

Wellbeing Spring/Summer 2021



- Bingo and Fish & Chips
- Farnham Sculpture Park
- Pizza
- Mindful Café
- RHS Wisley
- Curry Night
- Denbies Wine Estate
- Kew Gardens Explorer
- Seaside Trips
- Mayfield Lavender Farm

**Carers' Week Online
and in-person
Carers' Celebration Week**
See inside for exciting events!

Make Caring Visible and Valued



As many of you may know, Carers Week is 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.

This year we are coming together to **Make Caring Visible and Valued.**

Carers Week are calling for better breaks for unpaid carers. Many of you will know the feeling of being on call all the time: on duty, never getting a night's sleep, no time to yourself or to relax with family and friends. This has been the reality for many carers, who've made do with far less support during the past year than they'd previously received.

KCN, along with Carers Week and many others, are calling on the government to increase funding for carers' breaks. You can support the campaign now by writing to your local MP and asking them to raise the need for better breaks support in Parliament.

Carers Week 2021

Carers Week is held nationally from 7th to 13th June but as Boris's roadmap suggests a further lifting of restrictions may be possible on 21st June, we have decided to hold our Carers Week celebrations from 25th June to 1st July. We hope that this will give us the opportunity to see many of you face to face but it will, of course, be subject to government guidance.

Carers Week Talks

Carers Assessment and Managing Uncertainty

Wednesday 9th June at 10.30am

Join Lily and Layla on Zoom for an informative talk on the importance of carers' assessments as well as managing uncertainty.

Carers' Rights

Thursday 10th June at 2.00pm

Join us via Zoom for a talk on Carers' Rights by KCN's solicitor and Deputy CEO, David Still. We will be joined by Kingston and Surbiton MP, Ed Davey.

Managing Stress (45 minutes)

Friday 11th June at 10.30am

Shani De Fonseka is a meditation and positive thinking teacher based in Tolworth.

As part of Carers Week she is offering a wellbeing talk with stress reducing tips, a short meditation and ways of training the mind to think in more positive and helpful ways.

Group size limited to 7 carers

If you would like to book a space on any of these talks, please email Layla on wellbeing@kingstoncarers.org.uk or complete the booking form on the last page and return to "FREEPOST Kingston Carers' Network"

Covid Requirements and Social Distancing

For all our activities requiring transport we have booked minibuses from RAKAT – the Richmond and Kingston Accessible Transport service. They supply 16-seater mini-buses which are maintained to strict covid secure standards:

- Deep cleaning and fogging of the buses are done before each use. Each is only booked out to one group per day.
- Face masks must be worn by passengers for the duration of the journey unless medically exempt
- Hand sanitiser is used by all passengers before and after each journey
- Passengers' temperatures will be taken before boarding
- In addition to the above KCN will request a vaccinated driver (where available).

We will not be filling the buses to capacity. Under each event you will see the maximum number of spaces available, and how these will be split between the minibuses.

Bookings

To make a booking please email wellbeing@kingstoncarers.org.uk or write to KCN (c/o Layla Brokenbrow - KCN, 418 Ewell Rd, Tolworth, KT6 7HF).

You can find a booking form at the end of this information.

Places will NOT be allocated on a first come first basis. Consideration will be given to new carers as well as carers only booking for one event.

If you wish to book a fully socially distanced seat – please indicate this at time of booking and we will do our best to accommodate you. If this is not possible we will be in touch to discuss this with you.

Carers Celebration Week

Bingo Night with Fish and Chips

Day and date	Friday 25th June
Location	St Mark's Church, Surbiton Hill
Time	6:30pm - 8:30pm
Meals	Fish and Chip supper provided
Cost	FREE

Come and join us for a night of socially distanced bingo in the large hall of St Mark's Church!

A simple fish and chip supper will be provided.

*** PLEASE NOTE *** This event is limited to a maximum of 30 carers.

Farnham Sculpture Park

Day and date	Saturday 26th June
Location	Farnham
Depart KCN	9:30am
Return to KCN	3:30pm
Meals	Meals are not included, please bring your own food and drinks. There is no café on site.

Lose yourself for hours along a winding 2-mile trail through 10 acres of enchanting woodland and water gardens. More than 600 large outdoor sculptures are displayed throughout our stunning grounds all year. The Park is teeming with wildlife and plants which are ever-changing throughout the seasons.

*** PLEASE NOTE *** To allow for some social distancing on the two 16-seater minibuses this event is limited to a maximum number of 20 carers. One minibus will carry 8 carers plus KCN representative (offering full social distancing) The other minibus will have 12 passengers plus KCN rep (limited social distancing)

There is no café on site – please bring your own lunch and blanket. Keep your fingers crossed for nice weather!

Lunchtime Social

Day and date	Monday 28 th June
Location	Pizza Express, New Malden
Time	12:00pm – 2:00pm
Meals	Pizza and a drink provided

Come and join us for a relaxed lunch with other carers in the borough.

*** PLEASE NOTE *** This event is limited to a maximum number of 12 carers.

Mindful Café

Day and date	Tuesday 29 th June
Location	Searchlight Centre, Kingston Road, New Malden, KT3 3RX
Time	10:30am – 12:00pm
Meals	Tea, coffee and cake provided

Come and join me (Layla) and other carers for a chat over coffee and cake.

You can also try your hand at still life drawing or adult colouring – a relaxing way to de-stress.

Please book your place in advance so we can ensure adequate social distancing is in place

RHS Wisley Gardens Guided Tour

Day and date:	Wednesday 30th June
Location	RHS Wisley
Depart KCN	9:30am
R return to KCN	3:00pm
Meals	Meals are not included, please either bring your own food and drinks or purchase them on site during the event

Wisley is the historic home of the Royal Horticultural Society (RHS) and houses one of the largest plant collections in the world. Our visit begins with a guided tour led by a Wisley volunteer, lasting approximately one hour. Following the tour, tea and cake will be served in a private space. The afternoon is yours to either relax, explore the gardens further or visit their shop and garden centre. You are welcome to bring your own picnic or purchase lunch from one of their onsite cafes.

***** PLEASE NOTE *****

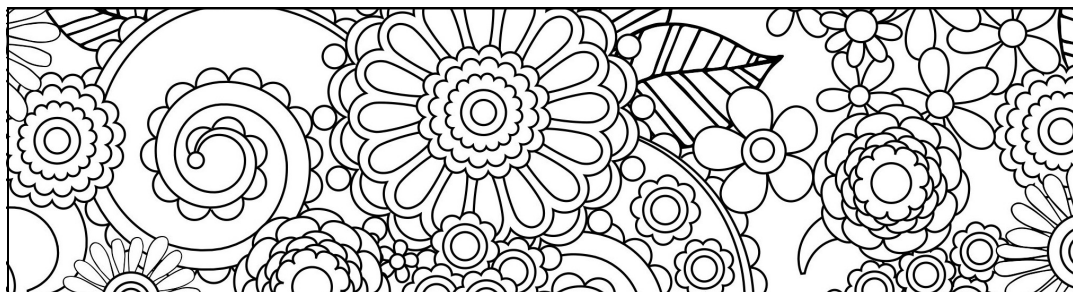
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Curry Night

Day and date	Thursday 1st July
Location	Venue TBC
Time	7:00pm to 8:30pm
Meals	Set menu provided

Come and join us for a fun evening with other carers in the borough. A set menu will be provided.

***** PLEASE NOTE ***** This event is limited to a maximum number of 12 carers.



Summer Wellbeing Programme

Denbies Wine Estate: Vineyard Train Tour with optional Indoor Cellar Tasting Experience

Day and Date	Friday 9th July
Location	Dorking
Depart KCN	1:00pm
Return to KCN	5:30pm
Meals	No meals are included in this event
Cost	£2.50 (includes train tour)
Optional extra	£7.50 (indoor wine experience, normally £15 per person)

The Denbies Estate, based in Dorking, Surrey, has been family owned and run since 1984. Denbies vineyard was planted in 1986, and since then has become one of the largest wine producers in the UK.

Our visit begins with their Outdoor Vineyard Train Tour. Following the tour you can either visit their farmshop and information centre or choose to join their Indoor Wine Tasting Experience. More information on each tour is provided below.

Outdoor Train Tour:

This 50-minute vineyard tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary enhances your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs.

Indoor Wine Tasting Experience: (additional cost)

Enjoy a glass of Denbies Sparkling wine or soft drink in their cinema as you watch 'The Vineyard Through the Seasons' followed by a tasting of four of Denbies award winning wines. Learn about the geology and history of the estate and experience the changes in the vineyard through the seasons and appreciate the wine making process from vine to bottle.

(Duration approx. 60 mins)

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Kew Gardens Explorer

Day and Date	Thursday 15th July
Location	Kew Gardens, Kew
Depart KCN	9:30am
Return to KCN	3:30pm
Meals	Meals are not included, please either bring your own food and drinks or purchase them on site during the event
Cost	£2

Kew Gardens' magnificent scientific collection contains plants from tropical, temperate, arid and alpine climates. Their expert horticulturalists grow them both in the gardens and in controlled conditions within glasshouses and nurseries. With over 8.5 million items, Kew houses the largest and most diverse botanical and mycological collections in the world.

Our visit will coincide with Kew's Community Access Week and we hope the following activities will be available;

11am: Walking tour of Kew Gardens by expert guide (public)

This tour is the perfect opportunity to fully immerse yourself in the Gardens and celebrate the world-class collections, iconic buildings, and outstanding landscapes.

11:30am: Land train tour (public)

The Kew Explorer land train is a relaxed and gentle way to explore the Gardens and learn about the diverse living collection. It runs on the hour.

11:30am: Kitchen Garden Basil Talk and Tour (private to KCN)

Meet Kew Kitchen Gardener Hélène Dove, who will share the results of growing different basil species and cultivars to compare their taste, appearance and productivity; showcasing this diverse herb.

There are only 6 places available on each tour - lots will be drawn on the day if a session is oversubscribed.

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Mayfield Lavender Farm with Cream Tea

Day and Date	Monday 9th August
Location	Mayfield Lavender Farm, Banstead
Depart KCN	1:00pm
Return to KCN	4:30pm
Meals	Cream tea included, subject to availability on the day
Cost	£4

Mayfield is a 25-acre lavender farm and shop, located in Banstead (Woodmansterne), Surrey. The farm is a popular visitor attraction throughout summer where you can wander through a sea of beautiful organic lavender. The lavender normally starts to bloom towards the middle to end of June and the peak time is July and August.

The afternoon starts with a short tractor ride (approx. 20 minutes) to view the farm, followed by a cream tea. After our refreshments there will be time to stroll around through the fields enjoying the sights and smells of the lavender or visit the farm shop.

Tractor Rides:

A tractor ride around Mayfield is a wonderful and effortless way to experience the undulating purple expanse of the farm's gorgeous

organic lavender. At the height of the season you will be able to see the three different varieties of lavender all in bloom, along with some very happy bees and butterflies.

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Bognor Regis Seaside Trip

Day and Date	Saturday 24th July
Location	Bognor Regis Seafront
Depart KCN	9:00am
Return to KCN	4:30pm
Meals	Meals are not included, please either bring your own food and drinks or purchase them in Bognor during the day
Cost	£5

This is a self-guided event, which means our time in Bognor is yours to spend as you like.

Bognor Regis is a traditional seaside resort, a 20 minute drive from the South Downs National Park. It has a bustling town centre within walking distance of the seafront. You can walk along the promenade (just over 2.7 miles in length stretching from Felpham to Aldwick), enjoy fish and chips on the pier or relax by the main beach which has large expanses of sand at low tide. There is also a Promenade train - a great way to let the train take the strain, as well as the views!

***** PLEASE NOTE ***** To allow for some social distancing on the three 16-seater minibuses this event is limited to a maximum number of 30 carers. One minibus will carry 8 carers plus KCN representative (offering full social distancing). The other 2 minibuses will have 11 passengers each plus KCN (limited social distancing)

Worthing Seaside Trip

Day and Date	Saturday 21st August
Location	Worthing Seafront
Depart KCN	9:00am
Return KCN	4:30pm
Meals	Meals are not included, please either bring your own food and drinks or purchase them in Worthing during the day
Cost	£5

This is a self-guided event, which means our time in Worthing is yours to spend as you like.

Worthing is a jolly seaside town with plenty of shops and places to eat and drink. The gently sloping beach at Worthing is sand and shingle, with most of the sandier parts and rock pools uncovered during low tide. Worthing Pier is found along the beach. It was originally built in 1862. Today, there is a café on the pier. The Pavilion Theatre sits at the end and is a Grade II Listed Building.

*** PLEASE NOTE ***

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REMEMBER: All of our activities must be booked, unless otherwise stated. You must register your interest with Layla by emailing wellbeing@kingstoncarers.org.uk or by returning the form on the last page

Support Groups

We hope to be able to run face to face support groups again soon but until then all of our support groups will be running via Zoom.

Carers of Adults with Asperger's Syndrome or Autism Spectrum Disorder

First Wednesday of each month

10.00am to 12.00pm

Parents and Carers of Children and Young People with ADHD or Additional Needs

Second Friday of each month

10.00am to 12.00pm

Mental Health Carers' Group

Second Tuesday of each month

6.00pm to 7.15pm

For more information on any of the support groups, contact:

020 3031 2757 or **admin@kingstoncarers.org.uk**

YAC PEER SUPPORT GROUP



We have a fortnightly Young Adult Carers' Group for 16-21 year olds, every first and third Friday of the month. Get in touch with Liz on 07551 647 448 if you would like more information or think you would like to come



KCN Friends Reading Group

A national scheme being run by Kingston Libraries

Free via zoom

Reading Friends is designed to tackle loneliness and social isolation by bringing people together to read, share stories, chat and have fun. A Reading Befriender holds regular one-to-one or small group sessions that begin with the reading of a poem, short story, letter or other piece of text to spark conversation and connect people socially. It is different to a structured book group as there is no reading to do beforehand. You don't need to be an expert in literature – simply have a love of reading you would like to share to make a difference in your local community.

If you are interested in joining a KCN Reading Friends group with other carers in the borough please email Lou at carers6@kingstoncarers.org.uk

Fitness Classes

Kat (KCN's resident fitness instructor) will now be offering her two most popular 60 minute exercise classes in person from Monday 14th June at the Surbiton Racquet and Fitness Club.

Fitness Stretch and Core

Mondays at 10.00am

Stretch and Resistance Band

Wednesdays at 9:30am

Total Body Workout

Fridays at 11.00am Friday. This class will continue to be via zoom.

Classes cost £4 if bought via a 4, 8 or 12 week exercise pass. They are £5 if you turn up on the day.

For more information on buying an exercise pass please email Layla - wellbeing@kingstoncarers.org.uk



BOOKING FORM:

Mr / Mrs / Ms / Miss / Other:

Full name: _____

Address: _____

Postcode: _____

Phone Number: _____

Email: _____

Are you:

☐ Aged over 65☐ Dementia carer☐ Parent carer☐ Volunteer☐ None of the above☐ Please tick if you identify as BAME

I would like to request a place on the following events:

Day / Date	Activity

☐ **I would like to request a socially distanced bus seat**

Please return this form to "FREEPOST Kingston Carers' Network". You do not need to write anything else on the envelope or use a stamp.