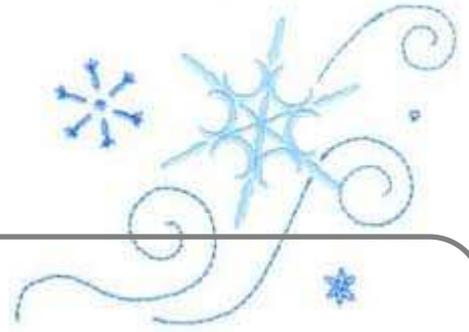


Network News



Dear carers,

Welcome to the 60th issue of Network News, bringing you up to date information on carers' issues, events and useful information for your caring role.

In 2009 Westminster City Council reorganised their way of funding services. Traditional approaches were replaced with changes to reflect government policy and the economic down turn. As a result, there have been substantial reductions in grants awarded to organisations and in some cases organisations who are no longer funded have been brought to an end. As part of the Council's new commissioning approach they are now inviting organisation to apply for money through a tendering process. Carer Network Westminster will therefore be expected to compete for money alongside other agencies in, and outside Westminster. We will keep you informed of progress as we hear more.

In the meantime Carers Network Westminster is in discussions with other organisations like Crossroads Care and Westminster Carers Service to explore ways in which we can strengthen services for carers during and after this tendering period. We are also busy putting in applications for funding from other sources and are seeking ways in which we can further improve the support we provide and of course are determined to maintain a high standard of service for carers.

Some of you may know that our Mental Health Support worker, Kelly Wright, will be on maternity leave from December. We will ensure that the excellent work that Kelly does with carers will continue and will be letting you know what the arrangements will be as soon as we can. In the meantime we wish Kelly all the best during the next few months and look forward to her return at the end of next year.

We have lots of other exciting news to tell you and in this edition of Network News you will find articles about our new Carers Lottery Club, the carer's Christmas party and Eid Party. On 29th November, Carers Network Westminster's will be holding it's annual general meeting which we hope to see you all at.

Annette Furley,

Interim Chief Executive Officer

60 Second Close up on *Etta Carnelli*

Born in Italy, Etta trained as a teacher and taught in public and state schools around Italy, she has two sons, one of whom suffers from Fragile X Syndrome. Etta has travelled extensively, has a long history in charity work and was recently appointed as Chair of Carers Action Westminster.



Carers Lottery Club



Join Carers Lottery Club for just £12 a year per number. You can purchase as many numbers as you want. Just complete the form enclosed and return to Carers Network Westminster with payment (£12 minimum). Each month the person with the winning number is guaranteed 50% of all winnings; the other 50 % will be used by Carers Network Westminster for charitable events such as the Carers Christmas Party. The draw will take place every 2nd Friday of the month at 4pm at the Beethoven Centre on Third Avenue.

For more information please contact Cecilia Faduola on 020 8960 3033 or email

cecilia.faduola@carers-network.co.uk

Good Luck!

- **How has your caring role shaped you as a person?**

Since my son Carlo was born with a genetic condition, I think I am a better person in many ways. I feel other peoples suffering, desperation, anger, frustration, tiredness and isolation more, allowing me to empathise and advocate on other people's behalf. It is a whole different world, within the world of "normal" people in "normal" families, a world that either you get to know by experience or you will completely ignore throughout your own existence. I had to jump into this world, I had no choice but I have not lost hope and I am proud of that.

- **What do you think are the main priorities for carers in Westminster?**

When carers look to the future it should include the use of Personal Budgets and in time a Personal Health Budget for the person cared for. In general we need to be more informed, organised, questioning, persistent and knowledgeable on how to handle money and access the right care to ensure our cared-for person are in safe hands. If we manage to go down this avenue, we will be able to have a better quality life both for our cared-for person and ourselves.

- **Do you think Westminster City Council have done enough to safeguard the wellbeing of carers?**

Some initiatives are to be praised, like consultations, carers break schemes, training courses on relationship education for safeguarding (when living with a person with challenging behaviour, etc) but a lot more has to be done. Carers should be entitled to a complete health check-up every year at least. Reminders for any specialist medical visit should be sent to carers automatically. Respite for our cared for person and help in emergency situations should be easily accessible. Most important of all is one-to-one counselling support for carers. Only in this way we will be able to make sure we can continue our caring role and we will be able to carve a life for ourselves.



Carers Christmas Party at the Thistle Hotel Marble Arch

Carers Network Westminster have partnered with Thistle Hotel Marble Arch to bring you an unforgettable Christmas experience. Carers will be treated to a two course gourmet meal and live entertainment in the beautiful surroundings of a top rated London hotel.

Join us **on Sunday 11th December 7pm – 11pm at The Thistle Marble Arch, Bryanston Street London W1H 7EH** To reserve your **FREE** place please contact Cecilia on 020 8960 3033 or email cecilia.faduola@carers-network.co.uk ASAP. Places are limited and will be allocated on a first come first served basis.

Annual General Meeting and 20th Anniversary Tea Dance Celebration



Carers Network Westminster invites you to our Annual General Meeting set to take place on **Tuesday 29th November 1pm – 3.45pm**. Guest speaker Karen Buck MP will be in attendance. Carers Network Westminster has now been in operation for 20 years and we are proud to be able to support and champion the carer community of Westminster. Carers who are not already members of Carers Network Westminster can become one on the day by signing by post or upon arrival. Only then will you have the chance of participating in the election of trustees. The Tea Dance Celebration is one of many events we'll be organising to help commemorate our 20th Anniversary. We'll have food, drink and live music from Alex Windsor and a Frank Sinatra impersonator.

Venue: Stowe Centre, 260 Harrow Road W2 5ES
on: **Tuesday 29th November between 1 – 3.45pm.**

Contact Cecilia Faduola 020 8960 3033
cecilia.faduola@carers-network.co.uk

Went the Carers Action Day Well?



Over 20 carers from around Westminster came along to Carers Action Day, a consultation held at the Beethoven Centre on Friday 9th September, to voice their thoughts on the Westminster City Councils proposed changes to adult day care services. Cath Attlee (Joint Assistant Director for Adult Social Care Commissioning), led the discussion and took questions alongside Mary Dalton (Head of Commissioning Learning Disabilities, Transition and Carers Westminster Learning Disability Partnership).

Carers were briefed on the financial situation in Westminster and the need to make savings across mental health, learning disabilities and older people day care services. Proposals focused on consolidating existing services into centralised hubs, offering a comprehensive range of services including day care, specialist home care, personal assistants, a memory service, a specialist dementia nurse and an advisory service. At the same time as making savings the consultation explained the benefits of personal budgets. It is expected that as people make more use of personal budgets they will experience more choice, control and flexibility.

Carers Personal Budget Pilot

What is a Carers Personal Budget?

Westminster City Council is running a Carers Personal Budget pilot, which will provide carers with a **ONE OFF**, direct payment to support them to:

- have a break from their caring role
- reduce some of the difficulties that may arise when caring for someone;
- continue in their caring role

It enables you to decide for yourself what kind of a break you would like and what outcomes you would like to achieve. The outcome you might like to achieve may be to improve your health and well being, reduce loneliness or social isolation and improve the relationship you have with the person for whom you are caring.

What can I spend my Carers Personal Budget on?

You can use your Carers Personal Budget towards what has been agreed with your Assessor. Examples of what you might purchase include a holiday, gym membership, educational courses, gardening, driving lessons or therapies.

Who can apply?

To apply for a Carers Personal Budget you must:

- be aged over 18
- be providing on going regular and substantial care (usually in excess of 10 hours unpaid care per week) to someone aged 18 or over
- be caring for a person who is living at home and who is a resident of Westminster
- have had a Carers Assessment or Review prior to completing the Carers Personal Budget application form
- be an unpaid carer
- be providing support to someone who is entitled to a community care assessment of their needs.

You do not have to be living with the person you are caring for

How do I apply for a Carers Personal Budget?

The scheme is additional to the carers break scheme currently administered by Carers Network Westminster.

Following a separate Assessment/Reassessment, by a Carers Network Westminster eligible carers will be given information about the scheme. You will then be supported by your Assessor to complete an application form.

For more information or a fact sheet please contact

Carers Network Westminster on 020 8960 3033 or email info@carers-network.co.uk



Launch Event for Westminster Carers Time Bank

Date: Thursday 3rd October 2011

Time: 10.30am to 12.30pm

Venue: Lord Mayor's Parlour 18th Floor, Westminster City Hall, Victoria Street, SW1E 6QP

The Lord Mayor, Councillor Susie Burbridge will be in attendance.

Refreshments will be served.

The Westminster Carers Time Bank is being launched by Westminster Carers Service. Westminster Carers Service is an independent charity supporting carers in Westminster since 1989 by providing them with respite breaks. It also runs a service supporting over 100 young carers in the borough.

After a recent consultation, the carers who use Westminster Carers Service decided that starting a time bank would be a good way for carers to get more of the help and support they need. This will help carers to make better contact with each other in their communities, to share their experience, knowledge and skills and get more of the help and support they deserve

A Time Bank is a community of local people who share their time and skills to help each other and in return get help from someone else in that community when they need it. No money changes hand – time is the currency. If you help someone for an hour you earn an hour's time credit. You can spend that time credit to get an hour of help when you need it. People can offer help in any number of ways – by doing simple gardening jobs, DIY or car washing, providing companionship or helping someone to use a computer. Whatever is done is valued exactly the same.

Eid Tea Party

Carers Network Westminster invites you to an afternoon Tea Party to celebrate Eid on **Wednesday 9th November 2.30pm – 5.30pm** Main Hall, Beethoven Centre, Third Avenue London W10 4JL.

Eid Al-Adha is a holiday at the end of the Hajj, the annual Muslim pilgrimage to Mecca which is one of the greatest religious observances in Islam.

Everybody is welcome! Just bring a dish to share

What to expect:

- Arts and Craft workshops
- Coffee and cakes
- Raffle prizes
- Music

**To book please contact Tareq Shahajahan
020 8960 3033**



First Aid Training for Carers

Monday 23rd January 11.30am – 3.30pm
Beethoven Centre Third Ave. London W10 4LJ

This free session aims to deal with a range of emergencies including helping someone who:

- is unconscious and not breathing
- is choking
- is bleeding heavily
- has a broken bone
- having a heart attack
- is having a stroke
- is having a seizure
- is experiencing a diabetic emergency
- is having an asthma attack
- has eaten or drunk a harmful substance
- has a head injury
- is distressed

**To book please contact Cecilia Faduola on 020
8960 3033**

Support Groups and Surgeries

Some of the following support groups are only open to specific care groups. Please contact the person named before attending

Support Groups and Surgeries	Dates	Time	Venue	Contact person
Bangladeshi Carers Support Group	Support Group meet on the first Thursday of every month	11.00am – 1.00pm	Various locations around Westminster	Tareq Shahajahan 020 8960 3033
Learning Disability Carers	Coffee Mornings are held on the last Tuesday of the month, every two months Coffee Morning of the 29 th November is cancelled due to AGM	10.30am-12.30pm	TBC	Lorna Hayes 020 8960 3033
Older Carers and Carers of Older People	Support Groups are held on the third Thursday of every month	11.00am – 1.30pm	Lancaster Hall Hotel, 35 Craven Terrace London W2 3EL	Lorna Hayes 020 8960 3033
Unwind and Revive Group	Meeting every last Friday of the month	1.00pm-3.00pm	Norton House, 10 Arneway Street, London SW1P 2BG	Lorna Hayes 020 8960 3033
Mental Health Carers information surgeries – Drop In	South Westminster – held every second Thursday afternoon of the month	1.30pm - 4.30pm	Gordon Hospital Bloomburg Street London SW1V 2RH	Kelly Wright 020 8960 3033
Mental Health Carers information surgeries – by appointment	North Westminster - held every third Tuesday afternoon of the month	1.30pm - 4.30pm	7A Woodfield Road London W9 2NW	Kelly Wright 020 8960 3033
Evening Group (for mental health carers)	Every last Wednesday of the month Membership only	6.00pm – 8.00pm	Soho Centre for Health and Social Care Frith Street London W1D 3HZ	Kelly Wright 020 8960 3033
Afternoon Group (for mental health carers)	Every third Thursday of the month Membership only	1.30pm – 3.30pm	Lancaster Hall Hotel, 35 Craven Terrace, London W2 3EL	Kelly Wright 020 8960 3033
Carers Surgery	Every Friday	9.45am - 1.00pm	City Hall 64 Victoria Street London SW1E 6QP	Tareq Shahajahan 020 8960 3033
Carers Surgery	Every Tuesday – Meetings by appointment	9.30am-12.30pm	City Hall 64 Victoria Street London SW1E 6QP	Gemma Nicholls 020 8960 3033
Carers Surgery	Every Tuesday - Meetings by appointment	2.15pm-4.30pm	Harrow Road Health Centre 209 Harrow Road, W2 5EH	Susie Yau 020 8960 3033
Carers Surgery	Every Wednesday meetings by appointment	10am – 1pm	Half Penny Steps Health Centre 427 -429 Harrow Road London W10 4RE	Tareq or Lorna 020 8960 3033

Tips for Keeping Warm & Healthy this winter

1. **Set your boiler to come on a little earlier than usual, rather than turning up the gas, that way you won't be waiting a long time for your home to heat up.**
2. Wear lots of thin layers rather than a bulky one, this help insulate you better. Also, wear slippers indoors.
3. **Make sure that all cavities and lofts are insulated.**
4. Fit draft proofing on any gaps around windows or doors.
5. **Protect your head from cold at night by wearing a warm hat. Cold air on the head at night has been proven to increase blood pressure.**
6. Your body needs to keep itself warm so what you eat can make a real difference. Try to eat a balanced diet, including hot dinners and don't forget that hot drinks help too.
7. **Sitting for long periods of time makes you colder, so try and include regular exercise as part of your daily routine.**
8. Smoking actually slows down your circulation, so you'll get colder quicker. By not smoking your oxygen levels returns to normal within 8 hours and circulation improves.

Stav Warm and Healthv this winter!

Discount Card Scheme Volunteer

Carers Network Westminster is looking for volunteers to find suitable businesses to take part in a Carers Discount Card Scheme. Volunteers will be responsible for contacting businesses to ask them to give a discount to Carers who have a Carers Discount Card. If you can spare some time each week, have a winning sales pitch and would like the opportunity to get a discount from local businesses and services, contact **Gemma Nicholls on 020 8960 3033 or email gemma.nicholls@carers-network.co.uk.**

get set for digital 

In April 2012, the analogue TV signal in London will be turned off and everyone will need to be ready for digital TV. This means you might need to convert your TV, retune your equipment or think about getting a different kind of package.

Voluntary Action Westminster is working with local groups and individuals to give out information on how the digital switchover will work. They will be attending meetings, running events for local organisations and telling people where to get help. You can contact the Digital Switchover team by emailing: digitalswitchover@vawcvs.org

What do I need to do next?

- If you have a normal analogue TV with five channels or less you will need to convert you TV or you will lose channels at switchover.
- If you have or plan to get Sky TV, Freesat from Sky, freesat or Virgin Media you won't need to do anything.
- If you have Freeview, BT Vision or Top Up TV you will need to re-tune your digital TV or box at switchover.

Digital TV Briefing Session

Carers Network Westminster, in partnership with Voluntary Action Westminster, will be running a session on the switchover at the AGM on 29th November at 2.45 at the Stowe Centre, 260 Harrow Road, London W2 SE5. Carers can come along and speak directly to Jenny Purcell from Digital UK about any concerns you may have.

A help scheme is available for people who are: aged 75 or over; receiving certain disability benefits; living in a care home or registered partially sighted or blind. To find out more, please call: 0800 40 85 900 or log on to: www.helpscheme.co.uk

Events and Meetings Calendar

Events & Meetings	Date & Time	Details
Carers Network Westminster Eid Party	Wednesday 9 th November 2.30pm – 5.30pm	Main Hall, Beethoven Centre, Third Avenue London W10 4JL
Maida Vale Area Forum	Thursday 17 th November 6.30pm - 8.30pm	Paddington Academy, 50 Marylands Road, London W9 2DR
St. Johns Wood Area Forum	Monday 21 st November 6.30pm - 8.30pm	Danibus Hotel, 18 Lodge Road London NW8 7JT
Carers Network Westminster AGM & Tea Dance	Tuesday 29 th November 1 - 3.45pm	Stowe Centre 260 Harrow Road London W2 5ES
Carers UK – National Carers Rights Day	Friday 3 rd December	To find out about events please register by ringing 020 7378 4937
Carers Action	Monday 5 th December 10.30 - 1.30pm	Room 11 Beethoven Centre, Third Avenue London W10 4JL
Carers Network Westminster Christmas Party	Sunday 11 th December 7 – 11pm	Thistle Hotel Marble Arch Bryanston Street London W1H 7EH To book contact Cecilia on 020 8960 3033
CNW Ramsgate Group Holiday	March 19 th - 23 rd 2012	To book you place please contact Lorna or Tareq 020 8960 3033
British Red Cross First Aid Training	23 rd March 2012 11.30am – 3.30pm	Room 11, Beethoven Centre Third Avenue London W10 4JL Cecilia 020 8960 3033
Advice Plus	Every Monday 2 - 4pm	Main Hall Beethoven Centre Third Avenue London W10 4JL
Westminster Befriend a Family Charity Shop	Every Monday 1 – 4pm	Beethoven Centre Third Avenue London W10 4JL

Carers Network Westminster

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Susie Yau	Carers Support Manager
Christian Gikunoo	Finance Manager
Cecilia Faduola	Communications & Stakeholder Engagement Manager
Kelly Wright	Mental Health Support Development Worker
Tareq Shahajahan	Information and Outreach Worker for Older People and Learning Disability
Gemma Nicholls	Information and Outreach Coordinator
Lorna Hayes	Carers Support and Development Worker for Older People and Learning Disability
Kirsty Anderson	Emergency Card Scheme Coordinator
Adedayo Akinfolajimi	Volunteer