

# Network News

61<sup>st</sup> Edition Spring 2012

## Dear carers,

Happy New Year and welcome to the 61<sup>st</sup> issue of Network News, bringing you up to date information on carers' issues, and events and useful information for your caring role.

### Speed Friending Fundraiser Event

On **Monday 5<sup>th</sup> March** Carers Network Westminster will be hosting a fantastic new event where you can meet different people, make new friends and raise money for charity.

With live entertainment, tasty food, fantastic prizes to win, side splitting ice breakers and games.

#### **Free Goodie Bag Give-Away!**

Situated right by Notting Hill Gate tube, find the front door, stride up the small staircase to discover an exotically serene, Asian themed lounge room.

**Monday 5th March 7 – 10pm**

**The Blag Club**

First Floor  
68 Notting Hill Gate  
London, W11 3HT

**Advance tickets £5 or £7 on the door.**

**Carers pay £3.50**

### New Counselling Service

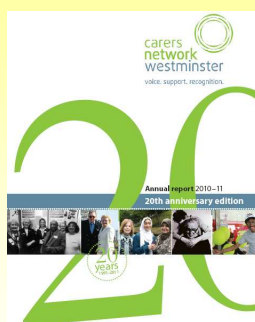
Caring for someone else intensively sometimes creates stress and despair.

At times, you may find you need another perspective in order to shed new light on your situation. To that end we are offering short term Cognitive Behaviour Therapy sessions on Tuesday afternoons with a sympathetic, qualified Psychologist.

For more information or to register please contact Susie You on 020 8960 3033 or email

[susie.you@carers-network.co.uk](mailto:susie.you@carers-network.co.uk)

### 20<sup>th</sup> Edition Annual Report



The 20<sup>th</sup> Edition Annual Report celebrates 20 years of achievement by Carers Network Westminster. Trying to squeeze all these years into 16 pages was no mean feat, nevertheless we hope to have captured our most memorable moments. We hope you enjoy reading!

For a copy of the Annual Report 2010/11 you can download it from our website

[www.carers-network.co.uk](http://www.carers-network.co.uk).

### Carers Personal Budget Pilot



The Carers Personal Budget Pilot is a one off payment of up to £500 towards either your caring role or taking a break from your caring role. Don't miss out; the pilot ends in March 2012.

To find out more contact Carers Network Westminster on 020 8960 3033 or email [info@carers-network.co.uk](mailto:info@carers-network.co.uk)

### Carers Lottery Club's 1<sup>st</sup> Winner

Congratulations to Terrance Jolly at becoming the first person to win in January's Carers Lottery Club Draw.

There is always a guaranteed winner every month as the only balls in the draw are those brought by players. Remember you can purchase as many balls as you want and each ball is £1 a month, that's just £12 a year. Anyone can join and membership is free. Go on, you might win it!

To find out more contact Carers Network Westminster on 020 8960 3033 or email [info@carers-network.co.uk](mailto:info@carers-network.co.uk)

## Westminster Carers Time Bank Launches

Westminster Carers Time Bank was launched on 3rd November in the Lord Mayor's reception rooms at Westminster City Hall. There was a good attendance by carers who heard the Lord Mayor, Councillor Susie Burbridge, praise the work being done by carers. Speaking at the event she welcomed the launch of the first time bank in the capital set up specifically to bring carers together to get the help and support they need. She commented that 'The UK's 6 million carers already contribute so much to their communities by looking after the people they love, this in itself presents a compelling reason for supporting carers'.



*Alison Katerji speaking at the Time Bank launch*

Alison Katerji, Director of Westminster Carers Service said: "Membership of the Westminster Carers Time Bank is open to anyone who is a carer in Westminster. We hope that carers will become members so they can share their skills and knowledge, strengthen their social networks and get more of the help and support they deserve." Since the launch 35 carers have signed as members of the carers time bank. There have already been two events and the next event will be a celebration lunch to welcome new members.

## The Time Bank Big Lunch Event

If you would like to find out about the Westminster Carers Time Bank you are invited to attend a **FREE three course lunch** to be held on **THURSDAY 1st MARCH 2012** at the **Garry Rhodes Brasserie Rhodes W1 12.00 - 2.30**

[Rhodes W1 at The Cumberland Hotel, Great Cumberland Place Marble Arch](#)

Take a look at the restaurant website: [www.rhodesw1.com](http://www.rhodesw1.com)

Come along if you are already a time bank member or if you just want to find out more about the time bank.



There will be a guest speaker from Timebanking UK, the umbrella organization of all the time banks in the UK.

Westminster Carers Time Bank is the first time bank in the country set up specifically to support carers so come along to see what the time bank can do for you.

[If you would like to come to the Time Bank BIG LUNCH EVENT Contact Cecilia:](#)

[Tel: 0208 960 3033](tel:02089603033) or [Email her on: cecilia.faduola@carers-network.co.uk](mailto:cecilia.faduola@carers-network.co.uk)

Everyone is welcome but book early to avoid disappointment as places are limited and will be allocated on a first come first served basis. See you there.

# Joining the Carers Time bank

## What is a Time Bank?

We all know that geographical distance between families and the city's transient population can mean that it's harder to rely on the traditional support networks of family and neighbours. The time bank addresses this problem by helping local people form a community, sharing their time and skills helping and supporting each other and in return getting help from someone else in that community when they need it.

## How the Time Bank works

For every hour of help you give, you earn one hour, that's one Time Credit to spend on getting help for yourself. **No money changes hands.** Being a member of the time bank is free; you receive credits for the help you give and spend them on the help you need. You can even spend your credits on local services and facilities like a swim at Marshall Street baths or tickets for the Soho Theatre.

## Exchanging Skills

Westminster carers are a very talented bunch. Time bank members are already offering to share a fantastic range of skills. You can learn French, Spanish or Italian, Chinese embroidery, photography or learn to play the guitar!

There's plenty of other useful help on offer too, such as book keeping, decorating, lifts to appointments, letter writing, IT Tech support, and help with form filling. The list goes on, something for everyone. If you need some help, become a member of the time bank and get the help you need without spending a penny and use the skills you have to help other carers in your community. The time bank co-ordinator will match up your requests for help and offers to help with another member. All members of the time bank are carers in Westminster and are interviewed and vetted by the co-ordinator so you can feel confident about the help you're getting from other members. The time bank also holds regular events so members can get to know each other.

## Want to become a member?

Becoming a member of the time bank is easy. It costs nothing to become a member - just fill in your details on the enclosed leaflet. Complete the questionnaire by putting a tick in the box against anything you need help with and a tick beside anything skill you can offer. No money changes hands in the exchange of giving or receiving help. You earn time credits by offering help and spend them getting the help you need.

You'll also be able to spend your time credits with companies in the West End such as getting tickets for the Soho Theatre and to concerts at the Wigmore Hall. You can go swimming for free at Marshall Street baths and have two for one meals at the Word Café. The time bank will soon be affiliated with more companies in Westminster where you will be able to spend your credits.

**Remember**, everyone has something to offer, and everyone's time is valued equally.

To find out more about the Time Bank and how it works visit the Westminster Carers Service website [www.westcarers.org.uk](http://www.westcarers.org.uk) or Email the Carers Time Bank co-ordinator at: [timebank@westcarers.co.uk](mailto:timebank@westcarers.co.uk)





Log on to [www.westcarers.org.uk](http://www.westcarers.org.uk) go to Our Services and click on Time Bank for more information

## Carers Network Westminster Support Groups and Surgeries 2012

Support Groups and Surgeries	Dates	Time	Venue	Contact person
Learning Disability Carers	Coffee Mornings are held on the last Tuesday of the month, every two months	10.30am-12.30pm	Room 11 Beethoven Centre, Third Ave. London W10 4JL	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	Kirsty Anderson 020 8960 3033
Mental Health Carers information surgeries – Drop in	North Westminster held every third Tuesday afternoon of the month	1.30pm - 4.30pm	7A Woodfield Road London W9 2NW	Kirsty Anderson 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	Kirsty Anderson 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	Kirsty Anderson 020 8960 3033
Carers Surgery	Every Friday	9.45am - 1.00pm	City Hall 64 Victoria Street London SW1E 6QP	Tareq Shahajahan 020 8960 3033
Bangladeshi Carers Support Group	Support Group meet on the first Thursday of every month	11.00am – 1.00pm	Beethoven Centre, Third Ave. London W10 4JL	Tareq Shahajahan 020 8960 3033
Carers Surgery	Every Wednesday. The 1st hour is a drop – by appointment thereafter	10am – 1pm	Half Penny Steps Health Centre 427 -429 Harrow Road London W10 4RE	Tareq or Lorna 020 8960 3033
Carers Surgery	Every Thursday – Meetings by appointment only	2-5pm	The Garway Medical Practice Hall field Estate Bishops Bridge Road London W2 6HF	Gemma Nicholls 020 8960 3033
Carers Surgery	Every Tuesday Meetings by appointment only	2.15pm-4.30pm	Harrow Road Health Centre 209 Harrow Road, W2 5EH	Gemma Nicholls 020 8960 3033
Advice Plus	Every Monday Drop In	2 – 4pm	Beethoven Centre, Third Ave. London W10 4JL	Carers Network Westminster – Staff member

To contact Carers Network Westminster you can write to us at Office 8, Beethoven Centre Third Ave. London W10 4JL or

email [info@carers-network.co.uk](mailto:info@carers-network.co.uk) or you can call us 020 8960 3033. You can also find us on  and  follow us on