifying carers, and by the end of the day they had managed to double the number of carers they had registered at the start of the project in January 2014.

The event was great fun for all involved and was a wonderful opportunity for staff to bond with the patients as well as with each other. Everyone enjoyed free hand massage sessions provided by Sarah Murray from Carers UK which provided a relaxed forum to inform patients about all the services available for them in the local community.

Free health checks were offered on the day to help carers understand the importance of looking after themselves as well as their loved one. Free refreshments were available to anyone who wanted to browse through the information stands and it was a great ice breaker to get talking to some of the shier patients.
Carers UK has also delivered an interactive training on identifying carers within the practice to the staff who were all very keen to get involved.

Kings Road Medical Centre is very proud to be taking part in a project that can make significant improvements to carers’ lives and would encourage other GP surgeries to hold their own awareness day.

**Carer Awareness Day**

“The Carer Awareness Day on Friday 21st March at Kings Road Medical Centre was a fantastic day! Serena Ledger, the Carer Lead, and her team identified two new carers and gave information about carers to every patient who attended the practice that day, raising awareness of carers and their issues within their local community. It was a pleasure to be part of such a fun day and has been fantastic to work with such dedicated staff who are committed to supporting their patients who are carers. Kings Road Medical Centre has identified 18 new carers in the last 6 weeks and developed a new service, Carer Annual Health Checks, led by Medical Carer Lead Ghazaleh Pardakhtchi - for their carers to ensure they remain physically and emotionally well and are offered routes of support to help them to lead full, enjoyable lives alongside their caring roles.” - Sarah Murray Carers UK.

**Free NHS Health Checks**

Many people are at risk of developing heart disease, stroke, diabetes, kidney disease, and some forms of dementia. The good news is that these conditions can often be prevented, even if you have a history of them in your family. Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.

**Why do you need an NHS Health Check?**

Your risk of developing heart disease, stroke, type 2 diabetes, kidney disease, and dementia increases with age. There are also certain things that will put you at even greater risk.

These are:

- being overweight
- being physically inactive
- not eating healthily
- smoking
- drinking too much alcohol
- high blood pressure
- high cholesterol.

Both men and women can develop these conditions, and having one could increase your risk of developing another.

- In the brain a blocked artery or a bleed can cause a stroke.
- In the heart a blocked artery can cause a heart attack or angina.
- The kidneys can be damaged by high blood pressure or diabetes, causing chronic kidney disease and increasing your risk of having a heart attack.
- Being overweight and physically inactive can lead to type 2 diabetes.
- If unrecognised or unmanaged, type 2 diabetes could increase your risk of further health problems, including heart disease, kidney disease and stroke.

Even if you’re feeling well, it’s worth having your NHS Health Check now to lower your chances of developing these health problems in the future. By having this check and following the advice of your health professional, you improve your chances of living a healthier life.

If you would like help the service will work with you to find ways to eat healthily, reach your healthy weight, be more active, cut down your drinking, or stop smoking.

**What happens at the Health Check?**

The check will take about 20-30 minutes. You will be asked some simple questions about your family history and choices which may put your health at risk. Your height, weight, age, sex and ethnicity will be recorded. Your blood pressure and a simple blood test will be taken to check your cholesterol level.

After the check you will be taken through your results and told what they mean. Some people may be asked to return at a later date for their results. You’ll be given personalised advice on how to lower your risk and maintain a healthy lifestyle. Some people with raised blood pressure will have their kidneys checked through a blood test. Some people may need to have another
blood test to check for type 2 diabetes. Your health professional will be able to tell you more. Treatment or medication may be prescribed to help you maintain your health.

Will everyone have this check?
This check is part of a national scheme to help prevent the onset of these health problems. Everyone between the ages of 40 and 74 who has not been diagnosed with the conditions mentioned will be invited for a check once every five years. If you are outside the age range and concerned about your health, you should contact your GP.

Kensington and Chelsea Health Trainers
Health Trainers are local people like you who have been trained to talk to and support people who would like to make some healthy changes.

Whether you would like to be fitter, change your eating habits, give up smoking or just feel a bit better about yourself, Health Trainers can offer you guidance and information, in private, in person and for free.

You can also book a free health check with Health Trainers. They will work with you to develop a Personal Health Plan to maintain and improve your health.

To speak to a Health Trainer or find out more about the service call 020 8962 5730 or text 07769 144 106. You can also visit their website at www.healthtrainerskandc.co.uk.

Free NHS Health Checks at Chelsea Theatre First Wednesday of the month between 10:00am-4:00pm
The Health Check will include:
• Blood pressure and cholesterol check
• BMI check (measuring of weight, height and waist)
• Information, advice and guidance on specific health problems
Eligibility criteria:
• RBKC resident or have a GP in RBKC
• 40 – 74 years old
• No previous history of cardiovascular disease (heart failure, stroke, coronary heart disease, atherosclerosis, peripheral arterial disease) or diabetes
• Have not had a health check done in the last 5 years.

To book an appointment, please contact Barbara Boguslawska on 07584 236 076 or email bboguslawska@westway.org.

TimeBank
Caring can be isolating. It can help to talk things through with someone who understands what it’s like to be a carer.

Carers UK have teamed up with TimeBank, the volunteering experts, to provide ‘Carers Together’. This is a free online support service for carers where you can chat online, privately and securely, to a trained volunteer mentor who also has experience of caring.

Mentors are able to share their own experience and techniques that have helped them, and to offer guidance and support through a dedicated and secure web-based messaging site.

Marie cares for her daughter and describes how online contact with a mentor is helping her in her caring role:
“I don’t have anyone to talk to about caring. I find it very difficult to confide in family and friends as I feel as if I’m failing in my role or making a fuss. Having someone to talk to has really helped me have an outlet for my thoughts and feelings.”

“Caring does make me feel lonely and isolated. My daughter and I are together 24/7, she is even taught at home by the local authority so there is no respite. We tend to stay at home as she finds going out difficult and it’s just easier to stay in. I definitely feel less alone as there is someone who will listen to me and I won’t be judged.”

Mike is a former carer who volunteers his time as an online mentor with Carers Together. He says:
“For the last 10 years I worked in a hospice where I organised carer support groups so I got to know a lot about the problems faced by carers. I also cared for my wife for some years when she had cancer. I felt that I understood, from these experiences, quite a lot about caring so when I retired I decided to continue to do something in the field.”

“I’m surprised how people are able to say very personal and intimate things in an e-mail that they might find difficult to say ‘face to face’. I get a sense that for some
of them it’s a huge relief to be able to say things that are a real burden.”

If you would like to be put in touch with an online mentor or volunteer your time to help other carers, contact the project on 01212 362531 or email carers@timebank.org.uk.

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.

The next Expert Patient course will be run between 10 June and 15 July 2014 (every Tuesday between 1pm and 3.30pm) at SMART office (15 Gertrude Street, London, SW10 0JN).

Participants need to pre-book in advance and there is a form to fill in. To book and for any other queries contact Jose Veiga on 020 7376 4668.

Kensington and Chelsea Forum for Older Residents
The Kensington and Chelsea Forum for Older Residents will be holding informative social events in Brompton Library twice a month on Tuesdays from 3.00 to 4.30 pm. The Forum is all about bringing people together to share and gather information and become more confident as individuals to take control of their lives.

The purpose of the meetings is for the Kensington and Chelsea elderly residents to:

• Find out more about local resources that will give them greater control of their own health and will encourage healthy lifestyle that can prevent ill health in the long-term.
• Talk to the key decision makers that set the policies which affect their lives.
• Discover a range of activities in and around the Royal Borough that will stimulate their creative talents and enable them to meet new people.

For further information please contact The Kensington and Chelsea Forum for Older Residents by phoning on 020 7352 1336 or emailing kensingtonandchelseaforum@hotmail.co.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.
Bikeworks

Every Friday, 11am-1pm
Meeting point: Little Wormwood Scrubs Adventure Playground

Bikeworks run an All Ability cycling club every Friday from 11am-1pm and every other Saturday from 1pm-3pm at Little Wormwood Scrubs. This is an open session for people of all ages and all abilities. They have two wheeled (conventional) bikes in adult and child sizes as well as adapted cycles, including a wheelchair cycle, side-by-side cycle, recumbent cycles and tricycles. The wide range of equipment enables Bikeworks to provide a cycling opportunity to pretty much everybody regardless of physical or intellectual ability, age or confidence level. There is a team of experienced, friendly and professional cycle instructors who run the session.

“"I used to be a keen cyclist as a child, but somehow grew out of it. Then in 2012, as we witnessed the diamond jubilee, Bradley Wiggins winning the Tour de France and the spectacle of the London 2012 Olympics, I was suddenly inspired to get back in the saddle. I found that several organisations, including Bikeworks, were offering inclusive cycling opportunities in London.

Since then, I have attended Bikeworks’ sessions virtually every week. Physically, the strength in my legs has improved dramatically and I am walking more confidently now than I have done in years. Having been made redundant a couple of years ago, I have been struggling to find permanent paid employment. I have found cycling to be an extremely positive part of my week.

And ... thanks to Bikeworks’ excellent team of committed instructors, I have just learnt to balance on 2 wheels for the first time at the age of 43! I was unable to accomplish this as a child so in doing this I have fulfilled a life-long ambition.

I cannot see me giving up cycling again. I’d like to continue getting even stronger and would like to try some competitive cycling. I can even see myself one day maybe going from petrol power back to pedal power!”

Mark’s story

Mark is a member of Bikeworks’ west London All Ability Club. He has cerebral palsy and has been a regular attendee for two almost two years. This is his story:

For more information contact Bikeworks
Telephone: 020 8980 7998
email:enquiries@bikeworks.org.uk
Website: www.bikeworks.org.uk