

# Carers, Families & Friends Newsletter

Summer Edition

May | 2022

**Welcome** to the summer issue of our Carers Newsletter which is a short issue to focus on this year's National Carers Week activities "**making carers visible and valued**".

Carers Week was brought to life by individuals, groups and organisations coming together to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

This issue comes hot on the heels of our Spring edition especially to fit with carers week. It will be a short issue focusing on what the Trust, and our borough carer centres and other partners, will be doing for you to show you, we see, hear and recognise you. They say time flies when you're having fun, this also applies here. It's a nice change to be able to work on an activity that can bring some enjoyment to those people who often, don't have the time or energy to think about it. The impact of the caring role can often leave people feeling isolated and lonely. So, determined to add some fun and an opportunity to connect, we thought, what can we do (with scarce and limited resources) to show we value and see you? Check out article no. 3 to find out more.

SWLStG is really pleased to be a part of this annual event and to be able to do something that recognises the vital role of unpaid carers, the importance of the role and the huge impact the role has on the carers health, wellbeing, family, social and work life.



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We will continue to seek ways to improve your experience and outcomes and want you to join us to help influence our journey of development and your journey of recovery. You may want to consider joining our Involvement register and getting involved in activities that help shape the service going forward.

Whilst this week provides a small token of recognition, the focus on carers continues beyond this week, it's a work in progress and high on our agenda for transformation. There's a lot going on around the Trust to improve experience of carers in the community, to improve consultation with carers and to provide better support. The work we're doing for our carers in the community, will also extend to staff who are also carers. Find out more in article 3.

I do hope you are able to get involved in one or more of our activities and that you find them both useful and enjoyable.

As always, with best wishes,

*Karen*

Carers, Families & Friends Co-ordinator



## Carer [noun]

/'keərə(r)/

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:  
Washing them. And their laundry. And their dishes.  
Keeping appointments. And records. And tempers.  
Giving medicine. And time. And hugs.  
Filling forms. And fridges. And silences.  
Dealing with doctors. And nurses. And pharmacists.  
And social workers. And benefits agencies.  
And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

A horizontal bar with colored squares followed by text and a small disclaimer at the bottom.

## 2. Carers Week Activities

### 2.1 Carers Week Launch - Mon 6<sup>th</sup> June

To kick off the week we will have a position statement on the Trust website providing a bit more detail about the work we are doing for and with carers going forward. Our aspirations for improvement in access, experience and outcomes for our carers.

#### Soft launch of Staff Carer Network.

One of the biggest impacts on continuity and quality of care in mental health trusts across the UK is staff turnover.

#### Facts:

- 1 in 6 carers give up work to care  
Increasing numbers of staff are becoming carers as our aging population grows
- Staff turnover is high due to burnout
- Staff who have taken a break from work, leave a skills gap that's hard to fill quickly. They are concerned about returning and the impact that work may have on their caring responsibilities

At SWLStG we want to explore with staff who are carers, what we can do to improve our level of support. We are inviting staff who are carers to take part in a survey to help us identify areas for improvement. We want to retain staff, build their resilience and reduce sick leave. If we can improve how we look after our most valuable resources, we can provide better services.

## 2.2



### **Tuesday 7<sup>th</sup> June 12pm** - DTA Webinar on Self-Compassion

This 50-minute webinar will take participants through a simple framework of self-compassion. We first define what this is and how it can be practically implemented in everyday life. We look at examples of this and how it can be actually practised without feeling like we have to do something extra. We get in touch with ourselves to become even stronger, partners, carers, individuals, and community members.

<https://register.gotowebinar.com/register/3036892220940374028>

### **Wednesday 8<sup>th</sup> June 10am** - Enerchi, Mindful Movements Exercise Taster Session

This is an inclusive approach to gentle exercise that uses movement from Tai Chi, Qi Gong and other meditative arts. Carers will be able to feel lighter, more at peace and rejuvenated by the end of the session

<https://us02web.zoom.us/j/84641688140?pwd=A6Ot4gG0k2En9kSNfN3PzSogSvxAtP.1>

Meeting ID: 846 4168 8140  
Passcode: 176391

### **Thursday 9<sup>th</sup> June at 2pm** - DTA Webinar on Nutrition & Weight Management

The session will give carers the tools to eat healthily without needing to count calories or restrict their eating. Instead we use a framework from a Psycho-sociologist which forms the backbone of DTA's highly successful Nutrition & Weight Management Courses.

<https://register.gotowebinar.com/register/485822934360653580>

### **Friday 10<sup>th</sup> June 1pm** - DTA will have an open platform Q&A with carers, along with a gentle exercise session which will help build movements into everyday life. The session will look at the question: *What does Sustaining a Balanced & Healthy Life look like?*

<https://us02web.zoom.us/j/8717395782?pwd=xbCzlx4LsoXyeDy5lqLMnzwADpgKC.1>

Meeting ID: 871 7395 7862  
Passcode: 553827

## 2.3 Carer Peer Support - Weds 8<sup>th</sup> June

For over a year the Trust has invested in developing the lived experience workforce. Initially through the Peer Engagement Facilitator project and subsequently, the implementation of the Peer Support Worker (PSW) project which started earlier this year. The project welcome 5 new PSW roles, 4 working with service users and one working with carers, Zoe Hannam.

Zoe is a trained Peer Support Worker and Mindfulness Based Stress Reduction (MBSR) practitioner. Her lived experience as a mother supporting her son through his mental health struggles from crisis to recovery, means she is ideally equipped to help parents through what can be the most stressful of times.

Zoe said "I am pleased to announce that for Carer's Week my weekly on-line focus group is now ready to officially launch as '**Recognition Group**'. We are currently a small friendly group of parents who meet weekly on-line where we share our stories and views, helping to co-create change through our experiences by feeding into ongoing development of Triangle of Care. But most importantly the group provides recognition, connection and support making us feel valued and visible!"

For further information or to join the recognition group contact  
[zoe.hannam@swlstg.nhs.uk](mailto:zoe.hannam@swlstg.nhs.uk)



SWLSTG PEER SUPPORT SERVICES

ARE YOU A PARENT SUPPORTING A YOUNG ADULT OR ADULT WHO SUFFERS WITH THEIR MENTAL HEALTH?

WOULD YOU BENEFIT FROM CONNECTING WITH A COMMUNITY THAT RECOGNISES THE IMPACT THIS HAS ON YOUR WELL BEING?

**RECOGNITION GROUP**

REALISE | RESOURCE | RESTORE

WEEKLY PEER-LED SUPPORT OFFERING

- A safe non-judgemental space for parents to share their experiences and concerns.
- The group provides a pathway to one-to-one peer support for your mental health and well-being from crisis to recovery.

JOIN US ON A WEDNESDAY 7.00PM - 8.30PM

on-line via Zoom for link email [zoe.hannam@swlstg.nhs.uk](mailto:zoe.hannam@swlstg.nhs.uk)

## 2.4 The Recovery College – Weds 8<sup>th</sup> and Thurs 9<sup>th</sup> June

The Recovery College provides a safe and supportive environment for people to learn and discuss things that help with management and recovery through mental illness. Our courses are co-produced with people with lived experience in recognition of the value this contributes.

Our team of peer trainers (people with lived experience of mental health challenges) and mental health professionals work collaboratively with service users and their carers, families & friends to deliver recovery-based courses to encourage people to become experts in their own self-care and wellbeing, giving students the tools they need to manage their conditions and for families, friends, carers and staff to better understand mental health conditions and support people in their recovery journey.

During Carers Week we have 2 courses that will be helpful in your role as a carer.

- Weds 8<sup>th</sup> June, 12:30-14:30, Your role in recovery
- Thurs 9<sup>th</sup> June, 10:30-12:30, Navigating support services.

To check eligibility, find out more about a course and register to attend please contact us on 0203 513 5818 or [recoverycollege@swlstg.nhs.uk](mailto:recoverycollege@swlstg.nhs.uk).

To find out more about what's on offer at the Recovery College please click [here](#).

## 2.5 Carers Picnic in the Park – Friday 10<sup>th</sup> June



Join us for a fun social activity in partnership with Merton Council, the National Trust, Merton Mencap, Carers Support Merton and the Alzheimer's Society. Coming together to celebrate carers and show how much we value you!

An event for all carers, families and friends of people using mental health services across the South West London & St George's NHS Mental Health Trust area, to get out, socialise and enjoy some you time in a wonderful National Trust space.

**Friday 10<sup>th</sup> June, Morden Hall Park, 12noon-3pm**  
Refreshments will be provided.

So bring your picnic blankets and we'd be delighted to see as many of you as possible. Places are limited so you'll need to register to attend on:

<https://www.eventbrite.co.uk/e/344627549277>

You will find us at this location  
<https://goo.gl/maps/efHLyc8uJi5fcfDk6>

Location for Morden Hall Park | National Trust

### 3. Wellbeing Skills for Carers, Families & Friends

The importance of recognising the needs of carers doesn't end during Carers Week and the work we do to improve support for carers is a "work in progress".

The Recovery College in Partnership with Kingston Adult Education and Involvement are offering you a chance to help shape a new course for carers, to develop practical skills for happier living.

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## Wellbeing skills for Carers, Families & Friends *(Taster session)*



You are important. The more you take care of yourself the more you are able to take care of your loved one.

You are invited to join us to identify what topics are most important to you to help us put together a wellbeing course that supports carers, friends and families. We will have 2 separate sessions, one online the other face to face.

**What we will cover:**

- Understanding what happiness means to you
- Working with you to choose topics we should focus on
- Experience some techniques that will make you feel more refreshed and relaxed
- Build your resilience to help you bend to the pressures of life and not break



In partnership with:



A collaborative approach to service user and carer family and friends involvement to support service developments

**20 June (online)**

&

**21 June (in class)**  
**10 am - 12 pm**

**Location:**

**Recovery College**  
**Building 32**  
**Springfield Hospital**  
**Tooting**

**To book visit:**

[https://bit.ly/KAE-  
CLpifhtswlstg2122](https://bit.ly/KAE-CLpifhtswlstg2122)

**Or scan**





After a two year absence, you are invited to this year's Making Life Better Together Summer Street Party at Springfield and Tolworth Hospitals – put the dates in your diary now!

Springfield: 6 July (12pm - 4pm) – [tell us you're coming](#)  
Tolworth: 13 July (12pm - 3pm) – [tell us you're coming](#)

After a challenging few years, these events will be a brilliant chance for us to come together to say thank you to each other and celebrate, along with our patients, their carers and our local communities.

Springfield Street Party – 6 July, 12pm-4pm

At this year's Springfield Street Party, we will be celebrating the completion of our new facilities, Trinity and Shaftesbury.

During the day we will be running tours of Trinity which must be booked in advance - sign up for these [here](#).

We will be closing the road in front of the Recovery College and will be having food stalls from around the world, a market place with information stands about different Trust and community services and free activities to take part in.

Tolworth Street Party – 13 July, 12pm - 3pm

At this year's Tolworth Street Party, there will be food stalls from around the world and free activities to take part in. This will be the same event but on a slightly smaller scale!

All are welcome, so bring your friends, families, and colleagues! We look forward to seeing you there.

## 4. Carers Recovery

The Carer Recovery Questionnaire (CRQ), developed by researchers at Lancaster University, looks at the wellbeing of carers of those with psychosis and schizophrenia.

Understanding carer recovery would help us see how well carers are coping, and what more needs to be done to help. We understand how important carers' roles are and that they need support too.

You are eligible to take part in testing this new questionnaire if you are:

- 18 or older
- A carer for someone with psychosis or schizophrenia
- Have an internet connection
- Live in the UK

For more information about the study and to take part, please follow this link

[wordpress.com](http://wordpress.com)



## 5. Borough Carer Centres

**Richmond Carers in Mind** are proud to announce that we will be celebrating Carers Week from the 6th-10th June with a variety of exciting events!

Carers Week is a national campaign that aims to increase public awareness of caring and how important unpaid care is to the community and the challenges experienced by carers and their loved ones.

Carers Week also enables those with caring responsibilities to identify as a carer and access information, advice and support.

The theme for Carers Week 2022 is - **'Make caring visible, valued and supported'**.

If you'd like to read more about Carers Week and the local and national activities planned from Monday 6th - Sunday 12th June, please visit: [Home | Carers Week](#).

### Event Listings:

**Tuesday 7th June** - Guided Richmond Park Walk with Peter: 7/06, 2-4pm. Meet at Richmond Park Gate at 2pm, refreshments afterwards at Pembroke Lodge.

**Wednesday 8th June** - Zoom workshop - A Discussion About Boundaries: 8/06, 12-1.30pm.

**Thursday 9th June** - Eating Habits & Choices - Nutrition Workshop & Lunch with Marisca: 9/06, 12-3pm. Venue TBC.

**Friday 10th June** - The Victoria & Albert Museum: 10/06, time TBC.

To sign up to any of the carers week events listed, please email [carers@rbmind.org](mailto:carers@rbmind.org) or call 020 8940 7384.

### Carers Support Merton

#### Monday 6<sup>th</sup> June

Basic First Aid Training with British Red Cross  
10.30am to 11.30am  
Online

#### Tuesday 7<sup>th</sup> June

Digital Skills workshop  
11.00am to 12.00pm  
Online

## **5. Borough Carer Centres**

### **Wednesday 8<sup>th</sup> June**

Carers Contingency/Emergency Planning workshop  
2.00pm – 4.00pm  
The Vestry Hall, London Road, Mitcham,  
CR4 3UD

### **Thursday 9<sup>th</sup> June**

Coffee and Conversation Carers Support Group  
(optional walk at 11am)  
10.00am – 12.00pm  
National Trust Café – Morden Hall Park

Bitezise Professional Training  
1:00pm– 2:00pm  
Online

Basic First Aid Workshop with British Red Cross  
2.00pm – 3.00pm  
Drake House, Wimbledon Guild, SW19 4ED

### **Friday 10<sup>th</sup> June**

Digital Skills – adult education event

Drop in workshop – bring your own device  
10.00am – 2.00pm  
Pollards Hill Library - S Lodge Ave,  
Mitcham CR4 1LT

These may be subject to change however full details will soon be available on our website [www.cs-merton.org](http://www.cs-merton.org)

**Kingston Carers' Network (KCN)** is excited to be taking part in Carers Week, an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

For carers living in the Royal Borough of Kingston upon Thames, or caring for someone who lives in the borough, Kingston Carers' Network is the local charity, currently supporting over 4,300 carers of all ages including young carers from the age of five.

During Carers Week, KCN is running a programme of free events in recognition of the vital contribution made by unpaid carers in the borough. The outings provide carers with a much-needed break and encourage them to enjoy a life outside of their caring responsibilities where possible.

### **Monday 6<sup>th</sup> June**

Stretch and Tone exercise class, in person and via Zoom

### **Tuesday 7<sup>th</sup> June**

Talk on Carers' Rights

### **Wednesday 8<sup>th</sup> June**

Cream Tea at Mayfield Lavendar, Total Body and Abs workout via Zoom

### **Thursday 9<sup>th</sup> June**

Hatha Chair Yoga Workshop, Poetry Reading by KCN Carers at The Rose Theatre, from 3.00pm to 4.00pm as KCN carers share poems written during a recent HeArt of Care poetry workshop. Open to all.

### **Friday 10<sup>th</sup> June**

Trip to Ham House and Garden, Resistance and Core Workout, in person and via Zoom

### **Saturday 11<sup>th</sup> June**

Afternoon Tea at Browns, Kingston  
For more information, or to join any of our events, please contact Layla on [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) or 07818 878 931

Outside of Carers Week, Kingston Carers' Network offers a comprehensive advice and advocacy service covering a wide range of issues, including welfare benefits, community care, charges for care services, NHS continuing care and housing rights/adaptations. Last year, carers in Kingston were over £1 million better off after accessing KCN's advice and advocacy services. KCN also works to make sure the voice of carers is heard, that carers views are taken into account, that they are valued and respected.

Our support group for carers of people with a mental health condition continues to run from 6.00pm to 7.15pm on the second Tuesday of every month. The group is currently running online and you can find out more, or book your space, by emailing [supportgroups@kingstoncarers.org.uk](mailto:supportgroups@kingstoncarers.org.uk) or calling 020 3031 2757.

For more information, please visit [www.kingstoncarers.org.uk](http://www.kingstoncarers.org.uk) or contact Kingston Carers' Network on [admin@kingstoncarers.org.uk](mailto:admin@kingstoncarers.org.uk) or 020 3031 2757.

### **Sutton Carers Centre**

For National Carers Week there are a large number of events happening for Carers and partners here in Sutton. Carers Week is an annual campaign to not only raise awareness of unpaid Carers, but also to highlight the challenges they face and overcome on a daily basis, and to recognise the contribution Carers make to both families and communities throughout the UK. This is also a time to help people who may not think of themselves as having caring responsibilities to identify themselves as Carers and receive the dedicated support that they deserve.

Here at Sutton Carers Centre, alongside many of our usual activities, we will be leading on a range of special events to

help raise awareness of Carers in Sutton, and help ensure that they feel visible, valued and supported within the community.

We would like to highlight our 'open house' event with our health colleagues, where we will be offering information & advice, health checks and other wellbeing activities. In the evening, we will be inviting professionals to come along and connect with Carers and meet our staff team.

We are delighted that our colleagues at South-West London and St George's Mental Health NHS Trust are running such a vast array of events across the week and we look forward in particular to the launch of the new Carer Peer Support Recognition Group and the Picnic in the Park which will round up the week! We will be sharing a full calendar of events for Sutton, which will also include activities being run by Sutton Parent Carers Forum, London Borough of Sutton and St Helier Hospital.

We would love to hear what you are planning to do this Carers Week. Perhaps you could run an event for team members who juggle their paid jobs alongside their caring roles to make them aware of the support available to them – or even run a training course to for staff to help them better understand and identify unpaid Carers in their everyday roles. Please let us know your plans and we will add them to the local and national Calendars. We also invite you to make your Carers Week pledge, stating what you are going to do to make Carers more visible, valued and supported in the coming year.

Please contact Chiara at: [communications@suttoncarerscentre.org](mailto:communications@suttoncarerscentre.org) for all Carers Week matters.

**Keep an eye on our [Twitter](#), [Facebook](#), [YouTube](#), [Instagram](#) and [website](#) to stay up-to-date with the latest on Carers Week in Sutton.**

## Wandsworth Carers Centre

Wandsworth Carers Centre supports over 4000 people who have caring responsibilities providing a range of services for both adult and young carers across the borough. From counselling to therapies and advice we can support you in your role as an unpaid carer. We work with a wide network of partners such as social services and the volunteering centre so are able to help you identify alternative/additional sources of support if needed.

Established for over 20 years, our mission has always been to help build a society where carers are visible and valued so this years theme reflects our purpose.

To find out about the activities we'll be running during National Carers Week contact us on 020 8877 1200, email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk) or pop into our office Mon-Fri 9:30-17:30



Thank you  
to our  
partners,  
families  
and  
friends,  
Working  
together to  
make  
carers  
Visible,  
Valued and  
Supported.

South West London and St George's Mental Health NHS Trust  
Springfield University Hospital, 61 Glenburnie Road, London SW17 7DJ  
**Telephone:** 020 3513 5000  
**Website:** [www.swlstg.nhs.uk](http://www.swlstg.nhs.uk)

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