



Kingston Carers'  
Network

# KINGSTON CARERS' NETWORK

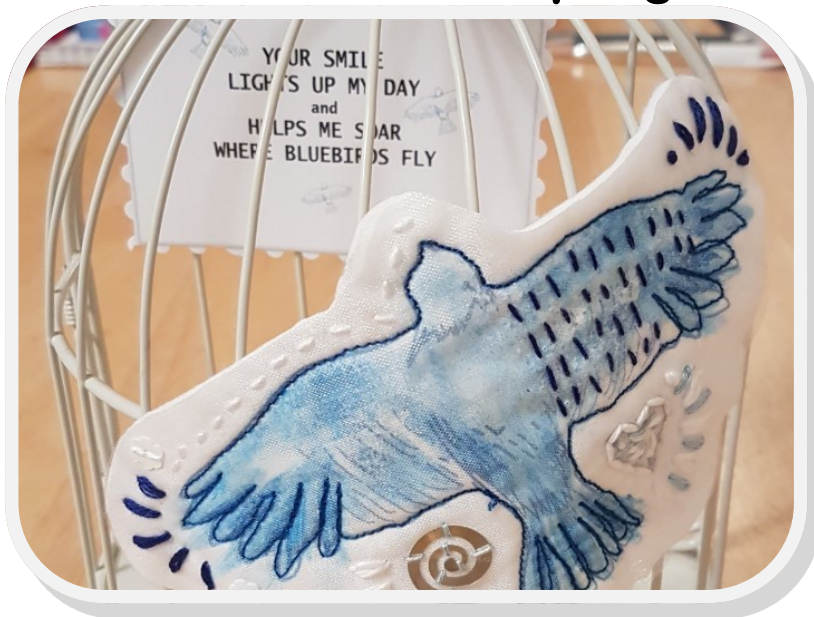
*Improving the lives of carers in Kingston*

## Spring 2021

**CARERS  
TRUST**

Also inside:

- A message from our CEO
- News from the Young Carers' Project
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- Staff News



# KCN



# AT HOME

SUPPORTED BY  
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Kingston  
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## Update from CEO Diane White

Welcome to our newsletter. The past year has been unlike any other and I am very aware of how extremely tough it has been for so many of our carers, who have continued to care with such dedication and compassion in unprecedented times. The closure of respite centres, advent of home working and home learning, and loss of employment have all contributed to enormous difficulties. A national survey by Carers UK has found that 80% of carers are providing more care than before the pandemic and 64% have been unable to take a break. Carers physical and mental healths are being impacted greatly.

Working with other carers' organisations, we are calling on the Government to:

- Make sure that carers can take breaks and that the return of essential services is prioritised.
- Provide clear guidance, information, and advice specifically for carers.
- Raise the level of Carer's Allowance.
- Support carers to look after their own health and wellbeing, and provide targeted funding for carers' mental health support.
- Ensure that carers are better equipped to juggle work and care, while still remaining in work.
- Provide sufficient funding for social care.

Please see an article on pages 6-7 by our local MP, Sir Edward Davey, Leader of the Liberal Democrats, who is heading a national campaign in support of carers.

There is finally a little good news for unpaid carers (such as family members), who will be offered Covid-19 vaccinations

in priority group 6. This will bring much needed reassurance to so many, especially those caring for someone who is particularly vulnerable.

The year has also brought an outpouring of community spirit and we have been so pleased to work with organisations, such as the Food Co-op, Voices of Hope, and Brite Box. We know how much many of you have appreciated the delicious food boxes, and the kind and cheerful volunteers who have delivered them.

The local council has recognised the incredible work of the voluntary and community organisations, and have commissioned a report called *Seize the Moment*, (you can find this online via Kingston Council website). Alongside their new *Communities Taskforce*, we are hopeful of a new era of greater collaboration and partnership, for the benefit of all our carers. We look forward to hearing your voices, and your lived experiences, to inform this work.

We were very sorry to say goodbye to Laura, our mentoring coordinator, in November, and more recently, Sophie who has left YCP to train as a nurse. We wish them both all the very best for the future. We are delighted to have welcomed Imelda, Layla, and Nic to the team, and you will meet them later in the newsletter.

Whilst the KCN staff remain largely working from home, please be assured that we are still here to support all our carers and don't hesitate to get in touch.

I wish you all a more positive and healthy 2021.

Best wishes, Diane



## Nic Sears

Our new Monitoring and Evaluation worker.

My name is Nic and I recently started working for the Young Carers' Project in monitoring and evaluation, to help them show the effect of the work they do. I previously worked for a criminal justice charity, doing the same job – but very different clients. My aim is to make sure that the impact of the excellent work that Kingston Carers does is fully understood and recognised, and also show where any improvements can be made. I've only been here a short while (and during lockdown) but already I can see what a friendly and caring workplace it is.



## Layla

Your new Wellbeing Worker.

I joined the adult team at the beginning of January. I am passionate about learning and development and have previously worked as a lead for innovation and education at the Samaritans, Bliss - the special care baby charity and the Royal College of Paediatricians and Child Health. Wellbeing and mindfulness is a huge part of my life, I recently became a Reiki Master Teacher and qualified in massage and reflexology many moons ago. I love visiting art galleries, baking with my children and days at the seaside! I look forward to meeting as many of you as possible as soon as restrictions allow.

**Imelda**

Our new YCP Schools Link worker.



I live in Surbiton with my husband. I have 2 children. One lives at home with us and the other lives and works in London. I grew up in southern Ireland and have lived in the UK since 1989. I Spent 10 years working in Children Services at Kingston Local Authority / Achieving for Children. I worked in the Early Help Service as the Early Intervention and Prevention programme Co-ordinator, managing 2 projects and then in Child Protection as a Contact Worker. I joined Kingston Young Carers in August of last year as a sessional worker and then fulltime in September 2020. I am the Schools' Link Worker and focus on the Young Londoners' Project. In my spare time I like to run and focus on fitness and healthy eating which incorporates cooking from scratch. I also enjoy singing and music and I love socialising with my family and friends.

## Keep in touch

Get regular updates from  
KCN by following us on  
social media!



@kingstoncarersnetwork



Kingston Carers' Network



@KingstonCarers

A message from **Sir Edward Davey.**  
**MP for Kingston and Surbiton,**  
**Leader of the Liberal Democrats.**

“This pandemic is difficult for everyone – but for carers doubly so. That’s why I want to start by thanking you, for the amazing work you do.

Looking after a loved one can be a special and positive experience – but, at the same time, it can be exhausting and isolating. I’m pleased locally we have Kingston Carers’ Network – with their fabulous staff and volunteers.

Kingston’s carers have been part of the inspiration that’s led me to making campaigning for carers a major part of what I’m now doing as Liberal Democrat Leader. I’ve seen how tough it is for many people – but also how organisations like KCN can make all the difference. I’ve seen the interaction between carers and the NHS – and I’m sure more can be done to make people’s lives easier.

I’ve also been a carer myself for much of my life. First, as a young carer: my dad died when I was four, and when mum became terminally ill, my brother and I nursed her for three years, till she died when I was fifteen. Then, after being looked after by my Nanna, I looked after her. And now I’m blessed with two lovely children, including my disabled son John, who needs 24/7 care.

So far in my campaign, I’ve asked the Prime Minister if he will increase Carer’s Allowance by £1,000 a year –

as the Government did for Universal Credit. I'm about to launch a campaign called "Give Carers a Break", to win funding for more respite care. And I'm meeting up with organisations like Carers UK and Carers Trust to get advice on the carers' priorities across the UK.

To give me your views, on what needs to be done for carers – whether here in Kingston or across the country – please email me at [edward.davey.mp@parliament.uk](mailto:edward.davey.mp@parliament.uk). Thanks!"

## A word from Liz

"I wanted to let you all know that I now have a new job as the Young Carers' Team Leader. From the 1st November I left the Wellbeing part of my role, and have now handed over to Layla—hopefully you will all get to meet and speak to her soon.

I am sad to leave you all, but I'm not going far and when the office does open, I will be happy to see you all and come and say hello! Some of you may know that I have been with KCN for over 10 years now, and my absolute passion is to improve the lives of our next generation. So, working with our young carers will hopefully fulfil my dreams."



Turn over to find out what Liz  
and the YCP team have been up to!



# News from the Young Carers' Project

We are still quite busy at YCP HQ—the last 6 months have been a little different for us. We have had to adapt to Covid rules and guidance from the National Youth Agency.

We had a busy October term and we were pleased to see some of you. A highlight for me was an invitation from Holly Lodge to a Halloween themed trail in Richmond Park, which was amazing fun. Please take a look at the pictures!



Then, over the festive period YCP staff prepared arts and crafts, sewing, and cooking kits for our young carers to make at home. We are so thankful to our kind volunteers who picked up these packs and delivered them straight to the doors of our young carers.





Moving forward, we are planning weekly Zoom meetings for our young carers through Kahoot and other online quiz creators. Alongside organised online scavenger hunts, for children to do safely at home. We have also offered gardening herb kits and valentine cooking kits, as well as our most popular arts and crafts packs for the February half term. Again, we are very lucky to have a pool of volunteers to help us deliver these to our young carers.



Please let us know if you need help with anything at this difficult time.

We do hope that by Easter, restrictions may ease and we may be able to start seeing you, while hopefully being able to start up our groups and outings again. We miss seeing you all very much, but our main priority is to keep you all safe and well!

Take care for now.



# Meet the Volunteer: Barbara

Barbara is a *wellbeing, admin, and telephone befriending* volunteer. She's answered a few questions so that you can get to know her and her work with KCN, a little bit better...

## How did you first hear about Kingston Carers' Network?

I heard about KCN through *District Nurses* when I was looking after my mother, and received the KCN Newsletter (although, being unable to leave my mother, I was not able to join in with anything at the time).

## How long have you been volunteering with us?

I have been a volunteer with KCN since the beginning of 2012, a year after my mother died and when I realised I had time to spare.

## Why did you choose to volunteer for us?

I decided to volunteer with KCN because I so appreciated the need for such an organisation, having been a carer for my mother for many years, and knowing just how much carers need respite and support along with all of the other administrative assistance that KCN is able to provide.

## What volunteering activities do you do for our charity?

Until this awful virus struck us, I was helping with Wellbeing activities. Having no high-tech skills at all, I was unable to do anything involving computers etc., so helping out with ad hoc activities and outings was ideal for me.

I have also assisted with issuing the KCN Newsletter, that being the only office job that didn't require computer skills! I found it rather enjoyable being in the office environment.



Due to the fact that at the moment we sadly cannot offer any outings or activities for carers, I am helping with telephone befriending.

### **What do you enjoy about volunteering?**

I enjoy volunteering as I find it very rewarding and fulfilling. I have enjoyed meeting many interesting and diverse people over the years, and feel very privileged to have been able to offer a listening ear when required. I have also met many lovely members of staff over the years and hope to continue to do so.

### **What advice would you give to other people who are considering volunteering to help carers?**

I would say, please do so! KCN provides carers not only with a wide variety of outside interests and activities to offer them some respite from their caring role, but a great deal of general assistance to guide them through the minefield of financial, administrative, and legal hoops that sometimes have to be jumped—so there are also plenty of openings for volunteers with specialist skills as well. KCN will slot you into whatever voluntary work you feel able to do.

All charities rely on, and need so many, volunteers just to keep going, and smaller organisations like KCN are even more in need of voluntary help. As I mentioned before, having been a carer in the past, I know how important KCN can be. Carers are generally very underappreciated by officialdom and need all the help and support they can get in all aspects of the caring role. I can't stress enough how satisfying voluntary work can be—it makes you feel really good knowing (or hoping!) that you are helping carers and KCN in some small way.

**We are always happy to have former carers join our volunteer team. If you would like to find out more, please contact Lyndsey on 07458 305 350 or via email at [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk).**

# The Census: what you should know...

The census is coming... by taking part, you can help inform the decisions about services that shape your community, such as healthcare, education, and transport.

It's important that you fill in your census questionnaire, because it gives us the most detailed information we have about our society.

Without the information you share, it'd be more difficult to understand our community's needs and to plan and fund public services.

Ahead of Census Day (**Sunday 21st March**), the *Office for National Statistics* (ONS), will send you a letter in the post with an access code and instructions.

You can do your census online, as soon as you get your letter and code. If your household circumstances change on Census Day, you can let the ONS know.

The aim of the ONS is to make things as easy as possible for everyone; if you need help taking part in the census, there are a wide range of support services available to you.

You can request support for yourself, or someone else, including:

- Guidance and help in many different languages and formats.
- A paper version of the questionnaire (if you would prefer).
- Accessible census guidance, for example, in braille.

The 'help' area on the census website covers everything, from who to include on the questionnaire, to how to answer each question.

If you cannot find the help you need on the website, there is a dedicated contact centre where census staff will be on hand to give help over the phone, in a web chat, or on social media.

Visit [www.census.gov.uk](http://www.census.gov.uk) to access help!

# Money Matters Workshop

On Wednesday 24th March at 5pm, **the Money Charity** is offering a workshop for those aged **18-25**.

The workshop is called **Money Matters**, and all carers who attend will be given a £20 Love2Shop voucher.

If you'd like more information, or to sign up for the workshop, please email Liz at [ycpteamleader@kingstoncarers.org.uk](mailto:ycpteamleader@kingstoncarers.org.uk).

Take a look at the Money Charity's website to find out more!

<https://themoneycharity.org.uk>



## Calling Young Researchers!

I am looking for young people to become part of a research team, to discover what makes the Young Carers' Project work for the people who use it. If you are:

- Hip, young and helpful
- Year 9 and over
- Keen to share ideas and opinions
- Happy to work in a team
- Interested in gaining work experience for your CV
- Good at listening to others

I'd love to hear from you.

Please contact me, Nic, at

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

for research made fun. While stocks last.

# Info regarding the Covid-19 Vaccine

Many of you have been asking us about the Covid-19 vaccine, so please see below for our latest information and advice.

## How is it decided who gets the vaccine and when?

The *Joint Committee on Vaccination and Immunisation* (JCVI) advises the UK health departments on immunisation. They have produced a list of 9 priority groups, detailing who is to be a priority in receiving the vaccination.

## Which priority groups do carers fall into?

*Anyone* over the age of 65 (including carers) is included in priority group 5. Priority groups 7 to 9 include people between the ages of 50 and 60, and priority group 6 includes people aged between 16 and 65, with certain underlying health condition.

Some unpaid carers under the age of 65 have now also been included in priority group 6. This includes: carers under the age of 65 who are in receipt of *carer's allowance*, and those who are the *primary carer* of an *elderly or disabled* person, whose welfare may be at risk if the carer were to fall ill.

## What should you do?

In order to take advantage of this priority group, your GP must be aware that you are a carer. Thus, you need to register as a carer with your GP; do this by contacting them directly.

We are aware that some GPs are asking carers to provide a letter, from somewhere such as KCN, confirming that they are carers. We are happy to provide you with such a letter, if your GP requests it.

## Most importantly...

Continue to keep yourself safe and follow guidelines on social distancing.



## Extra Support

*Please see below details of extra support that is available to some of you.*

### **For Parent Carers of Children:**

If you have a child with a diagnosed disability between the ages of 0-18 and they live in the borough of Kingston, you can apply for the Activity Fund. This is £140 towards the cost of mainstream or specialist activities.

Examples of what this is often spent on are: swimming lessons, dance, football, or alternatively an annual pass e.g., a Merlin Pass. However, during the current circumstances there is flexibility around the use of this to accommodate for at-home activities, such as tablets, laptops, toys, games and bicycles.

Each year of funding runs from 1st April to 31st March so make sure that you apply for the Activity Fund before the end of March to access for the 20-21 year if you have not already.

For more information and to apply, you will need to go to [https://kr.afcinfo.org.uk/local\\_offer](https://kr.afcinfo.org.uk/local_offer) and search 'Activity Fund'.

### **Kingston Mencap**

Kingston Mencap is a local charity, affiliated to Royal Mencap. They provide information and support for members with a learning disability and their family carers in Kingston.

Annual subscription is just £5.

This year particularly, they have been providing extra support during

...the two Covid –19 lockdowns by holding regular Zoom meetings for members. They have also been keeping in contact by telephone and providing regular activities and equipment to keep everyone occupied while our clubs and drop-ins are out of action!

This year has been really tough on people with a learning disability, as many are still unable to use iPads or other tech equipment to keep in touch with others, and have been totally reliant on staff and family to keep them online.

Family carers have been meeting regularly with staff from Adult Social Care and Commissioning to iron out any concerns or worries, and they have been very proactive in providing updates and information and dealing with individual questions from members.

To find out more, contact Michelle:

- [michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk)
- 07936 359 260

## An update from Lou for Dementia Carers



“Since I started at KCN in March 2020 I have had the pleasure to speak with quite a few of our carers who support people living with dementia. It has been a very challenging year and I am keeping my fingers crossed that 2021 will be a better year. For those carers that I have yet to speak to, please feel free to get in touch with me on 07305 847366

or [carers6@kingstoncarers.org.uk](mailto:carers6@kingstoncarers.org.uk) - in normal circumstances

I would have met more carers, particularly at the monthly Dementia Carers' lunch club. I am very much looking forward to having an opportunity to meet with more of you face-to-face when we can.”

## SUPPORT GROUPS

### YAC Peer Support Group

- Who?* 16-21 year olds
- When?* Fortnightly—every first and **third Friday** of the month.
- How?* Get in touch with Liz on 07551 647 448, if you would like more information, or if you think you would like to come!

### ASD Support Group

- When?* On the **first Wednesday** of each month, from **10-11am**.
- How?* If you would like to join, please email Mollie on [carers4@kingstoncarers.org.uk](mailto:carers4@kingstoncarers.org.uk).

### Monthly Meets via Zoom for Dementia Carers

- What?* We are planning to run monthly groups via Zoom to give dementia carers an opportunity to share stories/tips and get together virtually (we'd love to be able to meet face-to-face but unfortunately this is the next best alternative with the current restrictions). Guest speakers will be invited along to give carers a better understanding of topics related to their caring role and also give people an opportunity to ask questions. We want to make these monthly sessions as worthwhile as possible for our carers—we therefore welcome any suggestions on what topics you would like to discuss (please contact Lou on 07305 847 366 or [carers6@kingstoncarers.org.uk](mailto:carers6@kingstoncarers.org.uk) with any suggestions).
- When?* Each meeting will be held on the **2nd Wednesday** of the month at **3pm** and will last about an hour. The first session will be held on Wednesday **10 March** and we will be joined by staff from Coombe Hill Manor Care Home in Kingston to discuss dementia care.
- How?* To use Zoom, a smartphone, tablet or computer/laptop that can connect to the internet is required. If you haven't used Zoom before, we can help you get set up. Please contact Lou on 07305 847366 or [carers6@kingstoncarers.org.uk](mailto:carers6@kingstoncarers.org.uk) if you are interested in joining us.

# Fitness Classes

Fitness classes with Kat are back - and, for now, they're on Zoom!

Kat's exercise classes for carers are 40 minutes long, and they are suitable for ALL levels of ability. The classes go at a gentle pace, leaving plenty of time to chat and ask any questions you may have.

Beginners are not just welcome, but *encouraged* to join!

Times and details of classes are as follows:

**Stretch and Core:** Mondays at 10am

**Resistance and Core:** Wednesdays at 9:30am

**Total Body:** Fridays at 11am

What's more... due to the Covid-19 lockdown, KCN is providing these classes *free of charge*!

In order to book your place *for free*, contact Kat directly:

**Email** - [kat@jkpersonaltrainer.co.uk](mailto:kat@jkpersonaltrainer.co.uk)

**Tel.** - 07960 162 964

Happy Exercising!

# COUNSELLING SERVICES

KCN also offers free one to one counselling which is provided by both fully BACP qualified counsellors, and trainee counsellors, who are independently supervised.

Counselling is sometimes called a 'talking therapy'. A counsellor aims to provide you with a safe, independent and confidential space in which you can talk about your concerns, feel listened to, respected, understood and not feel judged.

People of all ages and walks of life seek counselling and find it can help them to cope or to deal with difficult emotions or situations. Carers may have particular concerns or difficulties associated with their caring role and our counselling team are skilled in working with carers to maintain their health and wellbeing while addressing these difficulties.

Unfortunately, due to Covid restrictions, we have had to suspend all "in person" appointments, and therefore therapy sessions with counsellors are now held via telephone or video calls. (e.g. Zoom).

The restrictions have also impacted our waiting list for counselling which is currently up to 10 months. We are however able to provide details of experienced BACP qualified counsellors offering low-cost counselling for carers.

*We are also considering whether there might be any interest in group therapy for carers who have sadly suffered bereavement.*

Please contact Helen, [counselling@kingstoncarers.org.uk](mailto:counselling@kingstoncarers.org.uk) for further information, or to help with any questions you may have.

# Wellbeing Programme SS2021

## Online Courses and Events:

*From March 2021 all online courses and events will incur a small charge. This charge represents a contribution to KCN costs, not the full amount.*

*KCN continues to subsidise these activities for carers.*

### YOGA:

We have partnered with Live Space Yoga (based in New Malden), to offer a bespoke 4-week yoga course designed with carers in mind.

This 4-week beginners gentle yoga course, is designed to help you find more ease in everyday activities through a series of gentle movements to build strength and flexibility . Weekly attendance is important to progress and see noticeable improvements both physically and mentally. You will partake in a combination of standing, seated on the ground and chair yoga, and all fitness abilities are welcome. Classes will help you to feel restored, re-balanced and refreshed!

### QIGONG:

Qigong is a meditative practice that uses slow graceful movements and controlled breathing techniques, and expert tai-chi instructor Michael Burke welcomes you to join his new 4-week course for carers.

Participants will learn a set of simple standing and moving warm-up exercises that focus the mind, body and breathing, followed by more detailed forms to settle the mind and help protect your body against injury and disease. Classes are gentle and designed to strengthen your awareness of your energy flow and positioning of the physical body. Michael's classes are fun



and relaxed and include elements of mindfulness and mindful living.

### MEDITATION CLASSES:

A four-week course in practical meditation. Bringing awareness of the present moment through various meditation practices and developing an understanding of what meditation is. Richard Ellis and Cheryl Edwards have built up a wealth of experience through teaching a variety of mind body disciplines including Qigong, Yoga, Reiki, Meditation and Hypnotherapy. Over the four week course they will introduce a variety of different meditations to give you an opportunity to experience and come to an understanding of what Meditation is for you.

### EXERCISE CLASSES:

Kat will continue to offer her exercise classes for carers over Zoom until we can run them in person again. Classes are 40 minutes long and suitable for all levels of ability.

The speed and pace of the classes is very gentle with time to chat and ask questions. Beginners are warmly welcomed.

### BEAUTIFUL HANDS AND FACE WORKSHOP

Join Tanya Marchetti (Independent Neal's Yard Consultant) for two pampering Zoom workshops and some well-deserved "me time".

In the Beautiful Hands session you will create your own hand scrub and then treat your hands to a selection of Neal's Yard products (samples provided).

In the Zoom Facial workshop you will replenish your skin & rehydrate it with natural & organic Neals Yard products (samples provided). Much needed in this weather so give your skin the treat it deserves.

## Course times and dates: all classes are delivered ONLINE

### YOGA

4 week course  
Classes last 45 mins  
£12 per course

Course 1:  
Tuesdays - 2pm  
March 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April 20<sup>th</sup>

Course 2:  
Wednesdays – 2pm  
May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

### QIGONG

4 week course  
Classes last 60 mins  
£12 per course

Course 1:  
Wednesdays - 3pm  
March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> April 21<sup>st</sup>

Course 2:  
Fridays - 10am  
April 30<sup>th</sup>  
May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

### EXERCISE

Classes last 40 mins

4 class pass - £12  
8 class pass - £22  
12 class pass - £30

Stretch and Core  
Mondays – 10am

Resistance and Core  
Wednesdays – 9.30am

Total Body Workout  
Fridays – 11am

### MEDITATION

4 week course  
Classes last 30 minutes  
£8 per course

Course 1:  
Wednesdays – 11am  
March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>  
April 14<sup>th</sup>

Course 2:  
Tbc

**HANDS AND FACE PAMPER SESSIONS:**

£3 per session, or £5 for 2

Hands Workshop  
 Tue 23<sup>rd</sup> March 11am  
 Fri 30 Apr 2pm  
 Thurs 13 May 7.30pm

Facial Workshop  
 Wed 17<sup>th</sup> March 7.30pm  
 Mon 12 Apr 2pm  
 Tue 25 May 11am

To reserve your place on one of the above courses please complete the online booking form.

The form can be found on the Health and Wellbeing page of the KCN Website:

[www.kingstoncarers.org.uk/adult-carers/health-wellbeing](http://www.kingstoncarers.org.uk/adult-carers/health-wellbeing)



KCN has booked three online classroom sessions for carers who wish to learn essential life-saving first aid skills to help a loved one in an emergency. These 90-minute interactive workshops are run by an experienced British Red Cross educator. The aim is to build your confidence so you can help someone in a first aid emergency, using everyday objects that you have around you.

As a result of this workshop the British Red Cross aim to help you:

learn essential first aid skills

assess and manage risks to make informed choices when helping others

build confidence and willingness to help in a first aid emergency

Course dates and times

(All sessions last 90 minutes and are FREE to attend)

Mon 15th March - 2pm

Tues 30th March - 9:30am

Fri 9th April - 3pm



## ADAPTING AND RECOVERING FROM ADVERSITY: a course in resilience

KCN has booked two special courses through the British Red Cross to help carers build their confidence and resilience, as we all create a new post-Covid life.

These courses are exclusively for KCN carers and last 90 minutes.

As we hope for the world to start to going back to normal, we know Covid-19 will have impacted everyone's lives in some way. This workshop will help you speak openly about how the coronavirus pandemic has impacted on you, positively or negatively. You will learn skills to help you and others adapt to returning to normality. Using interactive activities and group discussion to talk about the effects of Covid-19, there will be a chance to reflect and share personal experiences with other carers in the borough.

As a result of this workshop we hope you will:

- Increase your ability to cope with change and transition during times of adversity.
- Acknowledge and appreciate your own and others' experiences during challenging times.
- Feel confident to move forward positively.

### Course dates and times

(All sessions last 90 minutes and are FREE to attend)

Wednesday 24<sup>th</sup> March – 3:30pm

Monday 19<sup>th</sup> April – 11:30am

To book your place on either of the British Red Cross courses above, please email Layla at [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) stating which course you wish to join. Courses are **FREE** to attend but spaces are **limited to 10 participants** per course and will be allocated on a first come basis.

# Activity Packs by Post!

Due to the current Covid restrictions, we remain unable to run face to face groups or activities. To keep your minds and hands active during this time we are offering a range of activity packs each month until the summer.

Please pre-order your packs using the request form on the following page. Pack contents may be subject to change. Packs will be sent out monthly during March, April and May/June.

## ADULT COLOURING

A lovely way to relax, you will receive a selection of beautiful images to colour each month.

Small selection of pencils and sharpener will be supplied with first pack.

## HEALTHY LIVING

*Sign up to our 12-week Health Challenge and discover a happier and healthier you!*

You will receive 3 information packs focused on improving diet and lifestyle. Content includes advice and help with goal setting, steps for making meaningful change, activities for exercising at home and healthy eating suggestions.

Option to join a WhatsApp group for additional support and inspiration!

## GARDENING

These packs will contain a selection of gardening activities, articles, seeds and tips for growing your own easy-care plants. Suitable for beginners and those with limited outdoor space.

Basic growing materials supplied.

## DRAWING AND PAINTING

Each pack contains a different art challenge, suitable for beginners wishing to try their hand at simple techniques.

Basic art materials supplied.

### **HEALTHY EATING RECIPE PACKS**

Receive a selection of simple, straightforward and low-cost recipes for 3 months via email or post.

Focus will be on healthy living with the occasional sweet treat!

Gluten, egg, milk, soy, nut and sesame free recipes also included.

### **SEWING**

These beautiful packs are produced by Karen H, KCN crafter extraordinaire!

March: Weaving kit

April: Bird applique vessel

May: Mille fiori hoops

June: Make a 3D hexagonal ball

All materials supplied.

### **MINDFUL ART**

Complete 1 creative challenge a month using a mix of supplied and found materials to produce 3-dimensional artworks with a focus on mindfulness.

March: Driftwood hanging for garden (fish themed)

April: Mandala board

May: Hessian curated wall hanging

June: Tree of hope

Main materials supplied.

### **PUZZLES**

Receive a selection of puzzles such as code words, crosswords, word search, sudoku and other quizzes in the post each month.



# ACTIVITY PACK REQUEST FORM: SPRING SUMMER 2021

Mr / Mrs / Ms / Miss / Other:

Full name:

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Address:

Postcode:

Phone Number:

Email:

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Are you:

- ☐ Aged over 65
- ☐ Dementia carer
- ☐ Parent carer
- ☐ None of the above

I would like to sign up to receive the following activity packs:

- ☐ Healthy Living (no charge)
- ☐ Health Eating (no charge)
- ☐ Sewing x 4 packs (£8)
- ☐ Mindful Art x 4 packs (£8)
- ☐ Drawing and Painting x 3 packs (£6)
- ☐ Gardening x 4 packs (£6)
- ☐ Puzzles x 4 packs (£4)
- ☐ Adult Colouring x 4 packs (£4)

Total payable:

£ \_\_\_\_\_

Costs shown are the totals for all packs in that category and are a partial donation towards costs (the packs remain subsidised). We regret that individual packs are not currently for sale. If packs do become available, they will be advertised in the well-being e-bulletin.

☐

Please tick this box to be added to the e-bulletin mailing list.

Payment can be made by cheque payable to Kingston Carers Network.

Our address is 418 Ewell Rd, Tolworth, KT6 7HF. If you would like to pay by bank transfer please either email [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) or call 020 3031 2757.

☐

If you are experiencing financial hardship and are unable to make a donation there is no charge. Please make your selection and tick this box.

## OTHER NEWS / DATES FOR YOUR DIARY

### MINDFULNESS COURSE – Starting in April

We are currently working with the Kingston Adult Education Team to develop an online mindfulness course for carers in the borough. We hope to offer this course from April.

If you would like to be added to the mailing list to receive more information once dates and times have been confirmed, please email Layla at [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk).

### KCN GUIDED WALKS – Starting from May

We would like to offer a number of guided local walks in the borough once restrictions have relaxed and we are allowed to meet each other again! Walks will be led by a member of the KCN team or a KCN wellbeing volunteer. Please feel free to come along and enjoy some gentle exercise, a chat and (most likely) a lovely cup of tea! All abilities welcome.

Rules allowing, we hope to run the first walk during the week commencing Monday 3<sup>rd</sup> of May.

If you would like to sign up to receive more information about these walks then please email Layla at [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk).

## BOOK CLUB

We are currently working with the Kingston Community Library Service to set up a book club. If you would like to be added to the mailing list to receive more information, please email Lou at [carers6@kingstoncarers.org.uk](mailto:carers6@kingstoncarers.org.uk).

## ART CLASSES

We are currently looking at arranging virtual art classes in collaboration with Coombe Hill Manor Care Home. If you would like to be added to the mailing list to receive more information, please email Lou at [carers6@kingstoncarers.org.uk](mailto:carers6@kingstoncarers.org.uk).

## 2021 CARERS WEEK: 17 – 13 June

**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.

It is lead by a coalition of organisations, and this year they are uniting behind the aim to:

***“Make Caring Visible and Valued”.***

We are currently planning a calendar of events and fun activities for KCN carers to take place during this week. Please keep an eye on our Wellbeing E-bulletin for more news and how to book.

If you do not already receive our wellbeing e-bulletin but would like to then please email Layla at [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) to be added to the mailing list.

# Riddles and Rhymes

The more you take, the more you leave behind... what am I?




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The more there is, the less you see... what is it?

---

What demands an answer but asks no question?

---

David's father has three sons: Snap, Crackle, and \_\_\_?

---

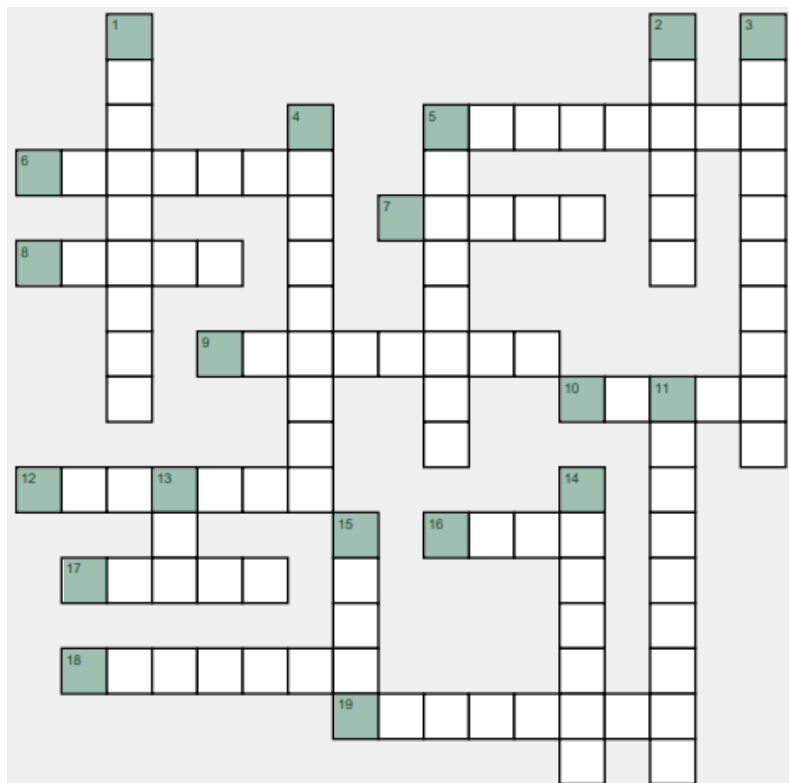


Steps... Fog... Telephone... David...

## ANSWERS

# Animals Crossword

Please return the completed crossword to be in with a chance of winning...



## ACROSS

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favourite
- 10) Sea spouter
- 12) Barnyard bird
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

## DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 13) Alley .....
- 14) Spotted stalker
- 15) Odour emitter



# Wellbeing - Look After Yourself!

In trying times, it becomes more important than ever to look after yourself... So, always remember that we are here to help you! And, here are some great tips and tricks for self-care.

# 1

## 1. Be in the present.

Wondering how you can do this? Mindfulness and meditation are all about being in the moment - check out the next page for a beginner's mindfulness exercise!

## 2. Get active!

This can be difficult in the best of times, and perhaps even more so now, but... try going for a jog or walk outside (the fresh air will work wonders!). Alternatively, if you'd rather stay inside, try an online exercise class, or dance around the house as you clean - just get moving!

# 2

# 3

## 3. Try something new...

Learning a new skill or getting involved in a new hobby is great for your mood! Whether you pick up that knitting you've neglected for months, try your hand at some sketching, or try out an exciting new recipe (turn over the page for an idea)... it's all positive.

## 4. Connect!

Easier said than done, but try not to rely on technology too much for this one - you can't go out to see friends and family at the moment, but you could phone them, or even write them a letter!

# 4

## 60 Seconds of Mindfulness

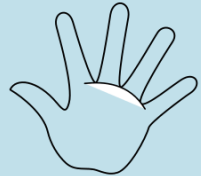
**'Mindfulness' is about being aware of yourself and your surroundings, and rooting yourself in the present moment.**

A useful method to 'ground' yourself in the present involves acknowledging all of your senses... Simply try the following steps:



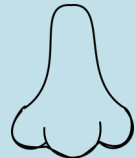
Acknowledge and list 5 things that you can see right now.

Acknowledge and list 4 things that you can touch right now.



Acknowledge and list 3 things that you can hear right now.

Acknowledge and list 2 things that you can smell right now.



Acknowledge and list 1 thing that you can taste right now.

# Useful Contacts

**Staywell, Kingston (Age UK)** 020 8942 8256

**Alzheimer's Society SW London** 020 3513 5147

**Kingston Centre for Independent Living** 020 8546 9603

**Kingston Mental Health Carers' Forum** 07983 063 578

**Kingston Bereavement Service** 020 8547 1552

**Kingston Healthcentre**

<https://kingstonhealthcentre.nhs.uk/>

**The Kingston Domestic Violence Hub** 020 8547 6046

[https://kingston.gov.uk/domestic\\_violence](https://kingston.gov.uk/domestic_violence)

**Crossroads Care (Richmond and Kingston)** 020 8943 9421

(Turn over for more...)

# Support Available to You

## Kingston Carers' Network



020 3031 2757

[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.*

## Social Services

(office hours)

020 8547 5005

(out of hours)

020 8770 5000

## Kingston Stronger Together

0208 547 5000

(A Covid-19 Support Hub)

[www.kingston.gov.uk/COVID-19](http://www.kingston.gov.uk/COVID-19)

## Kingston Foodbank

020 8391 1100

<http://kingston.foodbank.org.uk/>

## Mind in Kingston

020 8255 3939

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

## Kingston Citizen's Advice Bureau

020 3166 0953

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

## Carers UK Advice Line

0808 808 7777