Camden Carers’ Newsletter
Summer 2016

All the news for carers in Camden – see inside
HELLO – AND WELCOME TO THE SUMMER NEWSLETTER!

Carers’ Week is fast approaching and as usual we are offering a wide range of activities and events. Enclosed with this mailing is a leaflet listing what’s on day by day and pages 3, 5 and 8 of the Newsletter give more detail. Do give us a call on 020 7428 8950 to find out more and book any of the events – we always love to hear from you.

Have you ever thought about how we run the Carers’ Centre? We have a team of dedicated Trustees with a wide range of skills and experience. Have a look at page 3 to find out more and come along on 7th June to have tea and meet them in person!

This year we are taking part in the Carers’ Thames Walk: see page 8 for more info. We hope to raise money towards vouchers for carers; these proved really popular when we provided them during the festive season. If you would like to join us on the walk please let us know. There is a registration fee but we hope to be able to pay towards the registration of 30 carers, staff and friends. They in turn will raise money for CCC. If you are interested please call and speak to a member of staff or email us at info@camdencarers.org.uk

I hope to see you on the walk and/or during Carers’ Week – and that you have an enjoyable summer.

Allegra Lynch
Chief Executive Officer
allegra@camdencarers.org.uk

MISSION STATEMENT: To promote the cause of unpaid carers in the London Borough of Camden through the provision of support, information and advice.

Hospital Family and Carer Support Workers: Richard Doran at the Royal Free: 020 7794 0500 x 38106. Jay Wall at University College Hospitals: 020 7428 8950 or 07920 650 556.

CCS office: FREEPOST RSES-EZGE-JCGA, Camden Carers Centre, 293-299 Kentish Town Road, NW5 2TJ.

Cover Photo credits (left to right):
At the meeting on 5th April the main points of discussion were:

- The Housing Bill – members felt there is not enough media attention on the matter, though Camden New Journal and Ham and High are advertising public meetings.
- Currently the post of Engagement Officer (the paid CCS staff member who provides support to CCV) is vacant. The post will be advertised in The Guardian in the very near future.
- It was agreed that the Constitution of the CCV Steering Group be looked at at the 14th July meeting.
- Anyone with issues/complaints about a care agency should report it to the Care Quality Commission: www.cqc.org.uk

A presentation was given by Dept of Work and Pensions, particularly regarding DLA being replaced by PIP (Personal Independence Payment). Letters will be sent out to all claimants. It was stressed that people should NOT ignore these letters, to ensure the smooth transfer to PIP. Feedback about this new benefit is that those with learning disabilities and mental health issues have better outcomes than they did under DLA.

Dates for future meetings of CCV are:
- 14th July
- 6th October
- 1st December

A light lunch is provided. If you have ideas would like to see raised please contact Bob on bobd@centre404.org.uk

**WHAT IS THE CCC BOARD OF TRUSTEES**

...WHAT DOES IT DO, AND WHO IS ON IT?
You may have wondered about this – or maybe not! I hadn’t thought much about it until I was approached to join, and after two years I am still learning! CCC’s Board of Trustees has 10 members; hopefully 11 by the summer. Seven are or have been carers with direct experience of CCC’s services. Other members have expertise that supports the Board’s work.

So, what do we do?
Broadly, we try to ensure that CCC maintains its aim of supporting all carers in Camden and remains financially viable. An immense task in the current financial climate!

What can’t we do?
We can voice our opinions but we don’t decide how the service is organised or try to influence this. Allegra is our CEO; it is for her and the Senior Management Team to decide. (This is a very simple explanation; if you want to know more, please ask.)

As current Chair I have never been as busy as I am right now, but I have a great Board and two supportive Vice Chairs. I can’t pretend that the future is going to be easy. I’ve learnt that just when you think things are running smoothly new challenges arise – but that keeps us on our toes! I am committed 100% to the services of CCC and will do my best to ensure that these continue.

Kate Harwood

**TEA WITH THE TRUSTEES**
On the Tuesday of Carers’ Week, 7th June, we are hosting an ‘open house’ afternoon from 1 – 4pm, where carers can meet staff and Trustees over tea and cakes. Please let us know if you would like to come: phone 020 7428 8950.
TRAINING AND ACTIVITIES UPDATE

We are entering the summer months with our arms wide open, anticipating more exciting events and activities at Camden Carers.

The general carers’ and former carers’ groups meet monthly, alternating between indoor and outdoor venues. They are a great way for carers to keep in touch, so please join us if you can.

Yoga and Mindfulness sessions are both fortnightly, helping to create healthy body and mind, whilst a new six-week certificated carers course looks at different topics like The Care Act/carers’ rights and communicating with professionals. The course has been put together to provide appropriate information and tools to support the unpaid caring role.

Embracing our creative sides we’ve run cookery and creative writing courses in partnership with Westminster Kingsway College. Many have enjoyed these courses, gaining skills and ideas whilst having fun. The drama group has grown and goes from strength to strength, developing a performance to showcase – I am enjoying the drama unfolding with great energy and enthusiasm. We have new ‘up-cycling’ and craft groups with a fantastic tutor, so if you want to revive some much loved clothes or would like to learn craft skills, come along.

We were lucky to enjoy a trip to Kew Gardens to visit the incredible Brazilian Orchid exhibition – the sun shone too! We’ll be taking more trips to Kew Gardens in the coming months, to appreciate the blooms that British summer has to offer.

Financial and legal training ensures we don’t have too much play and no hard work, including practical solutions to managing a budget, staying clear of debt and Wills and Trusts. First Aid sessions (always a great skill to have) are run with the British Red Cross.

I look forward to moving into the warmer months – the last quarter has been brilliant.

Kayleigh Gibson
Training and Activities Co-ordinator

Please remember to book onto any training or activities you would like to attend. This ensures you have all up to date and relevant information regarding the session, and we know who to expect and cater for. If you are unable to attend a session you have booked, it is vital that you let us know. We understand there are times you may have to cancel at the last minute, but letting us know ensures we can alter the session if need be.
OLDER CARERS AND DEMENTIA CARERS

Summer’s here and we have a jam-packed schedule for older and dementia carers. See below for new events for the season – and don’t forget our Carers’ Week Street Party on Thursday 9th June, with music, singing, food and plenty of fun for everyone.

Object handling with the British Museum
An opportunity to handle textiles and adornments from the museum’s collection. Explore how people from different cultures and eras lived on Monday 13th June.

Arts and Crafts group with Seiwa
Due to popular demand we have started a Friday afternoon arts and crafts group for carers with or without their cared-for. Seiwa works with textiles, mosaics, fabrics and paint and is looking forward to creating projects with you.

Belly-dancing
Two sessions a month, highly recommended by carers: “It’s good exercise and fun”; “My body feels energised afterwards”; “I enjoyed the exercises and the teacher was wonderful and easy to follow”. Check our calendar or Activities webpage for dates.

Leisure afternoons for people with dementia and their carers
Now on Fridays, with live music, sing-along and other activities: we have made pancakes/ mince pies and percussion instruments, and are currently enjoying a knitting project.

And all the rest ...
Guided tours are ongoing, for all carers and people with dementia. We’ve recently visited the Museum of London and in June we’ll put on our walking shoes for the City of London. The dementia carers’ group has had speakers from the Rapid Response Team, Carers’ Trust and Memory Service. It’s a relaxed social gathering where carers can meet others and enjoy a light lunch and chat.

VOLUNTEERING, COUNSELLING, CREATIVITY

So, here we are in summer 2016 and looking forward to lots of sunshine and getting out and about. We are so fortunate in Camden to have plenty of outdoor space to enjoy.

The Breaks and Activities Team has been working together now for nearly two years and we feel very happy to provide a varied range of opportunities for carers in Camden. Just to remind you of the team:

Jill Pay – Breaks and Activities Service Manager
Kayleigh Gibson – Training and Activities Co-ordinator
Tracey Smith – Older Carers and Dementia Opportunities Co-ordinator
Sitara Necic – Counselling Co-ordinator
Azka Sohail – Volunteer Co-ordinator

On pages 4 and 5 Kayleigh and Tracey have written about their work and what is on offer. Sitara, as well as co-ordinating our growing counselling service, also facilitates the Creative Carers’ Collective, a growing group of carers who are exploring and making a wide variety of art together. They always welcome new members, so find out more from sitara@camdencarers.org.uk

Azka Sohail is the new Volunteer Co-ordinator, who joined in April. Volunteers are a very valuable part of our work here at Camden Carers’ Service and we offer a wide variety of opportunities. If you would like to find out more, please contact Azka – her email is azka@camdencarers.org.uk or you can phone her at the office.

If you have any suggestions of how we could improve the work of the Breaks and Activities Team, please contact me:

jill@camdencarers.org.uk

Jill Pay
Breaks and Activities Service Manager
FIT BY PHONE
Camden Carers’ Service is pleased to introduce a new telephone project for carers who want to lose weight but are finding it tricky to get motivated, or for those who are unable to get out easily (whether due to their caring role or for other reasons.)

We are working with Don’t Tone Alone to deliver Fit by Phone, an innovative telephone weight management course which empowers the individual to take control of their eating habits to become fitter and healthier. The six-week course teaches how to recognise unhealthy triggers in your life and manage your weight, not through dieting but by being more aware of the food you eat and how you eat. The course covers the following topics: emotions, habits and food; what the body needs – get the most out of your calories; planning for small changes; salt and alcohol and exercise; physical activity and eating to refuel.

The format of Fit by Phone is an anonymous teleconference between four to six people and a weight management trainer. Each participant dials into the teleconference (a freephone number) once a week at a pre-arranged time to join an interactive group, sharing support and advice. Participants will be given a handbook of resources to be used during the course. Michelle, Fit by Phone trainer, says, “Fit by Phone is especially useful for those who find it difficult to get to support groups in person. Easy to use, interactive and informative, Fit by Phone will help you to be better in tune with fulfilling your nutritional needs.”

For more information contact the Health Team on 020 7428 8953 or email health@camdencarers.org.uk

MEN’S HEALTH WEEK
13th – 19th June is Men’s Health Week. The Men’s Health Forum is urging men to:

• Look after yourself – give your mental and physical health more priority; look after your relationships and wellbeing.
• Don’t smoke, drink sensibly, be active and watch your weight.
• Seek advice as soon as you suspect you might have a problem – it’s your right, you’re not wasting the health professional’s time.
• Turn up to your NHS health check and find out about screenings that might be helpful to you.
• Support your mates and colleagues with their mental and physical health – always take them seriously.

Male Carers
42% of the UK’s unpaid carers are male. In 2014 Carers’ Trust and the Men’s Health Forum carried out a survey. The resulting report looks into the experiences and needs of male carers, to help raise awareness of their situation. For example:

• More than one in four in employment would not describe or acknowledge themselves as a carer to others, meaning they may not be getting the support they need at work.
• 56% aged 18-64 said being a carer had a negative impact on their mental health and 55% said their health was ‘fair or poor’.
• 53% felt their needs were different to those of female carers, many saying men find it harder to ask for help and that balancing work and caring is challenging, particularly if they are the main earner.
• Four in ten said they never had a break from their caring role.

For more on men’s health and to read the full report: www.menshealthforum.org.uk
HERE COMES SUMMER!

Summer’s on the way but if you’re not yet ready for full-on salad this recipe combines grains, pulses, seeds and vegetables, so it’s healthy, tasty and filling and also perfect for anyone not eating gluten or dairy. We suggest a dressing, but it works just as well with lemon juice and virgin olive oil.

RECIPE – SPRING SALAD
(Serves 2 as a main course)
100g each quinoa and chickpeas
60g Puy or green lentils
Couple of handfuls of frozen peas
125g carrots and ½ cucumber, cut into matchsticks
2 tbsp mixed seeds (e.g. sunflower, pumpkin and sesame)
Seeds from half a pomegranate (if available)
30g mixed salad leaves

For the dressing
1 tbsp white balsamic vinegar
4 tbsp extra virgin olive oil
½ - 1 tbsp runny honey
¾ tbsp pomegranate molasses (if available)
Salt and pepper to taste
(For some extra protein add feta or grilled halloumi cheese).

Instructions
Cook or re-heat tins or packets of lentils, quinoa, chickpeas and peas, according to instructions, drain and leave to cool. Mix dressing ingredients with a little salt and pepper.
Put the cooled salad ingredients into a bowl, adding leaves last. Toss all ingredients with the dressing and serve.

Lisa Younger
Registered nutritional therapist

DID YOU KNOW?
The value of the contribution made by carers in the UK is now £132 billion each year – that’s a fifth of UK Government spending and almost as much as the entire annual health spend of £134 billion.

A NEW STRATEGY FOR CARERS
The Department of Health wants to hear from carers on how they can improve support. This is a great opportunity for carers to have their say and be involved in shaping a new government strategy. The survey is only available online. It is open until 30th June and we have put a link to this on the Camden Carers’ website news page for your convenience. Alternatively, if you would like to submit a separate response, or if you have any questions about it, please email the Department of Health team on carers@dh.gsi.gov.uk
CARERS’ WEEK ACTIVITIES AND PICNIC
To mark the launch of Carers’ Week, on the morning of **Monday 6th June**, the Health Team is offering taster sessions of free or low-cost activities (available throughout the year) such as Pilates, outdoor gym and walks – either leisurely or longer and more energetic.
Following all that exercise we will come together for a picnic on Hampstead Heath (indoors in the event of rain). We’ll provide food but if carers want to make something to bring along please let us know.
To find out more about the taster sessions, contact the Health Team on **020 7428 8953** or email: **health@camdencarers.org.uk**

AMBLERS AND RAMBLERS
Join other carers for exercise and fresh air in Camden’s green spaces.
- Amblers (gentle walking)
  - 31st May, 27th June, 18th July (Mondays)
- Ramblers (more energetic)
  - Thursday 14th July

CARERS’ EXERCISE PROJECT – spaces now available!
We are very pleased to be able to offer carers one-to-one personal training sessions again. Carers can get six free sessions, which can take place anywhere: at home or in your local park etc. Your trainer will work with you on a personalised programme to suit your needs. We’ve had some great feedback on this project so far:

“The trainer was brilliant; very inspiring and motivating.”

“I saw results very quickly, which surprised me. Meeting with the trainer was very uplifting. It felt like a laughing/exercise session. I really enjoyed it and appreciated her knowledge.”

If you are interested in learning more please get in touch with the Health Team on **020 7428 8953** or email **health@camdencarers.org.uk**

CARERS’ THAMES WALK: SATURDAY 28TH MAY
The Carers’ Thames Walk is an opportunity to raise funds for local Carers’ Centres and have a fun day out. Choose a walk of 2.5, 7 or 10 miles, starting from Southwark Cathedral and passing HMS Belfast, Tower Bridge, Tower of London, St Paul’s Cathedral, Houses of Parliament, London Eye, Tate Modern and Drake’s Golden Hind.
If you would like to join us on the walk ring the office or email **info@camdencarers.org.uk**
It’s been eight months since we launched the Time for Change project for young adult carers (aged 18-25) here at CCC and it’s been a busy time. We’ve met for coffee and cake, lunch and pizza, crowned a Young Adult Carer Bowling Champion and had trips to the theatre and a winter fayre. We’ve also had good uptake for the 1-2-1 sessions with a personal trainer – and many subsequent laughs about how to survive the seemingly never-ending press-ups.

Views of young adult carers (YACs)
We’ve been hearing about how caring affects this age-group, both positives and negatives. Overwhelmingly they say they don’t want to be felt sorry for. Caring often has a huge personal impact and emotional toll – frequently being a full-time job in itself which feels like it’s not regularly acknowledged – yet the skills acquired from caring are invaluable for studying, working and many other areas of life. It’s vital that we keep this conversation going so they are heard, supported and equipped, and we remember what an exceptional contribution they make.

Upcoming events and activities
Socials and activities will continue over the next few months. Keep an eye out in particular for a health and wellbeing day covering physical activity, body image and nutrition. On 2nd June, jointly with the Hive and Family Action, we have a pre-Carers’ Week event, ‘We Care’. A celebration for 16-24 year old carers in Camden, and for young people looking to find out more about the life and role of carers in our community, it will be at the Hive on Finchley Road. Many of the other CCC events are also open to young adult carers.

Get involved
It’s been great seeing the involvement of YACs and different community organisations over the past eight months. If you’re interested call Yvonne or Abbie on 020 7428 8950 or email yac@camdencarers.org.uk and find us on Facebook: Camden Young Adult Carers, and look out for hash tags #missingout and #camdencarers

Abbie Sherwin
Young Adult Carers’ Project Worker
NOTICES AND SERVICES

QUALITY HOSPITAL DISCHARGE TRAINING
A series of one-day training courses will be held in Camden, focusing on the vital issue of Quality Hospital Discharge. The aim is to improve the quality of discharge planning which in turn should lead to reductions in emergency re-admissions and delayed transfers of care, with patients returning to optimal independence in the community.

CCC has been involved in designing this training from the start and will be delivering a session on ‘Involving Carers’ to ensure that carers are identified, acknowledged, included and fully supported at this time. We will emphasise the fact that all professionals have a responsibility to identify carers, treat them as equal partners in care, and have a clear understanding of how to refer them on to Carers’ Support Services, both within the hospitals and beyond.

If you would like to be involved in a panel comprising carers and cared-for, and would be prepared to share your experiences regarding hospital discharge as part of this training, please let Jay Wall or Richard Doran know. Your expertise would be most welcome.

Phone the office on 020 7428 8950 and leave a message or email richard@camdencarers.org.uk or jay@camdencarers.org.uk

CAMDEN MENTAL HEALTH FORUMS, 2016
An opportunity for people in Camden living with mental ill health, their carers, families, friends and professionals, to come together to discuss mental health issues and the future shape of services. Forums will take place in July and October. For more details or to join the mailing list contact paul.kent@camden.gov.uk, tel: 020 7974 6921.

HELP IS AT HAND

WELFARE BENEFITS ADVICE
CCS offers one-to-one advice sessions at our Kentish Town office with a welfare rights officer from Mary Ward Centre. Sessions are held fortnightly on Wednesdays, by appointment.

For the period up to the end of June we can offer the following dates: 25th May; 1st, 8th, 15th, 29th June. For further details phone 020 7428 8950 and ask to speak to our Support and Information Line Worker.

NEW ONLINE FORUM FOR LGBT CARERS
For carers who identify as lesbian, gay, bisexual or transgender (LGBT), the forum is a space where carers can find support, information and advice.

There are different message boards:
- Introduce yourself
- All about caring
- Getting support for the person you care for
- Benefits and housing woes
- General chat
- Local cafes, events, groups and activities
- Useful books, websites and online articles
- LGBT space.

Please go to www.lgbtcarers.org.uk

CARERS DIRECT
For general advice and support over the phone. Tel: 0300 123 1053, 9 am – 8 pm, Monday – Friday.

Camden Carers’ Service takes care in compiling the Newsletter and responsibility cannot be taken for any action arising from information given on the pages. We therefore urge carers to thoroughly investigate all providers of services before entering into any commitments.
Welcome to Monika
Monika Wojtun-Sieminska has joined CCS as a Senior Carers’ Support Worker. She is employed by CCC partner Centre 404, specialising in support for parents and carers of disabled children or adults with a learning disability.

Monika, who brings experience and expertise in learning disability and autism, will be based at CCC on Mondays and Thursdays and at Centre 404 on Tuesdays and Wednesdays. She says: “I look forward to meet and support the parents and carers in Camden and am delighted to be part of the team.”

Royal Free update
After many years as our Carer Support Worker at the Royal Free Hospital Naomi Feather is moving over to the CCC office. Her replacement will be Richard Doran, who has more than ten years’ hospital experience. He will be based at the RFH on Mondays, Wednesdays and Thursdays. You can contact him on 020 7794 0500 x 38106 or via the main office on 020 7428 8950.

CCC will be on the move!
I’d like to let you all know that CCC will be moving offices in the next few months. At time of writing I’m not able to say exactly where or when, but one thing is definite – as a charity serving carers in Camden we will be staying in the borough.

As you can imagine this will be a big undertaking as we have been established in Kentish Town for seven years. However, I want everyone to be assured that our services and activities will carry on – it will be business as usual, and as soon as I know more all carers will be informed.

Allegra Lynch
GROUPS RUN BY CAMDEN CARERS’ SERVICE

CCS runs a range of monthly groups for carers. For venues, please ring the CCS office.

**General carers** – third Wednesday, 10.30 am – 12 pm

**Dementia carers** – fourth Tuesday, 11 am – 1.30 pm

**Mental health carers** – third Friday, 10.30 am – 12.30 pm

**Former carers’ group** – first Wednesday, 10.30 am – 12 pm

For carers of adults (18+) with learning disabilities, a coffee morning meets on **third Tuesday, 10.30 am – 12 pm**, at Centre 404, 404 Camden Road, N7 0SJ. **020 7697 1336** for details or drop in.

OTHER GROUPS IN CAMDEN

For all carers living south of Euston Road – **fortnightly** on **Mondays**, 3 – 5 pm, at Millman Street Resource Centre, 50 Millman Street, WC1N 3EW. Contact Richard Norman on **020 7405 2493** or email **richard.norman@holborncommunity.co.uk**

For Irish carers – Mind Yourself offers one-to-one support for Irish carers and has re-launched its monthly support group, **third Wednesday**, 2.30–4.30pm at Mind Yourself, The Old Fire Station, 84 Mayton Street, N7 6QT.

Phone **020 7697 4753** or email **info@mind-yourself.co.uk**

For Chinese carers – Camden Chinese Community Centre runs a carers’ support scheme, including social activities, at their centre: 9 Tavistock Square, WC1H 9SN.

For details phone **020 7388 8883** or email **info@camdenccc.co.uk**

People’s Centre for Change runs carers’ activities sessions, **Wednesdays**, 4 – 6 pm, at 96-98 Shoot Up Hill, NW2 3XJ. Join members and families at **6 pm** for a freshly-cooked meal (£3.50).

Call **07906 621 449** for details.

Cancer support group – for patients and carers affected by cancer, monthly at Kentish Town Health Centre. For dates and times, please contact Veronica Brinton on **veronicabrinton@gmail.com** or tel: **020 7722 6740**.

Substance misuse group – for carers of people with drug or alcohol problems who are/have engaged with Camden Drug and Alcohol Service. For details contact Beverley Williams on **020 3317 6012** or email **beverley.williams@camden.gov.uk**

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CAMDEN CARERS SERVICE

293-299 Kentish Town Road, NW5 2TJ  Tel: 020 7428 8950
Email: info@camdenccs.org.uk  Web: www.camdenccs.org.uk

The Centre is open 9am – 5pm (7pm on Wednesdays)