



Kingston Carers' Network



# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

- Messages from our CEO and MP
- Recipe
- Gardening tips
- Wordsearches and riddles
- Competitions
- Useful information
- And lots more!

# Carers Week Special Edition

## 8th – 14th June 2020



SUPPORTED BY

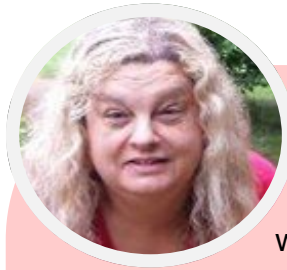
MAYOR OF LONDON

LLOYDS BANK FOUNDATION  
England & Wales

W  
Garfield Weston  
FOUNDATION

NHS  
Kingston  
Clinical Commissioning Group





## News from Liz

Hello Everyone. I do hope you are all keeping as well as possible in these very unsettling times. We thought we would send you a special edition newsletter for National Carers Week, to keep in touch with you and remind you all how wonderful you are. Caring must be so difficult under the current guidelines and I do worry that many of you may not be able to take a break. So please take a few minutes to read our newsletter and maybe enter our crossword competition. Thank you for looking after your loved ones so well. Lets hope for some lovely day trips when all this is over. If you ever need a chat, please call me on **0203 559 2814**.

## Events and Classes

We are sorry that all our events and activities are closed for the time being. We do have some interactive sessions if you have access to the internet. If you would like to receive any arts/craft materials or puzzles, please let me know.

**0203 559 2824** or by emailing [activities@kingstoncarers.org.uk](mailto:activities@kingstoncarers.org.uk).



## Message from our CEO Diane White

It is especially poignant to be writing to you in advance of Carers Week, at a time when carers have been undertaking ever more responsibilities in extremely worrying and difficult times.

Carers Week is an annual celebration and opportunity to raise awareness of carers who support so many family and friends. This year's theme is "Making Caring Visible" which aims to show that everyone has a part to play in supporting carers, from networks such as ours, to health services, employers, retailers and the entire community.

The 15000 + carers estimated to be in our borough should be recognised more than before, for the challenges they face, be respected for all they are doing and be provided with the information, advice and guidance they need.

Many families are having to do more and 70% of carers who responded to a Carers UK survey said they were providing more care than usual. This was partly due to a reduced offer from social services and the closure of day centres. Carers have not been prioritised for Personal Protective Equipment, or shopping delivery slots, which leads to huge pressures and worry.

Social isolation is an extension of social distancing, with many of our carers and their families having to shield to protect their health. There are additional financial concerns for a significant number of carers and mental health is being tested. The impact of these challenges is likely to be far reaching.

You will read the words of one of our local MPs, Ed Davey, in this newsletter. We thank him for his recognition, support and advocacy at a national level.

At KCN, we have been doing our very best to support all our wonderful carers in virtual and creative ways. We have continued to offer advice, benefit checks, tribunal representation, keep fit, cooking classes, youth group, gardening, as well as shopping, prescription collection and befriending. We are working hard on plans for going forward, where we engage with the new normal and listen to you, our carers, and offer the support I would like to thank the staff and volunteers who have been truly incredible over the last few months, making a difference to all the lives they touch. THANK YOU ALL.

## Message from the MP for Kingston & Surbiton, Ed Davey



### Supporting Carers in our Community

Whether it's a young carer looking after a parent whilst they're still in education, or someone taking care of a partner with dementia, we should surely recognise that carers are amongst our nation's most unsung heroes.

And National Carers Week is a chance to put that right and showcase the important role carers play in our society. Each and every day, there are millions of people looking after the most vulnerable members of our community, with tireless, hard work, mostly unpaid.

For me, National Carers Week is especially poignant, as much of my life has been spent caring for close relatives.

I was a young carer myself, looking after my mum for three years during her fight against cancer until she passed away when I was fifteen: my father had died when I was four, so caring for my mum fell to me and my brother.

As my mum was an only child, when my Nanna needed help navigating her later years and then care in her final years, my brother and I once again led on her care. And now years later, I find myself a carer once again, as my wonderful son was born 12 years ago with an undiagnosed neurological condition that's left him unable to speak or walk, and with significant learning disabilities.

Carers have responsibilities many people don't appreciate and yet the support they receive from Government is often not enough, or non-existent. It certainly doesn't recognise carers' huge contribution to society.

A survey a few years ago found that 75% of carers had not received support to allow them to take even a short break from their responsibilities in the past 12 months. Nationally 67% of carers had not received any support from carers groups and 64% reported feelings of stress. As a nation, we can and must do better.

The work that Kingston Carers' Network do locally with carers is vital in ensuring that they have a place to turn to for information, advice and support, so that they're not left alone to tackle the issues they come across such as depression, stress and isolation

And as adult social care provision has been reduced, the burden is falling on unpaid carers to close the gap as fewer can access the care they need. That's why I'm calling on the Government to increase the Carers' Allowance, and invest far more in social care.

Without all the carers across Kingston upon Thames, especially at this time of crisis, our NHS and social care services soon wouldn't be able to function. So thank you for your incredible work caring for those who need it most.

## Personal Protective Equipment

We are aware that a number of carers are having difficulties in acquiring personal protective equipment (PPE) to be able to safely provide care and support for the person they care for during the Coronavirus pandemic. We are looking to find out how many carers are facing difficulties which could be because of the cost involved in regularly purchasing face masks, gloves etc. supply shortages, or some other reason.

Please let us know by emailing [activities@kingstoncarers.org.uk](mailto:activities@kingstoncarers.org.uk) or calling **0203 559 2824** if this applies to you.

You can also complete the COVID-19 Questionnaire online which includes a few questions about PPE. To complete the questionnaire:

[www.kingstoncarers.org.uk/covid-19-updates/covid-19-survey/](http://www.kingstoncarers.org.uk/covid-19-updates/covid-19-survey/)

## New KCN Staff

### Lou Scarlett —

#### Dementia Carers' Support Worker & Adult Carers' Support Worker

I joined KCN in March 2020, in fact my first day was the start of COVID-19 lockdown! My time is split between 2 roles (Dementia Carers' Support Worker & Adult Carers' Support Worker) in the Adult Carers team. I

am also putting my digital marketing experience to good use and have been updating the KCN website. Before starting at KCN, I worked at Alzheimer's Society, in adult social care and for a local authority in the community team. I am thoroughly enjoying my new roles and am looking forward to supporting more carers in the future.

When I'm not working I enjoy getting out with my camera, doing arty things and baking. I also love being outdoors and keep active by walking, climbing and doing exercise in the garden. I have recently dusted off my mountain bike and am loving going for rides by the river.

### Anna Moore —

#### Benefits and Tribunal Support Worker

I have recently started working for Kingston Carers' Network as the new Benefits and Tribunal Support Worker. My role involves advising carers on the benefits they and their cared for are entitled to. I also act as a representative in tribunal hearings involving benefit disputes. If a carer or cared for has their benefit claim rejected, my role is to assist and support them through the challenging appeal process. I grew up in a small village just outside of London. I then studied law at the University of Warwick. Before coming here, I worked as a volunteer for the Ealing Advice Service. I have also worked in the legal team at Cath Kidston and Freeths LLP. In my free time I love running, boxing and having coffee with friends. I am looking forward to becoming a part of the KCN community!

## Carers Week info!

At times it may seem that your own life is swallowed up by your role as a carer. It can be hard to find the time to look after your own mental and physical health when you're taking care of someone else, especially during recent months. You may struggle to get a good night's sleep and you may have to handle many difficult decisions at once. Sometimes stress can creep up on us, and it's helpful to talk about how we feel rather than hoping the stress will go away.

Rethink Mental Illness has resources on their website that can help you if you are worried about your own mental health. Where possible, finding time to exercise is important. You can look at a collection of different resources here to keep fit even if you cannot go out and about: [carersuk.org/help-and-advice/coronavirus-covid-19/keeping-active-and-well](https://carersuk.org/help-and-advice/coronavirus-covid-19/keeping-active-and-well).

With the added demands of caring during the COVID-19 outbreak, you may feel particularly run down and in need of a break, especially if the usual respite services you use have closed temporarily. If you don't have any friends or family to help provide care, you could contact your local council or trust to ask for some support. If friends or relatives do step in to provide care on your behalf, it is important that they follow the government guidelines. To seek more support, particularly in the long-term, you could also arrange a carer's assessment.



**8-14 June**



## 5 ways to wellbeing

Rethink  
Mental  
Illness.

# 5 top tips for Mental Wellbeing

### Communicate

**Communication is important** for our wellbeing, so try to reach out, and have a chat about how you're feeling on a regular basis. It can be something as simple as calling a friend on the phone or sending a text.



### Keep active

**Staying active can make a big difference** to both our physical and mental wellbeing: brisk walks to clear your mind, yoga to calm your thoughts, or a boxing session to de-stress. If you need more motivation, plan an activity with a friend or colleague.



### Balance your diet

**A varied diet** can help both our physical and mental wellbeing. Eating regular meals can ward off dips in blood sugar that can leave us feeling irritable and tired, and drinking lots of water can improve concentration and help us think more clearly!



### Feed your creative side

**Listening to your favourite music**, picking up a paintbrush, or putting pen to paper – any activity that engages our creativity is an excellent way to support mental wellbeing. Creative activities can help manage stress, provide a way to relax, and be in the moment.



### Make life better for others

**Supporting other people** is both a worthwhile activity, and one that can contribute to our own wellbeing. Try helping out a neighbour, getting in touch with a friend or relative who may need some support, or volunteering for a local cause.



Rethink  
Mental  
Illness.

For more advice and information about wellbeing and mental health, visit [www.rethink.org](http://www.rethink.org)



## Liz's Bakewell tart recipe



### Ingredients for tart

- 325g Plain Flour
- 100g Butter
- 115g Margarine
- 115g Caster Sugar
- 2 Eggs
- 1 drop Almond essence
- 85g Ground almonds
- 1 jar of Jam
- 1 handful Flaked almonds

### Ingredients for pastry

- 225g Plain Flour
- 110g diced Butter
- 2-3 tbsp Water

### Method —

For the pastry rub the butter into the flour till you get no lumps of butter left. Add the water and use your hands to combine the pastry into a ball. Rest in the fridge for 30 mins.

For the tart (frangipane filling) cream together the butter and sugar and gradually add the eggs slowly with a little of the flour to stop the mix curdling. Then add the almond essence and ground almonds and lastly fold in the flour.

Roll the chilled pastry to fit into your desired quiche dish. Blind bake in the oven for 10 minutes at 200°C. Take out and spoon in the jam to make a thin layer to cover the bottom of the dish. Then spoon in your frangipane mx. Sprinkle with flaked almonds.

Bake in the centre of the oven 200°C for about 30 min!

For instructions on how to make this delicious Bakewell tart, visit:

[www.youtube.com/watch?v=96aH0xJBduc](http://www.youtube.com/watch?v=96aH0xJBduc)

## Gardening tips



- ☼ Hoe Hoe Hoe – No, we're not talking about Christmas just yet! It's time to get on top of your borders and get ahead with hoeing off young weed seedlings. Choose a nice dry day, so that any weeds wither away in the baking heat from the sun. It's worth taking a hoe out with you every time you get in the garden, so no weeds stand a chance of bullying out your annuals and perennials. It's worth noting, in hot weather try limiting the amount you dig, to minimise the loss of moisture in the soil.
- ☼ Don't water your plants in the heat of the day - it's best to water your pots and herbaceous beds in the morning or last thing at night.
- ☼ Make sure you wear sun cream whilst your gardening it's easy to burn whilst you get carried away! Open windows and doors or vents if you have a greenhouse.
- ☼ Secateurs at the ready – Early summer is the time to prune many of the spring flowering shrubs such as Philadelphus, Weigela and Ribes. Prune off growth that has just finished flowering down to an outward facing bud, along with any damaged or crossing branches within the shrub, which should be removed either to suitable growth or completely.
- ☼ If you have too many fruits and vegetables to eat yourself, try freezing it. Simply clean off all the dirt, blanch in boiling water for about 3 minutes, drop into some ice cold water for a minute or so, thoroughly dry them off, seal in a freeze bag and put them in the freezer. This way, none of your hard work goes to waste and you've made the most of your harvest.
- ☼ Enjoy your time in the garden. It's hard work tending and you should be proud of every single thing you grow!

I would love to see what you have been growing, so please send your pictures to Liz at [activities@kingstoncarers.org.uk](mailto:activities@kingstoncarers.org.uk)

# KCN wordsearch

## KCN staff wordsearch

S	A	J	O	C	O	C	U	P	L	L	Y	C	N
M	L	S	L	I	N	Y	O	L	L	E	I	S	L
D	O	Y	L	C	A	E	E	C	I	L	A	P	A
E	C	L	R	H	N	A	T	L	D	L	A	A	O
K	A	Z	L	R	N	T	L	A	O	E	D	S	A
O	R	E	A	I	A	A	P	I	K	T	N	E	U
R	O	C	R	S	E	N	A	L	L	S	I	S	E
N	L	T	U	S	L	I	N	Y	H	E	L	E	N
D	E	L	A	Y	E	A	E	A	Y	A	E	A	A
A	Y	I	L	I	E	S	O	P	H	I	E	E	I
V	A	Z	I	U	D	K	I	L	L	I	L	Y	D
I	O	O	I	N	O	T	H	A	A	E	I	A	I
D	D	J	Y	H	Z	L	S	O	P	H	I	N	A
D	O	L	K	M	E	N	N	P	J	U	L	I	E

LOU  
 LILY  
 ESTELLE  
 SOPHIE  
 DAVID  
 TANIA  
 DIANE  
 MOLLIE  
 LIZ  
 SOPHINA  
 LAURA  
 LINDA  
 CHRISSEY  
 HELEN  
 JO COCUP  
 ANNA  
 CAROLE  
 KATE  
 JULIE  
 LYNDSEY

Play this puzzle online at : <https://thewordsearch.com/puzzle/1202098/>

## Riddles and Rhymes

Thirty white horses on a red hill,  
First they champ,  
Then they stamp,  
Then they stand still.

---

You have me today,  
Tomorrow you'll have more;  
As your time passes,  
I'm not easy to store;  
I don't take up space,  
But I'm only in one place;  
I am what you saw,  
But not what you see.  
What am I?

---

It floats over the land,  
It cuts the tallest mountain,  
Its voice is like a fountain,  
Its body like a snake,  
Will flow into a lake.

## Carer's Questionnaire

We are looking to find out how we can better support our carers during the Coronavirus pandemic. Please take a few minutes to complete the following questions and return the page to the KCN office.

If you wish us to contact you about your responses, please provide your name and contact details:

Name:

Contact details:

1. How well do you think you are managing during this time?

2. Do you feel that you need any **emotional support** or **practical support** that you are not currently receiving?

Yes     No

If you selected "Yes", please list any additional support that you feel you would benefit from:

3. What **other support** (if any) do you think you would benefit from at the present time that you haven't already mentioned?

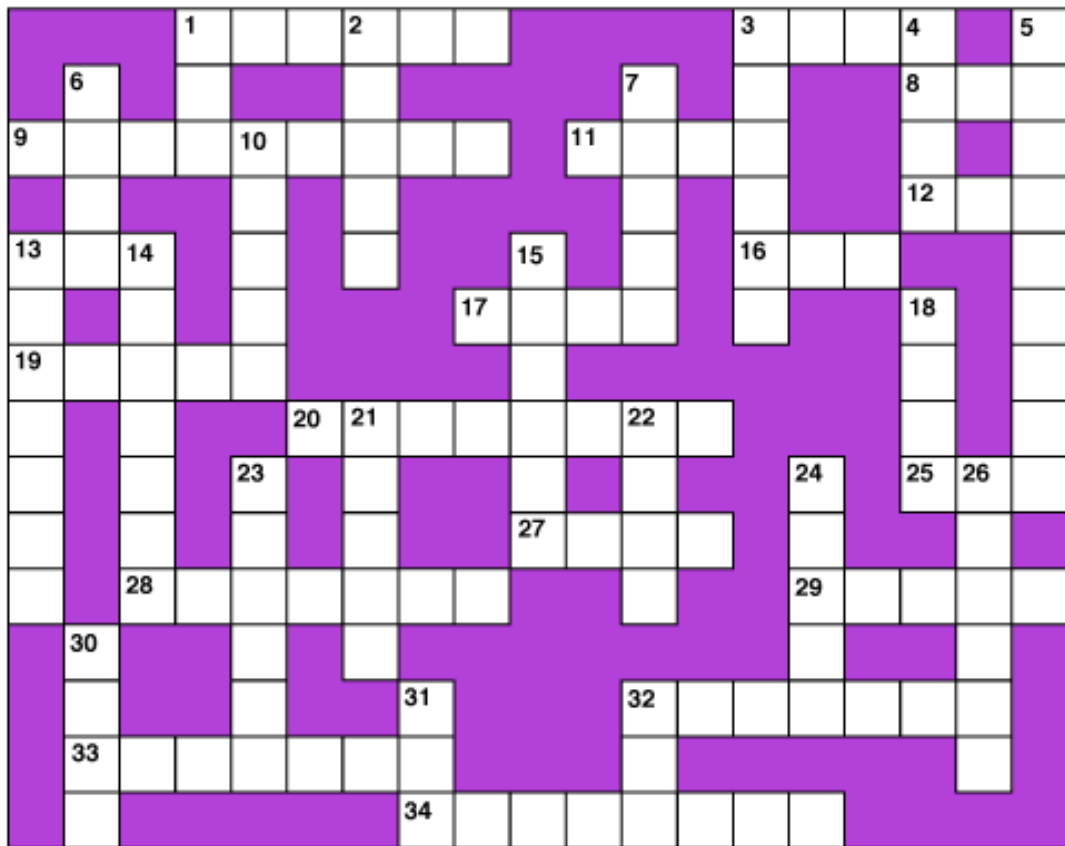
4. Do you think KCN are doing everything they can to support you during this time?

Yes     No

If you selected "No", please list any suggestions that you have in how we can support you better through this time:

**Please return to be entered into a prize draw to win Marks and Spencer voucher!  
Closing date 1st August!**

## SUMMER CROSSWORD



### ACROSS

1. Light rain
3. String \_\_\_\_\_
8. Single
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
20. Water sport
25. Used to pave roads
27. Relax

28. Step back
29. Very humid weather
32. Warm weather foot wear
33. \_\_\_\_\_ storm
34. Thrilling

### DOWN

1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go it alone
7. Weather word

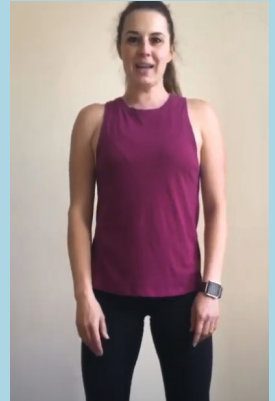
10. Capture
13. Leisure activities
14. Follows a car
15. June 21
18. Always do your \_\_\_\_\_
21. Pools are full of this
22. Birds home
23. Suntan \_\_\_\_\_
24. Hot & \_\_\_\_\_
26. Summer month
30. Better \_\_\_\_\_ than never
31. \_\_\_\_\_ you sleeping?
32. Take a seat

## Weekly online Fitness Classes

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

### Stretch and Strengthen

Another great class, run by Kat, Stretch and Strengthen has been part of our programme since September 2014. This class focusses on posture, flexibility and core strength.



### Resistance Bands

Resistance bands are an brilliant workout. The concept of resistance bands is pretty simple but it is extremely effective at improving strength and endurance, along with increasing stamina, flexibility, and balance.

**Zumba Gold** Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

### Exercise Classes

Kat has made video exercise classes for KCN. Just use the links below to view them.

#### Stretch classes:

[www.youtube.com/playlist?list=PL1dzlDxMQWfFeZrmeeeAcRpJNJWG5Y0Bas](https://www.youtube.com/playlist?list=PL1dzlDxMQWfFeZrmeeeAcRpJNJWG5Y0Bas)

#### Resistance band classes:

[www.youtube.com/playlist?list=PL1dzlDxMQWfFs5FmVq7w8jbJlei5v-t4a](https://www.youtube.com/playlist?list=PL1dzlDxMQWfFs5FmVq7w8jbJlei5v-t4a)

#### Zumba Gold classes

[www.youtube.com/playlist?list=PL1dzlDxMQWf3EEKlzEblJ\\_TlmWPPnd-r](https://www.youtube.com/playlist?list=PL1dzlDxMQWf3EEKlzEblJ_TlmWPPnd-r)





# Useful telephone helplines

**Kingston Carers' Network** 020 3031 2751

[admin@kingstoncarers.org.uk](mailto:admin@kingstoncarers.org.uk)

[www.kingstoncarers.org.uk](http://www.kingstoncarers.org.uk)

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

---

**Kingston Stronger Together** 0208 547 5000

**Kingston Adult Social Services** 020 8547 5005

**Kingston Hospital** 020 8546 7711

**Carers UK Advice Line** 0808 808 7777

[www.carersuk.org](http://www.carersuk.org)

**Alzheimer's Society SW London** 0203 513 5147

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Mind in Kingston** 020 8255 3939

[www.mindinkingston.org.uk](http://www.mindinkingston.org.uk)

**Kingston Bereavement Service** 020 8547 1552

[www.kingstonbereavementservice.org.uk](http://www.kingstonbereavementservice.org.uk)

**Kingston Citizens Advice Bureau** 07395 611524

*Leave a message to receive a call back*

[www.citizensadvicekingston.org.uk](http://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](http://www.staywellservices.org.uk)