

**Carers
Lewisham**

If you care for or support a mentally or physically ill or disabled child, partner, parent other relative or friend, unpaid, then Carers Lewisham is here to support YOU. Don't struggle on alone get the help and support you need and deserve.

Help Line:

Tel: 0208 699 8686
MONDAY 9.30-8.30PM
TUESDAY AND THURSDAY 9.30-6PM (TERM TIMES) OR 4.30PM (SCHOOL HOLIDAYS)
WEDNESDAY AND FRIDAY 9.30-4.30

EMAIL:

INFO@CARERSLEWISHAM.ORG.UK

WEB:

WWW.CARERSLEWISHAM.ORG.UK

FACEBOOK:

CARERSLEWISHAM

TWITTER:

ICARELEWISHAM

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I Care Lewisham

NEWS FOR CARERS IN LEWISHAM

Carers Health Week 2012

Spring into Health!

A week of activities focusing on you the carer and your health and well being.

Monday 20th Feb
 10:00am – 1:00pm:-
 'Everyday First Aid' run by a Red Cross Trainer. A very popular and effective session.

Tuesday 21st Feb
 10:30am – 12:30pm :-
 Carers Coffee morning with a healthy twist!

Wednesday 22nd Feb
 10:00am -2:00pm:-
 Massage and Reflexol-

ogy sessions – ease away your aches and pains.

Thursday 23rd Feb



Look After Yourself Whilst

10:30am– 12:30pm:-
 Male Carers Session with a Health Focus

10:30am – 12:30pm:-
 Crochet Group – come

and get creative with others.

Friday 24th Feb

1:30pm– 2:45pm:-
 Wills and Trusts information session with a local Solicitors' firm

For more information or to book your place at any of the above sessions please call Carers Lewisham 020 8699 8686 or email: info@carerslewisham.org.uk

New Website for Carers Lewisham

Carers Lewisham now has a new Website for carers and professionals interested in carers issues in Lewisham. The Website contains lots of useful information and links, plus you can see this newsletter in

full colour.

If you have internet access please have a look as we would love to hear what you think about it and hear any ideas you may have to improve it. If you have an email account you

can get this Newsletter for free. Just email info@carerslewisham.org.uk, to request this service.

The web address is: www.carerslewisham.org.uk



Get some support if you have a memory problems

Parent Carers

Get your creative juices flowing for 2012!
Learn new Skills you can use with your family

Come along to our series of creative sessions on Friday mornings at the Carers Centre starting 20th January
Contact Cathy at Carers Lewisham for more Information
020 8699 8686



Fiona Phillips to formally open Lewisham Memory Service.

You are invited to the official opening of Lewisham Memory Service by Alzheimer's Society Ambassador and broadcaster Fiona Phillips.

21st February 2012 10:00am to 2:00pm

Lunch and refreshments will be provided.

Civic Suite, Lewisham Town Hall
Catford Road, London, SE6 4RU

RSVP: Cynthia Skeete
cynthia.skeete@slam.nhs.uk
Tel: 020 3228 6920 Mobile: 07773 388 642



Understanding Behaviour in Dementia

Are you caring for someone with Dementia?

Would you like to know more about why people with dementia behave in the way that they do?

Would you like to know more about how to manage difficult behaviour?

Would you like to meet others caring for their relatives and friends with dementia and share coping ideas?

We will be holding a one day session at the Carers Centre in Forest Hill on a **Saturday** in Spring 2012 for those

who care for someone with dementia. If you are interested please ring 0208 699 8686 and ask to be put on the list. The finalised date will be on our web site but if you have booked a place you will be contacted with the date.
Thank you.

South London and Maudsley 
NHS Foundation Trust

Parent Carers

Family Footings Project, in liaison with Carers Lewisham.

An exciting, enjoyable short course for parents to discover and experience using person centred think-

ing tools, that can be used in Person Centred Planning and reviews for your child and how they can make a positive difference to family life.

Build personal profiles – highlighting the positives and uniqueness of your

child.

Starting May 9th for 4 consecutive sessions. For more information or to book a place contact: Cathy on 020 8699 8686

Regular Activities at the Carers Centre

COFFEE MORNINGS

All carers welcome. Come along and relax, have a break, meet other carers, share experience, have a laugh!

**Every Tues
10.30-12.30**

IT/COMPUTER CLASSES

4 classes per week for beginners and more experienced people who want to update their skills.

**Every Monday and
Wednesday**

Term time only.

am and pm classes

Contact Beverley at Carers Lewisham for more information.

CROCHET

Learn to crochet and relax **Every Thursday**

10.30 –12.30

Contact Cathy for more information

MONTHLY

PARENT CARER COFFEE MORNINGS

Open to all parent carers of children with special needs.

**3rd Wed of every
month 10.30-12.30**

**Dates: 15th Feb; 21st
Mar; 18th April**

EVENING CARERS GROUP ADVICE AND INFORMATION DROP IN

Open to ALL carers who would like advice, information, support and/or to meet other carers in the evenings

2nd Mon of the month

Drop in 5.30-8.30

Group 7.00-9.00

**Dates: 13th Feb; 12th
Mar; 9th April**

MALE CARER SESSIONS

Open to all male carers who would like advice, information and support for themselves

10.30 –12.30 last

Thurs. of the month

Contact Bob at Carers
Lewisham

**Dates: 23rd Feb; 29th
Mar; 26th April**

MENTAL HEALTH ADVICE DROP IN

Open to anyone who cares for someone with a mental health problem such as psychosis or a mood disorder etc.

Come along and get professional specialist advice and support.

10.30-12.30 pm 1st

Wed of the month

Topics for the next few sessions: care after discharge, stigma, medication, mental health act, various illness

Dates: 1st Feb, 7th

March, 4th April

Contact Jey at Carers Lewisham for more information

DEMENTIA ADVICE DROP IN

Open to anyone who cares for someone with

Dementia, Alzheimer's, Memory Problems etc. Come along and get specialist advice and support.

10.30-1pm usually last

Friday of the month

Dates: Feb 24th; 30th

Mar; 27th April

Contact Aykut at Carers Lewisham for more information.

MASSAGE SESSIONS

Would you like to have a relaxing massage or reflexology? Open to ALL carers. To get on the waiting list or for more information please contact Joan at Carers Lewisham for dates.

QUARTERLY

Your Rights as Carers

Come along and find out what your rights to benefits, services, support employment etc. are when you are caring for a mentally or physically ill or disabled friend, child, partner or other relative. Contact Sharon at Carers Lewisham for more information

Carers Rights Days

**Dates: 14th Mar; 22nd
June**

Tel: 020 8 699 8686

SUPPORT GROUPS

Jenner Group

Jenner Health
Centre

Alternate

Tuesdays

2:00 –3.45

South Lewisham Group

South

Lewisham

Health

Centre.

Alternate

Wednesdays

12.30-2.30

Rushey Green Group

Rushey Green

Group Practice,

Hawstead Rd ,
SE6.

Alternate

Tuesdays

2-4pm

**For more
information
about any of
the above
please contact**

**Cathy, Jey or
Ulalee at**

Carers

Lewisham

Tel: 0208 699

8686



Look After Your-
Health whilst Caring



Ready to stop smoking?

For a free stop
smoking programme
and medication.

Call
0800 0820 388
to find out more
Lewisham
Stop Smoking Service

Bowel Cancer and Screening Program

Aims of the workshop:

To raise awareness of early GP presentation for bowel problems and Bowel Cancer Screening program

Attending this course will help you to:

Understand the course bowel cancer
Outline risk factors of bowel cancer
Understand how to prevent bowel cancer
Recognise signs and symptoms of bowel cancer
Understand the bowel screening programme

Suitable for: Anyone, particularly those aged 50 and above

Facilitator: Jo Zhou

Date: 26th March 2012

Time: 1:30 to 3pm

Venue: Lewisham Carers Centre

Mental Health Carers Deptford

Carers Lewisham in partnership with the South London & Maudsley NHS Trust. The Aims of the sessions are to provide information and support to carers who have mental health problems such as psy-

chotic illness and mood disorder, age group 18 – 65. The session offers regular speakers and social activities.

The group takes place every last Tuesday of the month 5:30 –

7:30, 30th Jan, 28th Feb, 27th March

**The Compass
Centre**

**34 Watson St,
Deptford, London
SE8 4AU**

**Contact Jey 0208
699 8686 or Sandra
07969 587529**

New Year New Goals New Achievements

The Employment & Training Service can help you with Personal and Professional Development as you prepare to take on paid employment.

We give time and space so you can consider you options, help with CVs,

Application Forms and job searching. We can offer you Life Coaching or workshops where you can meet with other carers. Whether you have been out of work for some time or not sure if you what you want to do, we are here to help. Please contact

the Centre and leave your details for Beverley. You will be offered an appointment to assess your needs and consider you options, then directed best service for you. We look forward to hearing from you. **Phone Beverley 020 8699 8686**

BH Solicitors Supports Carers

BH Solicitors is a Lexcel Accredited medium sized firm located in the Lewisham area. They have expertise in Family, Property, Housing and Immigration Law, as well as Wills and Probate and Litigation. Uniquely the firm also has contracts to serve legal aid clients in Family, Family mediation and Housing.

As a truly multi-cultural forward thinking firm, BH has endeavoured to meet the needs of the community and is now offering a series of workshops to Carers through Carers Lewisham. The aim is to empower those that due to inevitable circumstances have committed themselves to assist their ill or disabled family members.

The following members of the firm will be involved in providing the workshops:

Barbara Bilson is a Senior Partner of this firm. She heads the Family, Property

and Debt Departments. Barbara has a wide experience in the legal and financial environment. She also specialises in the area of immigration law and is a family mediator. Barbara was admitted as a solicitor in 1998.

Angela Arnold is also a Partner of the firm and heads the Commercial, Employment and Litigation departments. Angela was admitted as a solicitor in 2007.

Huda Smart joined BH Solicitors as a Partner in May 2011. She is the supervisor of the Housing Department and actively takes on cases in Housing, Debt and Litigation (especially property related litigation). Huda was admitted as a solicitor in November 2007.

BH will be offering a series of workshops over the next year, the first of which will

take place in February as follows:

POWER OF ATTORNEY AND DEPUTYSHIP
16 February from 1.30pm—3pm

WILLS
24 February from 1.30pm –3pm

Both will take place at the Carers Centre.

If you wish to book a place at one or both of these session please contact
Carers Lewisham
Tel: 020 8699 8686
Email:
info@carerslewisham.org.uk

Dementia Tea Party

Would you like to know more about Dementia and the support and services that are available? Come along to the Dementia Tea Party at the Carers Centre 27th February 2-4pm. Contact Aylut for more information 020 8699 8686

Older Carers 65+ Tea and Information Party

Are you an older carer?

Would you like to meet other carers and find out more about what is available to support you and your cared for person?

Come along to our very popular Tea and Informa-

tion Parties. They take place at the Carers Centre in Waldram Place, Forest Hill,.

Thursday 9th February
12.30-2.30pm

Monday 19th March
12.30-2.30pm

For more information or help to attend please call **Ulalee at Carers Lewisham 020 8699 8686**



Support for Older Carers

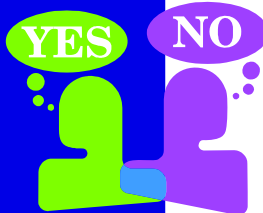


When you are ill make sure you go to the right place

Healing Sessions

Healing Sessions.
Wednesday
29th February 2012

Half hour individual sessions to promote a feeling of relaxation and calm. No special beliefs needed – just come along and enjoy the experience
For more info and to book a space contact Cathy on 020 8699 8686



Choose Well

Did you know that across South East London almost £6 million is spent every year treating people in A&E with minor ailments?

A campaign has been launched by the NHS to help people in Lewisham choose the right place to get NHS treatment when they are ill. With the weather turning cold it's even more important to choose well as it's a time when all NHS services are under extra pressure.

Dr Helen Tattersfield, local GP and Chair of Lewisham Clinical Commissioning Committee said: "We all pay for the NHS and all want to know if we're ill, or any of our family is ill, we can get the care we need quickly. Unless you have a really life threatening emergency, obvi-

ously need hospital admission or investigation, have broken bones or serious injury, the best care is not always hospital.

"Your **local pharmacist** can provide lots of advice and treatment, including information about common conditions such as minor infections, aches, colds and allergies.

"Your **own GP** has years of experience of dealing with all types of medical problems and has your medical records to hand and is often a better choice than a busy casualty department. An out of hours service is manned by **local GPs** when your surgery is closed.

"For **self care at home** you can visit www.nhs.uk and for any

help advice, you can always call NHS Direct on 0845 4647.

"If you use these services you will not only get the help you need quickly and efficiently, you will also be saving money for the NHS which can be used to provide other services to you or your friends that may be needed another day."

The campaign uses a colour code system to illustrate the range of services available. Posters, leaflets and other advertising are appearing across the borough throughout December. Visit www.selondon.nhs.uk/lewisham for more information.

We Need Your Opinions and Views

Please come along to the Carers Centre on **Tuesday 28th February 11.30 – 1pm** and have your say about the work of

Carers Lewisham: What you think of what we do and what you think we could do better. We really value your opinions. If you can't get to the meeting you are welcome to write a let-

ter, drop us an email or leave a comment on Twitter, Facebook or our new website and they will be passed to the person collecting your views. **Thank you very much.**

Support Us!

Join the 100+ Club – Places are Still Available

You still have the chance to join the Carers Lewisham 100+ Club for a chance to win one of these amazing prizes each quarter:

1st Prize: £75

2nd Prize: £25

3rd Prize: £15

All you have to do is join the club for an annual fee

of **£12 per number.**

You can buy as many numbers as you want: the more numbers you buy, the more chances you have. You will be entered in all of the 4 draws on the year. Prizes will be reduced if we sell less than 100 numbers, but will be bigger if we sell more, so spread the word, your family and friends can participate

too!

Draws will take place at the Carers Centre, overseen by two members of staff, and participants can be present if they wish. First draw on 31st January!

For more information and to apply please contact Alex at the Carers Centre or call 020 8699 8686. *NB: Terms and Conditions apply*

Mentors Needed

Do you have a few spare hours per week to mentor a young carer who acts as the main carer for the person they look after and who is experiencing difficulties. The Young Carers Service is looking for volunteers who can provide

a listening ear and weekly support to a young carer aged 11 to 16 living with mental illness or substance misuse in the family. All applicants must be willing to have a Police CRB Check and need to be local to the borough of Lewisham. Training and

support offered to the right candidates.

Contact Philip at the Young Carers Service on 020 8699 8686 or email: philip@carerslewisham.org.uk

Coping Strategies

These sessions enable carers to manage their problems and difficulties in less stressful way. The main focus of the session is to

- * Help you to develop and improve coping skills
- * Identify positive qualities
- * Increase self confi-

dence and self esteem and feel positive about yourself

These sessions use simple CBT based techniques to help carers have a better understanding of their problems and practically manage caring.

There are two groups:

Group A:

Fri 16th & 30th March,
Friday 20th April
1.30-3.30

Positive Awareness Group

Fri 9th & 23rd March
Fri 13th & 27th April

For more information about how to join a group contact Jay at

Psychological Well-Being Group for Carers

Well-being is one of the key factors when considering the quality of life that one leads.

For carers, personal well-being often takes second place to their caring responsibilities.

For this reason Carers Lewisham are establishing Group Counselling sessions for carer. The sessions will be open for you to discuss any issue which might enhance your emotional and psychological well-being, and include topics such as loneliness, sense of self and anxieties. The sessions will normally be held on Friday afternoons from 1.00pm to 2.30pm.

**If you are interested please contact Sharon at Carers Lewisham
Tel: 020 8699 8686**

Become a Friend of Carers

Lewisham

If you are a former carer or if you would just like to support Carers Lewisham you are invited to join the **Friends of Carers Lewisham**. For a minimum annual donation of just £10 per year you will receive 2 Friends Newsletters, be invited to two Friends Activities; be invited to our AGM and be entitled to vote. For more information please look at our website or contact Alex at Carers Lewisham.

Thames Walk for Carers Lewisham

Raise some money and get fit at the same time!! Join 100s of carers on the Carers Thames Sponsored Walk **Saturday 19th May** from Southwark Cathedral Courtyard doing a circular walk.

For more information or to get your sponsorship forms contact Alex at Carers Lewisham 020 8699 8686

A BIG Thank You!

A big thank you to everyone who took part in the bag packing at Sainsbury's on the 17th December. We raised an amazing £875, which will help us provide even better services to all carers in Lewisham. This wouldn't be possible without the help of Young and Adult Carers that volunteered on the day! **We are planning an Easter collection and bag packing at Sydenham Sainsbury's for the Easter Weekend 6th and 7th April. If you are free come along to help us and have some fun! Contact Alex at the centre.**

Also Nando's Lewisham, which again provided a delicious meal in their restaurant to our Carers and the food for our Carers Christmas Party on the 13th December.

Thank you very much for your continued support!!! And thank you to Sainsbury's New Cross for donating £250 and their help during Carers Week in June, and to all companies that donated prizes to our Christmas raffle: Sainsbury's Sydenham, La Senza, Greggs Foundation, MindBody Therapy Centre, Lidl, Charlton Athletic, Laurel's Florist Forest Hill, and Millwall FC.

Relax with Carers Lewisham

Have a break, come and get pampered with a massage or reflexology in a calming relaxing atmosphere at the Carers Centre:

Wed 25 Jan 10am-1pm
Wed 22 Feb 10am- 1pm
Wed 28th Mar 10am - 1pm

Fri 20 April 10am – 1pm

Working Carers Saturday
Relaxation
4th Feb 12-3pm

Come and get pampered with a massage or reflexology, in a friendly environment where you

can meet other carers, have your health checked by a qualified nurse and get health advice, and have a nibble. All we ask is a donation of £4.00

For more information or to book your place call Joan at Carers 020 8699 8686

New Cross Health and Well Being

Do you live in New Cross or Evelyn Electoral wards? Then this is for you!

After the success of our sessions last year, we have been funded by NHS Lewisham for a

further year.

STARTING SOON

Dates to be confirmed

Come along and meet other carers, learn about looking after yourself, share a light lunch, and have fun.

For more information contact Cathy at Carers Lewi-

sham, or to book a place just leave your details at reception and we will get back to you.