



Kingston Carers' Network

# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Spring 2022



Also inside:

- A message from our CEO
- Update from our Chair of Trustees
- Your chance to win £25,000
- KCN's 2021 Achievements
- Staff News
- Social Activities



Could you knit the next KCN Team Member?  
See page 24

Carers in Kingston were  
**ONE MILLION POUNDS**  
better off in 2021, thanks to KCN.  
See page 6 to find out why.

Supported by...





**Update from CEO Diane White** Welcome to our first newsletter of 2022. As I write, the sun is shining and I hope this year will bring better health and stability to us all. At Kingston Carers' Network, we are committed to offering as much support as possible, to you individually as carers, as we try to identify hidden carers and as we campaign for better understanding and improved recognition. Carers have continued to contribute to the refresh of Kingston Carers' Strategy which should be published soon, outlining the needs and recommendations for carers in our borough. We are participating in a multi agency project to identify hidden carers and you may have seen the adult social care white paper, published late last year, People at the Heart of Care: adult social care reform. KCN and many of our carers contributed to the research of this long awaited paper. In his introduction, the Secretary of State set out the Government's vision for social care reform, which includes: there is choice and control for people over the care they receive, promotes independence, properly values the workforce and recognises unpaid carers for their contribution and treats them fairly. Details included a £25 million fund to kick start support for carers including respite care and the inclusion of young carers in the schools' census (reverse of a recent policy). There is so much more that could have been included in the paper, but this is a starting point.

You will be aware of the financial challenges facing the voluntary (and all other) sector currently and we are doing all we can to ensure we remain able to provide the service our carers need and deserve. In good news, we have been funded to open a "Man Shed", to support the wellbeing of male carers. Please look out for the details!

Thank you, all, our very special carers and I look forward to seeing many of you in the next few months.

**Update from Chair of Trustees** As we adapt to the post-pandemic 'new' normal, it is a good a time as any to focus on the future, rather than dwell on the difficulties of the past 2 years. The board met in person for the first time in February and are using our varied skills and experience to ensure the continuing strength of KCN.



A recent development has been a burgeoning collaboration with arts organisation Rosetta Life. Rosetta's Lucinda Jarrett has introduced poetry workshops for our adult carers and has some great ideas for further work with our young carers. Indeed, this work was recently highlighted in a speech by Lord Howarth of Newport (22 Jan) in the House of Lords as he took the floor in the debate on the Health and Social Care bill. Lord Howarth stated *"I would like to offer [...] a glimpse of some remarkable work with carers being developed in Kingston upon Thames by Kingston Carers Network. [...] this work demonstrates] the potential of the arts to improve the lives of unpaid carers and to have a voice that will be heard nationally and internationally. I [...] look forward to a time when public policy far more reliably and generously supports unpaid carers to have better lives while they do their crucial work"*.

This resonates well with the very special poetry of one of our carers, Jo Lambert, inspired by her caring role (see page 43). Jo and Lucinda are working together to embolden other carers to use poetry as a medium of reflection.

I would like to thank Lord Howarth for his kind words, recognition of the terrific work of our staff and the engagement of the carers we support, as well as Lucinda and Jo for their exciting and inspirational energy.

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

## Staff News

We have been extremely sorry to say goodbye to Lou, Dementia Carers' Support Worker, and Imelda, Schools' Link Worker. We were unable to secure funding to continue their posts but we are working hard to find replacement funding.

### Sam Leggett

We were so pleased to welcome back Sam from her maternity leave. Sam is one of our Young Carers' Project Workers and the queen of risk assessments and we know our young carers are as delighted as us to see her again!



## First Contacters

This January, KCN began a new project called First Contact, which aims to increase our support capacity and decrease wait times for enquiries and help.

To achieve this, we have taken on a number of new volunteers, specifically to support these goals, from either our existing volunteer base, or from specialist sources, such as students on law courses who will gain practical experience.

The new volunteers will work on a rota basis and will be available in the mornings. Their role will be to answer the main office phones; to help callers directly, where possible, as well as by registering new carers and referring new and returning clients to the Adult Carers' Support Team.

With support services around the country being inundated by

far more people in need of support, or indeed greater support, the First Contact Project aims to improve the service being received by our carers.

The idea being that calls will be answered primarily by someone whose time and enthusiasm is dedicated completely to this key role and where, by doing so, they also offer support to existing staff by freeing them to have more time for you, in their areas of expertise and with their own work-load.

The new project has now started with our first volunteer, Helen. We look forward to more volunteers joining soon. Each will receive comprehensive training and be security checked.

We are excited by the new energy that they will bring, with their dedication to being your first point of contact, which in turn will give a higher quality service to our user base.

It is a project we are delighted with and for which we have high hopes of success.

We are sure that you will welcome them, too, and please do be gentle with them as they get to know us all and as they become familiar with our systems and settle into their new roles as First Contact volunteers at KCN!

**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.**



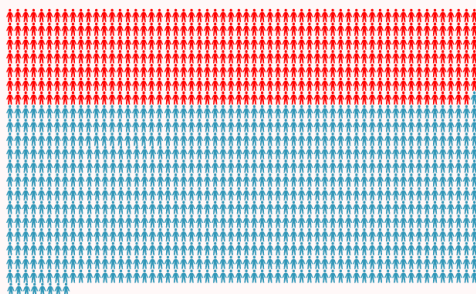
Kingston Carers'  
Network

**CARERS  
TRUST**

# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Our Achievements in 2021



**1,208**

referrals

**419**

new carers



**28%**

increase on 2020

After accessing our advocacy and advice services...

...carers in Kingston were better off by over

**£1 million**

£1 054 792.94 to be exact!



**78%**

better understand their rights and entitlements

**69%**

report improved emotional wellbeing

**69%**

saw improved access to community care

**75%**

felt recognised as an expert care partner.\*

\*This means that it was recognised that carers often know the person they care for best and are experts when it comes to their care.

“Your service is second to none. You all go above and beyond to support all your members from young carers to adults.”



“Fantastic work and nice friendly people.  
 You’re a helpful and trustworthy service.  
 Keep up the good work.”

After accessing our Wellbeing Service...



were more confident about the future



better mental health



enjoyed a life outside of caring



**560.5** hours of telephone befriending

**482**

hours of one to one counselling, saving carers

**£24 100**

**48** specialised Support Groups



were physically healthier



had improved emotional health



felt less isolated

# News from the Young Carers' Project

## Update from Liz, YCP Team Leader

The Young Carers' Project staff were delighted that we could run respite activities for our young carers during the festive season.

The 5 to 11 year-olds enjoyed a Christmas party with Santa and his elves. It was lovely for them to have a party as they had missed out the year before due to the pandemic.



We also took 40 teenaged young carers ice skating at Hampton Court. We run this most years and it is always a popular and well attended event. As always, we had a fantastic time on the ice followed by cheesy chips to warm us up after.

The end of the year saw us saying a sad goodbye to Imelda, our Schools Link Worker. We had been lucky enough to receive a grant from the Young Londoners Fund but this came to an end. We wish Imelda well in her next adventure.

On a more positive note, we were delighted to welcome Sam back from her maternity leave as her daughter Rosie has turned one!

We continue to run a range of weekly drop ins for young



carers. For our 5 to 11 year olds, these take place on Mondays in Kingston and Tuesdays in Chessington.

On a Wednesday we meet our teenagers in Kingston and every 1st and 3rd Friday of the month it's the turn of our young adult carers aged 16-22.

We enjoyed a fun filled half term in February with our young carers. Our trips included a visit to Hobbledown farm, bouncing around at Airhop in Esher, a painting workshop run by Create Visual Arts charity and much more!



I must say that I believe the highlight of last year was a trip to the Natural History Museum. The young carers who regularly attend our Curiosity sessions with Chrissy were taken behind the scenes with Oliver Crimmen, Senior Curator, to see lots of weird and wonderful creatures.

The YCP team are looking forward to spring and the warm weather so we can get out and about with all of our wonderful young carers..



If you think you may know someone who is a young carer, or would like more information on the support our Young Carers' Project can offer, please contact Liz on 020 3031 2753 or [YCPteamleader@kingstoncarers.org.uk](mailto:YCPteamleader@kingstoncarers.org.uk) or

## Young Carers Action Day

Young Carers Action Day is an annual event, organised each year by Carers Trust.

This is a national day for raising public awareness of young carers and young adult carers, the pressures and challenges they face, and the incredible contribution they make by caring for their family members and friends.

It is also a day to call for more action to support young and young adult carers and give them the extra bit of help they need to live full and healthy lives.

This year the focus is on securing action to help address the isolation young carers and young adult carers experience. The YCP team will be visiting schools joined at Lime Tree by our MP, Ed Davey and Madame Mayor will be joining our young carers for afternoon tea. Look out on our social media to see the videos our young carers will be making!

## News from the Mentoring Project

Our mentoring programme is for young carers aged 10 to 18. A mentor is someone for a young carer to spend one-to-one time with outside of the home environment every two weeks for a year! During this time young carers and mentors plan activities together, work towards personal goals and have lots of fun getting to know one



another. Since October 2021 we have matched 13 young carers with mentors. We are continually recruiting volunteer mentors for young carers and will be next matching March 2022.



Young carer C and his mentor James during an outing where they went bowling. Young Carer C says "I am really enjoying spending time with James on the Mentoring Programme. He is easy to talk to and we have been having a lot of fun on our days out; which have helped me relax. It's been good to get different views about life from my new friend".

*Mentor Jess with young carer M enjoying a Carousel Ride in London. December 2021.*

Mentor Jess says "Mentoring has been a gratifying experience so far, good fun and fulfilling". December 2021.

*Young Carer H with her mentor Karina on their latest outing which included going on the London Eye.*



"I had a great time at the London Eye and it was a really different but fun experience". November 2021 – Young Carer aged 12

For more information on becoming a carer, please contact Jess Burrows on [mentoring@kingstoncarers.org.uk](mailto:mentoring@kingstoncarers.org.uk) or 020 3031 2756.

# 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. 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](mailto: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](mailto:carers1@kingstoncarers.org.uk)

## **Carers of People with Dementia**

Unfortunately we are no longer able to run this group as the funding has now ended. We are looking for replacement funding and/or a volunteer to run the support group. Please email [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) if you might be interested.

## **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](mailto: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!



Brought to you by



In collaboration with



**FREE**  
digital resources  
for carers

# Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit [carersdigital.org](https://carersdigital.org)

Create an account using your **free access code**:

**DGTL1438**

Use this code to get free access to all the digital products and online resources, including:



### E-Learning Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



### Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



### Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring, Looking after someone - Carers Rights Guide and Being heard: A self-advocacy guide for carers*



### More resources & info Links to workplace resources

Access links to further resources and sources of information and support for people who are looking after a loved one.



## Meet the Volunteer: Ramon

Ramon is a *YCP Activities Volunteer* and *Telephone Befriending Volunteer*. We asked Ramon a few questions so you can get to know him, and his work with KCN, a bit better...



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

I was searching for local volunteering opportunities online and happened to come across KCN. Once I read more about the charity, the people they serve, and the wide range of services they offer, I wanted to get involved. I originally applied to be a mentor for

a young carer pre-pandemic, however plans changed and instead I became a telephone befriender to an adult carer.

### **How long have you been volunteering with us?**

Just over a year.

### **Why did you choose to volunteer for us?**

Reading and hearing stories about the mental, physical, social and financial challenges faced by carers of all ages really struck a chord, and I wanted to contribute to help to ease that situation even if just in a small way.

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

I am a telephone befriender, which means chatting to my befriender for an hour or so each week, and I recently



started volunteering at the after-school club drop-in sessions for young carers, as well as the odd holiday activity for the young carers. All of which are really fun!

## What do you enjoy about volunteering?

The opportunity to meet some wonderful people, be that the carers themselves, their families, or the charity staff and volunteers. The whole experience with KCN has been incredibly rewarding and really good fun!

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

Try it out! The range of volunteering opportunities mean that there might well be one that fits in with your lifestyle, and the time you invest is well worth it for you and the carers.

**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).**

V	F	N	N	T	L	S	L	O	T	T	E	R	Y
S	C	A	K	L	V	O	L	U	N	T	E	E	R
N	T	T	I	E	X	E	R	C	I	S	E	E	D
P	L	I	N	T	T	N	S	R	R	O	N	G	T
O	F	E	G	O	E	F	E	A	D	E	E	M	N
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N	K	N	F	A	E	O	V	R	A	R	O	E	X

Can you complete our mini wordsearch? All of the words have been taken from this newsletter!

EXERCISE	CRAFT
KINGSTON	POETRY
KNITTING	CARER
LITTLEHAMPTON	ONE MILLION
VOLUNTEER	KEW GARDENS
FUNDRAISE	

## Would you like to hear more from us?

If you like receiving our newsletters, why not sign up to our email bulletins for regular updates and follow us on our social media pages!

Our monthly ebulletins will keep you up-to-date with exciting news and details for forthcoming events. As well as regular updates from us, you'll get useful information, activities, and announcements from other organisations across the borough.


Plus, follow our social media to see photos from our activities, updates on what we're up to and a chance to engage with us and other carers.

Sign up for the ebulletin: [www.tinyurl.com/kcnebulletin](http://www.tinyurl.com/kcnebulletin)

Follow us:

 Twitter – @KingstonCarers & @YCPKingston

 Instagram – @KingstonCarersNetwork

 Facebook – Kingston Carers Network & Kingston Young Carers' Project

## 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.

## Membership form

**Kingston Carers' Network**

**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)*

## Do you need digital help?

We are relying on technology more than ever nowadays but it isn't always straightforward and what seems obvious to some may be completely baffling to others. We've identified two services that are available to help you get started or to make the most of your technology.



**Digi Buddies** Kingston College students are available to help you use your smartphone, tablet or other device during term time.

*Thursdays 10.00am to 1.00pm in Kingston, Tudor Drive, Tolworth and Old Malden Libraries.*

*Fridays 10.00am to 1.00pm in New Malden, Hook and Chessington Libraries.*

For more information ask in the library or email [digitallibraries@kingston.gov.uk](mailto:digitallibraries@kingston.gov.uk).

**AbilityNet** For free tech support in the home, AbilityNet have a network of tech volunteers available for older people and disabled people of any age.

Their volunteers are all disclosure-checked and can help with all sorts of IT (information technology) challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family and use online services. For more information call 0800 048 7642.

# 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, therapy sessions with our counsellors have been held via telephone or video calls (e.g. zoom). These will remain available for those who would prefer them, but we plan to reintroduce “in-person” appointments shortly.

The video call counselling list is much shorter than usual. We are also able to provide details of experienced BACP qualified counsellors offering low-cost counselling for carers.

For more information, please contact Helen on 020 3031 2751 or [counselling@kingstoncarers.org.uk](mailto:counselling@kingstoncarers.org.uk).

# News from Working for Carers Kingston

Working for Carers is a London-wide project that supports unpaid carers, aged 25 or over, to move closer to employment, training and volunteering. Our aim is to support carers to pursue their employment goals through confidence building and skills development. We offer a flexible service that considers individual needs and ambitions.



Joining the Working for Carers Project, carers are allocated an Employment and Training Personal Advisor who supports them to explore their options, and to set and achieve their goals. Alongside our one-to-one appointments, we run a variety of workshops on job search skills, business start-up, interview skills, using LinkedIn and more.

If you are interested in hearing more about the Working for Carers Project, please contact us on 020 7428 8950 or [wfc@camdencarers.org.uk](mailto:wfc@camdencarers.org.uk).

An NHS advertisement featuring two women sitting on a sofa and laughing. The background is filled with black smoke and particles, representing the virus. The text explains that Covid-19 can build up in airless rooms and that opening windows helps disperse the particles. The NHS logo is in the top right, and the slogan 'STOP COVID-19 HANGING AROUND' is in the bottom right.

HM Government

**NHS**

**Covid-19 gathers like smoke.**  
**Open windows to disperse the particles.**

In airless rooms, Covid-19 can build up over time, so it's harder to avoid breathing it in. When you're inside with others, open windows to let fresh air in. Just 10 minutes every now and again is enough to help.

**STOP COVID-19 HANGING AROUND**





SUPPORTED BY



**KINGSTON  
COMMUNITY  
LOTTERY**

# Help Our Fundraising Go Swimmingly In

20 

- **Give our fundraising a boost this year**
- **Tickets cost just £1 a week each with 50p going directly to KCN**
- **Chance to win up to up to £25,000 in each draw!**
- **Call 020 8183 0105 for more information or to play**



**PLAY NOW:**

Go to [www.kingstonlottery.co.uk](http://www.kingstonlottery.co.uk)  
and search for: **Kingston Carers**

Supporters must be 16 years of age or older.

## Rising Fuel Costs

It has been widely reported in the news that a worldwide squeeze on energy supplies has pushed gas prices up to unprecedented levels. Because of this, the energy price cap - the maximum price suppliers in England, Wales and Scotland can charge households - is being raised. This means that those not on a fixed rate tariff will see their bills rise too.

To help with the rise in energy prices, the government has announced a number of measures. These include:

- £200 discount on electricity bills in the autumn for customers in Great Britain. This will be paid back automatically through bills over 5 years starting in April 2023.
- £150 non-repayable rebate in Council Tax bills for all households in Bands A-D in England.
- £144 million of discretionary funding for Local Authorities to support households who need support but are not eligible for the Council Tax reduction.

### **Warm Home, Better Health**

RBK are working with a local non-profit organization, Thinking Works, who will call you to offer advice and help prepare you for winter. The service includes free devices to help cut your water and energy use and could include

- Free radiator reflector panels
- Free smoke and carbon monoxide alarms
- Free LED low energy bulb x 2
- Free water saving devices including a water saving shower head

- Assessments for insulation and heating grants
- Assessments for utility discounts including the Warm Home Discount and Water Sure Plus
- Specialist advice on lowering your heating bills whilst keeping warm
- Referrals for benefit checks and debt advice

If you are a Kingston resident and have one or more of the following, you are eligible for this free service:

- Aged 65 or over
- Have a long-term condition such as diabetes
- Have a low income, such as being in receipt of Universal Credit

To book your assessment or for more information, please call 0800 118 23 27, text 07928 394 482 or email [enquiries@thinkingworks.co.uk](mailto:enquiries@thinkingworks.co.uk).

## **Warmer Homes for London**

The Mayor of London, Sadiq Khan, has launched a £2.5m scheme to help Londoners stay warm and save on their energy bills. The new fund, called Warmer Homes, could provide free boiler, insulation, double glazing or other improvements to help heat your home more affordably. To apply you must

- Live in Greater London
- Own and live in your own home
- Receive a qualifying benefit
- Or meet your local authority's eligibility criteria under the ECO Flexibility Eligibility Scheme.

To find out more, call the helpline on 020 8075 5800.

## Creative Corner

### Calling all knitters!

Could you volunteer to knit a small bear and two little cardigans to become our KCN mascot? The mascots will accompany our young and adult carers & staff to events and will be the stars of our social media!



We have a simple pattern for you to follow.

We are very happy to supply the wool, stuffing and haberdashery items although we know that our crafters sometimes have a stash waiting to be used up! We would definitely like to supply to wool for the cardigans however, as we are using specific colours to fit with our branding.

If you are interested, please contact Joanne on 020 3375 8226 or email [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk)

### Adult Colouring Activity Packs



We have a number of adult colouring packs available, supplied with an initial set of marker pens. Adult colouring is a great way to de-stress and a gentle activity that can be shared with the person you are caring for. The packs are supplied free of charge.

Please contact Layla on [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk), 07818 878 931 or 020 3559 2824 to request one.

## Wellbeing Activities and Events

Booking is essential for all events, including events that are free of charge. Please return the booking form on page 44, call 07818 878 931 or 020 3559 2824 or email [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk).

For activities taking place between July and September, places will be confirmed four weeks prior to the event. If oversubscribed, names will be drawn out of a hat.

Activity fees are payable in cash on the day of event.



## Courses



### HeArt of Care Poetry Workshops

Fridays, 18th March, 22nd April and 20th May,  
10.30am to 12.00pm, Online via Zoom

Join us at our two hour workshops in poetry and the spoken word led by award winning artist Lucinda Jarrett with support from Jo Lambert, one of our talented carers. Carers will learn how to create short poems from conversations. Working with everyday speech and the music of our own voices, we will demystify the art of poetry and make it accessible and easy to approach.

Please visit [www.heartofcare.net](http://www.heartofcare.net) to read poems by the group and other carers. We also encourage all carers to upload their own poems or images of care to this online gallery and be part of this inspiring project.

## Beginners Hatha Yoga



**BE HAPPY YOGA**

Be strong. Be true. Be happy.

Thursdays, 21st and 28th April, 5th and 12th May, 9.45am to 11.00am

Online via Zoom or in person at the Garden Room Studio, Surbiton, Free



Build emotional resilience, positivity, feelings of inner calmness and contentment. Increase your core strength, reduce back, shoulder and neck pain. Improve muscle tone and cardiovascular fitness levels. Boost energy levels, sleep better, improve digestion... Just some of the benefits of developing a regular yoga practice.

This is a gentle class suitable for beginners.

To book your place, please contact Lesley on 07796 148400  
[lesley@good-pr.co.uk](mailto:lesley@good-pr.co.uk)

## CREATE! Music

Wednesdays, 4th, 11th, 18th and 25th  
May, 8th, 15th, 22nd and 29th June,  
10.30am to 12.45pm

The Glass Room, St Andrew's Church,  
Surbiton. Free



Come along and join John, a professional musician, as we make some music! We'll have a relaxed, fun time playing together and creating our own songs and music.



Absolutely no previous musical experience required. This programme is all about being together, listening, having fun and being creative with a little bit of learning along the way! A wonderful way to socialise and connect with other carers.

## **Mindfulness and Meditation: Part 1**

Fridays, 1st, 8th, 15th and 22nd July,  
10.00am to 11.00am

St Mark's Church, Surbiton. Free

For carers new to mindfulness. This introductory course offers you the opportunity to learn a range of techniques to help manage the challenges of life with a peaceful, more calm mind.

The course covers mindfulness and the body, emotions, thoughts and loving kindness. It also includes breathing techniques for managing anxiety. Each 60min class includes at least one guided meditation so you can put your new skills into practice.



## **Mindfulness and Meditation: Part 2**

Summer: Tuesdays, 17th, 24th May, 14th and 21st June,  
10.00am to 11.00am

Autumn Fridays, 16th, 23rd, 30th September and 7th October,  
10.00am to 11.00am

St Mark's Church, Surbiton. Free

This course is for carers who have either completed part one of the course or who have had previous training in the basics of mindfulness.

The course offers longer, more focused meditations and deeper discussion on topics such as forgiveness, compassion and mindful living. There is further development of breathing and stretching techniques and tools for managing anxiety.



## Fitness Classes

Come and exercise outside with Kat at the Surbiton Racket 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](mailto:wellbeing@kingstoncarers.org.uk)

4 classes - £14

8 classes - £28

12 classes - £42

Drop in/one off sessions - £5 per person

## Spring and Summer Socials



Wednesday 20th April - Lunch at **Riverside Vegetaria**, 12.00pm

Saturday 21st May - Brunch at **Harts Boatyard**, 10.00am

Saturday 11th June - Afternoon tea at **Browns**, Kingston, 3.00pm. This social is

free of charge.

Tuesday 5th July - Lunch at **Ristorante Sorrento**, Surbiton, 12.00pm

Friday 5th August - Lunch at **Bill's Restaurant**, Kingston, 12.00pm

Saturday 10th September - Brunch at **Cote**, Kingston, 10.00am

All socials cost £5 and include a main meal and drink unless otherwise stated. Booking is essential and places will be allocated 14 days before the date of the social. If oversubscribed, names will be drawn from a hat.

## Events in March

### Caring at the End of Life: Advice & Support

Thursday 31st March, 1.30pm to 3.00pm  
St Marks Church, Surbiton. Free

An informal, carer-led session run by Rosie Noble from the Princess Alice Hospice.

Topics include eating well for carers and loved ones, moving and handling, mental wellbeing, how to recognise someone is becoming less well and what to expect as the end of life draws near.



## Events in April

### Easter Crafting with coffee and cake!

Friday 1st April, 10.30am to 12.00pm

All Saints Church, Kingston.  
Free

Easter craft workshop for adult carers. The craft session will be followed by a hot drink and cake in the church café.



### Easter Crafting with coffee and cake - Families welcome!

Friday 8th April, 10.30am to 12.00pm  
All Saints Church, Kingston. Free



Easter craft workshop for all KCN carers. **Parent carers and their children are particularly welcome and encouraged to attend.**

The session is followed by a drink and cake and in the church café. Children under 18 must be accompanied by a responsible adult.

## Lunchtime Social

Wednesday 20th April, 12.00pm to 2.00pm  
Riverside Vegetaria, Kingston, £5

Come and join other carers in this hidden gem of a restaurant serving an extensive vegetarian menu with distinctive and exotic flavours. The mainly organic menu is also suitable for vegan, gluten free and wheat free diets . One main menu item and a drink included.



## Events in May

### Silent Pool Gin Distillery Guided Country Walk and Tour

Friday 6th May, 10.00am to 3.00pm  
Meeting at and returning to Tolworth, £5

Join us on a country walk through some of the Surrey Hills' best trails and visit the famed Silent Pool distillery, welcoming in the beginning of spring with a taste of their seasonal gins.

The gentle 6km (1.5-2 hour) circular walk starts from Silent



Pool and takes us via the Saxon Church in Albury and the stunning Albury Estate. It will explore the historic paths edging Shere, the most beautiful village in the Surrey Hills, before returning via orchards and rolling fields with some enchanting views over the North Downs.

The walk is the perfect opportunity to learn some fascinating local history – stories of people and land, and why Silent Pool has always been a fascinating place to visit.

After the walk, there is a short 30 minute tour of the distillery and the chance to gather in the warm Silent Pool bar (terrace or tent) to sample the Silent Pool Gin!

**Walk difficulty:** easy to medium with one moderate climb (we'll take it slowly).

**Food:** Bring a picnic lunch or purchase the delicious hot samosas and fresh Indian street food from Mandira's Kitchen, a lovely café on site at Silent Pool.

## Kew Gardens

Tuesday 10th May, 10.00am to 3.00pm,  
Leaving from and returning to Tolworth,  
£2.50

Kew's Community Open Week is back with more interesting workshops and the road train tour. Join us as we explore the beauty of Kew in the springtime. Why not bring a picnic lunch to enjoy in the sun?







## Brunch Social

Saturday 21 May, 10.00am to 12.00pm,  
Hart's Boatyard, Surbiton, £5

Come and join other carers for our first brunch social of 2022! We will be dining at Harts Boatyard, a lovely restaurant on the river in Surbiton. One main brunch item and a drink included.

## Events in June

**Carers Week Monday 6th to Sunday 12th June**

### Talk on Carers' Rights

Tuesday 7th June, 2.00pm to 3.30pm, via Zoom, free

David Still will give an online talk on carers rights including carers assessments, benefits and social care.

### Mayfield Lavender Farm and Cream Tea

Wednesday 8th June, 9.30am to 1.00pm,  
minibus provided from KCN office,  
Tolworth. Free

Mayfield is a 25-acre lavender farm and shop, located in Woodmansterne, near Banstead in Surrey. The morning starts with a short tractor ride (approx. 20 minutes) to view the farm and see the lavender in early bud, followed by a cream tea (included). There will be time to stroll the fields or visit the farm shop.



## Hatha Chair Yoga Workshop

Thursday 9th June, 10.45am to 12.00pm.  
Garden Room Studio, Surbiton. Free

The perfect chance to try chair yoga at this beginners workshop. Designed especially for people with limited mobility, this gentle session will introduce to some basic postures and give you ideas for stretches you can do yourself at home.



## Poetry Reading by KCN Carers

Thursday 9th June 3.00pm to 4.00pm.  
Rose Theatre Cafe, Kingston. Free

Join KCN carers as they share the poems they wrote during our Heart of Care Poetry Workshops. Refreshments will be served.



## Ham House and Garden

Friday 10th June, 10.00am to 1.30pm.  
Minibus from KCN office, Tolworth. Free

The tranquillity of Ham House's historic garden makes it the perfect place to escape to. Recharge your batteries with a walk in the 12-acre garden. With hidden huts, a stunning walled garden and designated silent spaces, there are plenty of quiet spots to sit, relax and take in the lovely views. Originally built in 1610, and with only a few decorative alterations made during the 1740s and 1890s, it's a rare survival of 17th century luxury and taste.



## Afternoon Tea at Browns

Saturday 11th June, 3.00pm to 5.00pm, Browns Restaurant, Kingston. Free



Take a little time out and let us treat you to a delectable assortment of savouries, warm scones with seasonal jams, and irresistible mini cakes and puddings. Located on the riverside, Browns is the perfect location for a special afternoon of conversation, scones and cake!

## KEEPING ACTIVE!

### FREE exercise classes during Carers Week

Throughout Carers Week (6th to 12th June) all carers can attend Kat's exercise classes free of charge. This includes carers who already attend. Come along and try something new - more information on classes and times can be found on page 28.



## Therapeutic Craft Session

Friday 17th June , 10.30am to 11.30am workshop followed by refreshments, All Saints Church, Kingston. Free

This workshop is open to all KCN carers and a person they care for. Based around the theme of medieval

tiles, this gentle craft session provides an opportunity to learn a new skill in the beautiful surroundings of All Saints Church.

The session is followed by a drink and cake in the church café.

Places are limited to one “cared for” per carer. Carers must remain with their guest for the duration of the activity.

## Swim for free in June

The amazing team at Hampton Pool are offering carers the chance to swim for free in June!

Hampton Outdoor Pool, known as “South West London’s best kept secret” is situated next to Royal Bushy Park.

The main pool is 36 metres long and is heated 365 days a year. The pools are monitored by a team of professional lifeguards, providing a safe environment for swimmers of all ages and abilities.

The pool is in a south facing woodland area on the outskirts of Bushy Park. There is also a grassed area for you to just laze in the sun between your swims.

To claim your free swim please contact Layla.



**All our events are very popular and booking is essential.**

**To book, please contact Layla on 07818 878 931 or 020 3559 2824 or [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) or return the booking form on page 44.**

## Events in July

### Lunchtime Social

Tuesday 5th July, 12.00pm to 2.00pm  
Ristorante Sorrento, Tolworth. £5

Come and join us at this lovely, family run Italian restaurant. We will enjoy a dish from their delicious range of pasta main courses. They also cater for gluten free and other dietary requirements. One main pasta or salad menu item and a drink included.



### Little Venice River Cruise and Camden Market

Wednesday 13th July, 9.30am to 12.00pm,  
Meeting at New Malden or Wimbledon Train Station. £5,  
includes zone 1-4 travelcard (if required)



We will travel by train to picturesque Little Venice. Once there, we will board a small tour boat and journey along the Regent's Canal to vibrant Camden Town.

Our 45 minute cruise will pass Regent's Park and the grounds of London Zoo before heading through the echoey depths of the 248 metre Maida Hill tunnel.

The tour continues past the homes of well-known musicians, actors and celebrities offering views of the expansive and landscaped back gardens of the grand houses used by ambassadors and visiting international diplomats. We finish in

the heart of Camden Market with time to explore the vast array of world class traders before sharing a coffee together.

The activity cost includes the boat trip, hot drink and travelcard.

## Strawberry Hill House and Garden

Tuesday 19th July, 10.00am (time to be confirmed), £3

Strawberry Hill House is internationally famous as Britain's finest example of Georgian Gothic Revival architecture. It was created by Horace Walpole in 1747, he created a 'little Gothic castle' with pinnacles, battlements and a round tower. He also created a romantic five-acre garden which has been, as far as possible, restored to its original appearance. It is Grade II listed and of national importance as a reminder of a fascinating period in garden history.

Carers can either meet at the venue or travel by train from New Malden at 9:10am or Kingston at 9:20am. Train ticket provided if required.



## Ten Pin Bowling

Tuesday 26th July, 6.00pm to 8.00pm  
Rotunda, Kingston, £3

Join us for a relaxed night of fun and conversation. Two games per carer.





## Events in August

Transport for all August events is included in the cost. Minibuses will depart the KCN office in Tolworth at the times detailed.



### Lunch Social

Friday 5th August, 12.00pm to 2.00pm,  
Bill's Restaurant, Kingston, £5

Join us for some great food in this friendly, relaxed restaurant on the riverside. One main meal and a drink included.

### Seaside Trip to Littlehampton

Saturday 6th August, 9.00am to 5.00pm,  
Transport included, £5

Littlehampton beach is a mixture of sand and shingle and has great views along the gentle curve of the Sussex coast. The town has a marina and is also situated alongside the pretty River Arun. There is the option of a boat tour of the river or harbour, as well as time to explore the town's shops, café and museum. This is a self-guided event, which means your time in Littlehampton is yours to spend as you like.





## Greyfriars Vineyard - Tour & Tasting

Friday 12th August, 1.00pm to 5.30pm,  
Transport included, £5

The beautiful Greyfriars Vineyard is located at Puttenham, just outside Guildford. Carers will join a 90 - 120 minute vineyard and cave tour with tastings. This guided tour takes visitors on a relaxed walk around the Monkshatch vineyard site and includes a look at Greyfriars winery and chalk cave. The experience includes tutored tastings of several award-winning sparkling and still wines. The tastings normally take place among the vines during the tour (weather permitting).

## Farnham Sculpture Park

Monday 15th August, 9.30am to 3.30pm,  
Transport included, £2.50

Lose yourself for hours along a winding two mile trail through 10 acres of enchanting woodland and water gardens. More than 600 large outdoor sculptures are displayed throughout the stunning grounds all year. The park is teeming with wildlife and plants which are ever-changing throughout the seasons. Meals are not included, please bring your own food and drinks as there is no café on site.



**All our events are very popular and booking is essential. Please return the booking form or contact Layla on [wellbeing@kingstoncarers.org.uk](mailto:wellbeing@kingstoncarers.org.uk) or 07818 878 931 or 020 3559 2824.**

## Events in September

### KCN Brunch Social

Saturday 10th September, 10.00am to 12.00pm

Côte, Kingston, £5

Come and join other carers for our second brunch social of 2022. We will be dining at Côte, a lovely restaurant on the river in Kingston. One main brunch item and drink included.

Please feel free to come on your own, solo carers are always warmly welcomed.



### Hampton Court Palace

Wednesday 14th September, 9.30am to 12.00pm,  
Meeting at Hampton Court, £3

Experience the public dramas and private lives of Henry VIII, his wives and children in the world of the Tudor court. Admire Henry's Great Hall and Tudor kitchens. Discover the spectacular baroque palace built for William III and Mary II and explore Hampton Court Palace's outdoor spaces and 60 acres of magnificent gardens.

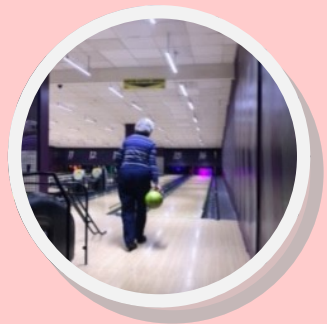
Please note that transport is not provided for this trip and carers will need make their own way to the palace.



## Ten Pin Bowling

Tuesday 20th September, 6.00pm to 8.00pm, Rotunda, Kingston, £3

Join us for a relaxed night with two fun games of bowling.



## Jane Austen: Tour of house and garden

Tuesday 27th September, 9.00am to 2.30pm

Transport from KCN office, Tolworth, £5

Visit the pretty Hampshire cottage where Jane Austen revised, wrote and had published all six of her treasured novels. Step back in time and follow in Jane's footsteps, see the rooms where she composed her books and created her timeless characters, explore her home, discover objects that belonged to her and wander in the beautiful cottage garden.


Lunch is not provided.



## KCN Newsletter

Thank you for taking the time to read our newsletter. The next edition will be published in September. If you are receiving this newsletter through the post but would be happy to receive it by email please email [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk).





POEM  
of the Month

We are so delighted to introduce the first “Poem of the Month” written by our incredibly talented carer, Jo Lambert. We’ll be featuring a poem each month on our social media and our website (see page 16 for details). You can also follow Jo on Instagram @poetry\_byjo

## My Girl

I started the day  
In abject despair  
Wracked with depression  
Fatigue, greasy hair

I looked in the mirror and  
thought  
“God, don’t go there!”  
I couldn’t be bothered with any  
self-care

I knew you were struggling  
You’d admitted as much  
I told you I’d listen  
I’d tried the light touch

You shared all your worries  
And my heart broke for you  
I felt lost for words  
And powerless too

But then when I realised  
You’ve coped for this long  
When everything, all of it’s  
Gone really wrong

And yet you’ve kept going  
Held firm, not gone under  
I felt strengthened and proud  
My Girl - you’re a WONDER!

## BOOKING FORM:

Mr / Mrs / Ms / Miss / Other:

Full name: \_\_\_\_\_

Postcode: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Please mark the diamond(s) if you are:

- ◇ Aged over 65
- ◇ Identify as BAME
- ◇ Dementia carer
- ◇ Parent carer
- ◇ A volunteer
- ◇ None of the above

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,

***For activities taking place between July - September, places will be confirmed 4 weeks prior to the event taking place.***

***If oversubscribed, names will be drawn out of a hat at this point.***

Please return this form to **"FREEPOST Kingston Carers' Network"**.  
You do not need to write anything else on the envelope or use a stamp.