

Autumn 2021

**CARERS
TRUST**

Also inside:

- A message from our CEO
- Update from our Chair of Trustees
- Benefit Appeals
- Return of Fitness Classes
- Staff News
- Meet the Volunteer
- New KCN Lottery



**WE'VE
LAUNCHED
OUR LOTTERY**

**AND YOU COULD WIN
£25,000!**

You are invited to our Annual General Meeting followed by Afternoon Tea!

Friday 22nd October

4.00pm to 6.00pm

See page 4 for more details



Update from CEO Diane White Welcome to our newsletter. I hope you have enjoyed some sunshine over the summer and it has been so lovely to begin to see many of our carers in person on our social activities. Whilst we may be coming out of the pandemic, it still remains a worrying time, for health reasons and for many other challenges that carers face. Right now, we are working with the council and health colleagues on the refresh of the Royal Borough of Kingston's Carers' Strategy, which is the ideal time, for you, our carers, to outline what needs to be done to support you. The strategy is for carers and is to be written by carers. There has been a survey, which remains open until the end of October (www.kingstonletstalk.co.uk/kingston-carers-strategy) and that will be followed by engagement events to discuss the responses and inform the direction of the survey. Please do take the time to participate if at all possible.

I wish you a healthy autumn and look forward to seeing more of you soon.

Update from Chair of Trustees The last 18 months or so have been difficult for most people in the UK but perhaps for few more so than our unpaid carers and those for whom they care. Long periods of isolation with no respite have exacerbated the difficulties carers face. The pandemic has also specifically hit hard our young carers – many of whom have missed significant chunks of their education, being unable to return to school when their classmates did, for fear of bringing the virus home. Whilst these problems have not been easy to solve, I am proud of the staff and volunteers at



KCN for not only continuing with the tremendous support we provide, but by their ability, willingness and agility to add additional activities to alleviate some of the challenges of the pandemic and lockdown. Initiatives such as our telephone befriending service have been particularly well-received and this summer's *Curiosity* programme for the young carers offered exciting and educational activities at Tolworth Court Farm, pond-dipping at Berrylands pond and a series of science experiments culminating in a science fair.

It is no surprise then that KCN's reputation for providing excellent advice, support and activities is being recognised not only within the borough but beyond - thanks in the main to Ed Davey MP. Over the summer, Ed raised the plight of unpaid carers in a parliamentary debate and specifically shone the spotlight on the work of Kingston Carers' Network and our amazing volunteers. We know from recent events that social care is high on the political agenda, but it is vitally important that unpaid carers are not forgotten as the government tries to tackle the issues relating to paid carers and residential care homes. We will, therefore, continue to lobby both locally and nationally for greater financial and practical support for those who need our services.

Finally, I would like to take this opportunity to thank YOU, Kingston's incredible carers, who provide hours of unpaid care to a family member or friend and to re-assure you that KCN, through our hard-working staff and the tremendous contributions of our amazing volunteers, are here and ready to help any unpaid carer who needs it.

Best Wishes, Dr. Tony Woods, Chair of the Board of Trustees

Afternoon Tea and AGM

You are invited to our Annual General Meeting followed by Afternoon Tea!

Friday 22nd October

4.00pm to 6.00pm

Searchlight Community Centre

Kingston Road, New Malden, KT3 3RX

We will have a short AGM followed by a delicious afternoon tea. Her Worshipful the Mayor, Sushila Abraham, will be in attendance and Sir Ed Davey is also planning to attend. If you wish to vote, you must be a member of KCN. Please see below for more details.

Spaces must be booked by emailing admin@kingstoncarers.org.uk or calling 020 3031 2751 and leaving a message.

Becoming a member of KCN

KCN 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 AGM and to approve the appointment of Trustees to the Board. Being a member of KCN is different to being registered with KCN as a carer. There is no requirement for you to be a member but you will not be able to vote at the AGM unless you are both a member and registered with us.

If you wish to 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

A KCN membership card

If you wish to become a member, please complete and return the form below.

Kingston Carers' Network

Membership form

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 _____

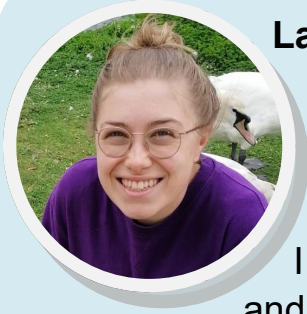
Signature _____ Date _____

Please return form to:

Freepost KINGSTON CARERS NETWORK

(No need to write the address on the envelope)

Staff News



Laura Kearon

Hello, my name is Laura and I am delighted to have joined KCN in May as an Adult Carers' Support Worker.

I am a Psychology and Counselling graduate, and I was a support worker for three years before becoming a supervisor at Lush Cosmetics. I am passionate about helping people and am excited to start my new role and fulfil my passion.

In my spare time I like to walk or cycle through local parks and appreciate the wildlife. I enjoy trying out new things and this year I have been learning Spanish and painting flowers. I'm a keen gardener and hope to paint some of my home grown flowers soon!

Klaire Osuji

Hi, my name is Klaire and I've been working for the Young Carers' Project since March!

I studied Criminology at University, and then completed my Master's degree in Forensic Mental Health as I was fascinated by the root causes of human behaviour. I have always loved working with children, having worked with many in my previous role as a Dance Teacher and I have done lots of volunteer work at Recovery Services.



In my spare time I love singing, dancing, and writing poetry/ music. I find these the most effective and enjoyable ways to express myself. I am passionate about helping others, especially children, because their childhood experiences can significantly impact their adulthood.

I can't wait to meet you all the young carers and have some fun!

See page 11 to read about Klaire's amazing achievement!

Jess Burrows

Hello, I'm Jess and I am excited to announce that I am the new 'Mentoring Coordinator' for the Young Carers' Project.

I have worked in a variety of community roles within the charity sector as well as been a volunteer for a wide range of programmes. From being a research assistant in the Amazon rainforest working with primates, volunteering at an orphanage in Uganda to my most recent experience of being a volunteer mentor where I was matched with a vulnerable young person. Being a mentor has been one of my most rewarding experiences so far and I am looking forward to recruiting a team of passionate volunteers who will make a positive difference to the lives of young carers and vice versa!

I love travelling, walking my dog 'Walnut', spending time with family and am a big Joe Wicks fan!



News from the Young Carers' Project

Update from Liz, YCP Team Leader



We are so delighted to be back seeing all our young carers face to face. We really did miss them! Over the course of the pandemic, we

worked hard to put packs in the post or arrange to have them delivered by one of our lovely volunteers but it's not the same as actually seeing them all.

We started to see some of our young carers during May half term and boy, have they all gotten taller, smarter and wiser!

Throughout the summer holidays, we saw plenty more of our young carers and many of our activities were outside events.

We also held four family activities as we recognise that young carers and their families probably hadn't been out that much. It has been a very strange time so if you know a young carer who may need some support, we are here for them.

What have the young carers been up to?

We started the year with a lot of fun packages, delivered straight to our



young carers' doors. Many of our carers spent Valentine's Day and the Easter Holidays creating and baking lovely themed treats, sending us photos of their delicious and artistic work.



This was provided alongside our BriteBox recipe box deliveries, which have also gone down a treat!

We are now grateful and happy to relay, that we're back to our regular face to face 'Drop In' sessions. This came just in time for us to treat our young carers to activities such as: archery, go karting and historical family trips during the May Half Term, followed by our wonderful parties, featuring a Bucking Bronco and bouncy castle to celebrate 'Carers Week'. We were also lucky enough to have a visit from the Mayor of Kingston! The YCP Team have loved being able to get our young carers back into our Curiosity programme and their adventurous nature walks, discovering science again.

Summer saw us heading back towards pre-pandemic levels of busy. We arranged 34 trips and activities including two overnight residential trips, a Science Fair, Thorpe Park, bowling, paintballing, arts & crafts and much more. By the end of the summer





holidays, our young carers had enjoyed **416 individual respite breaks.**

We are now looking forward to October half term and are already busy planning our Christmas activities!

Benefit Appeals

Members of the Adult Carers' Support Team are highly experienced and have legal and advice backgrounds. We can offer advice, assistance and advocacy in matters relating to welfare benefits and, in particular, any decisions you may wish to appeal.

It might be worth appealing a decision if:

- The person you care for was not awarded a disability benefit that you believe they are entitled to.
- The person that you care for was awarded a lower rate of disability benefit than you believe they were entitled to.

We also offer advice and advocacy for:

- Overpayment decisions.
- Welfare benefits and tax credit decisions.

Appeals are submitted on a wide range of issues including complex calculations, immigration status, and disputes around disability and caring and we assist carers by gathering evidence, preparing written representations and attending and representing them at tribunal hearings. We have achieved very substantial financial gains for carers, from claims and

appeals.

Please contact the office on 020 3031 2757 as soon as you receive the decision you wish to challenge.

There is usually a one-month deadline from the date of the decision and, as we receive a high volume of referrals, the sooner you are in contact with us, the sooner we can assist you. When you contact our office make sure to let them know the date of your decision and we will aim to prioritise and meet deadlines where possible.

We are always here to help you every way we can and we ask you to treat us with the same respect we afford you.

Congratulations!



Huge congratulations to Klaire, one of our Young Carers' Support Workers. Klaire recently graduated as a Master of Science in Forensic Mental Health from Nottingham Trent University and we couldn't be prouder of her!

Support Groups

KCN runs monthly groups to give carers the chance to chat with others who may be in a similar situation to themselves. It is a friendly opportunity to share stories and tips in a safe, non-judgemental space.

Whilst we are not able to meet in person, we are running our support groups and chats online via Zoom:

Zoom Support Groups – please note that spaces must be booked

Parents and Carers of Adults with Asperger's or ASD

First Wednesday of each month, 10.00am to 12.00pm

Please book by emailing carers4@kingstoncarers.org.uk

Carers of People with a Mental Health Condition

Second Tuesday of each month, 6.00pm to 7.15pm

Please book by emailing carers1@kingstoncarers.org.uk

Carers of People with Dementia

Second Wednesday of each month, 3.00pm to 4.00pm

Please book by emailing carers6@kingstoncarers.org.uk

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

Second Friday of each month, 10.30am to 11.30am

Please book by emailing carers5@kingstoncarers.org.uk

YAC Peer Support Group *In person*****

For 16-21 year olds.

First and third Friday of each month. Get in touch with Liz on 07551 647 448 if you would like more information or think you would like to come!



**KINGSTON
COMMUNITY
LOTTERY**

Supporting



**Play today
and support our cause!**

- Make a difference to the community and support our cause
- Sign-up for only £1 a week!
- You get the chance to win cash prizes up to £25,000 every week!
- We get 50p from every £1 ticket
- Join your community in making where we live an even better place

To start supporting, visit:

www.kingstonlottery.co.uk
and search for: **Kingston Carers'**



Meet the Volunteer: Helen

Helen is a *Mail Out Support* and *Telephone Befriending Volunteer*. We asked Helen a few questions so you can get to know her, and her work with KCN, a bit better...

How long have you been volunteering with us?

I have volunteered with KCN for quite some time, but regularly since early last summer.

How did you first hear about Kingston Carers' Network?

I first heard about KCN many years ago, when I was first a carer. I needed advice on DLA forms and was able to get much appreciated help from David Still. He helped me numerous times over the years and this was invaluable.

Why did you choose to volunteer for us? What volunteering activities do you do and what do you enjoy about it?

I chose to volunteer, first as an envelope stuffer, as initially I wanted to give something back and then, with Covid, to contribute to the national effort in a way, as a Telephone Befriender. I have now been a Befriender for well over a year.

I phone my 'gentleman', as he is known in our house, once a week at the same time. I get as much out of these calls as I hope my gentleman does. It has been one time in the week where I stop whatever I am doing and sit in one place and chat for, on average, 40-45 minutes. It has been an oasis of calm in the middle of the pandemic.

We have never been stuck for conversation, although in the earlier days I would prepare before making the call. I would write down a few questions to ask, often based on what we had talked about the week before, e.g. an appointment that was coming up. It meant that I stayed focussed and relevant and was always able to keep the conversation going. Now I don't need to do that anymore, because it comes naturally. I would happily say that we have become friends.



Recently, I have joined a new volunteer programme called TalkLine, which is where we listen and support carers on a more ad hoc basis. This has only just begun, so it will be interesting to see how it develops.

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

If you are considering volunteering, I would say that you will gain much from it. I think I have gained a great deal. I feel as if I am contributing in a meaningful way to someone else's life, whilst my own is enriched, also.

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.

Tour de Thanks

Appreciating our volunteers!

On Sunday 6th June we were visited by Paul Reddish, Chief Executive at Volunteering Matters. Paul, along with his father, former Paralympic swimmer, Tim Reddish, undertook a mammoth, week-long, cycle ride from Edinburgh, across England and Wales and finishing in London. They called this challenge the 'Tour de Thanks' as their aim was to thank volunteers across the UK who have given their time to support others.



Paul, Tim (and guide dog, Pip!) took a break with us and presented our volunteers with pin badges to thank them for their time.

Thank you Rita!

We are sure you will join us in thanking our volunteer, Rita, who has been hard at work over recent weeks stuffing envelopes for various mailouts as well as writing and sending birthday cards to our young carers. We couldn't do it without you Rita!



Attendance Allowance

BrighterKind Care Homes have put together these handy tips for completing Attendance Allowance.

TOP TIPS 1

Helpful tips from
brighterkind

Sit down with a cuppa and **make sure you're not missing out on Attendance Allowance**



65+



Am I eligible?

Attendance Allowance is available to anybody 65* and over with physical or mental disabilities and who need help with washing, dressing or eating. **You are eligible if you pay for your care in a care home.**

Attendance Allowance isn't means tested so your finances won't be checked to work out if you're entitled.

To claim, you don't need to be receiving assistance already you just need to show that you will benefit from it.



Care Home

You are NOT eligible if...

- you already receive PIP (Personal Independence Payment)
- you receive DLA (Disability Living Allowance)
- you live in a care home and the local authority already contributes to your costs (Attendance Allowance will only be paid for the first 28 days).

The amount of Attendance Allowance you get depends on whether you need help day or night or both day and night.

Payments are calculated weekly and usually paid every 4 weeks.



Day or Night

£60.00

Weekly

Day & Night

£89.60

Weekly



If you are eligible and want to apply, you need to fill in a 'AA1 Attendance Allowance' application form. You can request a form over the phone **0800 731 0122** or print one out from **gov.uk/attendance-allowance**

You then need to send the form by post to the address given on the application form.

Tel: 0330 660 9997
www.brighterkind.com

brighterkind

Attendance Allowance

1. How do I get the Attendance Allowance claim form? To claim the Attendance Allowance, you need to fill in an AA1 Attendance Allowance application form. You should complete the form at your earliest convenience. You can get the Attendance Allowance claim form by requesting one over the phone or by printing one out from gov.uk.

Open the printable claim form to see the completion notes. If you fill in the online version of the form, you'll also need to open the printable claim form from gov.uk as the notes for filling in the Attendance Allowance form are provided on this version.

2. Get the right form and Attendance Allowance pack format for you. You can request the Attendance Allowance form in large print or braille or ask for an interpreter. Attendance Allowance packs are also available in large print or braille. Interpreters can also be organised if you need one. Call: 0800 731 0122 or text: 0845 604 5312, Mondays to Fridays: 8AM - 6PM

3. What if I make a mistake on the Attendance Allowance form? Don't worry about making a mistake on the form. It's OK to cross something out.

4. What care needs do I need to have to be eligible for Attendance Allowance? When completing the form, don't underestimate your needs. Be realistic and note the amount of help needed on bad days, as well as on good ones. Below is a list of a few things you may need help with and need to consider when completing the Attendance Allowance claim form:

- Washing: do you need help getting in and out of the bath or shower, washing your hair or shaving?
- Going to the toilet: do you need help going to the toilet during the day or night? Do you suffer from incontinence? Might you need help with changing beds?
- Getting dressed or undressed: do you need help with this?
- Mealtimes: do you need any help with eating or drinking? Do you have difficulty operating the oven, opening cans or doing other things in the kitchen?
- Medical treatment: do you understand which medication to take and when? Can you operate medical devices (such as a hearing aid) or safely manage any conditions or illnesses (such as diabetes) by yourself?
- Getting around indoors: do you need help navigating from room to room, getting in and out of bed? Do you need aids and adaptations, such as a bed-raiser, a raised toilet seat; shower seat or a walking frame?
- Communicating: if you have poor eyesight, do you need help reading your post? If you're deaf, can you hear the doorbell?
- Supervision: are you in danger of falling? Do you need someone to watch over you in case you have a seizure or a fall? Do you feel you might be in danger if no one is there to support you?

5. How much detail should I go into on the Attendance Allowance form? Give as much detail as you can in each section, with examples. It's also important to describe how another person helps you – or could help you. This is a key reason to qualify for Attendance Allowance.

6. Giving consent for DWP to contact my GP or others involved in my case You may be asked to give your consent for the Department for Work and Pensions to contact your GP or the people or organisations involved with looking after you. While you don't have to agree to this, it might result in the benefit not being made available if you don't.

7. Consider a supporting statement It's worth asking someone to write a statement as it helps reinforce your case. It could be a friend, a relative or a professional person, such as a doctor. If that person understands the rules of the allowance, it will be even better, as they will know what relevant information to include.

8. Who needs to sign the form? You must sign the form yourself, so if someone has been helping you to fill in the form, you should read it through before signing. The exceptions to this rule include if the person filling in the form holds a Power of Attorney, or there are other reasons you can't sign, such as a mental health problem.

9. Post the form rather than email it. Don't email the completed form as it won't be accepted, you'll need to post it to the address given on the form.

10. What happens next? Once the application has been received, you might also be asked to attend a medical assessment to check your eligibility, which can be at your home if getting to the assessment is difficult for you.

If possible, take someone who cares for you, such as a family member or friend, to the meeting in case anything isn't clear. At the assessment, you'll need to provide identification, which

could be a: passport, birth certificate, driving licence, life assurance policy or a bank statement.

If you are eligible and want to apply, you need to fill in an AA1 Attendance Allowance application form. You can request a form over the phone or print one out from www.gov.uk/attendance-allowance.

New Mental Health Crisis Hub

South West London St George's Trust has opened a new mobile crisis response service supporting those in crisis to be cared for away from A&E or an acute mental health facility.

This service is for patients of all ages with mental health problems who would otherwise have had to go to A&E.

Patients **must not** need urgent healthcare for serious medical conditions: these patients must be treated in an A&E first, and then they may be transferred to Coral Mental Health Crisis Hub when safe to do so and if needed.

Please note that patients cannot self-present. They must first call the screening line, the Trust's existing Mental Health Support Line (MHSL) **0800 028 8000**.

News from SWLStG Mental Health Trust

Hello everyone, I do hope this issue of the KCN newsletter reaches you in the best of mind, body and spirit. What a challenging 18 months it's been but we're progressing in leaps and bounds and with every dark day, there's always a bright

sunshiny day too! My name is Karen and one of my sunshine days came when I was recently offered the role of Carers, Family & Friends Involvement Co-ordinator (CFFIC) with the SWLStG Mental Health NHS Trust. I'm delighted to have been given this opportunity and I'm looking forward to working with the Trust and the Carers Centres to continue to build on the support provided for carers, families and friends (CFF) across the boroughs.



I'm a carer myself and gave up full time employment to look after a loved one full time about 2 years ago. I did this alongside some advisory work around policy, strategy and quality with organisations across Mental Health Services including; The Royal College of Psychiatrists, CCQI, National Collaborating Centre for Mental Health, National Institute for Health Research and NHS England Adult Mental Health. Being a carer, I understand the struggles and worries carers face navigating the mental health maze and fighting to get the right service or simply be acknowledged. I also know the relief and happiness carers can experience when they and their love ones are listened to, receive a good service and get good outcomes. I intend to use my knowledge, experience and skills gained in these fields to help influence, shape and improve experience and outcomes for CFF.

I'm passionate about reforming mental health provision, particularly;

- Individuals right to be involved and have choice regarding treatment
- Redressing inequalities

- Services being open and accountable to their communities
- Access to timely, responsive therapies and trauma informed care
- Co-production at the heart of service delivery and development
- Improving the quality of Trust services
- Working collaboratively to improve access, experience and outcomes for patients, carers, families and friends.

Some of the points raised above will be outside the remit of my role with the Trust but I'll ensure that those matters that do fall within my role are worked on.

Hopefully, I'll get a chance to meet with some of you over the coming months and hear your views. I look forward to it. I can be contacted at karen.persaud@swlstg.nhs.uk if you'd like to get in touch.

Cheer on the Ks for free!

For all this season, Kingstonian FC are offering free admission to all young carers and their families. Older young carers can attend on their own (with parental permission) and with all under 18s enjoying free admission, why not invite their school friends?

We are excited to announce that the free admission offer has been extended to all adult carers for a trial period of three months, covering the following matches.

Wednesday 13 October vs. Worthing
Saturday 16 October vs. Cheshunt
Saturday 13 November vs. East Thurrock United
Saturday 20 November vs. Cray WanderersY
Saturday 11 December vs. Margate
Monday 27 December vs. Corinthian Casuals

COUNSELLING SERVICES

KCN 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. We are unlikely to be able to safely facilitate "in person" therapy sessions until 2022. However, this does mean that the video call counselling waiting list is much shorter than usual and is currently around three to four months. We are also able to provide details of experienced BACP qualified counsellors offering low-cost counselling for carers.

Please contact Helen, counselling@kingstoncarers.org.uk for further information, or to help with any questions you may have.

News from Working for Carers Kingston

Over the last year, we have continued to work with Kingston carers seeking employment, training and volunteering opportunities. We supported carers looking to get closer to the job market as well as carers recently made redundant following Covid-19 and looking to find new employment.

“Working for Carers has given me the tools and support to go back into employment. It has helped me get my confidence back.”

Supporting carers to look for jobs, training, or starting their own business virtually was a new experience for our clients and us. Nevertheless, with joint efforts, we achieved some fantastic results with carers securing full time and part time employment opportunities, taking online training and gaining new qualifications, as well as attending our own workshops to improve on their confidence and employability skills.

Plans for the coming year! We will continue to offer one-to-one support and advice. Dedicated Employment Personal Advisors will help you to explore your professional goals, identify suitable training and support you to complete a competitive CV and job applications. If confidence building is what you are after, we will assist you in finding the perfect course.

We will deliver monthly workshops on topics such as; Online Job Searches, Completing Application Forms, Using LinkedIn, Interview skills, starting your own business and many more.

To be eligible for the Working for Carers Project you must be an unpaid carer or former carer, aged 25 and over and not in

any paid work.

If you wish to know more about registering with Working for Carers please contact us on wfc@camdencarers.org.uk or call us for further information on 020 7428 8950. You can self-refer or be referred by Kingston Carers' Network.

Working for Carers is led by Carers Trust and delivered by its network of partners (local carer organisations) across London. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund.

Summer 2021 Wellbeing Round Up!

Wow, what a busy summer we've had! I've loved having the chance to meet so many of you as we all began to get out and about again. From bingo to Bognor and Wisley to Worthing, we've had guided tours, explored museums, met experts and shared meals. The sun shone, conversation flowed and our smiles returned.

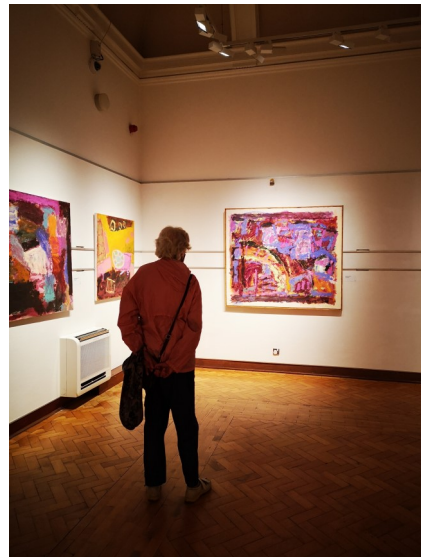
Here's a few snapshots of our adventures together... I look forward to many more!

Best wishes, Layla





TO THE
SEA...
TO THE
SEA...
LET'S GO
TO THE
SEASIDE...



FARNHAM SCULPTURE PARK





KEW GARDENS

Viewing the vines...



and tasting the wines at



DENBIES!





WANDERING *at Wisley*



Cream tea among the Lavender at Mayfield Lavender Farm



PIZZA TIME



Autumn Wordsearch

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

NOVEMBER
OCTOBER
APPLE
HARVEST
AUTUMN
FALL

SQUIRREL
COLORS
ORANGE
THANKSGIVING
SEPTEMBER
CHANGE

SQUASH
CORN
HALLOWEEN
PEARS
YELLOW
PUMPKIN

SEASON
ACORN
FESTIVAL
MIGRATION
VEGETABLES
LEAVES

"There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again."

Ruth Ahmed

Social activities for carers of people with dementia

Lunchtime Social

Wednesday 3rd November, 12.00pm to 2.00pm

We will be enjoying some traditional fish and chips at Salt and Vinegar in New Malden.

Please book your space by 20th October



Lunchtime Social

Wednesday 15th December, 12.00pm to 2.00pm

Come and join us for some lovely Italian food at Wildwood in Kingston for our Christmas lunch.

Please book your space by 1st December



Lunchtime Social

Wednesday 5th January, 12.00pm to 2.00pm

Beat the January blues with a pub lunch! Venue to be confirmed.

Please book your space by 22nd December



*** PLEASE NOTE *** All lunches cost £5 which includes a meal and a drink. Spaces MUST be booked and are limited to a maximum of 15 carers.

Book your space: carers6@kingstoncarers.org.uk or 07305 847 366

Saturday Cuppa, Cake and Chat Social

Saturday 22nd January, 10.00am to 11.00am

£2.50 includes a drink and cake/savoury bite



Come and have a cuppa, a slice of cake and a chat. Venue to be confirmed. *Please book your space by 8th January*

*** PLEASE NOTE *** This social is limited to 8 carers (priority will be given to those who are unable to attend the lunchtime socials).

Wellbeing Activities and Events

Autumn/Winter Events

Booking essential for all events, including events that are free of charge. Please either return the booking form on page 40, phone 020

3031 2752 or email wellbeing@kingstoncarers.org.uk.

Activity fees payable in cash on the day of event.



Kingston Museum Art Workshop!

Friday 5th November, 1.30pm to 3.30pm

Kingston Museum, FREE

The Kingston Museum Team have invited KCN carers to produce an artwork on the theme of 'Movement' and will be hosting a special KCN art workshop led by Asha Fontenelle.



The session will focus on mindfulness, colour and mark making and the importance of movement in your life. The artworks made on the day will feature in the museum's forthcoming April 2022 exhibition on Edwaerd Muybridge!

No experience necessary — just enthusiasm!

Please book your place by Friday 22nd October.



Kensington Palace

Friday 19th November, £5

Join us on a visit to Kensington Palace where you will have the chance to see Diana's wedding dress and the King's State apartment. Discover the story of the young

Queen Victoria and visit the private rooms where Mary II once dined, relaxed and entertained.

We will be travelling by train and tube. Please meet at either:

- New Malden train station at 9.45am or
- Wimbledon train station at 10.00am.

A group travel card will be provided to carers travelling from these locations. Return time of your own choosing.

PLEASE NOTE Meals are not provided. Booking essential.

Please book your place by Friday 5th November

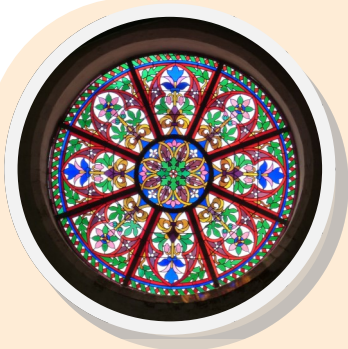
Taming the Mind: Mindfulness and Meditation Course

Details to be confirmed. Start date w/c 15 November, FREE

Shani De Fonseca, Meditation and Positive Thinking Teacher, leads this four week in-person course called Taming the Mind.

Learn mind-calming techniques to help shift your way of thinking and handle challenges with a peaceful and calmer mind. Each one hour class includes a guided meditation so you can put your new skills into practice.

Please register your interest by Wednesday 3rd November



Stained Glass Workshop

Wednesday 1st December
All Saints Church, Kingston
10.30am to 11.15am
FREE

All Saints Church in Kingston has some outstanding examples of stained glass from many periods, including the High Victorian Gothic Revival.

Join this 45 minute workshop for a fascinating tour of the church's windows, learn about their history and take design inspiration to create your own festive glass tea light holder.

A hot drink and some delicious cake will be available in the church café after the event.

Please book your place by Wednesday 17th November

Festive Decoration Workshop

Friday 17th December,
All Saints Church, Kingston
10.30am to 11.15am, FREE

Make your own festive decoration in the beautiful surrounding of All Saints Church in Kingston before enjoying a hot drink and slice of cake in the church café.

Please book your place by Friday 3rd December



Christmas Celebrations!

KCN Christmas Socials

This year we will be holding two Christmas Socials! Come and join us as we enjoy lovely food, music and some much needed festive cheer.

£5 for carers, £25 for guest of carer



Thursday 9th December

The Glasshouse, New Malden
6.30pm to 11.00pm

Welcome reception, traditional two course meal with a complimentary drink followed by music and dancing.

Sunday 12th December

The Glasshouse, New Malden
1.30pm to 6.00pm

Welcome reception, traditional two course meal with a complimentary drink followed by a fun festive quiz.

Due to limited space, carers can only attend one Christmas social, with one guest. When booking your place, please indicate your preferred date. If either event is oversubscribed, names will be pulled out of Santa's hat!

Please book your place by Friday 19th November

Fitness Classes

KAT'S FITNESS CLASSES ARE BACK IN PERSON ... and she's still on zoom too!!

Come and exercise outside with Kat at the Surbiton Racquet and Fitness Club!

Kat now runs two of her popular classes under a marquee while also live streaming via zoom, so you can join in however you feel most comfortable.

In person classes follow distancing regulations and carers are welcome to use the club's change facilities and café.



Mon 10.00am to 10.45am - Stretch and Tone

In person and via Zoom

Wed 9.30am to 10.15 am - Total Body & Abs workout

Zoom only

Fri 11.00am to 11.45am - Resistance and Core

In person and via Zoom

Prices and Booking

Exercise passes can be purchased by emailing wellbeing@kingstoncarers.org.uk or Helen at counselling@kingstoncarers.org.uk

4 classes - £14

8 classes - £28

12 classes - £42

Drop in/one off sessions - £5 per person

BOOKING FORM:

Mr / Mrs / Ms / Miss / Other:

Full name: _____

Postcode: _____ Phone Number: _____

Email: _____

Please mark the diamond(s) if you are:

- ◇ Aged over 65
- ◇ Dementia carer
- ◇ Parent carer
- ◇ A volunteer
- ◇ None of the above
- ◇ Please tick if you identify as BAME

If booking multiple events please indicate your preference by writing a number on the line provided (1 = first choice, 2 = 2nd choice etc). If events are oversubscribed,

_____ Art Workshop (*book by 22nd October*)

_____ Kensington Palace (*book by 5th November*)

_____ Mindfulness and Meditation Course (*book by 3rd November*)

_____ Stained Glass Workshop (*book by 17th November*)

_____ Christmas Social - Thurs 9th Dec (*book by 19th November*)

_____ Christmas Social - Sun 12th Dec (*book by 19th November*)

_____ Christmas Social - guest place (*book by 19th November*)

_____ Festive Decoration Workshop (*book by 3rd December*)

Please ensure you return your form by the booking deadline for the EARLIEST event you wish to attend. Please return this form to **"FREEPOST Kingston Carers' Network"**. You do not need to write anything else on the envelope or use a stamp.