

Summer 2012

## Local charities welcome national research on the plight of unpaid carers

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For people supporting their disabled, frail or ill relatives and friends in Southwark

**Southwark Carers welcomes UK-wide research on unpaid carers which shows they can struggle on for years looking after sick or disabled family members or friends without help.**

The study is from the new leading carers' charity Carers Trust of which Southwark Carers are Network Partners.

Carers Trust, recently formed by the merger of The Princess Royal Trust for Carers and Crossroads Care, works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Her Royal Highness The Princess Royal, who has agreed to be President of Carers Trust said: 'Carers Trust will provide a united and stronger voice for unpaid carers which will enable us to continue to raise awareness of carers' issues with Government, other policy makers and the general public and hopefully increase funding opportunities to develop and deliver the services so needed by carers and those they care for.'

The research shows that almost two thirds (64%) of the carers asked said that apart from family and friends they have never accessed any other support or services such as respite breaks or counselling. Six in ten (60%) of those that have been caring for more than five years have done so without accessing any additional support.

Of those who have sought out extra help, almost half (46%) did so after they were

made aware that assistance was available specifically for carers, according to a survey of 500 unpaid adult carers. The research was carried out by YouGov for Carers Trust which works to ensure that information, advice and practical support are available to all carers across the UK through its Network Partners.

Verinder Mander said: 'This survey shows many unpaid carers struggle on with their caring role without accessing any support. We provide services for over 5,000 carers but we know that there are approximately 20,000 carers out there who could benefit from the support we offer. Carers tell us that even a little bit of support can make a tremendous difference to their lives.' Battling on as a carer without support can lead to serious problems in carers' lives. Almost six in ten (59%) carers said that being a carer had a negative impact on their working life. And almost six in ten (58%) of the carers surveyed said that their mental health has been affected by being a carer while more than a quarter (27%) said both their physical and mental health has been adversely affected by their caring role.

Film and TV stars Helen Mirren and Dame Judi Dench are among the well-known names supporting Carers Trust. Dame Judi Dench said: 'There are almost six million carers in the UK and the number is rising. Many of those carers are unaware of the support that is available to them and continue looking after their family or friends without any help and often at a cost to their own health and wellbeing.'

# Welcome

Hi, I hope that this newsletter finds you well.

You will notice that we have had to adapt the way that we work due to increasing costs of resources, for example we will no longer be sending flyers about events, so please do check our website regularly, ring the office to find out what is going on or pop into the office and have a look at our notice boards.

There have also been developments in relation to our office space, our centre at the Walworth Methodist Church is now fully functional and carers are welcome to drop in and use the IT facilities in the Carers Centre, these include 2 state of the art Apple Macs and printers.

We are now co-located at the Southwark Resource Centre in 10 Bradenham Close, London, SE17 2QB from Monday to Friday.

The Book Club is now up and running and we are lending out Kindles for the club. We have a number of new groups and I hope to meet up with you at our various events throughout the coming months, especially those in Carers Week.

The Board has seen a number of changes over the last few months, Daniel Bollingbroke has stepped down due to other commitments. Doreen Gee has also stepped down as a Board member. We would like to thank them both for their dedication to Southwark Carers. I am delighted to report that Linda Edwards has been coopted onto the Board. Profiles of all Board members will be available on our website shortly.

Do you have a few spare hours during the week? Would you be willing to volunteer for Southwark Carers assisting in the office or at events? If so please do contact me on [Verinder.Mander@Southwarkcarers.org.uk](mailto:Verinder.Mander@Southwarkcarers.org.uk) for an application pack.

## Stroke survivors 'missing out on recovery services'

Stroke survivors are not making the best possible recovery because of a lack of post-hospital care, according to a report.

More than a third of survivors (38%) surveyed had not been assessed on their health and care needs to help their recovery, a study by the Stroke Association found.

More than half (53%) of people who had suffered a stroke in the last three years had been assessed only once.

A stroke happens when the blood supply to the brain is cut off, this is caused by a clot or bleeding in the brain.

Around 150,000 people have a stroke in the UK every year and more than 1 million are living with the effects of stroke.

Without assessments, patients are missing out on services that are essential to them making the fullest possible recovery, the charity said.

These include physiotherapy, speech therapy and help with washing and dressing.

The government's National Stroke Strategy states people should receive an assessment six weeks after leaving hospital, again at six months and then annually.

Just under four out of 10 (38%) of those who had received an assessment had been given a care plan outlining the services and treatments that would be put in place to help them get better, the study of more than 2,200 survivors and carers found.

Almost half (48%) of those receiving services said failures in health and social care services to work well together meant their families and

carers had to take responsibility for co-ordinating care.

One in five (18%) said services had been withdrawn even though their needs had stayed the same or had increased.

Jon Barrick, chief executive at the Stroke Association, said: "More people than ever are surviving a stroke and that's a welcome improvement.

"But many stroke survivors tell us that after all the effort to save their lives they then feel abandoned when they return home.

"The NHS and local authorities are failing in their responsibilities to provide appropriate and timely support to stroke survivors and their families; and the growing evidence of cuts for people currently getting services is very worrying."

The Stroke Association is calling for the NHS to ensure all stroke survivors have their health and social care needs assessed and regularly reviewed.

It also wants improved co-ordination of health and social care services and better training for those working in social care who come into contact with stroke survivors to better understand strokes and their impact.

A Department of Health spokesman said there was still more to do to improve the care given to those surviving strokes.

"Care of stroke patients in hospital has improved dramatically over recent years with the majority of patients now treated in specialist stroke units, but we know there is still more to do," he said.

## Sight loss in the elderly

As we get older, fading sight can come to be a real issue, with one in five of those over 70 suffering from sight loss, rising to half of those over 90. A high proportion of the UK's carers are looking after an elderly person. If that person has sight loss this will be something that can add additional problems to the day to day care.

### What is the impact of sight loss?

If the person you look after is losing their sight it can have a serious impact; it can happen quickly, removing much of their independence and ability to perform everyday tasks. Trips and falls can become more common place inside and outside the home. Just going out to the shops, making a hot meal and a cup of tea or reading a favourite book can become a real challenge. Helping people who are living with sight loss with the simple day to day tasks, that many people take for granted, can make your role as their carer even more intensive - especially if sight loss compounds other issues they are dealing with.

Think of those simple everyday tasks: reading important letters and appointment cards; taking the right dose of medicine; getting an accurate blood test reading for someone with Diabetes; reading cooking instructions on food packets let alone using the right cooker settings; finding the TV remote; or even just knowing what the date and time is.



### Finding out what the problem is?

The single most important thing you can do is make sure that a regular eye test is carried out every two years. Opticians are well placed to assess the health of the eye as well as levels of useable sight and can spot potential problems early on. Depending on the condition there may be a referral to a hospital low vision service for further treatment. There are home visiting services for eye tests as well for people who may not be able to get to a clinic.

Most elderly people think a reduction in sight is just part of aging and simple signs may be "I can't see the TV so well" or "I don't read the newspaper anymore" or a reluctance to leave the house.

### How to get help

Fortunately the help and support available to carers and the elderly is now greater than ever. To find out more about how you can help an elderly person regain their independence and do more for themselves Carers UK has linked up with RNIB to provide free advice and guidance. Coming to terms with sight loss can be an emotional experience - for you and those you support.

RNIB offers practical and emotional support, whether its advice on coping, benefits or just offering a friendly ear.

RNIB's Helpline on 0303 123 9999 can help you find support in your local area, offer advice on products or refer you onto other organisations who deal with specific eye conditions.

## Care.com launches in UK

**Care.com, an online marketplace that connects families with carers, has launched in the UK after six years of operating in the US.**

The online service charges families a subscription fee to view the selection of carers which range from dog sitters and nannies through to special needs carers for those with severe disabilities. As an introductory offer, UK customers will be able to use the service for free until June.

The profiles of all of the carers on the site are reviewed by a team to make sure they are authentic and don't contain suspicious content. Families can opt for either basic membership, which allows them to post jobs and search the site, or premium membership which gives them access to carer contact details and get reference checks.

Meanwhile carers can also choose between the basic membership which allows them to search and apply for jobs, and paid premium membership which gives them more prominent listings, priority notifications of new jobs and the ability to contact families directly. The pricing for membership will be announced in the next few weeks, but in the US it costs families \$35 (£22) per month and carers \$15 (£9) per month.

In the US it has more than a million registered care providers and six million unique visits each month.

Founder Sheila Marcelo was inspired to launch Care.com in 2006 by her personal experience as a working mum trying to coordinate childcare for two sons, respite care for her elderly father and pet care for her dog.

Marcelo said: "Just like the US, the UK is going through a recession, which has caused many families to reevaluate their work-life balance and family care arrangements. So many families are searching for the right care -- and we know this can be incredibly difficult. It is our mission to make this process easier. And Care.com can also help carers find much needed employment."

## Survey of members 2011 - 2012

In our November / December newsletter we sent out a survey to members. The survey was designed to find out a little about our user group, the effects of caring on people's lives, the impact of breaks and the other services that Southwark Carers offer.

We had 269 responses to the survey. The responses have been analysed in 4 areas:

### About You:

53 of the 214 people who answered this question considered themselves to have a disability. These included Cancer, COPD, Diabetes, High Blood Pressure and Arthritis / reduced mobility.

We asked how old the carers were of the 255 respondents only 10 were under 30. A breakdown is shown below:

Under 18	0.0%	0
18 - 30	3.9%	10
31 - 40	11.8%	30
41 - 50	22.4%	57
51 - 60	29%	74
Over 60	32.9%	84

We also asked which ethnicity the carers were and this shows a much wider breakdown.

Bangladeshi	0.8%	2
Indian	2.1%	5
Pakistani	0.0%	0
African	12.0%	29
Caribbean	2.5%	6
Other black	0.4%	1
White and Asian	0.0%	0
White and Black African	0.0%	0
Chinese	1.2%	3
Greek Cypriot	1.2%	3
Turkish Cypriot	3.7%	9
Vietnamese	0.0%	0
Not stated	8.7%	21
White British	57%	138
Other white	1.7%	4
White and Black Caribbean	2.9%	7
Other mixed	0.8%	2
Other white	1.7%	4

White and Black Caribbean	2.9%	7
Other mixed	0.8%	2

### Carers Health

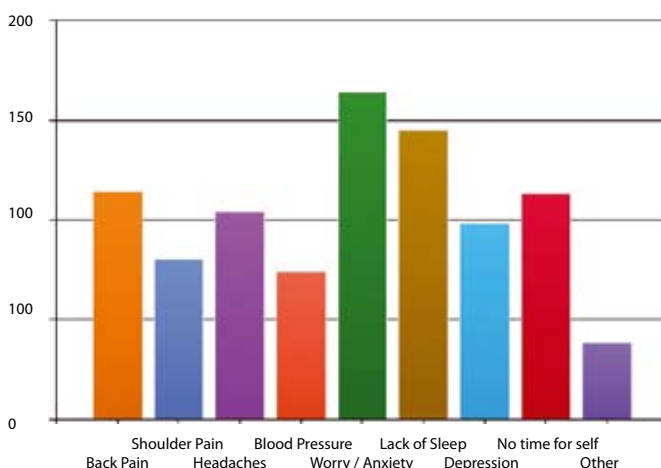
We looked at whether caring had an adverse affect on the health of carers.



Yes  
No

Adverse effect	People	Percent
Yes	177	77%
No	53	23%

We asked what ailments were associated with caring regularly mentioned symptoms were: lack of sleep, stress, high blood pressure, back pain and depression.



This section also asked what help or assistance carers ever received through their GP surgeries.

62.5% of carers had told their GP that they were carers but only 23% of these had been told about specific help for carers by their GP.

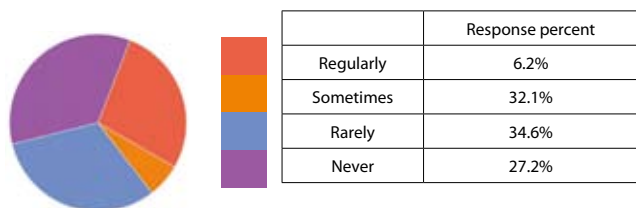
Carers feel the need for more support from GPs and over 55% wanted more assistance. We had over 100 responses to the question what information would you like? The most common themes were: disease specific information, emergency appointments, home visits, palliative care, crisis support, help with anxiety and stress related to care role.

Carers also reiterated the need for joined up support through all local services whether through the GP, social services or agencies like Contact a Family and Southwark Carers.



### Breaks from caring

The survey then went into how caring affected carers every day lives and whether they ever had a chance to take a break or respite.

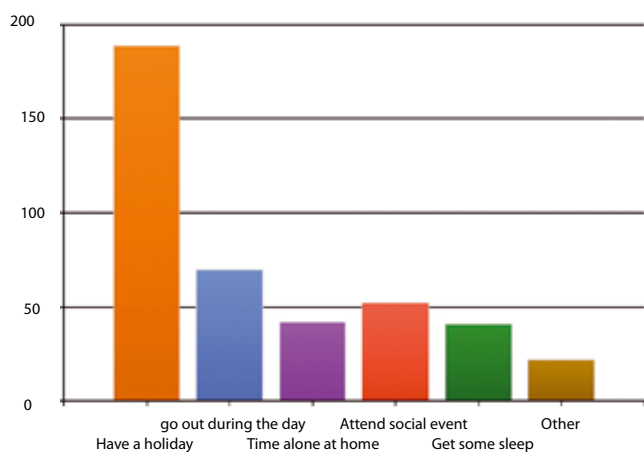


We asked whether carers would like more breaks from looking after the person they cared for.

80.4% said they would like a break, we also asked what stopped them from taking more breaks, the most common responses were: finances, finding a break where the specific needs of the person cared for would be met, lack of cover for carer for person when away

**“My wife will not go or let me go anywhere without her, I would feel too guilty.”**

We then asked what type of breaks carers would like

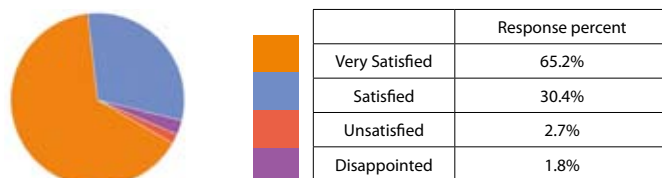


### About our services

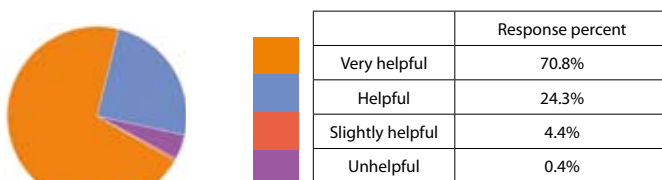
We used this section of the survey to ask service users about the services we offer, and what they would like us to offer in future.

We saw a raise in user happiness when compared to the survey held in 2009 - 2010, especially in relation to the efficiency of our services and the range of activities we offer.

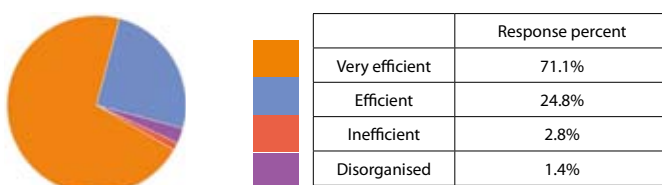
The first question we asked was how satisfied users were with our services.



We then asked how helpful users found our services:



We also asked about the efficiency of our services:



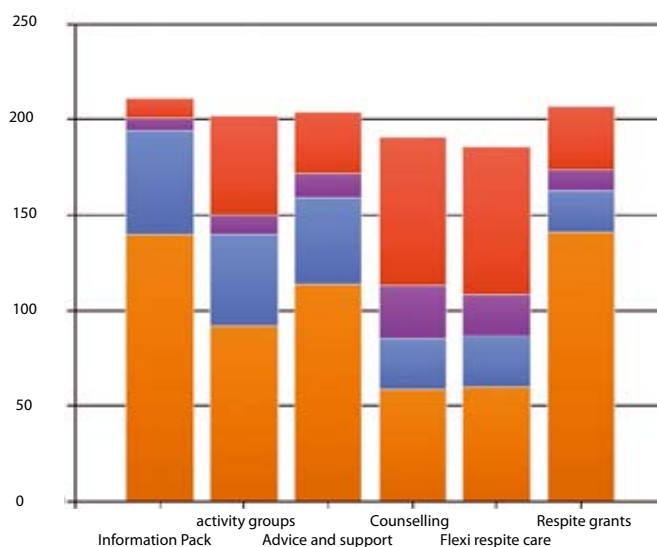
We asked carers for suggestions as to how to improve our services, here are the most popular suggestions: More campaigning to ensure that carers continue to receive support from the Government, more overnight and weekend respite support, more events at weekends or evenings to allow working carers to attend, more outreach to identify more carers in the community, more drop in advice sessions, more efforts to attract younger carers.

We asked carers to suggest new services that we do not already provide, here are a list of the top suggestions: A weekend drop in or cafe which could be visited with the cared for person as well, movement and handling training, general training, DVD or book library, information days, befrienders scheme, evening groups where we can learn skills, computer training.

**“I think you should offer information days on what benefits carers are entitled to, especially those new to the scheme.”**

With these ideas in mind we asked how useful carers found our current range of services.

## How useful do you find our services?



	Very Useful	Useful /ok	Not useful	Not used
Information Pack	66.7%	25.4%	3.3%	4.7%
Support and activity groups	46.1%	23.5%	4.9%	25.5%
Advice and support services	56.3%	21.8%	6.3%	15.5%
Counselling	31.6%	14.4%	14.5%	40.4%
Flexi respite care	33.0%	14.4%	11.2%	41.5%
Respite grants	68.4%	10.5%	5.3%	15.8%

In order to improve the range of activities that we offer carers, we asked the users to suggest some ideas for outings and events that they would like us to run, here are a selection of the ideas that were presented: Tea and coffee mornings, training courses for specific conditions eg. movement and handling or caring for someone with a mental illness, events where the cared for person could attend too, relaxation classes, karaoke, film club or book club.

**“I would like more events for both of us, meeting new people, going to cinema, day trips, sightseeing. This is to ensure that we are both able to spend time away from the home from time to time.”**

To get a better knowledge of what it means to be a carer in 2012 we asked carers to list which three attributes or skills should go in a job description for a carer. The most repeated word by far was patience, here are a few examples:

Patience, tolerance and kindness, caring, thoughtful

and loving, patience, reliability, understanding, patience, caring, tolerance, dedication, patience, mental and physical strength.

**“Patience, empathy and a sense of humour are essential - remember they never asked to be ill, it could be you in that position, you have to be a good listener, sometimes they just want to talk.”**

We also asked what people found most surprising about their role as a carer. Here are a few of the replies: Caring is hard work, it is never ending - you can no longer be selfish have to be selfless; years of caring have made me a better person, it has taught me about other people and the strength I have found to carry on in my role as a carer; Caring has given me an insight into how people feel, asking for help makes me more patient and more willing to give a helping hand, it has also made me more able to speak up when things are not right.

**“Caring can impact negatively on health and family, but it also brings out the ability to cope beyond my usual abilities.”**

The last question we asked was whether caring had an impact on ambitions or aspirations that carers had before becoming a carer, here are a few of the responses: Caring changes everything, I gave up everything to care for my daughter, I wanted to go to college and get a job but then I had her, I try not to think about what I want or wanted just take everyday as a good day if I manage to get through the day without my wife hurting herself, it did have a lot of impact, but, on the other hand it has some positive effects, some people don't have anyone to look after them and I am glad I still have my father around me.

**“My husband's illness is terminal, it has put a stop to any retirement plans, we are now very isolated and never go to any social occasions”**

# Carers Week 2012

Carers Week highlights the vital work done by those who provide unpaid care for someone who is ill, frail or disabled. This year's theme is 'In Sickness and in Health'.

June

18

**Carers Catch Up 12:00 - 14:00 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

A chance to talk with staff, carers and board members to help us plan activities the way you want them. We will be hearing from a benefits speaker to explain the recent changes which came into force in April 2012.

**Benefits Clinic 14:30 - 17:30 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

To complement the group we will be holding a drop-in advice clinic where carers and the people they care for can meet with benefits experts to ensure they are getting all the support available to them.

June

19

**Carers Outing 14:00 - 16:00 @ Florence Nightingale Museum 2 Lambeth Palace Road London SE1 7EW**

Florence Nightingale became a living legend as the 'Lady with the Lamp'. She led the nurses caring for thousands of soldiers during the Crimean War and helped save the British army from medical disaster.

**Flower Arranging - 16:00 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

Discover the secrets of successful floral design, we are working with a florist to provide up to 20 carers with a full floristry course. Places are strictly limited, please contact Rob on 020 7708 4497 to register.

June

20

**Carers Forum - 10:30 - 13:00 @ Inspire at the Crypt, St Martin's Church Liverpool Grove Walworth**

Addressing the theme 'In Sickness and in Health' we have invited speakers from the local PCT, NHS Confederation and Link / HealthWatch Leadership Group. Studies show caring has a negative effect on health, have your say.

**Carers Quiz Night 18:00 - 20:00 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

A chance to test your general knowledge amongst friends, prizes for funniest answer, top and 2nd worst overall score. Questions will cover the last 30 years that Southwark Carers have been in existence. *50p per person to enter.*

June

21

**Arts Group 10:30 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

Artist Stephen Wright is helping us to create a mural for our Carers Centre we have created mosaic tiles, collage and paintings in previous groups which we will incorporate into the main mural to mark our 30 years anniversary.

**Film Club 14:00 - 17:30 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

We will be watching 50/50 An original story of friendship, love and survival - and finding humour in the most unlikely places.

June

22

**Belly Dancing taster 10:30 - 11:30 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

A chance to give this fun and healthy activity a try, we provide coin belts, finger cymbals, eastern music, veils and skirts. A trained instructor will show you a few simple moves to get you smiling and your hips swinging.

**Pamper Day 12:30 - 19:00 @ Carers Centre, Walworth Methodist Church 54 Camberwell Road SE5 0EN**

Local therapists will be coming to the centre to provide acupuncture, reflexology, aromatherapy, massage and other treatments. Please call to book an appointment. Sessions last an average of 30 minutes.

June

23

**Carers Recognition Event - 12:00 - 16:30 @ Southwark Resource Centre, 10 Bradenham Close, Walworth SE17**

Join us to share a burger and bun in the sun, we will arrange a number of stalls and activities to keep you and the person you care for entertained. The Southwark Resource Centre is fully wheelchair accessible and has special adapted facilities for people with physical disabilities.

If you would like to run a stall or have anything you would like to sell or donate for a tombola we would love to hear from you.

June

24

**Theatre Trip - West End Show TBC 19:00**

We have 20 tickets to see a West End show, you may also take the person you care for along to the event.

Call 020 7708 4497 to reserve a ticket(s), you will need to collect tickets from the office prior to the performance.

*Tickets are first come first served but preference will be given to those who have never had the chance to attend a Southwark Carers outing before.*

## Taking a break

**As a carer, there are different ways you can take a break. The kind of break that will suit you will depend on your own needs and circumstances, as well as those of the person you look after.**

Some carers may choose to go on holiday with the person they look after, and some may choose to go away alone. A short break or holiday may not always mean going away: some carers may enjoy taking a break at home while the person they look after goes away.

### Your choice of break

Only you will know what type of holiday or break is best for you. Think about the kind of break you need as a carer and/or what kind of break the person you look after needs. You may be able to keep going if you just have a few hours to yourself on a regular basis, or you may need to get away for a week's holiday.

The person you're looking after may need a change of scene or routine, or to mix with other people. The local authority of the person you're looking after may be able to help you organise the many practical issues involved in having a short break or holiday. It may be able to arrange care for the person you look after, to enable you to have a break. It may be able to help you with the cost of a holiday or with other costs.

### Example

*Kathy cares for her mother, Lilian, who has Parkinson's disease and moved in with Kathy last year. Kathy has no family nearby to help out, so she finds it very difficult to get a break from caring. Lilian also gets frustrated as she can't do the things she used to do.*

*Kathy contacts her local social services department. A social worker carries out a community care assessment for Lilian, and suggests that Lilian stays in a specialist local respite care home for people with Parkinson's disease for one week every couple of months. The social worker also carries out a carer's assessment for Kathy, and suggests a payment which would enable her to go for an aromatherapy massage each time her mother is away.*

### Holidays with the person you look after

Many carers choose to go on holiday with the person they care for. There are several voluntary organisations that can provide details of holiday accommodation that's suitable for the person you care for and yourself. Tourism for All is a national charity that provides information on accessible holiday venues and places in the UK and abroad for disabled people, their carers and family.

**Vitalise** is a national charity that specialises in short breaks throughout the year for adults and children (aged six and older) with physical disabilities, dementia or sight impairment, and their carers. The charity has holiday centres around the UK, including Cornwall, Southampton and Southport. It also offers holidays in Spain and Germany.

Vitalise offers short breaks for carers who want to go on holiday without the person they're looking after. All Vitalise centres are registered as personal care centres and most are also registered as nursing care centres. However, the charity does not have the resources to provide holidays for people who are bed-dependent; or who have uncontrolled epilepsy, learning difficulties, or mental health problems. See the Vitalise website for more information about the care provided at Vitalise centres.



**Refresh** is a registered charity specialising in respite breaks for teenagers and adults with severe physical disabilities and people on breathing machines. The Refresh holiday centre is at Netley, Southampton. You can take a break with the person you're looking after, or they can go on a Refresh holiday on their own. The charity also runs holidays with the whole family.

The Refresh centre organises trips to places of interest and runs a programme of themed weeks throughout the year including: country and western; museums and galleries; seaside; history and heritage; and wildlife. More information is available from Refresh on 020 7188 0627.

**The Disaway Trust** is a registered charity that organises group holidays internationally and in the UK for people with physical disabilities aged 16 to 80 years and their carers.

**Holidays for All** is an umbrella website for various specialist tour companies and disability charities. Holidays for All has listings for a range of holiday



providers who specialise in breaks for people with sensory and physical disabilities, their friends and carers around the UK and abroad.

**Livability Holidays** is part of a charity and offers a wide range of accessible hotel and self-catering holidays in the UK, located by popular seaside venues.

**RADAR**, the national disability network, has produced a guide listing more than 1,500 places to stay in the UK and Ireland. The guide provides information on advice services, voluntary and commercial organisations, and transport for people with a wide range of disabilities.

**Holidays for disabled children and families**

If you're caring for a child with a disability, short breaks or holidays for the child can help benefit both you and the child. You may have other children who do not have a disability, and a short break for the disabled child can allow you quality time with your other children.

Organisations such as the Shared Care Network organise family-based short breaks which can help deal with the sense of isolation that some children with disabilities feel, by enabling them to meet new people, make new friends and become part of a 'second family'.

Your social services department, GP or health worker can provide a list of organisations that provide breaks for children with disabilities. They can make a referral for you to some of the organisations.

Many parents and carers of children with a disability prefer to take a short break or holiday with the child. There are many holiday centres and venues for children with disabilities and their families.

### Family holiday venues

**The Calvert Trust** runs outdoor adventure activities in the countryside. These activities help children and adults with disabilities, with their families and friends, to fulfil their potential. The trust has three purpose-built centres with full-board or self-catering accommodation around the UK offering a range of sports and recreational activities.

**The Scout Holiday Homes Trust** provides affordable holidays for families, carers or groups who have a member with a disability, physical or mental or age-related illness. Their centres are located at popular holiday sites, with specially adapted accommodation for all families with a special need, low-income or single-parent families. You don't have to be connected to the scouting movement to benefit from these

holidays.

**Holiday Endeavour for Lone Parents (HELP)** is a charity offering discounted holidays to single parents and their children. You'll need to join the charity as a member.

You can get advice and information on charitable grants and other financial help with the cost of a holiday from the national charity Contact a Family. The charity has produced a useful guide called *Holidays, play and leisure*.

*Funding a holiday* contains more information on grants and other financial help.

**The Disabled Holiday Directory** is an online directory of organisations and venues, both UK and abroad, which cater for children and adults with disabilities.

### Holidays without the person you look after

You may want a holiday or short break without the person you care for. This could be with friends or relatives or on your own. Holidaying with friends or family can be very restful and relaxing as you all know each other and can support each other in making decisions.

But you may choose to go on a holiday on your own, where you won't know anybody else. Going on holiday alone is becoming more common, with around four million people choosing to travel alone. There are a growing number of holiday providers offering escorted holiday packages for single travellers.

### Holiday specialist providers

Saga, the organisation for people aged 50 and older, has a range of holidays and short breaks to suit carers, including group holidays, holidays for single travellers, special interest holidays, and cruises. Holidays are run throughout the year in the UK and abroad. Saga also offers free holidays for carers through the Saga Respite for Carers Trust.

There are services that will care for the person you look after if you go on holiday or for a short break alone. Your social services department can provide support and advice about what services are available. Your social services department may be able to arrange: additional home care while you're away, extra visits to a day centre for the person you care for, or a short stay in a residential care home for the person you care for.

## Breast cancer rules rewritten in 'landmark' study

**What we currently call breast cancer should be thought of as 10 completely separate diseases, according to an international study which has been described as a "landmark".**

The categories could improve treatment by tailoring drugs for a patient's exact type of breast cancer and help predict survival more accurately.

The study in Nature analysed breast cancers from 2,000 women.

It will take at least three years for the findings to be used in hospitals.

Researchers compared breast cancer to a map of the world.

They said tests currently used in hospitals were quite broad, splitting breast cancer up into the equivalent of continents. The latest findings give the breast cancer map far more detail, allowing you to find individual "countries".

"Breast cancer is not one disease, but 10 different diseases," said lead researcher Prof Carlos Caldas.

He added: "Our results will pave the way for doctors in the future to diagnose the type of breast cancer a woman has, the types of drugs that will work and those that won't, in a much more precise way than is currently possible." At the moment, breast cancers are classified by what they look like under the microscope and tests for "markers" on the tumours.

Those with "oestrogen receptors" should respond to hormone therapies such as tamoxifen; those with a "Her2 receptor" can be treated with Herceptin.

The vast majority of breast cancers, more than 70%, should respond to hormone therapies. However, their reaction to treatment varies wildly. Prof Caldas said: "Some do well, some do horribly. Clearly we need better classification."

His team looked at frozen breast cancer samples from 2,000 women at hospitals in the UK and Canada.

They looked in huge detail at the genetics of the tumour cells – which genes had been mutated, which genes were working in overdrive, which were being shut down.

The study, by researchers in the UK and Canada, showed that all the different ways the cells changed when they became cancerous could be grouped into 10 different categories – named IntClust one to 10.

Prof Caldas said this was a "completely new way of looking at breast cancer".

The study was funded by Cancer Research UK. Its chief executive, Dr Harpal Kumar, said: "This is the largest ever study looking in detail at the genetics of breast tumours.



"This will change the way we look at breast cancer, it will have an enormous impact in the years to come in diagnosing and treating breast cancer. "We think this is a landmark study."

He said the charity would begin using the new criteria in clinical trials it funded.

Outside of trials for new cancer drugs, the new breast cancer rulebook could take some time to directly benefit patients.

The researchers need to prove that the 10 classifications actually provide any benefit to people with breast cancer, before they can be used by doctors.

That process is expected to take three to five years.

The chief executive of the Breast Cancer Campaign, Baroness Delyth Morgan, said the study could "revolutionise the way breast cancer is diagnosed and treated".

"Being able to tailor treatments to the needs of individual patients is considered the Holy Grail for clinicians and this extensive study brings us another step further to that goal."

A Department of Health spokesperson said: "We are always looking at new ways to improve outcomes for cancer patients and that is why we are investing more than £750m to make sure people are diagnosed with cancer earlier and have better access to the latest treatments.



# Events & Groups

## May Events

Due to the recent raise in postage costs Southwark Carers will no longer be sending out flyers for our events. If you want to know what is going on at the centre or would like any more information about any of the events in the newsletter please check our website: [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk) or call the team on 020 7708 4497 and we will be able to let you know what is happening and register you for anything you wish to attend.

- |           |  |
|-----------|--|
| May<br>1  | <b>Carers Outing / Ramin in Concert - 19:30 @ Royal Festival Hall, Belvedere Road, London SE1 8XX</b><br>Leading West End artist Ramin Karimloo performs new songs and West End favourites with a live band.       |
| May<br>3  | <b>Gardens Surgery Group - 14:00 - 15:30 @ Lew Evans House, 188 Underhill Road SE22 0QH</b><br>A chance to take a break from caring, have a cup of tea, chat and meet new friends.                                 |
| May<br>4  | <b>Knitting and Nattering - 14:00 - 16:30</b><br>This year we will be knitting hats and scarves to sell in our new gift shop at the Southwark Resource Centre.   |
| May<br>5  | <b>Film Club (Portrait of Queenie / The Elephant Never Forgets / Sunday by the Sea) - 11:00 - 12:30</b><br>Films shown include documentaries, news reels and history films that look at London in the 50s and 60s. |
| May<br>8  | <b>Activity Group / Jewellery making- 11:00 - 12:30</b><br>A jewellery designer will be coming along to show you how to make your own bracelets, necklaces and brooches.   |
| May<br>8  | <b>Bermondsey Group - 14:00 - 15:30 @ Artesian Branch, 138 Grange Road SE1</b><br>A chance to take a break from caring, have a cup of tea, chat and meet new friends.  |
| May<br>9  | <b>Peckham Group - 14:00 - 15:30 @ Peckham Library, 122 Peckham Hill Street SE15 5JR</b><br>A group run in conjunction with the Alzheimer's Society with special activities to help care for people with dementia. |
| May<br>10 | <b>Arts Outing - 10:00 @ Victoria &amp; Albert Museum insert address here</b><br><i>A visit to the brand exhibition celebration 50 years of British design</i>   |
| May<br>14 | <b>Health Club / Belly Dancing - 17:30 - 18:30</b><br>A chance to get healthy and have a lot of fun at the same time with coin belts, cymbals and music.   |
| May<br>15 | <b>Flower Arranging - 16:00 - 18:00 (see page 10 for more information)</b><br>A florist will be leading a ten week course to show up to 20 carers how to create professional looking bouquets.                     |
| May<br>17 | <b>Arts Group / Mosaic tile making- 10:30 - 13:00</b><br>We will learn new techniques like collage, clay modelling and mosaics to incorporate into the new carers centre mural.                                    |
| May<br>19 | <b>Weekend Activity Group / Foraged Foods- 10:30 - 13:30</b><br>We will continue our investigations into wild foods this month focussing on elderflowers making seasonal dishes.                                   |
| May<br>21 | <b>Carers Catch Up - 12:00 - 14:00</b><br>A chance to talk with staff, carers and board members to help us plan activities the way you want them.  |
| May<br>24 | <b>Arts Group / Flag Making - 10:30 - 13:00</b><br>We will be making flags and banners to take on the group outing to the Queens Diamond Jubilee celebrations.   |
| May<br>28 | <b>Life Story Group - 17:30 - 19:00</b><br>A group for carers of people with dementia, creating storybooks to help them remember key moments and memories.   |
| May<br>30 | <b>Carers Outing / Chelsea Physic Garden - 11:00</b><br>A fascinating tour of the gardens to see how plants have been used in medicine and healing across the ages.  |
| May<br>31 | <b>Book Club / The Sister's Brothers - Patrick de Witt - 17:00 - 18:30</b><br>A blackly comic witty noir version of Don Quixote. DeWitt's story is hugely entertaining.  |

If you are interested in any of the support groups and activities detailed here we recommend you call the office on 020 7708 4497 and speak with a member of staff who will be able to register you for the event and provide more information.

**Unless otherwise stated all events take place at 3rd Floor WMC, 54 Camberwell Road, London SE5 0HF**

# Events & Groups

## June Events

If you are interested in any of the support groups and activities detailed here we recommend you call the office on 020 7183 2286 and speak with a member of staff who will be able to register you for the event and provide more information.

June 1	<b>Knitting and Nattering - 14:00 - 16:30</b> This year we will be knitting hats and scarves to sell in our new gift shop at the Southwark Resource Centre.
June 2	<b>Film Club (The Story of The Royal Family) - 11:00 - 12:30 / Jubilee Tea Party - 12:30 - 15:00</b> A special documentary following the last 100 years of the royal family to mark the diamond jubilee celebrations.
June 5	<b>Carers Activity Group / Queens Diamond Jubilee Celebration - 12:00 @ The Embankment</b> A group will be going into town to join the street party, watch the royal procession and enjoy festivities along the river.
June 7	<b>Gardens Surgery Group - 14:00 - 15:30 @ Lew Evans House, 188 Underhill Road SE22 0QH</b> A chance to take a break from caring, have a cup of tea, chat and meet new friends.
June 8	<b>Carers Outing / Rochester Dickens Festival - 10:00</b> A visit to the historic town to interact with people, places and characters from Dickens' most famous tales.
June 11	<b>Health Club / Belly Dancing - 17:30 - 18:30</b> A chance to get healthy and have a lot of fun at the same time with coin belts, cymbals and music.
June 12	<b>Bermondsey Group - 14:00 - 15:30 @ Artesian Branch, 138 Grange Road SE1</b> A chance to take a break from caring, have a cup of tea, chat and meet new friends.
June 12	<b>Pillowcase Dress Group - 13:30 - 15:30 (see page 10 for more information)</b> We will making, cutting and sewing simple pillowcase dresses to send to children in Africa
June 13	<b>Peckham Group - 14:00 - 15:30 @ Peckham Library, 122 Peckham Hill Street SE15 5JR</b> A group run in conjunction with the Alzheimer's Society with special activities to help care for people with dementia.
June 14	<b>Arts Outing: Tiger Training for Beginners - 11:00 @ Unit 24 20 Great Guildford Street, London, SE1 0FD</b> More than 100 new paintings. Inspired by the artist's experiences working with tiger and lion trainers at the Circus.
June 16	<b>Weekend Activity Group - 10:30 - 13:30</b> We will continue our investigations into wild foods and medicinal herbs, cooking some special seasonal dishes.
June 18 - 24	<b>Carers Week - See page 7 for more information</b>
June 19	<b>Flower Arranging - 16:00 - 18:00</b> A florist will be leading a ten week course to show up to 20 carers how to create professional looking bouquet
June 20	<b>Carers Week Forum - 11:00 - 13:00</b> We will be looking at how health services could work
June 21	<b>Arts Group - 10:30 - 13:00</b> We will learn new techniques like collage, clay modelling and mosaics to incorporate into the new carers centre mural.
June 22	<b>Carers Week Pamper Day - 11:00 - 17:00</b> A range of therapists will be coming to the centre to provide hairdressing, acupuncture, yoga and aromatherapy.
June 25	<b>Life Story Group - 17:30 - 19:00</b> A group for carers of people with dementia, creating storybooks to help them remember key moments and memories.
June 27	<b>Carers Outing / Broadstairs - 09:00</b> A daytrip to the coast a chance to eat fish and chips by the sea, build sandcastles, fly kites and eat sticks of rock.
June 28	<b>Book Club / Before I go to Sleep - S J Watson - 17:00 - 18:30</b> Memories define us. So what if you lost yours every time you went to sleep? Welcome to Christine's life

Unless otherwise stated all events take place at 3rd Floor WMC, 54 Camberwell Road, London SE5 0HF



# Events & Groups

## July Events

If you are interested in any of the support groups and activities detailed here we recommend you call the office on 020 7708 4497 and speak with a member of staff who will be able to register you for the event and provide more information.

July 2	<b>Activity Group / Jewellery making- 11:00 - 12:30</b> A poet will be coming to the group to read some of their work and help you create you own verse.
July 5	<b>Gardens Surgery Group - 14:00 - 15:30 @ Lew Evans House, 188 Underhill Road SE22 0QH</b> A chance to take a break from caring, have a cup of tea, chat and meet new friends.
July 6	<b>Knitting and Nattering - 14:00 - 16:30</b> This year we will be knitting hats and scarves to sell in our new gift shop at the Southwark Resource Centre.
July 7	<b>Film Club (42<sup>nd</sup> Street) - 11:00 - 12:30</b> The first musical to transfer from theatre to film 42nd Street is a mix of tap, singing and big dance numbers.
July 9	<b>Health Club / Belly Dancing - 17:30 - 18:30</b> A chance to get healthy and have a lot of fun at the same time with coin belts, cymbals and music.
July 10	<b>Bermondsey Group - 14:00 - 15:30 @ Artesian Branch, 138 Grange Road SE1</b> A chance to take a break from caring, have a cup of tea, chat and meet new friends.
July 10	<b>Pillowcase Dress Group - 13:30 - 15:30 (see page 10 for more information)</b> We will making, cutting and sewing simple pillowcase dresses to send to children in Africa
July 11	<b>Peckham Group - 14:00 - 15:30 @ Peckham Library, 122 Peckham Hill Street SE15 5JR</b> A group run in conjunction with the Alzheimer's Society with special activities to help care for people with dementia.
July 12	<b>Arts Outing - 12:00 @ Buckingham Palace</b> The most iconic royal building in the country. One of only a few working royal palaces left in the world.
July 16	<b>Carers Catch Up - 12:00 - 14:00</b> A chance to talk with staff, carers and board members to help us plan activities the way you want them.
July 17	<b>Flower Arranging - 14:00 - 16:00</b> A florist will be leading a ten week course to show up to 20 carers how to create professional looking bouquets.
July 19	<b>Arts Group / Mosaic tile making- 10:30 - 13:00</b> We will learn new techniques like collage, clay modelling and mosaics to incorporate into the new carers centre mural.
July 21	<b>Weekend Activity Group - 10:30 - 13:30</b> We will continue our investigations into wild foods this month focussing on elderflowers making seasonal dishes.
July 25	<b>Carers Outing / Hewitts Farm (PYO) - 10:00</b> Pick your own strawberries, raspberries and other fruits at this local farm in Kent.
July 26	<b>Book Club / Life of Pi - Yann Martell - 17:00 - 18:30</b> A small boy is cast adrift on a life raft with only a tiger and a few other animals for company...
July 30	<b>Life Story Group - 17:30 - 19:00</b> A group for carers of people with dementia, creating storybooks to help them remember key moments and memories.

Due to the recent raise in postage costs Southwark Carers will no longer be sending out flyers for our events. If you want to know what is going on at the centre or would like any more information about any of the events in the newsletter please check our website: [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk) or call the team on 020 7708 4497 and we will be able to let you know what is happening and register you for anything you wish to attend.

**Unless otherwise stated all events take place at 3rd Floor WMC, 54 Camberwell Road, London SE5 0HF**

# New Groups

## Diamond Jubilee Celebrations

May 28th - Arts Group (Flag Making) 10:30 - 13:00  
June 2nd - Film Club / Tea Party 10:00 - 15:00  
June 5th - Jubilee Outing 0 10:00 - 14:00



To mark the Diamond Jubilee we are running 3 themed groups.

We are hosting a special arts group to create banners, bunting and flags to use at the centre tea party and take to the carers outing to the jubilee pageant on the 5th June.

June's Film Club will focus on the story of the royal family - looking at key events on film over the last 100 years including the coronation, weddings, funerals and commonwealth visits and the occasional gaffe by Prince Phillip.

We will also be joining the crowds on the 5th June to watch the river procession and pageantry. A group will be leaving from the Walworth Methodist Church at 11:00 to head to the embankment to watch the procession down the Thames and then head across to horseguards parade to see the changing of the guard.

## Pillow Case Dress Group 2nd Tuesday every month @ 2pm Starts June 2012



Following the success of the knitting group last year to produce blankets for homeless people we are launching a new group to make pillowcase dresses.

Using a very simple template we will produce clothes to send out to African countries including Malawi, Kenya and Ghana through the 'Dress a Girl Around the World' charity which is based in America who have distributed more than 38,000 dresses to girls in developing countries.

We have a number of sewing machines at the carers centre and will be working to produce simple dresses for girls and tee-shirt shorts for boys.

Dresses and shorts can be made from new fabrics or recycled clothes and pillowcases, if you have any materials you would like to donate please let us know and we can arrange collection.

For more information about the charity go to: [www.dressagirlaroundtheworld.com](http://www.dressagirlaroundtheworld.com) to see a pattern for the dress go to: <http://littlebiggirlstudio.blogspot.co.uk/2009/02/pillowcase-dress-tutorial-dress-girl.html>

## Flower Arranging 3rd Tuesday every month @ 4pm



Discover the secrets of successful floral design through this 10 week course. If you would like to arrange flowers for your home, friends and colleagues, and special events with confidence, then this group is perfect. We are working with a florist to provide up to 20 carers with a full floristry course.

You will learn:

- to understand why arrangements look good and why they do not, using the elements and principles of design
- the trade secrets that will enable you to make a few flowers go a long way
- the latest trends and techniques with up-to-the-minute materials
- arrangements for large venues such as churches, marquees or reception halls
- flowers in a vase and handtied bouquets
- pedestals
- table decoration and top table designs

Places are strictly limited, if you are interested in joining the group please contact Rob on 020 7708 4497 to register.

## Life Story Group - Last Monday every month @ 5:30pm

**Life story work is a tool to enhance the care provided to older people particularly those with dementia.**

- Life story work is an activity which involves reviewing and evaluating an individuals past life events and developing a biography of that person.
- It is used to help develop an understanding of a persons' past experiences and how they have coped with the changes in their life
- Life story work is a shared activity between the carer and cared for person.

Using a template put together by Dementia UK we will be running a monthly group to help those caring for someone with dementia.

The biographies cover elements including: My Childhood, My Working Life, Significant Life Events, Significant Places, Social activities and interests, Later life and retirement, My life now (what I like to eat and drink, things I enjoy, likes and dislikes and wishes for the future.



*'Doing life story work with my husband has made a difference to our relationship. I thought I had nothing in common these days but doing the life story made me realise we had a lifetime of experience and joy. My husband loves looking at the photos of us all'*

## Can Counselling Help?

Being a Carer can be a challenging role. At times it can evoke distress, frustration and anger. We all live through difficult and distressing events or experience painful feelings.

While caring for a loved one these problems together with stress, illness or bereavement or on their own can damage our relationships and make it difficult to cope.

### What a counsellor does

The counsellor's role is to help you gain a greater understanding and awareness of yourself and the problems you have to face. A counsellor will not tell you what to do, but will encourage you to develop confidence in your own ability to help yourself.

Counselling involves meeting weekly to talk about sometimes difficult or personal issues to help us find better ways of dealing with them. For this reason trust, confidentiality and a safe environment are all part of the service.



Southwark Carers offers one-to-one counselling for adults caring for someone living in the London Borough of Southwark. Counselling will usually be weekly for a period up to 13 weeks.

Counselling is provided in venues across the borough of Southwark including Counselling and Health Centres.

Our counsellors are either in advance training or have already qualified and receive regular professional clinical supervision

What you can expect from us

- Courtesy and confidentiality.
- No discrimination on any grounds.
- A safe, non-judgmental space for you to talk
- A professional & clinically supervised service.

We offer counselling during days and evenings, subject to availability.

## Southwark Carers Massage Service



Southwark Carers work in conjunction with a local agency Kander to provide massage and healing treatments for carers.

In order to claim your therapies, you must have completed the Carers Assessment form.

If you have completed this you can contact us to request a massage token which allows you to claim up to 3 one hour massages at Kander at times which suit you.

To claim your tokens please call Rob on 020 7708 4497

We have had some great feedback from carers about this service including:

*"It felt absolutely fabulous, I haven't relaxed like that in years. The whole experience was wonderful. I went in full of aches and pains and came out rejuvenated."*

## Drop in advice sessions time change

**The weekly advice and support session Southwark Carers run at Sunshine House in Peckham has been changed to a new later time to allow working carers and carers with children to access support**

The new service runs from 15:00 to 17:00 at Sunshine House. Sunshine House improves services for children with special needs, disabilities and other vulnerabilities. The centre gives a range of services that are easily accessible to meet the needs of children and young people in Southwark. These services are in a child-centred and family-friendly environment.

Sunshine House is situated on the corner of St Giles Road and Peckham Road in Camberwell.



Have your say at:  
[www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk)



# Mental Health Carers

## NHS reforms 'a risk to vulnerable children'

There is "deep unease" over the way vulnerable children will be looked after in England under a new NHS system, health leaders say.

The NHS Confederation said a confused and fragmented service which might fail needy children was being created.

It highlighted arrangements for youngsters in care and custody as well as those with mental health problems.

But the confederation also said those with complex health needs and disabilities could be affected too.

The group, which represents managers, said the changes being made risked undermining the good strides made in recent years by councils and primary care trusts, which currently organise care.

It said in the future there would be up to five different parts of the NHS that could end up playing a part.

These include the NHS board, its regional offices, the GP-led clinical commissioning groups and Public Health England, a national body that will come under the remit of the Department of Health.



Jo Webber, deputy policy director of the NHS Confederation, who will be discussing the issue at a conference of leading health professionals in Coventry on Wednesday, added: "We have ample evidence from the past of what goes wrong when organisations are not co-ordinated to work together properly.

"There is deep unease in the NHS that, in reorganising the system, we are resetting to a model that is potentially riskier and certainly more fragmented."

A Department of Health spokeswoman said guidance would be published on the issue soon, adding it was a "priority" for government that robust arrangements were in place.

## Families and carers and mental health

**Families and Carers play a vital role in supporting people with mental health problems and / or an addiction to drugs or alcohol. We know that this role can sometimes be difficult, demanding and lonely.**

Since 2009 the Trust has run an annual Family and Carers Listening Event, which gives families and carers the opportunity to meet and share their experiences with staff, gather information and to hear about the work being developed across the Trust.

To register your interest in attending the event please contact:

Gareth Evans  
Team Administrator  
111 Denmark Hill  
Maudsley Hospital  
SE5 8AZ

Phone: 020 3228 2597  
Fax: 020 3228 2500  
email: [gareth.evans@slam.nhs.uk](mailto:gareth.evans@slam.nhs.uk)



## CoolTan Arts Largactyl Shuffle

Join CoolTan Arts Largactyl Shuffle, a free guided cultural walk around Southwark, promoting mental health and physical wellbeing, using art, humour and history and destigmatising mental distress.

This month will be an exploration of the origins of May Day and a celebration of the return of spring. Learn more about the history of the ancient festival and its connection to Southwark. Learn about Walworth May Queens, the Bermondsey Maypole, Morris dancers, Jack in the Green, Sid Barrett, Folk songs and much more!

The walk ends at Camberwell Green in time for the Grand Unveiling of the CoolTan Arts Largactyl Shuffle Bench at 3pm, next to the Ginkgo Tree planted to commemorate World Mental Health Day 2011. The sculptural bench, designed by Rossan Daskalov, was made possible by Camberwell Community Council's Cleaner Greener Safer fund awarded to CoolTan Arts and creates a place of calm contemplation for all to enjoy.

*Come a dancing and a drumming, through the streets of Southwark this May.*

*In hand we'll have a May Day pole, and also have lots to say; Sid Barrett gets a mention, and there'll be a song or two.*

*We will interest you with history, about the Borough and the zoo!*

We will meet at 12 beside the Tate Modern, and take you all in hand. Dress up, bring drums, come bearing gifts, And join our merry band (of largactyl shufflers).

The walk leaders wear orange high-viz vests and rucksacks. Call CoolTan Arts on 07985 658443 if you cannot find the group of walkers on the day.

The walk is free but voluntary donations will be appreciated. Please wear comfortable shoes and bring a bottle of water. The walk is accessible to wheelchair users, people with disabilities.



CoolTan Arts believes mental wellbeing is enhanced by the power of creativity. It is a pioneering arts and mental health charity run by and for people with mental distress and exists to inspire the wellbeing and creative participation of a diverse range of people through the production of arts.

### CoolTan Arts Largactyl Shuffle May Day Walk around Southwark

**Saturday 19th May**

**Start:** Tate Modern

**Ends:** Camberwell Green

**Times:** 12noon – 4:30pm

**Cost:** free/voluntary donation

## MH Support groups

1st

Thur

### **Maroons Group - 18:00 - 20:00**

Service for Afro-Caribbean Mental Health Users.

Unit 3 and 5 Addington Lofts

1 Bethwin Road, SE5 0HF

For details: Call Lucky on 020 7708 1524

1st

Thur

### **Chaucer Group - 18:30 - 20:30**

Service for people aged 18-65 with a mental health diagnosis.

13 Ann Moss Way (off Lower Road), Rotherhithe, SE16 2TH

For details: Call Judith on 020 3228 9800

Last

Wed

### **Lordship Lane Group - 17:00 - 19:00**

Service for people aged 18-65 with a mental health diagnosis.

Top Room, Dulwich Library, 368 Lordship Lane SE22 8NA

For details: Call Vishnu on 020 3228 2767

## Southwark Carers Flexi-respite Service

When you are taking care of somebody you also need to think about caring for yourself. In most jobs you get paid holidays - you should try to take some time off from caring too!

You can get some respite from your caring role in a number of different ways:

- Residential respite: The person you care for goes away to be looked after by someone else for a while – residential or nursing care or on a holiday.
- Domiciliary care: Someone comes into your home and takes over care for a while (a few hours or sometimes overnight) so you can go out or have some time to yourself.
- You can sometimes get a break when the person you care for is involved in other activities, for example at school or a Day Centre.



Southwark Carers work closely with a number of domiciliary care service providers, to provide respite cover for Carers.

## 30% Increase in postage costs leads to change of way we advertise



**Due to the large increase in postage costs which came into effect on the 30th April 2012 we are no longer able to send out flyers to every event that we organise.**

The 30% increase on 1<sup>st</sup> class and 39% increase on 2<sup>nd</sup> class stamps means it has become prohibitively expensive to send out flyers as we have done in the past.

We will advertise all of our events in our newsletter and on our website [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk)

## Help Us Identify Hidden Carers

Do you belong to a community group, or attend a church, mosque, temple or other place of worship or faith group?



Staff from Southwark Carers can come and talk to groups about:

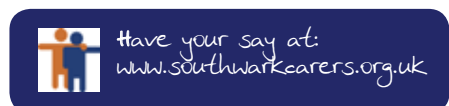
- What is meant by the term 'carer', to help reach more people in the community who are in a caring role
- The role of the Carers' Centre and the services we offer
- The impact of mental illness on families
- How families are affected by someone's drug or alcohol use

We can also respond to requests to come and talk on other topics, where appropriate. Please speak with any member of staff if you think that the group you attend would be interested in one or more of us coming along to speak to the members.

Alternatively, we can give you some of our leaflets to take to your group or out the group on our mailing list to receive the Southwark Carers' Newsletter on a regular basis. Please call the office and ask for Rob.

If you are unsure of what is happening at the centre you can also call the office on 020 7708 4497 and speak with any member of staff who will be happy to tell you what is going on and register your interest in attending.

We will also be sending more invitations to carers by email, if you would like to receive updates this way make sure we have your details by sending us an email to [info@southwarkcarers.org.uk](mailto:info@southwarkcarers.org.uk) with the subject line invitations.



# Associated services

## Southwark Disablement Association

Southwark Disablement Association (SDA) is a user led voluntary organisation of and for disabled people providing services to disabled adults with physical, neurological or sensory impairments who live in Southwark.

Their services include:

**Advice and Support** to help people with disability issues including equipment and welfare benefit advice.

**Advocacy** to help with social services, occupational therapy, outcome based assessments, housing and independent living.

**Transport and access** advice to help with independent travel, buses, freedom passes and taxi cards.

They have a specialist **deaf access and outreach** worker who can provide information and support with council and health services and completing DLA and other benefit letters and forms.

They also run a **befriending service** for people who feel isolated who can also undertake basic gardening, DIY and shopping for people.

They can also help people on **personal development**, exploring your life opportunities helping you to use your personal budget to it's maximum ensuring your support plan works for you the best it can.

SDA also runs a **domicillary care** service that can help users with personal care and household tasks.

Their offices are fully accessible to visitors between 10:00 and 16:00 Monday to Friday.

Home visits can be arranged where necessary

Southwark Disablement Association  
Southwark Resource Centre  
10 Bradenham Close, London, SE17 2QB

sda@dircon.co.uk  
www.sda.dircon.co.uk

Main Switchboard - 020 7701 1391  
Personal Development - 020 7525 5738  
SDA Domicillary Care - 020 7277 4446

## Share & Care Sunday Lunch

**Location:** The George Hotel, 19-21 George Street, Edinburgh EH2 2PB

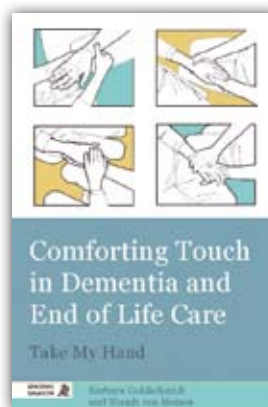
**Date:** 20th May 2012

Billed as a fun-filled afternoon for all the family, the Share & Care Sunday Lunch promises delicious food, great entertainment and prizes a plenty. The event, which will be raising money in support of The Princess Royal Trust for Carers in Scotland\*, will be hosted by the inimitable John Amabile, ITV's 60 Minute Makeover star.

Music is provided by the super smooth Andy Miller with tributes to Michael Buble and the Rat Pack and the event is being organised by Kai Murray, a long-standing supporter of our work in Scotland. All funds raised will be used to further our work in support of carers and young carers. Ticketing information: £45 a head (three-course meal and a glass of fizz)

For more information about the event, contact Yvonne Hughes, Senior Fundraising Manager, on 0141 221 5066 or email [yhughes@carers.org](mailto:yhughes@carers.org)

## Books for carers



**Comforting Touch in Dementia and End of Life Care**  
*Barbara Goldschmidt and Niamh van Mienes*

The simple sensation of touching someone's hand can have a powerful therapeutic effect. Hand massage is a positive and meaningful way of reaching out and providing comfort to those who are elderly, ill or nearing the end

of life, and it can be particularly effective for people with dementia who may respond well to positive non-verbal interaction.

This book offers inspiration for all caregivers looking for an alternative way to support and connect with a family member, friend or patient in their care. It teaches an easy 30 minute hand massage sequence and offers clear instructions and detailed illustrations to guide the reader through each step. Combining light massage strokes with focused awareness, and paying close attention to points on energy pathways, this book introduces a structured way of sharing touch that is grounded in Western and Eastern massage traditions.

# Contact Us

## Main Contact Number:

020 708 4497

Website: [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk)

## Postal Address:

Southwark Carers  
3rd Floor, Walworth Methodist Church,  
54 Camberwell Road  
London  
SE5 0EN

Email: [info@southwarkcarers.org.uk](mailto:info@southwarkcarers.org.uk)

## How To Contact Each Service:



### Advice & Support

Vivien Topliffe  
[vivien.topliffe@southwarkcarers.org.uk](mailto:vivien.topliffe@southwarkcarers.org.uk)



### Health Services Liaison Worker

Irene Kruger  
[irene.kruger@southwarkcarers.org.uk](mailto:irene.kruger@southwarkcarers.org.uk)



### Advice & Support

Dawn Levy  
[dawn.levy@southwarkcarers.org.uk](mailto:dawn.levy@southwarkcarers.org.uk)



### Finance

Jackie Olding  
[jackie.olding@southwarkcarers.org.uk](mailto:jackie.olding@southwarkcarers.org.uk)



### Communications / Grants

Rob Danavell  
[rob.danavell@southwarkcarers.org.uk](mailto:rob.danavell@southwarkcarers.org.uk)

## Useful numbers

Southwark Carers	020 7708 4497
British Gas General Enquiries	0800 070 1122
Age Concern helpline	0800 00 99 66
Southwark Health & Social Care	020 7525 3838
Carers Direct helpline	0808 802 0202

NHS Direct	0845 4647
Mental Health Crisis line	0800 028 8000
Victim Support Southwark	020 7277 1433
Samaritans	08457 90 90 90
Salvation Army	020 7367 4500

## If you have any compliments, comments or complaints about your services please contact:



Verinder Mander  
[verinder.mander@southwarkcarers.org.uk](mailto:verinder.mander@southwarkcarers.org.uk)

## Do you have some news for us?

If you have any news about events, information or offers that would be of use to carers please let us know and we'll try to include it in future newsletters

## Please take note of our new telephone number and postal address

### Postal Address:

Southwark Carers  
3rd Floor, Walworth Methodist Church,  
54 Camberwell Road  
London  
SE5 0EN

### Main Contact Number:

020 7708 4497

Southwark Carers is a member of the Carers Trust national network of carers centres

Registered Company: 4146495 Registered Charity: 1085300

