



Kingston Carers'
Network



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Autumn/Winter 2019



Also inside:

- BIG news from our CEO
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Update from Kate on our 25th Anniversary

Farewell This will be my last newsletter update as I will soon be moving to Dorset for a very different life, running a seaside B and B. Although this has been a long-held dream of mine, I will be very sad to leave this role. I have been with KCN since

January 2010 and I feel extremely privileged to have worked at KCN for almost ten years.

I joined KCN with very little experience of the 'caring world' and at first, felt overwhelmed by the new responsibility. I wondered what I should and could do to improve the support for carers in Kingston. Back then, I honestly didn't know where to begin to make things better.

However, in my first week with KCN, I was tasked with the job of preparing the organisation for a royal visit. Six weeks later, we welcomed the Princess Royal who officially opened our 'new' premises at the Noble Centre.



In the spring of 2010 and with the support of Kirstie Cochrane, we secured new NHS funding and this marked the beginning of KCN's development.

From then on, it was a steep learning curve as I worked with the board of trustees and our growing staff team to begin the process of developing the services that carers in Kingston needed.

I am so proud of the KCN team and how we have worked together to develop a more holistic service for carers. We did this through engagement with young and adult carers and by co-designing new, more comprehensive services.

KCN has experienced significant changes over the last ten years –

and we are now supporting six times as many carers as we were in 2010!

It has been a pleasure working with KCN, meeting so many wonderful people and feeling part of our carer community. I will always be in awe of the selflessness I have seen over the past ten years and it has been a truly humbling experience.

A new and exciting direction for KCN I am delighted that Diane White will be taking over as our new chief executive. Diane will be supported by David Still who will be KCN's new deputy chief executive. Both Diane and David have a huge amount of knowledge and skills and between them, have almost 20 years' experience of working with KCN.

This will be an exciting time for KCN as we launch in a new direction. I am delighted that KCN will be in their capable hands, supported by an amazing team of staff, trustees and volunteers.

However, I am not quite ready to say goodbye and will continue working as KCN's fundraising officer, on a part-time basis. This way, I can still be part of the KCN journey as we reach and support more young and adult carers.

I hate goodbyes but would love to see as many of you as possible at our 25th Anniversary Party. Please come and join us to celebrate a new and exciting era for our organisation and to mark 25 years of KCN's history. There will be fizz and live entertainment so put on your dancing shoes! **Please see page 4 for details of the party**

Finally I need to say a big thanks to all of the wonderful staff, trustees, volunteers and carers who have made the past ten years a truly fulfilling and rewarding experience for me.

Please keep in touch. If you are heading to Swanage, please come and say hello at the Castleton Hotel. You may even see me on Four in a Bed!

Best wishes, Kate



We are having a party!

It will be KCN's 25th Birthday party and Kate Dudley, our CEO, will also be stepping down after almost 10 years in post.

We are celebrating on **Thursday 26th September** at the **Kingsgate Church**, 161a Clarence Street, Kingston, KT1 1QT from **7.00pm until 11.00pm**.

There will be food, drinks, singing and a disco and we are hoping as many of you will join us to celebrate our 25th anniversary but also to thank Kate for the wonderful work she has done for KCN. Even if you can only pop in for a quick nibble and a drink – please do as we would love to see you

Please let Vanessa know if you will be coming so we can make sure we have enough food and drink for everyone.

RSVP Vanessa Mooneeapen
wellbeing@kingstoncarers.org.uk
020 3559 2824

Staff News

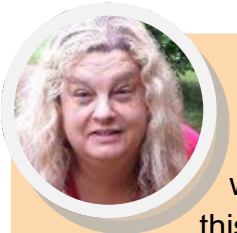


New CEO - Diane White

"I am very proud and honoured to become the Chief Executive of KCN, where the amazing staff and trustees provide support to so many very special children, young people and adults who have caring responsibilities. It will be a privilege to learn and be guided by our carers, who have so much experience, expertise and compassion. Kate will be a very hard act to follow, but I am looking forward to the challenge and to meeting many more of our carers."

Vanessa Mooneeapen - Wellbeing Coordinator and Dementia Carers Adviser

In September, Vanessa will be returning to university to train as an Occupational Therapist and will be stepping down from her wellbeing role. Vanessa will continue to work part-time with KCN as our dementia carers adviser. Since joining KCN in 2015, Vanessa has transformed our wellbeing project into a thriving and vibrant programme of social and health-promoting activities. We know that she will be greatly missed by many carers who have benefited from the wellbeing service.



Liz Grimwood - Activities Coordinator

Liz joined the Young Carers' Project team as a support worker in March 2011. The YCP is a very busy team and this summer alone, ran over 50 projects. From September, Liz will take over the running of the Wellbeing Project as well as continuing to work with the Young Adult Carers. Liz will take on the challenge of organising activities and outings for both young and adult carers and her new role will be Activities Coordinator.

Helen Brunskill - Counselling Admin Assistant

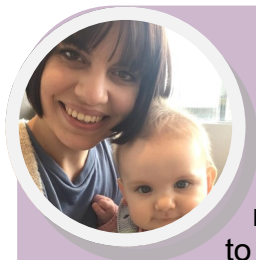
Some of you may know Helen from her volunteering role - she is now working three days per week coordinating appointments for our counselling service. RBK have kindly offered us a room at Sessions House so that we can take on more counsellors and Helen has been working hard to match carers to counsellors and organise the room bookings. *"I'm really happy to be part of the team!"*



Welcome back from Maternity Leave

Lyndsey - Volunteering Coordinator

"I have recently returned from maternity leave to my role as Volunteer Coordinator at KCN. A big 'thank you' to Pat Stanley and Jo Maye for holding the fort while I was away. I've enjoyed spending a year with my daughter, Emmeline, but I'm happy to be back in the office two days a week. I'm particularly enjoying drinking hot cups of tea!"



KCIL Expert Patients Programme

Do you have a long-term health condition?

KCIL and Kingston Clinical Commissioning Group will be running a six week Expert Patients Programme at the United Reformed Church in Kingston on Wednesday afternoons in September and October from 2.00pm to 4.30pm.

This is a free self-management course that will give you the knowledge, skills and support to effectively self-manage your condition and live life to its full potential. The programme welcomes anyone living with a long-term condition that may impact on their quality of life for example: diabetes, heart disease, MS, lung conditions, arthritis and other pain conditions, mental health problems etc. The course is run by people who have been through the course themselves.

If you are interested, please contact Lisa Ehlers from KCIL at lisa.ehlers@kcil.org.uk or Hans G Schrauder, EPP manager at the CCG on 020 3941 9857 or eppkingston@nhs.net.

Language and Ethnicity Survey

KCN is committed to ensuring that our services are accessible to all carers. As part of our contract with our commissioners, our funders have asked us to provide data about who we support, such as ethnicity and language. The information provided to funders does not include any identifiable details so your individual personal details are not shared. We would be very grateful if you could complete this form.

You can complete it online at <https://www.kingstoncarers.org.uk/language-and-ethnicity-survey/>

or fill out the form below and send it to
Freepost KINGSTON CARERS NETWORK

Title

Forename

Surname

3. How proficient in English are you?

- ☐ English is my first language ☐ English is not my first language, but I can speak it well ☐ English is not my first language and I may need an interpreter

Language if not English

4. What is your ethnicity?

- | | | |
|---|--|--|
| <input type="radio"/> English | <input type="radio"/> White and Asian | <input type="radio"/> Any other Asian background |
| <input type="radio"/> Welsh | <input type="radio"/> Any other mixed background | <input type="radio"/> African |
| <input type="radio"/> Scottish | <input type="radio"/> Tamil | <input type="radio"/> Caribbean |
| <input type="radio"/> Northern Irish | <input type="radio"/> Gujarati | <input type="radio"/> Any other Black/African/Caribbean background |
| <input type="radio"/> Irish | <input type="radio"/> Korean | <input type="radio"/> Arab |
| <input type="radio"/> Gypsy or Irish Traveller | <input type="radio"/> Indian | <input type="radio"/> Any other ethnic group |
| <input type="radio"/> Other White Background | <input type="radio"/> Pakistani | <input type="radio"/> Prefer not to say |
| <input type="radio"/> White and Black Caribbean | <input type="radio"/> Bangladeshi | |
| <input type="radio"/> White and Black African | <input type="radio"/> Chinese | |

Become a Member of KCN

Kingston Carers' Network is committed to ensuring that carers are involved in the running of the charity.

We are seeking new members who will be entitled to vote at the Annual General Meeting (AGM) and to approve the appointment of Trustees to the Board.

If you apply to become a member, we anticipate this membership to be continuous whilst you are associated with KCN. However, you can resign as a member at any point in the future. There is no fee to join but in the event of KCN's insolvency, all members might be charged a nominal fee of £1.

Membership entitles you to:

A vote at the Annual General Meeting (AGM)

Receive the Annual Reports

Appoint Trustees to the Board

Invitations to special events

A KCN membership card



Membership form

Kingston Carers' Network

Company Number 08376060

The liability of the members is limited to a sum not exceeding £1, being the amount that each member undertakes to contribute to the assets of the charity in the event of it's being wound up while he, she or it is a member or within one year of ceasing to be a member.

Name _____

Address _____

Signature _____ Date _____

Please return form to:

Freepost KINGSTON CARERS NETWORK

(No need to write the address on the envelope)

News from the Young Carers' Project

As you read this, we will have just finished a hugely successful summer holiday programme of events. Once again, we have had our busiest summer holiday ever. This summer we have provided 47 activities for 273 children - a grand total of 676 respite breaks. The activities have been very diverse - you might find us screaming from the top of a roller coaster at Thorpe Park one week and diving to the bottom of Guildford Lido the next with

painting, cooking, crafts and drama in between! We've travelled by bus, train, car, boat and horse to play mini golf, bowling, football and paintballing!



We don't just run activities during the school holiday though; we also run lunch clubs for young carers in schools, and after school drop-ins and youth groups.

Over the last twelve months we have

provided 323 activities which equates to 3779 individual respite breaks. That is like us taking ten (and a third!) children out for a break every single day of the year!

We couldn't offer the huge number of respite breaks that we do without the hugely dedicated staff and fantastic team of volunteers. We are always on the lookout for more volunteers though so if this is something that you might be interested in, please contact Lyndsey on volunteering@kingstoncarers.org.uk.



We also support Young Adult Carers and run a twice monthly drop in group.

If you would any information on the YCP or Young Adult Carers, or would like to speak with us please contact Diane on youngcarers1@kingstoncarers.org.uk

Doris Lindsay

25th September 1918 to 8th August 2019



We were very sad to hear of the recent passing of Doris Lindsay. Doris was a longtime supporter of our Young Carers' Project and enjoyed visiting the office to bring in her generous donations. Our thoughts are with her family at this sad time.

Working for Carers

Working for Carers is a London-wide project that supports unpaid carers, aged 25 or over, to move closer to employment. The project is led by Carers Trust and delivered by its network of 24 partners across London and is jointly funded by the Big Lottery Fund and European Social Fund.

The project supports carers to pursue their employment goals through confidence building and skills development. Many carers involved in the project receive employment training and volunteering opportunities. Carers can access free guidance designed to meet their individual needs, including financial support towards vocational activities.

Working for Carers have recently been awarded 3 years extra funding, meaning the project will run until 2022! With the project's life having been extended, the WFC team have been exceedingly busy attending job fairs all over London, as well as creating links with training providers and employers. All of the team's hard work is creating more opportunities for carers who are involved with the project!

Here are some results the team have already achieved in Kingston in 2019:

Carers Registered	Helped into Employment	Job Searching / Training / Education /
14	3	3

Are you interested in starting your journey to employment?

To find out more, please contact the Working for Carers team on 02074288950 or email: wfc@camdencarers.org.uk

Support Groups

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

KCN Office, Tolworth, 10.00am to 12.00pm
First Wednesday of each month

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

KCN Office, Tolworth, 10.00am to 12.00pm
Second Friday of each month

Mental Health Carers Group

Tolworth Hospital, 6.00pm to 7.15pm
Second Tuesday of each month

Older Carers Peer Support Group

New weekly peer support group meetings for older carers (65+) running from July until November. See page 13 for more details.

Locations and times vary so please contact Laura Burt on 020 3375 8226 or mentoring@kingstoncarers.org.uk

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

020 3031 2757 or admin@kingstoncarers.org.uk

We are looking for volunteers to help facilitate our Support Groups.

If you are interested, please contact Lyndsey de Valmency-King on volunteering@kingstoncarers.org.uk or 020 3375 8226

Older Carers Peer Support Group



New weekly peer support group meetings for older carers (65+) running from July until November

Meet others and share experiences, hear from experts on how best to look after yourself, learn some new skills, and have fun!

Activities and trips so far have included;

- **Lunch Clubs**
- **Squires Garden Centre**
- **Talk from Mind in Kingston**
- **Looking After Yourself**
 - **Chair Yoga**
 - **Active Ageing**
 - **Richmond Park**

Contact Laura Burt on 020 3375 8226 or mentoring@kingstoncarers.org.uk



Wellbeing Workshops & Social Activities



This will be my last contribution as the Wellbeing Co-ordinator for KCN! The programme is not so full but this is mainly for two reasons; I had less time than I thought to put something together but I also wanted Liz to contribute to the programme with fresh ideas and activities – so watch this space! This means that some of the activities may be announced by email so if you are able to receive our bulletins by email please do. You can sign up by emailing admin@kingstoncarers.org.uk.

From April this year until the end of September there will have been 33 activities that our Adult Carers have (or will have) accessed and this does not include our weekly fitness classes. I think as a Carers Network, we really do offer so much opportunity for carers to meet with other carers and our staff.

I really want to promote our excellent fitness classes in this newsletter - we are lucky to currently have five classes carers can access. Our instructors are brilliant and they are able to go adapt the classes to meet your requirements, whether you are a first timer or more experienced. The classes are also friendly and I know many of our carers have made lifelong friends from meeting at one of our fitness classes. Please see page 20 for more information.

We are having a party! We are celebrating our 25th birthday and also saying goodbye to Kate, our CEO, and we would love you to be there. The party will be on Thursday 26th September and there will a finger buffet, drinks, an entertainer and a disco. It will also be an opportunity for me to say goodbye to some of you too so please come! Please see to pages 4 and 15 for more information.

Finally, I will continue in my Dementia Carers Adviser role for the time being, continuing my time at Kingston Hospital and meeting with carers there. I know this means I will not see many of you, so I just want to say thank you for all your ideas and suggestions for the activities, it has been wonderful meeting you all.

Vanessa

September

We are celebrating on **Thursday 26th September** at the **Kingsgate Church**, 161a Clarence Street, Kingston, KT1 1QT from **7.00pm until 11.00pm**.

There will be a live singer, food, drinks and a disco and we are hoping as many of you will join us to celebrate our 25th anniversary but also to thank Kate for the wonderful work she has done for KCN. Even if you are only able to pop in for a quick drink, please do as we would love to see you.

Please let Vanessa know if you will be coming so we can make sure we have enough food and drink for everyone.

RSVP Vanessa Mooneeapen
wellbeing@kingstoncarers.org.uk
020 3559 2824

If you are unable to attend but would like to sign Kate's guest book, please pop in to the office or send an email that we can include. We would love to put together a video too. If you are interested in taking part, or sending in a video for inclusion, please email Jo Maye on YCPadmin@kingstoncarers.org.uk

If you are interested in any of the activities and trips we have organised, please contact us to let us know you are interested on wellbeing@kingstoncarers.org.uk or 020 3031 2757. We will then draw names out of a hat for each activity.

October

Sassy Stirrers Cookery Class

8th October

Susan from Sassy Stirrers will be running her evening cookery class for KCN carers, where she will demonstrate how to cook some delicious recipes, usually a main, side and dessert. This is a hands-on session so following the demonstration; it will be your turn to cook! We usually eat together at the end and leftovers are taken home.

£5 per carer, Southborough High School, no transport provided, 5:30pm until 8pm.



Dementia Carers Lunch Club

Thursday 10th October

DEMENTIA CARERS ONLY

A monthly lunch for our dementia carers – a chance to meet other carers over a lovely, relaxed lunch.

**£4, special lunch menu, drink included.
Druids Head, Kingston Market, 12.00pm**

November



Yarn & Thistle
all things crafty

Craft Club

Friday 1st November - Silk painting

Karen will be showing us how to use special silk fabric paints and produce a lovely card.

£4 towards resources, tea/coffee and cakes/biscuits. 10.00am until 12.00pm, KCN Office, 418 Ewell Road, Tolworth, KT6 7HF





Bingo Night with Fish and Chip Supper

Friday 1st November

Join us for a fun game of Bingo and a Fish & Chip Supper (vegetarian option available)

£5, St Mark's Hall, from 6pm, fish and chips at 7pm

Dementia Carers Lunch Club

Thursday 14th November

DEMENTIA CARERS ONLY

A monthly lunch for our dementia carers – a chance to meet other carers over a lovely, relaxed lunch.

12.00pm to 2.00pm, Venue TBC



**carers
RIGHTS DAY**

Talk on Carers Rights

Thursday 21st November

David Still will be giving a talk on Carers Rights.

10.00am to 1.00pm, KCN Office, lunch included



Yarn & Thistle
all things crafty

Craft Club

Friday 6th December - Festive Wreath Making

Karen will be showing us how to create a small festive wreath for your door using fresh foliage and berries.

**£4 towards resources, tea/coffee and cakes/
biscuits. 10.00am to 12.00pm, KCN Office, 418
Ewell Road, Tolworth, KT6 7HF**



December



Dementia Carers Lunch Club

Thursday 12th December

DEMENTIA CARERS ONLY

A monthly lunch for our dementia carers – a chance to meet other carers over a lovely, relaxed lunch.

12.00pm to 2.00pm, Venue TBC

Carers Christmas Party

Friday 13th December

We're going back to St Mark's for our Christmas Party! Join us for a festive evening full of food, drinks, music and dancing!

FREE - St Mark's Church, 7.30pm to 10.30pm



January

There are currently no events planned for January as explained on page 14. Activities may be announced by email so if you are able to receive our bulletins by email please do. You can sign up by emailing admin@kingstoncarers.org.uk. If you aren't able to receive our email bulleting, please contact wellbeing@kingstoncarers.org.uk to request details by post.

February

Parent Carers Forum Brunch

Date TBC – please call to register your interest

We would love to hear from Parent Carers! We would like you to share your experiences of caring with us. This is so we can find out from you what services would help you with your caring role and



gather your feedback – what works and what doesn't.

We want to make these forums informal, friendly and fun. There will be food and drinks provided for all carers that attend. The forum will be held at our office, 418 Ewell Road, Tolworth, KT6 7HF.



Friday 7th February - Mixed media-inspirational hearts

Inspire yourself or a loved one with one word or a quote using mixed media onto canvas.

£4 towards resources, tea/coffee and cakes/biscuits. 10.00am to 12.00pm, KCN Office, 418 Ewell Road, Tolworth, KT6 7HF



Sambrooks Brewery Tour

Thursday 6th February

We have a brilliant tour organised at the Sambrooks Brewery in Wandsworth. The tour will last approximately an hour and a half and there will be a tasting session afterwards too.

£4, leaving at the KCN Office at 2.00pm, tour begins at 3.00pm, returning for 5.30pm/6.00pm

Dementia Carers Lunch Club Thursday 13th February

DEMENTIA CARERS ONLY

A monthly lunch for our dementia carers – a chance to meet other carers over a lovely, relaxed lunch.

12.00pm to 2.00pm, Venue TBC



March

Winchester Mill

Date to be confirmed

Due to the renovation works not being completed in time, we needed to cancel this trip previously. We have been informed the café and toilets should be completed at the end of 2019 so we're hoping all is well when we visit in March.

This visit will be a self-guided tour depending on numbers – if we are a larger group, it will be an organised tour. Wednesdays are milling days so we hope to meet with some Millers who can talk us through their craft.

£5, leaving from the KCN Office at 10:30am returning for approximately 2/2:30pm.



Dementia Carers Lunch Club

Thursday 12th March

DEMENTIA CARERS ONLY

A monthly lunch for our dementia carers – a chance to meet other carers over a lovely, relaxed lunch.

12.00pm to 2.00pm, Venue TBC

If you are interested in any of the activities and trips we have organised, please contact us to let us know you are interested on wellbeing@kingstoncarers.org.uk or 020 3031 2757.

Weekly Fitness Classes

We are lucky at KCN to have a fantastic programme of Fitness Classes for our carers and friends to attend; to improve fitness, make friends and improve your wellbeing. There is no commitment to attend weekly, as we understand how it can be difficult to fit in anything for you when

caring. I would urge you to give the classes a go if fitness has been something you would like to focus and improve on. Please see below for more information on our classes.

Kat has been running Zumba Gold and Stretch and Strengthen for a number of years for our carers. She is popular and friendly and has a loyal following at KCN. She is able to adapt her classes to any level and she goes a step further by organising mini socials for the carers that attend her fitness classes.

Zumba Gold The Zumba class would suit you if you prefer things a bit more lively! You will be taught a variety of dance routines to music designed to stretch and strengthen your muscles, improve general fitness and flexibility. Kat is a patient and encouraging teacher, and sets the pace of the class at an accessible level – don't feel intimidated!

Stretch and Strengthen This gentle exercise class is more still, focusing on specific areas of the body such as neck, shoulders and core muscles to release tension and improve strength and flexibility. Kat is able to adapt the class to you. You can do the class on a chair if need be.

"I absolutely love the class; Kat adapts it really well to meet everyone's abilities/needs. She is very knowledgeable and approachable. The day and time works well for me - I would definitely try and go twice a week if the class was on more often!!!"

"The stretch class is great for keeping supple and strong. Our teacher Kat is very professional, varying the content and increasing the intensity depending on the participants."

"I firstly want to say how much I appreciate the opportunity to take part in these classes. Kat is an excellent teacher and does her best to tailor the classes according to individual needs and requirements. She leads the classes well and makes everyone feel welcomed and included."

Being able to pay weekly rather than pay by the term is helpful as there are times when caring responsibilities mean that attendance can be affected. The classes are always extremely enjoyable and a highlight to look forward to each week. As well as the benefits of taking part in regular exercise the informal friendships that have developed as a result and the mutual support arising from this has been invaluable."

We have had a great partnership with Chris Robertson from **Don't Tone Alone** since 2015, when he delivered a project that offered 30 carers, six sessions of Personal Training each. This has progressed to three weekly fitness classes and a Nutritional Management project. Chris has a wonderful team of instructors who are friendly, professional and able to meet the fitness needs of all carers. They are great at motivating Carers and have a core group of Carers they keep in touch with.

Circuit Training This was the very first fitness class Don't Tone Alone ran for us and it is still going strong. It's a fantastic class for all abilities and a great way to target all areas in one class. It's a fun motivating class and you will soon see results!

Ener-Chi This class is described as being a fusion between Tai Chi and Qigong and is an energising class that comprises of mindful movements and breath work. A great class if you are attending fitness classes for the first time and a good way to increase your confidence.

Pilates A popular class with our carers – improve your core strength, posture and muscle balance in these classes. Our carers have fed back fantastic fitness improvements for these classes and the instructor is able to adapt exercises to your individual needs.

- "Massive difference. Much stronger, fitter and toned."
- "Have lost weight, have better endurance and I feel better about myself."

- “My back has improved so much. It used to hurt when I walked but now I am a lot better.”
- “It's been great for us carers, an opportunity to find some relaxation, catch up with other carers, and get fit at the same time.”
- “I feel calm and more at ease especially on the day of the circuit training.”
- “Chris's classes are always good and productive.”
- “I really love the Pilates. This is the first time I have done it and it's amazing.”

You can just turn up to the fitness classes but if you would like more information, please contact 020 3031 2757 or wellbeing@kingstoncarers.org.uk.

Tuesday	Zumba 12:00pm – 1:00pm Surbiton Racket & Fitness Club, KT5 8JT £4 a session	Ener-Chi Cancelled
Wednesday	Pilates 12:00pm - 1:00pm Surbiton Racket & Fitness Club, Berrylands, KT5 8JT £3 a session	
Thursday	Stretch & Strengthen Class for Carers and Friends 12:30pm - 1:30pm Surbiton New Life Baptist Church, 6 Langley Road, KT6 4NG £3 a session	
Friday	Meditation 1:15pm - 2:15pm King Charles Centre, KT5 9AL £5 a session	
Saturday	Circuit Fitness 11:15am - 12:15pm Surbiton Racket & Fitness Club, Berrylands, KT5 8JT £5 a session	

Complementary Therapies and Beauty Treatments

Hairdressing with Kelly

Second Monday of each month, 10.00am to 3.00pm
£5 per haircut

Healing Touch Massage with Roman

Thursdays, 10.00am to 1.30pm
£12 for 30 minutes, £20 for 1 hour

Therapies include

Full body massage

Deep tissue massage

Natural lift face massage

Back, neck and shoulder massage.



Cosmic Therapies Massage with Meera

Fridays, 1.00pm to 5.00pm

First Monday of each month,

11.00am to 3.30pm

£12 for 30 minutes, £20 for 1 hour

Therapies include:

Reflexology

Indian Head Massage

Aromatherapy/Sports Massage

Facials



*For more information or to book an appointment, please contact Jo on
admin@kingstoncarers.org.uk or **020 3031 2751***