

## Dates for your diary

The launch of the



### Kingston Carers' Forum

**1.30—3pm, Wednesday 29th June**

The Noble Centre, 109a Blagdon Road,  
New Malden KT3 4BD

It is essential to support carers in ways that make a real difference. The forum aims to enable people caring for disabled, ill or frail relatives and friends to have a stronger voice in the services and support for them and the people they care for.

Join us for coffee and find out what other carers feel are their priorities and have your say. If you can't make it, but have something to add, let us know.

**Join in and help to shape change...**

For information, contact **020 3031 2752**

## Health Education Sessions for Carers

### Healthy Hearts

**11am - 12.30pm, Thursday 30th June**

A look at what causes high blood pressure, how it can effect you and what can be done to tackle it

### Discovering Diabetes

**11am - 12.30pm, Monday 4 July**

A chance for non-diabetics to find out about the risks of developing the disease, what signs and symptoms to look out for and how to prevent it in the first place



For more information about these sessions, contact **020 3031 2752**



## Yoga Taster Session for Carers

**2 - 3.30pm, Tuesday 23 August**

New Malden Methodist Church

Carers of all ages and abilities welcome.

To book a place, call **020 3031 2757**

KCN

## Indian Head Massage Training for Carers

**3 x 1.5 hour lunchtime sessions in September**

The Noble Centre, 109a Blagdon Road,  
New Malden KT3 4BD

Meet others carers & learn some basic techniques in being able to give someone an Indian Head Massage.

KCN

For information, contact **020 3031 2752**

## Don't forget the support out there..

Money to take a break

Carers' Emergency Alert Card Scheme

Employment advice

Services for the person you care for

Benefits and allowances checks

Local Carer Support Groups

Help Lines for advice and information

Leisure and Learning opportunities

and much more...

Find details in the **Carers' Directory** or visit [www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)

Regular activities provided by KCN

## Kingston Carers' Network

### Legal Advice for Carers

Thursday evenings. If you need legal advice, book an appointment by calling KCN

### Holistic Therapies for carers

A range of free and subsidised treatments are available at the Noble Centre.

To find out more or to book a treatment contact KCN

### Book Club for Carers

If you like reading & chatting, this monthly book club may be ideal for you!

### Counselling for carers

Trainee counsellors provide this service for carers for no charge. Contact KCN for information.

### One to One Support

### Group Support

### Outings

### Young Carers' Project

### and more...

KCN, The Noble Centre

109a Blagdon Rd, New Malden KT3 4BD

020 3031 2752

## 'Caring Matters'



Stored at Kingston Library, these books, about carers and caring, can be accessed from any of the borough libraries. Drop in to Kingston Library or visit [www.kingston.gov.uk](http://www.kingston.gov.uk) and click on [Carer services](#) for more information.

If you have any suggestions or questions, contact Kirstie on **020 8547 6124**

## Looking to get back to work?

jobcentreplus

Kingston Job Centre Plus may be able to help.

They have **Work Focused Support for Carers** (WFSC) advisers who can advise & support you into employment, including training courses.

For information, ring **0800 055 6688**, tell them you're a carer & request a WFSC interview.

## Are you getting the benefits & allowances you're entitled to?

If you, or the person you care for, are over 60 or known to Adult Social Care (social services), you can contact Kingston Information Partnership to ask for a full benefit check. They will advise if help fill out forms if you need them to.

For more information, call **020 8481 3072**



## Training for carers coming soon!

½ day **Managing & Coping with Stress**

2 short days **Basic First Aid**

½ day **Moving People Safely**

½ day **Looking After Your Back**

For information / to put your name down for any of the courses, contact Kirstie **020 8547 6124**

## Carers' Emergency Alert Card



**I am a carer**  
Someone depends on me

Be prepared for an emergency. Once registered, we issue you a card so if anything happens to you, the alert will be raised that someone at home needs help. For a form call **020 8547 6123**

If you, or someone you know, would like to receive electronic carer updates, email [kirstie.cochrane@rbk.kingston.gov.uk](mailto:kirstie.cochrane@rbk.kingston.gov.uk)



## Carers Week 2011

This year's events and activities were well attended and feedback from carers tells us that it's been a real success. A write up will soon be available on-line about the "True Face of Carers" (carers meeting with MPs) and will be sent out to everyone who attended. Hard copies will be available, contact Kirstie on **020 8547 6124**

## Local support groups

Meeting up with others in similar situations can help you realise you're not on your own, give you a chance to exchange hints and tips and share experiences. There are many carer support groups in the borough, including:

### Kingston MENCAP Carers' Group

Carers meet monthly on the 1st Wednesday in New Malden. Contact Gill **020 8540 1399**

### Aspergers Carers' Group

Carers meet every six weeks in New Malden. Contact Carol **020 3031 2753**

### Mental Health Carers Group

Carers meet monthly on the 2nd Tuesday in Surbiton. Contact Veronica **020 3031 2755**

### Breatheasy

For people with lung disease/disorders & their family/friends. Group meets monthly on the 1st Tuesday in Surbiton. Contact Bill **020 8948 4419**

### Parkinsons Disease

Various monthly meetings for people with Parkinsons & their family and friends.

Contact Marina **0844 225 3772**

### Multiple Sclerosis Carer Support Group

Carers meet monthly on the 1st Tuesday in Surbiton. Contact Ray **07986 514513**

### Dementia Carers' Cafe

Meet in Chessington on the last Wednesday of the month. Contact June **07535 964435**

For more info about other groups, contact **Kingston Carers' Network** on **020 3031 2757** or **Kirstie** on **020 8547 6124**