

Wellbeing Newsletter

Autumn 2020

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Kingston
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Message from Our CEO

After a summer of staying near home, restricted travels and limitations on our activities, I am very pleased we can offer you some wellbeing support over the next few months. It is not nearly as much as we

would normally like to do, but we have listened to your ideas and suggestions and been as creative as we possibly can, with the current guidelines. We are very aware of the guidance, and apologise if we have to curtail any activity, but really hope we will be able to expand our offer instead!

It is so important that you, our amazing carers, take time to look after yourselves. Thank you so much for all you do.

Please do get in touch with us, if we can offer any support at all, and we look forward to seeing you at some point soon.

Best wishes, Diane

News from Liz

I have really missed seeing you all over the last 6 months. It must have been an incredibly difficult time for you all. I am sorry we weren't able to run any wellbeing or respite activities.

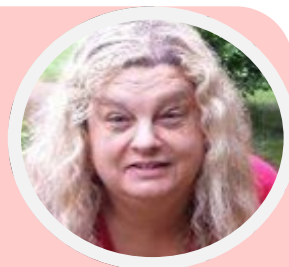
I have put together a range of activities that will be mainly by Zoom in the hope that we can get back to seeing you, maybe not face to face but virtually at least, for the time being.

Our offices are still closed but our adult support workers are working from home to be able to reach out to as many carers as possible.

Please take a look at what I have planned and call/text or email me your interests. All the activities (except Kat's exercise classes) are free of charge but we welcome any donations. If you would like to make a donation, please send a cheque to the office as we are not able to accept cash at the moment.

Take care for now.

Best wishes, Liz



Useful Contact Information

Kingston Carers' Network

020 3031 2757

admin@kingstoncarers.org.ukwww.kingtoncarers.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

Alzheimer's Society SW London

0203 513 5147

www.alzheimers.org.uk

Mind in Kingston

020 8255 3939

www.mindinkingston.org.uk

Kingston Bereavement Service

020 8547 1552

www.kingstonbereavementservice.org.uk

Kingston Citizens Advice Bureau

07395 611524

Leave a message to receive a call back

www.citizensadvicekingston.org.uk

Samaritans

116 123 (*free*)

Or 0330 094 5717 (*local call charges apply*)

Staywell, Kingston

020 8942 8256

www.staywellservices.org.uk

What You've Been Up To



The winner of the YCP sunflower competition, Rita, with her winning sunflowers! They were over a whopping twelve feet tall!

Thank you so much to everyone who took part.

All these photos have been sent in by our carers, sharing what they have been up to the past few months!



Did you know—Goldfinches are a sign of better times ahead!

My Secretary by Margaret Clayson

My Secretary - she's the perky sort,
With a merry quip and joke a day.

I don't know why she stays with me.

It certainly isn't for the pay.

I'd like to think I work her hard, so she never gets a chance to chat.

If she should ever joke with me, I guarantee to squash it flat.

I wouldn't call her pretty. No she is no raving beauty.

But I'd like to think she is blessed with a loyal sense of duty.

To jump, when I say, "jump", and always play the game

And I never give her big ideas, by remembering her name.

It's the nameless one in the other room, that types and does the phoning
and makes appointments by the score, which I enjoy postponing.

I make sure when she needs me, that I'm never in the room

I turn up unexpectedly and spread despondency and gloom

By never actually noticing what she does or what she says

I have a knack of turning off

Ignoring her, I guess

But the 'nameless one' just carries on

She really is persistent

I'm going to have to find another way to be more distant.

Retirement - that's the answer!

Take the loot, pack up and run

Spend time to watch my roses grow,

Lazing in the sun.

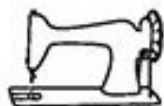
I'll think of all my colleagues

Slaving all day long

While I sip another sherry

And play another song.

*We would welcome any poems you have written, please forward
to activities@kingstoncarers.org.uk*



Grannie's Wisdom

E C N O T U C E C I W T E R U S A E M
 R F D O N T R U S H P L D R M P C P L
 E A O B E P R O U D T P B T L N V K K
 P S T L B K P J B N L Z N V E T V J V
 P K S B L Z T M N A M A B I B M D D R
 I Q E N P O M Z N L C D R D G B Y D W
 R U B M T D W A T I V E J N N B N R Y
 M E E L Y M H D Y D P R I Z K G S R Z
 A S H B G E N A I X Y H J E T T X J X
 E T T M A J S V E R T Y C T U X D B R
 S I Y D X R G O N Y E I T C L W Y W L
 E O U N E X T J N D V C T R T M T R V
 S N B V K N Q A N D V R T L N P L N Q
 U S E B E K Y Y A J O D K I Z N R J X
 G N L T R R Z E Z H J Y V T O J D P W
 P L S Z T W K N S R V T T Z Y N R P Z
 Y I M J B A N O L B K J R W N G S B K
 L Y T T T V N M V B N T R M Y B D L D

DONT RUSH

BE PROUD

LISTEN TO EXPERIENCE

FOLLOW DIRECTIONS

TRY ANYTHING

USE SEAM RIPPER

BUY THE BEST

NO SHORT CUTS

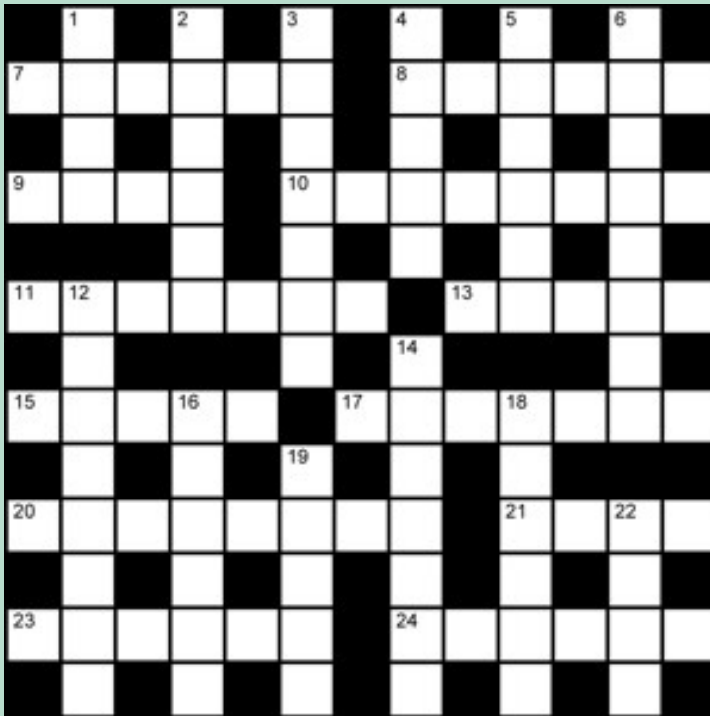
ASK QUESTIONS

TAKE ADVICE

NEVER SAY I CANT

MEASURE TWICE CUT ONCE

PLAN AHEAD

**DOWN**

- 1 Rugby forward (4)
- 2 Narrowest home victory while keeping a clean sheet in football (3,3)
- 3 Aberdeen FC's nickname (3,4)
- 4 Which Michael won at Roland Garros in 1989? (5)
- 5 Former Sri Lankan cricketer, Russel (6)
- 6 Boxer Vitali Klitschko's younger brother (8)
- 12 Subaru's World Rally Championship cars (8)
- 14 Nationality of F1's Kimi Raikkonen (7)
- 16 Which defender joined Leeds on free transfer in 1993 after 19 years at Highbury?
- 18 Wigan striker who has played for Leicester City, Liverpool and Birmingham (6)
- 19 South African fast bowler nicknamed Macky (5)
- 22 Argentine footballer at Middlesbrough (4)

ACROSS

- 7 & 9 across Justine Henin-Hardenne won it in 2005, 2006 and 2007 (6,4)
- 8 Champion _ , Cheltenham race won by Hardy Eustace in 2004 and 2005 (6)
- 9 See 7 across
- 10 See 18 across
- 11 Frenchman beaten by Sampras in the 1997 Wimbledon Final (7)
- 13 Assistant manager of Portsmouth FC, Tony (5)
- 15 Home of the Oaks (5)
- 17 & 10 across He won the Grand National on board Minnehoma in 1994 (7,8)
- 20 Which F1 team did Jenson Button race for in 2001? (8)
- 21 Jason Plato's British Touring Car Championship team (4)
- 23 Boxing promoter, Frank (4)
- 24 Golfer Jamie (6)

Taking Care of Your Mental Wellbeing

Try to take as much action as possible to ensure your mental health won't suffer during this time. Here are some tips on how to take care of your mental wellbeing.

1. Connect with People without Meeting Them

As you may already be aware, it's recommended to stay at home and avoid physical contact with other people as much as possible.

Larger groups shouldn't meet at all. Luckily, with modern technology, we can easily connect with others online.

2. Set up a Routine

For people who stay at home during the COVID-19 outbreak, it might feel slightly chaotic to stay at home for such a long period.

It would be a great idea to devise a plan and write it down, and then try to stick to it on a daily basis.

3. Physical Activity is Key

Try to stay as active as you can. You can exercise at home, even without equipment. Try to follow online videos, there's a lot of resources for that.

Additionally, now you will have time to clean your home and do your chores, which is a good form of activity. Go for walks in nature, and try to sit less.

4. Go Out into Nature and Get Some Air

Get as much sunlight as you can, especially if you live in an area where there's an opportunity to go out into nature. Go for walks, grab some fresh air, and expose yourself to sunlight.

Getting enough vitamins not just during the COVID-19 outbreak, but at all times, is crucial for a stronger immune system and mental wellbeing.

5. Work or Study from Home

You might be instructed to do that, but prepare yourself properly. Make a working environment where you'll be able to focus on your work. It might be hard to do that, especially if you have children to care for.

Try to keep them as busy as possible – make sure they do their homework and avoid other children. For employees working from home, read everything about your rights and ask your employer about the policies.

6. Keep Yourself Busy

Now that we will have more time to spend, make sure you keep yourself busy. Do activities, clean your home, have a clear out, sort your computer files, photos, or anything that needs sorting.

7. Keep Your Brain Challenged

Read books, magazines, articles, online material, solve puzzles or crosswords, watch shows or films, listen to podcasts. Anything that will keep your mind busy and your thoughts free of the coronavirus.

8. If You Start Feeling Claustrophobic

Open your windows, get out of the house and grab some fresh air. You can do the chores on your garden, or even look out your window more often to get a sense of space. Change rooms you're in often.

9. Limit Your Media Diet

Being informed about the coronavirus spread is helpful, although excessive worrying about it doesn't help your mental health.

Especially if you watch the news or listen to the radio, where almost the only thing that's talked about is the COVID-19 spread. Keep a balance between being informed and excessively following the news.

Too much information every day can become stressful. Check the news once or twice a day, which is more than enough to get the latest news.

Plus, limit your time you spend on social media platforms such as Facebook or Twitter, where everyone shares their thoughts and feelings on the novel coronavirus.

Information from www.rehab4addiction.co.uk



Odeon Silver Cinema

Unwind and let us lead you into the magical world of film.

The magic of cinema is timeless. It never ends. This is an imaginative experience that goes on for as long as you're willing to give yourself over to the world before your eyes.

ODEON Silver Cinema is our series of film screenings for our guests who are over-55. Tickets are from £3 each and include tea, coffee and biscuits before your film.

Unwind and catch up with friends over aromatic tea and coffee and buttery biscuits as you get ready to be transported to another reality. Whether you're watching a critically acclaimed classic or talk-of-the-town new release, we'll lead you to another time, another place. Relax as we dim the lights, raise the curtain and bring the screen leaping to life. Inspiring biopics. Laugh-out-loud comedies. Ageless romances. Let us take you there.

Please be aware due to Covid there maybe seat restrictions and you may need to wear a face mask!

For more information please visit www.odeon.co.uk/silvercinema/



*Catch up with
friends and enjoy
the magic of film*

If you are over 65 and feel a bit isolated, Staywell are running a telephone buddying scheme. If you'd like to find out more, telephone **020 8942 8256** or email communityteam@staywellservices.org.uk

If you are under 65 and would like a telephone buddy or other help you can contact the Kingston Stronger Together Team via website www.kingston.gov.uk/kingstonstrongertogether or telephone **020 8547 5000**

Dementia Carers Support Groups

Via Zoom

Evening Dementia Carers' support group:

Tuesday 8th September, 6.30pm—7.30pm

Wednesday 7th October, 6.30pm—7.30pm

Tuesday 3th November, 6.30pm—7.30pm

Tuesday 1st December, 6.30pm—7.30pm

Daytime Dementia Carers' support group:

Friday 11th September, 10.30am—11.30am

Friday 9th October, 10.30am—11.30am

Friday 6th November, 10.30am—11.30am

Friday 4th December, 10.30am—11.30am

Evening Young-onset Dementia Carers' support group:

Tuesday 15th September, 6.30pm—7.30pm

Tuesday 13th October, 6.30pm—7.30pm

Tuesday 10th November, 6.30pm—7.30pm

Tuesday 8th December, 6.30pm—7.30pm

Zoom Chats for Dementia Carers

Join Lou for a chat. All you need is to bring a cuppa...

Friday 18th September, 10.30am—11.30am

Friday 16th October, 10.30am—11.30am

Friday 13th November, 10.30am—11.30am

Friday 11th December, 10.30am—11.30am



Please contact Lou for more information, or to sign up and get your Zoom password:

Email — carers6@kingstoncarers.org.uk

Call or Text — **07305 847 366**

Telephone Befriending Service

A friendly chat when you need it.

What is telephone befriending?

Caring for a loved one can, at times, be an isolating experience. Often, something as simple as a friendly chat can make all the difference. We offer a free telephone befriending service so you can enjoy chatting with someone over the phone from the comfort of your own home.

How does it work?

We will match you with a friendly volunteer for a weekly chat. They will call you once a week at a day and time that is convenient for you. We will match you based on your shared interests. Calls usually last for around 30 minutes, but this is just a guideline.

What if I don't get along with my friend?

Sometimes it may take time to build a relationship. We recommend having a few calls before making a judgement. If you are struggling, please let us know and we will chat through the options available.

Is it safe?

We want to ensure everything is safe and secure, so before you receive a call from your telephone befriender we will have:

- Interviewed them
- Asked them to provide 2 references
- Checked their identity
- Asked them to declare any criminal convictions
- Asked them to agree to our policies and procedures

The volunteer will have your telephone number for the purpose of making the calls, but they will not have any other personal details, such as your address.

Is it confidential?

Your conversations with your befriender are completely confidential. The befriender will only disclose information to us if they are concerned for your safety. If your befriender feels you may benefit from one of our other services, they will ask your permission before speaking with us.

How do I sign up?

If you are interested in receiving a weekly call, or would like to find out more, contact **Lyndsey**:

Text: **07458 305 350** or Email: volunteering@kingstoncarers.org.uk

Alternatively, if you are already in touch with one of our support workers simply let them know that you are interested in the telephone befriending service.

Zoom Chats

Join Liz and a member of the adults team for a chat!

All you need is to bring a cuppa...

We look forward to seeing you.

Tuesday 29th September, 6-7pm

Monday 23rd November, 6-7pm

Monday 14th December, 6-7pm



To sign up and get your zoom password please get in touch.

Email — activities@kingstoncarers.org.uk

Call or Text — **07551 647 448**

Monthly Support groups for Carers

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

Zoom meeting

2nd Friday of each month, 10am—12pm

Mental Health Carers Group

Zoom meeting

2nd Tuesday of each month, 6pm—7.15pm

For more information on any of the support groups, please contact the office on **020 3031 2757** or admin@kingstoncarers.org.uk

Useful Information

TV Licence Concessions

There have been changes to free TV licences.

From 1 August 2020 you will no longer receive a free TV licence if you're over 75, unless you receive Pension Credit. However, if you had a free TV licence on 31 July 2020, don't worry. You'll receive a letter about what to do next and until then you don't have to do anything, you're still covered.

If you're 75 or older *and* claim Pension Credit, you can get a free TV licence. If you're visually impaired, you may be able to get a discount.

Kingston Community Library Service is up and running again!

Kingston Libraries have started to deliver boxes of books to residents in their own homes. This is a service for people who are physically unable to get to the library, cannot carry their books home, or have caring responsibilities.



If you or someone you know would like to become a member of the Community Library Service, please email community.library@kingston.gov.uk or call **020 8547 6451**.

Expansion of Blue Badge Scheme

In case you haven't heard, there's been the biggest change to the Blue Badge scheme since its introduction in the 1970s. Now, people with hidden disabilities can access Blue Badges.

For more information please visit the **GOV.UK** website.



Activities

Free River Club Day Pass

If you would like a free session to go to the River club to try out the gym and swimming pool register your interest with Liz by 30th September.

Email: activities@kingstoncarers.org.uk Text or Call: **07551 647 448**

There are 20 free passes. Names will go into a hat on 1st October. The lucky winners will be sent the free pass.

Please be advised the River Club has restrictions due to Covid so you will need to call on the day to make sure you can attend!



Karen will be making up some sewing packs over the next few months.

If you would like to be considered for one to be sent to you please let Liz know. If we are inundated with requests, names will go into a hat!



Beautiful Hands Workshop via Zoom



Join Tanya Marchetti (Independent Neal's Yard Consultant) in a Zoom workshop where you will create your own hand scrub and then treat your hands to a selection of Neal's Yard products (samples provided).

Tuesday 6th October, 7.30pm

Wednesday 4th November, 1pm

Thursday 3th December, 10.30am

Monday 14th December, 7.30pm

If you would like to join Tanya for some well deserved "Me Time", please get in touch to book your place (we will need to know 2 weeks before the workshop to allow enough time for the samples to be sent to you).

Email: activities@kingstoncarers.org.uk Text or Call: **07551 647 448**

Christmas Party

Our adult carers' Christmas party will be taking place
on **Friday 11th December, 7.30pm—10.30pm.**

The party will include a buffet dinner, refreshments
and entertainment by the Haywood sisters.

If you would like to attend please let us know (please
note that the Christmas party is just for carers).

Please be aware this may be rescheduled at a later date due to Covid.



Annual General Meeting

If you would like to join us for our Annual General meeting please
contact us. This will be held on
Friday 11th December, 7pm at the
Searchlight Centre, Kingston Road KT3 3RX.

Please **arrive at 6.45pm** for a prompt start at 7pm.

Please be aware this may be rescheduled at a later date due to Covid.

Sassy Stirrers Cooking Club via Zoom

Join Sassy Stirrers Cooking Club at 4pm on Thursday
12th November for a Zoom cooking class where you will
prepare a healthy, well balanced meal for you to enjoy.
Approximately 1 hour duration.



If you would like to join Sassy Stirrers, please get in touch to book your
place by 1st November (maximum 12 attendees). Please advise of any
special dietary requirements when reserving your place. If we are
inundated with requests, names will go into a hat!

Email: activities@kingstoncarers.org.uk Text or Call: **07551 647 448**

Kat's Fitness Classes

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

Please contact Kat directly for more information

Text or call Kat on **07960 162964**
or email kat@kjpersonaltrainer.co.uk

We only have 5 spaces per class. £3 per class payable on the day.

Carers Stretch

Alexandra Park Surbiton, KT5 9BQ

Mondays 10am—11am

Core and Resistance Workout

Alexandra Park Surbiton, KT5 9BQ

Wednesdays 09.30am—10.30am

Total Body Workout

Alexandra Park Surbiton, KT5 9BQ

Fridays 11am—12pm





Your Kingstonian F.C. Half-Price Ticket Offer



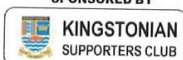
Kingstonian Football Club

Half-Price Ticket Offer 2019-20

This ticket entitles the holder to
half-price entry to a Kingstonian F.C.
BetVictor Isthmian League match
in the 2019-20 season.

Check www.kingstonian.com for fixtures.

SPONSORED BY



Here is a ticket enabling you to half-price entry to a
Kingstonian F.C. Home BetVictor Isthmian League Match.





CARE

Sullivan
Care Worker

PROTECTS
YOU, YOUR FAMILY AND
THOSE YOU CARE FOR
FROM THE FLU

You can give flu to your family and
those you care for without having symptoms.
Protect those close to you.

Get your free flu vaccination

Please contact your doctors surgery for more information