



Kingston Carers' Network

CARERS TRUST

KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Wellbeing Newsletter

Jan—Mar 2022

Also inside:

- Exciting new Residential Trip!
- Fitness Classes
- Mindfulness Course
- Workshops
- End-of-Life Care information Sessions
- Dementia support



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Kingston
Clinical Commissioning Group



News from Layla



Hello everyone!

What a year it has been! I have thoroughly enjoyed meeting so many of you during the summer and autumn programmes, and wish you and your loved ones the very best for the festive period.

Inside you will find our winter programme with lots of activities to help you welcome in 2022. Our Introduction to Mindfulness course and free yoga classes will soothe your soul, while the two hour poetry masterclass with the talented Lucinda Jarrett will get your creative juices flowing. We have also booked the wonderful Rosie Noble from the Princess Alice Hospice - she will be running information sessions on caring for a loved one at the end of life. Her talks are on the last Thursday of January, February and March, so if you have any worries or concerns, please do come along. And lastly, don't miss out on our exciting overnight respite break to Somerset, see pages 4 to 5. I look forward to seeing you there!

Best wishes, Layla

Message from our CEO

Welcome Everyone.

I am delighted to share our latest wellbeing booklet with you all and hope that you find activities of interest to you. As carers, it is so very important that you take time for yourselves wherever possible as looking after yourself, helps you to support those you care for. Thanks to those who have completed the carers' strategy survey, we are more aware than ever that a life outside caring is the highest priority for many of you.

I hope you enjoy!



Best wishes, Diane

Support Groups

KCN runs monthly groups to give carers the chance to chat with others who may be in a similar situation to themselves. It is a friendly opportunity to share stories and tips in a safe, non-judgemental space.

Whilst we are not able to meet in person, we are running our support groups and chats online via Zoom:

Zoom Support Groups – please note that spaces must be booked

Parents and Carers of Adults with Asperger's or ASD

First Wednesday of each month, 10.00am to 12.00pm

Please book by emailing carers4@kingstoncarers.org.uk

Carers of People with a Mental Health Condition

Second Tuesday of each month, 6.00pm to 7.15pm

Please book by emailing carers1@kingstoncarers.org.uk

Carers of People with Dementia

Second Wednesday of each month, 3.00pm to 4.00pm

Please book by emailing carers6@kingstoncarers.org.uk

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

Second Friday of each month, 10.30am to 11.30am

Please book by emailing carers5@kingstoncarers.org.uk

To keep these meetings safe and secure, we will only send the login details to those who have registered for the meeting and we would ask you not to share these details with anyone else.

If you need any technical support to get set up on Zoom, please contact Lou by emailing carers6@kingstoncarers.org.uk.

Explore Somerset Weekend Getaway

Overnight Trip! 26th to 27th March 2022

We are thrilled to announce we are offering adult carers the chance to enjoy a special weekend respite break in 2022. Over two days and one night we will explore the charms of west England as we journey back in time to the legend of King Arthur and the Holy Grail.

ITINERARY

Saturday 26th March

Leaving early we will visit Stonehenge enroute to our accommodation in Street. After a light lunch your time is your own. You can choose from a gentle hike to the top of Glastonbury Tor, a visit to the beautiful Chalice Well Peace Garden, a stroll around Street or the chance to hunt down a bargain in the Clark's outlet village nearby. In the evening we shall dine as a group with entertainment afterwards.

Sunday 27th March

Sunday morning and again the choice is yours; join a small group tour to the top of Glastonbury Tor, enjoy mindfulness meditation in the Chalice Well garden, visit the Clark's outlet village, visit Glastonbury Abbey or explore the majesty of the Bishop's Palace and Cathedral in nearby Wells. We will depart for home late morning, stopping for lunch at one of the many historic homes enroute, before arriving back at Tolworth early evening.



Cost: The cost of this trip is £25 per carer, payable in March 2022.

We are extremely grateful to the Carers Trust whose generous funding has allowed us to offer this weekend break for carers at such a reduced cost.

Included in the cost is: coach travel, one night's accommodation, entrance fees on KCN-led activities, Saturday evening's meal, a continental breakfast and lunch on Sunday.

Not included: Lunch on Saturday, drinks, and any costs for activities that have not been arranged by KCN.

How to Book

If you would like to apply for a place on this trip, please complete either the [online Registration Form](#) or the paper registration form included with this booklet and return it to KCN.

We can only accept registrations via the online registration form (link above) or via the supplied paper form. Please do not send your request over email. Payment is NOT required at this stage.

Deadline for submitting your registration form is 7th Jan 2022.

Financial Support

We realise the costs of arranging temporary care for your cared for can make it extremely difficult to take time away for yourself. We have secured funding to help a small number of carers who would find it difficult to meet the costs of care for the person(s) they care for whilst away. If you would like to apply for a small grant from this fund please complete the online [Request for Financial Support form](#) or hard copy provided. We will use the information provided on this form to help us decide who shall be offered funding support.

Deadline for submitting financial support form is 7th Jan 2022.

If you need help completing either form, please call **020 3031 2751**.

Free Wellbeing Courses

Introduction to Mindfulness and Meditation Course

4 weeks, St Mark's Church, Surbiton

Friday mornings from 10:15am to 11:15am

January 14th, 21st, 28th, February 4th

Learn mindfulness techniques to help develop positive thinking and handle challenges with a peaceful and calmer mind. Also includes breathing techniques for managing anxiety.

Each 60min class includes a guided meditation so you can put your new skills into practice.

There is no charge for this programme but booking is required. Group size limited to 12 carers.



CREATE! Theatrical Arts Programme

8 weeks — Starting 20th April

The Glass Room, St Andrew's Church, Surbiton

Wednesday mornings from 10:30am to 12:45pm

Join this fun filled learning programme and learn from an expert as you explore and develop your creative talents.

A wonderful way to socialise and connect with other carers.

No experience necessary. There is no charge for the programme but pre-booking is advised. Group size limited to 15 carers. More information to follow.



Free Beginners Yoga

Bring Yoga into your Life

Build emotional resilience, positivity, feelings of inner calmness and contentment.

Increase your core strength, reduce back, shoulder or neck pain.

Improve muscle tone and cardio vascular fitness levels

Boost energy levels, sleep better, improve digestion....just some of the benefits of developing a regular yoga practice.

New series of classes for carers starting in 2022

13 January to 3 February & from 24 February to 17 March

Online via Zoom or at the Garden Room Studio, KT5 8BS

SUITABLE FOR ALL LEVELS AND ABILITIES

Course 1: Thursdays, 9:45am to 11am

Course 2: Thursdays, 1:30pm to 2:45pm

Info: 07796 148400 | lesley@good-pr.co.uk | www.behappyyoga.fit

Email Lesley@good-pr.co.uk to book



BE HAPPY YOGA

Events and Activities



Caring at the End-of-Life Advice & Support

Venue: St Mark's Church, Surbiton

Dates:

Thursday 27th January, 1:30pm – 3:30pm

Thursday 24th February, 1:30 – 3:30pm

Thursday 31st March, 1:30 – 3:30pm

These informal, carer-led sessions are run by Rosie Noble, the Families and Carers Lead at Princess Alice Hospice.

Topics depend on carers needs, but normally include eating well (for carers and loved-ones), moving and handling, mental wellbeing, and physical wellbeing, how to recognise that someone is becoming less well & what to expect as the end of life draws near. The sessions offer opportunities to discuss any worries or fears in a supportive and safe space.

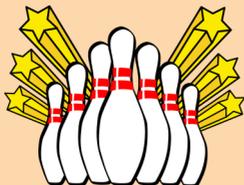
Sessions are free to attend but booking is required.

Ten Pin Bowling

Rotunda, Kingston
Tuesday 11th January
6:30pm to 8:30pm

Join us for a relaxed night of fun and conversation.
2 games per carer.

Cost: £3
Booking essential.



Lunchtime Social



Friday 25th February
12:00pm - 2:00pm
Al Forno, New Malden

Cost: £5
(includes 2-course meal & drink)
Booking essential.

Learn Essential First Aid

Wednesday 9th February
10:00am to 11:30am

ONLINE COURSE using Microsoft Teams

This interactive 90 minute video workshop teaches essential first aid skills and builds confidence and willingness to help someone in an emergency using everyday objects. Taking place online via Microsoft teams, you will need access to a camera and microphone to take part. As a result of this workshop the British Red Cross aim to help you:

- learn essential first aid skills
- assess & manage risks
- make informed choices when helping others
- build confidence and willingness to help in a first aid emergency

There is no charge for this event but booking is required to receive the joining details.



Creative Workshop

HeArt of Care Poetry workshop



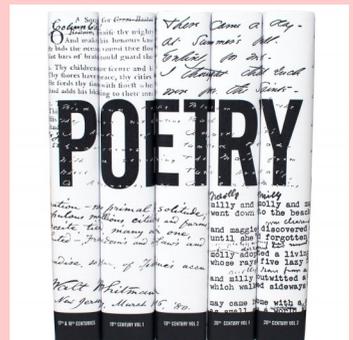
Friday 21st January
10:30am to 12:30pm
Venue to be confirmed

Two hour workshop in poetry and the spoken word lead by award winning artist Lucinda Jarrett.

Participants will learn how to create short poems from conversations. Working with every day speech and the music of our own voices, we will demystify the art of poetry and make it accessible and easy to approach.

Lucinda has facilitated poetry, storytelling and song workshops for the past twenty years. She has worked in children and adult hospice care, with bereaved families, with older adults living with the effects of brain injury and stroke, with families living with dementia and teenagers facing mental health challenges. She has published three books, written four operas and directed over 30 performances, many of which have toured.

There is no charge for this workshop but booking is required.





Royal Botanic Gardens
Kew

Plant Poets' Corner

Join a fun and friendly community poetry group

Discover new ways to express yourself through different forms of poetry and creative writing, while learning about Kew's rare and endangered plants.

These regular workshops are part of our Community Learning Programme, designed to provide access to Kew for people who would otherwise face physical, sensory, psychological or social barriers.

Free (including entry to the Gardens) but booking is essential.
Please contact communitylearning@kew.org to reserve your space.

Contact communitylearning@kew.org to book

For more information on how to get here, visit kew.org.

ECOWORLD
— LONDON —
CREATING TOMORROW & BEYOND

Dementia Carers Support Group

KCN runs a monthly group on Zoom for carers who support a person with a diagnosis of dementia

This group enables carers to chat with others who may be in a similar situation to themselves. It is a friendly opportunity to share stories and tips in a safe, non-judgemental space.

The Zoom group is on the second Wednesday of each month, 3.00pm to 4.00pm.

If you would like to attend, please email carers6@kingstoncarers.org.uk

We are considering starting an evening monthly group via Zoom for carers who not able to participate on Wednesday afternoons. Please register your interest by emailing carers6@kingstoncarers.org.uk.

Saturday Cuppa, Cake and Chat Social

Come and have a cuppa, slice of cake (or something savoury) and a chat at The Surbitonian Grind in Surbiton.

These socials are specifically for carers who support a person with a diagnosis of dementia. Spaces **MUST** be booked and are limited to 8 carers (priority will be given to those who are unable to attend the lunchtime socials).

To book please contact Lou, either by emailing carers6@kingstoncarers.org.uk or calling/texting 07305 847 366



Saturday 22nd January, 2.00pm to 3.00pm (book by 8th January)

Saturday 26th March, 2.00pm to 3.00pm (book by 12th March)

Cost: £2.50 (includes a drink and cake/savoury bite)

Dementia Carers Lunchtime Socials

These lunchtime socials are specifically for carers who support a person with a diagnosis of dementia.

All lunches cost £5 which includes a meal and a drink.

Spaces MUST be booked and are limited to a maximum of 15 carers.

January Lunch Social

Beat the January blues with a pub lunch at The Druid's Head!

The Druid's Head, Kingston

Wednesday 5th January

12:00pm to 2:00pm

Please book your space by 22nd December 2021

February Lunch Social

Come and join us for some lovely Italian food at Ristorante Sorrento.

Ristorante Sorrento, Tolworth

Wednesday 2nd February

12:00pm to 2:00pm

Please book your space by 19th January 2022

March lunch social

Celebrate the start of spring with lunch by the river at Bill's in Kingston.

Bills, Kingston

Wednesday 2 ndMarch

12:00pm to 2:00pm

Please book your space by 16th February 2022

**To book your space at any of the above socials
please contact Lou, either by emailing
carers6@kingstoncarers.org.uk or
calling/texting 07305 847 366**

Fitness Classes

Our instructor, Kat, has been in the fitness industry for 15 years. Recently, she has had great success educating people about nutrition and advising on changing lifestyles.

Carers Stretch & Tone

Mondays 10.00am to 11.00am

On zoom, and in-person at Surbiton Racket Club, weather permitting

Core and Resistance Workout

Wednesdays 9.30am to 10.30am

Zoom Only

Total Body Workout

Fridays 11.00am to 12.00pm

On zoom and in person: Surbiton Racket and Fitness Club, KT5 8JT

Prices and Booking

Exercise passes can be purchased by emailing Layla at wellbeing@kingstoncarers.org.uk or Helen at counselling@kingstoncarers.org.uk

£14 for 4 classes, £28 for 8 classes or £42 for 12 classes

Drop in/one off sessions - £5 per person

To book a class or for more information please contact Kat directly: on **07960 162964** or kat@kjpersonaltrainer.co.uk



Useful Contacts

Kingston Carers' Network

020 3031 2757

admin@kingstoncarers.org.uk

www.kingstoncarers.org.uk

We are always here to help, please do give us a ring.



Kingston Stronger Together

020 8547 5000

Kingston Adult Social Services

020 8547 5005

Kingston Hospital

020 8546 7711

Carers UK Advice Line

0808 808 7777

www.carersuk.org

Alzheimer's Society SW London

020 3513 5147

www.alzheimers.org.uk

Mind in Kingston

020 8255 3939

www.mindinkingston.org.uk

Kingston Bereavement Service

020 8547 1552

www.kingstonbereavementservice.org.uk

Kingston Citizens Advice Bureau

07395 611524

Leave a message to receive a call back

www.citizensadvicekingston.org.uk

Samaritans

116 123 (free) or

0330 094 5717 (local call charges apply)

Staywell, Kingston

020 8942 8256

www.staywellservices.org.uk

How to start something new....

Work out what it is that you really want to change

Clearly defining your goal is the most important thing you can do.



Whatever you choose, it needs to be specific, and meaningful. How do you want to feel? What will help you achieve this feeling? If you want to get fit – ask yourself why now and decide what this means for you. Do you want to walk around the block without getting breathless, run 5km, or work on your strength and flexibility?

Once you've worked out what you want to do and why, write it down using one or two sentences and pin it up somewhere you will see it regularly.



Be honest about your chances of success

Think about how realistic your goal is - big is not always better.

It can be a good idea to start small and build up. If you want to feel less lonely, be honest about the time you have to spare. Rather than trying to meet someone for a coffee every week, try for once in the first month, twice in the second month and so on. Success breeds more success and gives you the energy to keep on going. Failing in the first month will only leave you down and lacking in motivation.

...and stick with it!

Identify what is holding you back

The urge to change happens when we see something in our life that we are unhappy with.

If you have been unhappy for a while, think carefully about why you have been living with the current situation and the beliefs that have stopped you making this change before.



The best place to start is by identifying your own limiting beliefs – these are the things we tell ourselves that we believe to be true. In reality they are excuses we use to avoid beginning something new.

Once you have identified your limiting thoughts you can turn them around and make them positive.

So “I’m too old to start exercising” becomes “I respect my body by exercising gently” and “I’m a terrible cook, I always burn things” becomes “I am brave and willing to try cooking something new.”

Make the most of your opportunities

Write a list of anything in your life that you can take advantage of, and how it could help.

Could you borrow equipment? Share petrol costs with a friend or family member? Build exercise into an existing journey or commute? Change the order you do things to free up some time? The more you use what is already available, the greater your chance of success!

Christmas Wordsearch

Twelve Days of Christmas

1



6

12

10

2

4

3



11

CALLING BIRDS
CHRISTMAS
DAYS
DRUMMERS
DRUMMING
FRENCH HENS
GEESE

8

GOLDEN RINGS
LAYING
LEAPING
LORDS
MAIDS
MILKING
PARTRIDGE

9

PEAR TREE
PIPERS
PIPING
SWANS
SWIMMING
TURTLE DOVES
TWELVE

7

5

WELLBEING BOOKING FORM

Jan—Mar 2022

Mr / Mrs / Ms / Miss / Other:

Full name:

Phone Number:

Email:

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

Day / Date	Activity

Please **do not** use this form to register for a place on the Somerset Weekend Respite Break.

A separate form has been provided with this booklet.
Alternatively you can email Layla for more information about how to register for your place on the weekend trip online:
wellbeing@kingstoncarers.org.uk



HM Government

NHSSouth West
London

BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE + COVID-19 BOOSTER

If you are a paid or unpaid carer you can help protect yourself from COVID-19 and flu, while you continue to look after and protect others. Get your FREE flu vaccination and COVID-19 booster at your GP or local pharmacy.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations