

Our Phonelines are open 9 - 5 Monday to Friday

020 8960 3033 Westminster office

020 7386 9417 Hammersmith and Fulham office

Or email: [info@carers-network.co.uk](mailto:info@carers-network.co.uk)



## Network News

Winter Edition 70

### Did you know?

469 new carers in six months!

Carers Network Support workers worked with 220 new carers in H&F and 249 new carers in Westminster between April and October. 267 carers received small grants from Carers Network this year. 30 carers went on our Brighton trip in August, and 15 enjoyed a FREE spa day in October!



### First Aid training for carers

*Sign up for bespoke everyday first aid workshops for carers from British Red Cross.*

These new two hour everyday first aid sessions are tailored to meet the diverse needs of carers and focus on the most relevant skills such as dealing with seizures, head injuries, burns, choking and unconsciousness.

Sign up for the training on the following dates through Carers Network:

Hammersmith and Fulham - **Tuesday 20 January 1 - 3pm**

Bishop Creighton House

Westminster - **Thursday 22 January 2 - 4pm** Beethoven Centre

**Book a place: 020 8960 3033**



### FLU JAB FOR CARERS

If you are caring for someone you may be concerned about how being ill will affect you as a carer, and the person you care for. Carers are eligible to receive the seasonal flu vaccine free each winter.

If you are the **main carer for an elderly or disabled person who may be put at risk if you fall ill, and/or you are in receipt of Carer's Allowance you should be offered a flu jab.** This will be at your GP's discretion depending on your need. You should explain your concerns for the welfare of the person you're looking after if you should fall ill and your GP will decide whether you need a flu jab based on this information.



## LATEST NEWS



### UNPAID CARERS RECOGNISED IN WESTMINSTER CARER AWARDS

On 6th October Westminster City Council's second Carer Awards took place at a glittering ceremony the Thistle Marble Arch Hotel. 120 unpaid carers came along for an evening of entertainment and award presentations. Nine winners were announced in seven categories.

Guests were entertained by performances from the Sylvia Young Theatre School and the West End Gospel Choir.

*Well done to all the carers who were nominated for award, and to those who won on the night.*

Valerie Gaynor (*pictured left*), a longstanding carer from Westminster told Network News:

*"It was a wonderful experience, at the Carer Awards 2014, winning an award for 'Unpaid Carer of Someone Aged 65 or over', and receiving a framed certificate from the Mayor of Westminster.*

*'It was our Golden Wedding Anniversary that day and I was lucky that my husband was able to be with me that evening. I was surrounded by other carers and professionals, and I particularly enjoyed seeing those I knew. We, as carers, appreciate any help and recognition we can get.*

### CARE ACT GUIDANCE PUBLISHED

The statutory guidance associated with this Care Act was published in October and set out how the Act will work in practice when the first phase of reforms come into effect in April 2015. The guidance is 506 pages long but is accompanied by an easy read version. *The link is here:*

<https://www.gov.uk/government/publications/care-act-2014-statutory-guidance-for-implementation>



**Sign up for emergency care -  
get your Carers Emergency  
Care Plan or Carers  
Emergency Card**

Are you concerned about what would happen to the person you care for if you are taken ill, are in an accident or otherwise unable to care for them? The Carers Emergency Card Scheme in Westminster and the Carers Emergency Care Plan in Hammersmith and Fulham ensures that the person you care for to receive the care they need until the emergency is over.

Apply for your card through Carers Network:  
[info@carers.network.co.uk](mailto:info@carers.network.co.uk)

**020 8960 3033** (Westminster)

**020 7386 9417**  
(Hammersmith & Fulham)

# CARERS RIGHTS



*we all matter, together we count*

**Carers Action is an independent voluntary group run by carers for carers in Westminster. Our purpose is to empower carers and make sure carers' voices are heard.**

Carers Action Chair Jarka Hinksman writes:

**Homecare is changing** - CA members met on 14 October and heard about proposed changes to homecare services. Sarah Newton, a senior commissioner, told CA members that home care provision in Westminster is due to change early next year. The aim is to improve the quality of home care and to ensure it is efficient and consistent. The new service will be area or 'patch'-based with a dedicated provider looking after each patch. The local authority will monitor care delivery electronically, and this information can be shared with the customer so that they know how much care time they have received and how much they still have available. The commissioners will work closely with the health consumer champion, Healthwatch, which will be involved in ongoing monitoring of the new contract. Healthwatch is currently compiling an independent report into home care, and several CA members offered to contribute to this.

**Carers Action will be meeting on 14 January, at the Beethoven Centre 10 - 2pm.** As well as exchanging tips on shedding those festive pounds and planning our activities for the year, Central London CCG will talk to us about their new model of care.



## CONGRATULATIONS JARKA!

On winning a Westminster carers award for 'Outstanding Contribution'. Jarka was nominated by other Westminster carers for all her work both as a carer and representing and supporting other carers in the borough.

*Well done Jarka and very well deserved!*

## Carers Action Day!

**Wednesday 18 February 10.30am – 2pm**

**Mary Sumner House(SW1P 3RB)**

**Open to all carers**

**Theme:** Introducing the Care Act and launch of Carers Network's three-year strategy.

Our big event is back! This event will be open to carers from Hammersmith and Fulham as well as Westminster. The event's theme will revolve around The Care Act and its effect on carers and relevant services. We will hear from knowledgeable speakers about what the Care Act means for you and Carers Network will launch their three year strategy. You can also expect information stalls on wellbeing, care and support, leisure activities, education, training and work.

*We hope to see you there!*

## Carers Action: Suggestions, Questions, Getting involved

CA is a voluntary, independent group run by carers for carers in Westminster. If you would like to get involved in shaping *health services, mental health services* and *local authority services*, or if you have any queries, do get in touch.

Call **020 8960 3033** email: [carersaction@carers-network.co.uk](mailto:carersaction@carers-network.co.uk)

# NEWS & SERVICES FOR CARERS

## SUPPORT GROUP OR ADVICE DROP-IN?

Carer Support Worker Khursheda Ismoilzoda explains the difference between our sessions running across both boroughs.

*'Carers of someone who lives in Westminster or in Hammersmith and Fulham are welcome to come along to any of our support groups or drop-in sessions. But carers sometimes aren't sure which one is for them. Basically, the support groups are a place to meet with other carers, share your experiences and make new friends. We also run a number of condition-specific groups in both boroughs, such as groups for carers looking after someone with mental health issues, or carers of people with learning disabilities. It can be helpful to talk to others who know what you're going through!*

*A drop-in is an opportunity to speak one-to-one with a Carer Support Worker without making an appointment. Don't forget though if you want to talk about an issue in more depth you can make an appointment to see me or one of my colleagues for a longer time by calling us:*

**020 8960 3033 (Westminster) or 020 7386 9417 (Hammersmith and Fulham).**

*I must point out that our service is confidential and free. Interpreters can be arranged on request. If you are unable to get out of your house to come to one of our drop-ins or offices for an appointment, we can arrange a home visit. Khursheda*



**See Carers Network timetables at the back of the newsletter for details on our groups and drop-ins!**



### **10% discount for new bookers of Vitalise respite holidays**

In partnership with Carers Network, Westminster, Hammersmith & Fulham, Vitalise is offering a 10% discount to new bookers of their respite holidays for disabled people and carers.

A Vitalise respite holiday includes:

24 hour on-call nursing care in a friendly holiday atmosphere

Exciting accessible excursions and activities

Fantastic live entertainment

Support to enable carers to take a break too

This promotion is valid on 7 night breaks, booked by 31 December 2014, at the charity's three centres in Essex, Southampton and Southport.

To find out more please call Vitalise on **0303 303 0145** quoting CN14 or visit [www.vitalise.org.uk](http://www.vitalise.org.uk)

*\*Offer only valid on 7 night breaks and for new bookers who have never had a Vitalise break. Break must be booked by 31 December 2014. Offer not to be used in conjunction with any other. Please call Vitalise for full terms and conditions.*

# NEWS & SERVICES FOR CARERS

## NEW Autism Support Group

- Are you caring for a family member or close friend with an autism spectrum disorder?
- Would you like to be able to get more information and advice?
- Would you like the chance to meet and talk with others in the same position?

Join us for the first meeting of the Carers Network autism support group **Thursday 29 January 2015, 10am – 12pm, North West London Commissioning Support Unit, 15 Marylebone Road, NW1 5JD.**

Register your interest with Lydia Hodges at Carers Network on 020 8960 3033 or [Lydia.Hodges@carers-network.co.uk](mailto:Lydia.Hodges@carers-network.co.uk)

*Open to people caring for residents of Westminster, Hammersmith and Fulham and Kensington and Chelsea*

## Open Age: Steady and Stable – Helping you to stay steady on your feet.

*Do you feel wobbly on your feet? Do you lack confidence while going about your daily living activities? Do you fear falling?*

If so, participating in Steady and Stable classes may be the answer as the classes help to improve balance, muscle strength, stamina and confidence while going about your daily activities.

The free exercise classes last approximately 1 hour and are run weekly across Westminster, Kensington and Chelsea, and Hammersmith and Fulham. Specially trained instructors deliver the classes and adapt exercises to suit your needs.

Beryl who has been attending a Steady and Stable class since February 2013 said *“For people who have problems with walking and balance, the classes are an enjoyable way to exercise. I have much more energy and feel much better in myself. I also enjoy the social aspect of the classes”*.

**For more information contact Deryn on: 020 8962 5582 or Matthew on 020 8962 4537**

## New support for End of Life carers

Carers Network’s new End of Life Project supports carers who are over 65 and caring for someone at the end of their life. The aim of the project, funded by City Bridge Trust, is to provide specialist and tailored (emotional, practical and psychological) support as well as respite breaks, social opportunities, help with future planning for the carer’s own life and information on further support and services from other relevant services.

In this project Carers Network will also work with other organisations and professionals such as the dementia services, hospices, Admiral Nurses, community matrons and many more to promote understanding of End of Life Carers’ needs.

Talking about dying, death and bereavement is something many of us shy away from but, unlike someone who dies suddenly, when we know a person is going to die in the near future their family and carers have a chance to prepare for the end of their life, and to put their affairs in order in the way that he or she wishes.

***Do you have experience of caring for someone with life-limiting conditions? Would you like to find more about the project?***

Then please get in touch with me, **Francis Ngale** on **020 8960 3033** or **077 7267 4385** or **francis.ngale@carers-network.co.uk** to find out more.

Francis Ngale, End of Life Carers Project Manager



# NEWS & SERVICES FOR CARERS

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## IMPORTANT CARERS SURVEY FROM THE DEPARTMENT OF HEALTH

*Contribution from the councils' communications team.*

The Department of Health has asked Councils to survey those local people who look after a family member, partner or friend who is in need of support or services because of their age, physical or learning disability or illness, including mental illness. Information gathered from the survey will be provided to the national Health and Social Care Information Centre.

Hammersmith and Fulham and Westminster councils want to improve and develop services for carers in this very challenging financial climate, so they want to get your views on the support provided to help you with the person you look after and in particular, how you're caring for others has affected your own quality of life.

The survey will take place between October and December 2014. *Not all carers are included in the survey, just a sample.* If you are included in the survey, you will receive a questionnaire through the post and you will be asked to respond to it by a set date. Different types of communication methods for collecting the survey information will be used where required.

Staff involved in the provision of services you receive (such as Carers

Network), or services for the person for whom you care, should not help you to fill in the questionnaire.

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

Your answers will be treated as confidential. They will not be passed onto anyone providing you or the person you help with services. You will not be personally identified to them and your answers will not affect the services you or they receive. For more information see:

[www.westminster.gov.uk/carers-survey](http://www.westminster.gov.uk/carers-survey)

## HOMESHARE SCHEME

### Are you looking for companionship and support around the house?

Carers in other areas of central London have already discovered Homeshare: this is a high quality scheme that matches younger people, looking for affordable accommodation and willing to help out around the house, with older or disabled people who have a spare room and need some support.

Homeshare's staff personally interview all applicants and visit

your home to ensure that they find the right match for you. The Homeshare team focuses on the quality of their service and the personal touch. They undertake detailed checks and matching for all applicants to make sure that this arrangement works well for both parties. Your carefully-selected lodger will rent a room in your home and provide you with ten hours care and support each week.

This type of live-in support doesn't replace a full care service, but can be used alongside care support. It also provides the peace and security of having someone there every night when perhaps family and friends aren't able to be.

Homeshare is run by a consortium of London Carers' Centres (including Carers Network) called Novus, which is a registered charity. Contact the Homeshare team if you would like to know more, they will be happy to answer any questions you may have.

**Telephone: 020 8868 5224 or 07914 808 986. Visit:**

[www.novus-homeshare.org.uk](http://www.novus-homeshare.org.uk)

# NEWS & SERVICES FOR CARERS

## WESTMINSTER SERVICES



### NEW Carers Network support group for mental health carers

Are you supporting or caring for a family member or close friend in Westminster with mental health problems?

Would you like to get more information and advice?

Would you like the chance to meet and talk with others in the same position?

If so come along to our Carers support group 5.30 -7.30pm on the second Tuesday of the month, Westminster Mind, Radstock House, 5 Eccleston Street, SW1W 9LX.

For more details contact **Tehmina** on **020 8960 3033**

[Tehmina.Iqbal@carers-network.co.uk](mailto:Tehmina.Iqbal@carers-network.co.uk)

### Feeling stressed or anxious?

If you are finding it difficult to cope with feelings of anxiety, stress and depression, you can talk, in confidence, to the **Westminster IAPT Service** on **030 3333 0000** or email: [westminster.iapt@nhs.net](mailto:westminster.iapt@nhs.net)

### WESTMINSTER DIGITAL CHAMPIONS

Want to learn basic IT skills? Westminster Digital Champions can help you find the info you want online, how to apply for jobs online, how to keep safe online, how to create an email account. IT qualification provided. Call **Samia** on **020 7604 8816** or **07436 035 715** [samia@volunteer.co.uk](mailto:samia@volunteer.co.uk)

### RENEWING YOUR FREEDOM PASS

If your Freedom Pass expires on 31 March next year, you will receive a letter in the next month reminding you to renew your Freedom Pass. You can renew your pass online. You will need your existing Freedom Pass and your unique renewal number, contained in the letter. All passes will be sent out before 31 March. For more information, call the helpline on **0300 330 1433** or visit [www.freedompass.org](http://www.freedompass.org)

### FINDING A PARKING SPACE IN THE WEST END

You can now download a free ParkRight app to find a parking space in the West End. Find out more at [Westminster.gov.uk](http://Westminster.gov.uk) **020 7125 9090**

### Migrant Resource Centre

Offers a range of services to support migrants, refugees and asylum seekers to enable them to fully participate and contribute to life in the UK. These include activities, nursery, immigration advice and other support. For more information call **0202 7834 2505** or visit [www.migrantsresourcecentre.org.uk](http://www.migrantsresourcecentre.org.uk)

### Get help to get healthy! With the Health Trainer Service

We can help you reach your personal health goals to eat more healthily, quit smoking, cut down on alcohol and become more active: if you're aged 18 or and live or work in the borough of Westminster MyTime Active's health trainers can offer free one to ones, with advice and support to help you live a healthier life. For more information please call **07545 433 448** or email [mark.bingley@mytimeactive.co.uk](mailto:mark.bingley@mytimeactive.co.uk)

### Abbey Centre / Carers Network Carers Support meetings

The Abbey Centre, 34 Great Smith Street SW1P 3BU

- Mental health advocacy, healthy refreshments and wellbeing therapies 12.30 - 2.30pm.
  - Carers Network professional support worker 2 - 4pm
- DATES:** 10 December, 21 January, 25 Feb, 25 March

For more information contact **Phayza** **020 7227 0647**  
[phayza.fudlalla@theabbeycentre.org.uk](mailto:phayza.fudlalla@theabbeycentre.org.uk)

# NEWS & SERVICES FOR CARERS

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## HAMMERSMITH & FULHAM SERVICES

### Are you caring for someone with a learning disability?

Then come along to Carers Network's Carers Coffee Mornings in Hammersmith and Fulham for a chat and cuppa. It's a great way of meeting other carers and getting information on carer-related activities in the borough. Every third Wednesday of the month from 11.30am - 1.30pm at Bishop Creighton House, 378 Lillie Road, London, SW6 7PH.

**The Alzheimer's Society Saturday Café** is a monthly gathering where people with dementia, their families and friends can meet for afternoon tea with others in a similar situation. Support workers and volunteers provide information. **Every second Saturday of the month** (2 - 5pm) at St Vincent's, Queen Caroline Street, W6 9QH.

Contact **Vanya** on: **020 8563 0001** or [vanya.chaprazova@alzheimers.org.uk](mailto:vanya.chaprazova@alzheimers.org.uk)

### Free First Nights at the Lyric Theatre!

People who live or work in Hammersmith & Fulham can get **TWO\* FREE** tickets to the first night of all main house Lyric productions. Tickets are given away on the Friday and Saturday before the first performance.

Simply arrive at ticket office at opening time with proof of your home or work address (e.g. a recent utility bill or wage slip, driving licenses not accepted) to collect your tickets. Tickets are issued on a first-come-first-served basis and cannot be reserved or held. There are limited tickets available per show and the Lyric cannot guarantee that you will receive tickets.

The Lyric offer **FOUR\* FREE** tickets for the Pantomime. (\*Maximum tickets are per household)

### Mytime Active Free Health Check

NHS Health checks are free and aim to prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia.

The Health Check lasts about 20 minutes and includes a cholesterol and glucose check, blood pressure monitoring, BMI calculations and a series of lifestyle related questions.

If you are aged between 40-74 years, are registered with a GP in Hammersmith and Fulham and are not currently taking medication for blood pressure, cholesterol, or diabetes you may be eligible for the NHS Health Check.

For more information please call Mark at MyTime Active on:

**07545 433 448** or email [mark.bingley@mytimeactive.co.uk](mailto:mark.bingley@mytimeactive.co.uk)

### Grow Well

Grow Wells works with local people across Hammersmith and Fulham to provide therapeutic gardening sessions for carers, giving them a break from their caring responsibilities. We provide supported volunteer gardening sessions for people who need a bit of extra support hopefully leading to participation in our regular volunteering sessions.

For more information about the Grow Well project, or to make a referral, please contact **Zoe** on **07817 077 740** or email [zoe@hcgga.org.uk](mailto:zoe@hcgga.org.uk)

### Back on Track - FREE counselling service

At times it can be helpful to talk something over with someone outside your family and friends. The service will arrange a convenient time for you to have a confidential conversation with one of their therapists.

Back on Track is offering a **December** group for carers. Please call **0300 123 1156** [www.backontrack.nhs.uk](http://www.backontrack.nhs.uk)



## EVENTS & TRIPS



The sun came out for Carers Network's coach trip to Brighton on 29 August.

Over 30 carers were able to come along and enjoy a day out in Brighton, and the majority also decided to join the self-guided tour we arranged at the Royal Pavilion.



What carers told us they enjoyed most about the trip was the fresh air, being by the sea and out of London for the day, the historical value of the Royal Pavilion, and being able to relax a bit. And of course the beach and fish and chips!

*Improvements for next time - There is always room for improvement when planning and organising events and trips etc, which is why completing our evaluation forms is so important. Based on feedback we will take the train for our next day trip rather than the coach, and I will hand out my mobile number before we arrive at the destination!*

*Overall, it turned out to be a great day out! Thanks to all who came along. June*

## TREAT YOURSELF

To a FREE relaxing spa session, various dates available in the New Year – *Back due to popular demand!*

Some of you wanted to go to a spa closer to home so we've booked a spa and beauty treatment session at Bannatyne's Spa in Millbank, Westminster.

Places are limited so please contact us for more information and to book, on **020 8960 3033** or [events@carers-network.co.uk](mailto:events@carers-network.co.uk)

### Day trip to Bath - Thursday 29<sup>th</sup> January 2015

Join us for a day out in the beautiful, historic city of Bath. We will catch the train from Paddington around 10am and return by 7.30pm (times may vary slightly).

**Included:** travel costs and either entry to the Roman Baths where you can lunch at the Springs Café Restaurant, or sightseeing on one of Baths Hop-On Hop-Off Bus Tours where you can hop-off to grab a bite to eat then hop back on and enjoy the rest of the tour!.

#### Things to do in Bath:

- ❖ Visit the historic, restored Roman baths
- ❖ Shopping in the attractive high street
- ❖ Visit the Jane Austen museum
- ❖ Take tea in the historic Pump Rooms

Feel free to bring lunch, or buy when you get there.

*Please note this trip may involve a large amount of walking. Therefore, if your health is a consideration, please contact us in advance to discuss.*



### DON'T MISS OUR CARERS CHRISTMAS PARTIES!

#### ❖ Hammersmith and Fulham carers

Tuesday 16 December  
2.30pm- 5.30pm  
Bishop Creighton House

❖ **Westminster carers**  
Wednesday 10 December  
2.30pm - 5.30pm, Beethoven Centre

#### ❖ **Members Christmas Dinner**

Sunday 14<sup>th</sup> December  
The Cumberland Hotel  
6pm – 1am (TBC)

Places drawn by lots  
1 December

#### **Please call us to book!**

020 8960 3033/020 7386 9417

## Hammersmith and Fulham Support Group and Drop-In Calendar

*Please check dates carefully as support groups will not run over the Christmas break and Bank Holidays, although our phonelines will be open as normal.*

**Venues: St Matthews Church**, Wandsworth Bridge Road, Fulham, SW6 2TZ / **Grove Neighbourhood Centre**, 7 Bradmore Park Road, W6 0DT / **Bishop Creighton House**, 374 – 380 Lillie Road, SW6 7PH / **Percy Barton House**, 33-35 Dawes Road, Fulham, SW6 7DT / **Lala Brasserie**, 1 Blacks Road, Hammersmith, W6 9DT / **Avonmore Library**, North End Crescent, W14 8TG / **The Bush Theatre**, The Library Room, 7 Uxbridge Road, W12 8JL

ACTIVITY	DATES & TIMES	LOCATION	ACTIVITY	DATES & TIMES	LOCATION
<b>December 2014</b> (no groups or drop-ins between 25/12/14 and 01/01/15)					
Carer Support Group	1 & 15 Dec 3:30pm – 5pm	St Matthews Church	Carer Advice Drop-in	Every Thurs 3:30pm – 4pm	Avonmore Library
Carer Advice Drop-in	Every Tues 2:30pm – 3pm	Grove Neighbourhood	Carer Advice Drop-in	Every Fri 11am – 11:45am	Bishop Creighton
Carer Advice Drop-in	Every Thurs 3:30pm – 4pm	Avonmore Library	Learning Disability Carers Coffee Morning	21 Jan 11:30am – 1:30pm	Bishop Creighton
Carer Advice Drop-in	Every Fri 11am – 11:45am	Bishop Creighton	Carer Support Group	29 Jan 10am – 12pm	The Bush Theatre
Carer Support Group	Every Wed 10:30am – 12:30pm Support Worker 3 & 17 Dec	Percy Barton	Group **NEW** Autism Carers Support Group	29 Jan 10am – 12pm	15 Marylebone Rd NW1 5JD
Ex Carers Support Group	2 Dec 11am – 1pm	Bishop Creighton	Mental Health Carers Evening Relaxation	29 Jan 5:30pm – 7:30pm	Bishop Creighton
Carer Support Group	4 Dec 10am – 12pm	The Bush Theatre	<b>February 2015</b>		
Mental Health Carers Support Group	11 Dec 12:30pm – 2:30pm	Bishop Creighton	Carer Support Group	2 & 16 Feb 3:30pm – 5pm	St Matthews Church
Carer Support Group	Every Weds 2pm – 4pm	Lala Brasserie	Carer advice Drop-in	Every Tues 2:30pm – 3pm	Grove Neighbourhood
Learning Disability Carers Coffee Morning	17 Dec 11:30am – 1:30pm	Bishop Creighton	Ex Carers Support Group	3 Feb 11am – 1pm	Bishop Creighton
<b>January 2015</b>					
Carer Support Group	Every Weds 2pm – 4pm	Lala Brasserie	Carer Support Group	5 & 26 Feb 10am – 12pm	The Bush Theatre
Carer Support Group	5 & 19 Jan 3:30pm – 5pm	St Matthews Church	Mental Health Carers Support Group	12 Feb 12:30pm – 2:30pm	Bishop Creighton
Ex Carers Support Group	6 Jan 11am – 1pm	Bishop Creighton	Mental Health Carers Evening Relaxation	26 Feb 5:30pm – 7:30pm	Bishop Creighton
Carer Support Group	Every Wed 10:30am – 12:30pm Support Worker 7 & 21 Jan	Percy Barton	Carer Support Group	Every Wed 10:30am – 12:30pm Support Worker 4 & 18 Feb	Percy Barton
Carer advice Drop-in	Every Tues 2:30pm – 3pm	Grove Neighbourhood	Carer Support Group	Every Thurs 2pm – 4pm	Lala Brasserie
Mental Health Carers Support Group	8 Jan 12:30pm – 2:30pm	Bishop Creighton	Carer Advice Drop-in	Every Thurs 3:30pm – 4pm	Avonmore Library
			Carer Advice Drop-in	Every Fri 11am – 11:45am	Bishop Creighton
			Learning Disability Carers Coffee Morning	18 Feb 11:30am – 1:30pm	Bishop Creighton

## Westminster Carers Network Support Group and Drop-In Calendar

Please check dates carefully as support groups will not run over the Christmas break although our phonelines will be open as normal.

Venues: **Beethoven Centre**, Third Avenue, Queen's Park, W10 4JL / **Westminster Mind**, Radstock House, 5 Eccleston Street SW1W 9LX  
**Abbey Centre**, 34 Great Smith Street, Westminster SW1P 3BU / **Cardinal Hume Centre**, 3-7 Arneway Street, SW1P 2BG

ACTIVITY	DATES & TIMES	LOCATION	ACTIVITY	DATES & TIMES	LOCATION
<b>December 2014</b> (no groups or drop-ins between 25/12/14 and 01/01/15)					
Carer Support Group <b>**Arabic speaking facilitator</b>	10 Dec 12:30pm – 2:30pm	Abbey Centre	**NEW** Autism Carers Support Group	29 Jan 10am – 12pm	15 Marylebone Road, NW1 5JD
Carer Advice Drop-in	2pm – 4pm		Peer Support Group for Carers of Older People	30 Jan 1pm – 3pm	Cardinal Hume Centre
Support Group for Carers of Older People	16 Dec 11am – 1:30pm	Beethoven Centre	<b>February 2015</b>		
Drop-in at Advice Plus	Every Monday 2pm – 4pm	Beethoven Centre	Drop-in at Advice Plus	Every Monday 2pm – 4pm	Beethoven Centre
<b>January 2015</b>					
Drop-in at Advice Plus	Every Monday 2pm – 4pm	Beethoven Centre	Mental Health Carers Support Group	10 Feb 5:30pm – 7:30pm	Westminster Mind
Support Group for Carers of Older People	20 Jan 11am – 1:30pm	Beethoven Centre	Support Group for Carers of Older People	17 Feb 11am – 1:30pm	Beethoven Centre
Carer Support Group <b>**Arabic speaking facilitator</b>	21 Jan 12:30pm – 2:30pm	Abbey Centre	Learning Disability Carers Coffee morning	24 Feb 10:30am – 12:30pm	Beethoven Centre
Carer advice Drop-in	2pm – 4pm		Carer Evening Support Group	25 Feb 6pm – 8pm	Call 020 8960 3033
Learning Disability Carers Coffee morning	27 Jan 10:30am – 12:30pm	Beethoven Centre	Peer Support Group for Carers of Older People	27 Feb 1pm – 3pm	Cardinal Hume Centre
Carer Evening Support Group	28 Jan 6pm – 8pm	Call 020 8960 3033	Carer Support Group <b>**Arabic speaking facilitator</b>	25 Feb 12:30pm – 2:30pm	Abbey centre
			Carer Advice Drop-in	2pm – 4pm	

## GET IN TOUCH

### Carers Network – what we do and how we help:

- ✓ Carer assessments
- ✓ Offering small grants to carers (available from April 2015)
- ✓ Help with access to Carers' Personal Budget, Emergency Care Plans/Emergency Cards
- ✓ Practical and emotional support
- ✓ Signposting to other local services
- ✓ Peer support groups
- ✓ Advice drop-ins
- ✓ Activities, events, meetings and training throughout the year

### Christmas Closure

Our phone lines will be closed for the bank holidays (25 & 26<sup>th</sup> December and 1st January), but open as normal over the rest of the Christmas break.

Contact us if you are interested in becoming a member or a volunteer. Remember to visit us at [www.carers-network.co.uk](http://www.carers-network.co.uk) to keep up with all the latest carers' news and information

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