

CARERS news

ISSUE 15: AUTUMN 2018

NEWS

Upcoming support and befriending projects, Carers BBQ, and more!

WELLBEING

Carers Wellbeing Day, supporting a partner with depression

INSIGHT

Carers speak out, a guide to Hackney Carers Card

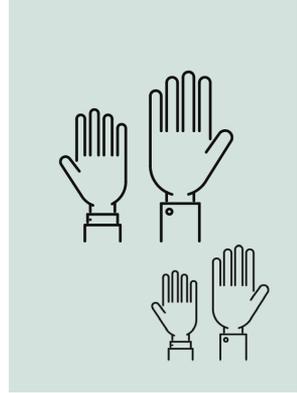
ACTIVITIES

What's on for carers in Hackney this Autumn



Cover illustration: designed by Freepik

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WHO WE ARE

Carers are the Bedrock is a partnership of local organisations committed to supporting carers. We can offer the following services:

- Information and advice on your rights as a carer
- A statutory Carer's Needs Assessment
- Information and advice on benefit entitlements
- Carers' support and information groups
- An invitation to events and activities for carers, such as Carers' Rights Day and Carers' Week
- The opportunity to be part of the Carers' Involvement Forum (CiF), which gives feedback on our services
- Signposting and referrals to a range of extra services such as advocacy, counselling, befriending, and more.

T: 020 8533 0951

E: ccsadmin@

hackneycarers.org.uk

W: carersarethebedrock.com

Carers are the Bedrock Partners

PARTNERS OFFERING ASSESSMENTS:

AGE UK EAST LONDON

82 Russia Lane, E2 9LU

ALZHEIMER'S SOCIETY

30 Felstead Street, E9 5LG

BIKUR CHOLIM

2a Northfield Road, N16 5RN

MIND IN THE CITY, HACKNEY AND WALTHAM FOREST

8-10 Tudor Road, E9 7SN

CITY AND HACKNEY CARERS CENTRE

Ment House, 1c Mentmore Terrace, E8 3DQ

DERMAN

66 New North Road, N1 6TG

PARTNERS OFFERING OTHER SERVICES:

Hackney Caribbean Elderly Organisation, Chizuk, Hackney Chinese Community Service, Hackney Refugee Forum, Hands Inc, North London Muslim Community Centre, Positive East, Vietnamese Mental Health Service, St Joseph's Hospice.

CONTACT US:

Email: ccsadmin@hackneycarers.org.uk

Telephone: 0208 533 0951

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Welcome to Carers News, Autumn 2018

Welcome to Carers News, keeping you up-to-date with all the latest info and services available to carers in the London Borough of Hackney. Please email your thoughts and comments to us at ccsadmin@hackneycarers.org.uk, or write to us via Carers Coordination Service, City & Hackney Carers Centre, 1c Mentmore Terrace, London, E8 3DQ.

UPFRONT

Have you had your carer's assessment yet?

Carers are the Bedrock partners offer assessments to carers in Hackney. An assessment is an opportunity to see how your council can support you in your caring responsibilities.

To sign up for an assessment you need to register as a carer first, go to:
carersarethebedrock.com/register

Email: ccsadmin@hackneycarers.org.uk
Call: 020 8533 0951

The new Carers are the Bedrock website is now LIVE:



Carers are the Bedrock are excited to share our brand refresh! The new website features a new look, new features and more information to keep you connected. The design and information was informed by the consultation sessions we had with carers.
Visit: carersarethebedrock.com and let us know what you think!

Do you have experience of caring for someone with Dementia?



City and Hackney Carers Centre will be launching a new project to support the needs of Dementia Carers and we need your help! We are holding an information and planning session on September 20th from 10am to 12pm at the City and Hackney Carers Centre.

To book and for more information: contact Sarah Noakes, Project Manager on 020 8533 0951 or via email at sarah.noakes@hackneycarers.org.uk

City and Hackney Carers Centre is a Carers are the Bedrock partner that aims to inspire health and wellbeing so that everyone is able to live well.

Find out more about our partners, visit:
carersarethebedrock.com



MINDFUL MOVEMENT: 6-WEEK COURSE

In this course you will learn how to ease tension, stress and anxiety through mindful movement and meditation.

STARTS: MONDAY 10TH SEPTMEBER 2018

TIME: 1PM-2PM

VENUE: CORE ARTS HALL

COST: FREE



Contact Laura: lconnolly@corearts.co.uk or 07881228009



WORKING FOR CARERS PROJECT

Employment and training advice for unpaid carers aged 25 and over living in London.

Carers can access free support, designed to meet their individual needs. This includes:

- One-to-one advice and support.
- Workshops and group sessions.
- Employment, volunteering and training opportunities.
- Support with writing CVs and interview techniques.
- Help with jobsearching and work experience opportunities.

Available Workshops :

- Confidence Building
- Your Rights as a Carer in Employment
- Identifying your Strengths
- Introduction to Computer Skills
- Preparing for Job Search
- Introduction to Self-Employment
- English Conversation Club

If you would like to learn more about the project or register, please contact Redbridge Carers Centre:

Phone: 020 8514 6251

Email: wfc@rcss.org.uk



IS YOUR PARTNER DEALING WITH DEPRESSION?



Carers News spoke to Anne, who is forming a support group for those who have a partner with depression.

Carers News:
Where did the idea of setting up this group come from?

Anne : from 27 years of difficult times, not having anyone to talk to and not wanting to bore my friends. From knowing that there are lots of people, like me, who live with a partner with depression. It is only in the last years it has felt more urgent to find others struggling with the same issues. My partner's low-level, constant depression was named

5 years ago.

Since then she has tried a range of treatments, anti-depressants, CBT, help from a medical herbalist, wellbeing and mindfulness, even cannabis oil. Nothing worked but each brought side-effects. The NHS then closed her case as she was not deeply depressed enough (i.e. not suicidal) to qualify for further attention. This rejection caused more severe depression. She (and I) are now limited to non NHS solutions but it is difficult to obtain reliable information and recommendations for this, aside from the financial implications.

Where did the idea for a support group come from?

In the 70s I was involved in 'consciousness-raising' groups which I found helpful in moving from youth to adulthood - the format was both flexible and supportive. It gave me a belief in sharing experience with peers outside my immediate social circle.

What do you hope to get from the group?

Learning from stories and experience that can help face daily challenges as well as plan for the future, in a safe space, that is for us and people

UPFRONT

experiencing similar issues. In the relationship I find myself in, it doesn't always feel like I'm the 'saner' person, although I know I am stronger and more resilient than my partner, fundamentally an optimist fighting hopelessness. I'm looking for that strength to be maintained and broadened by others in similar circumstance.

Where do you think it might be based, how long would

sessions be and how often would it meet?

As I live in Hackney, it would be practical to locate meetings close by, somewhere informal and pleasant, at times that suit whoever is taking part. These times might differ so that guests can be invited or different timetables taken into consideration.

How do you see the group functioning – rules/outside etc/ admin/leadership/ criteria for admission?

Although I have some ideas (not too big, 12 max) I think the rules and content need to be established together – perhaps with an experienced facilitator at the outset?

Want to be part of Anne's initiative? The first meeting will take place in early Autumn 2018. Contact Anne directly on: Multilateral1@gmail.com

Alzheimer's Society Roadshow

Questions about Dementia? Come and talk to us.

Come to our Dementia Community Roadshow for information and support in your area. We're here for everyone affected by dementia.

- Expert advice
- Information and support
- Information on how to reduce the risk of developing dementia



We'll be visiting:

Hackney Town Hall
Mare St, London, E8 1EA

**Tuesday 18 September 2018
10am - 4pm**

For more information, go to alzheimers.org.uk/roadshow

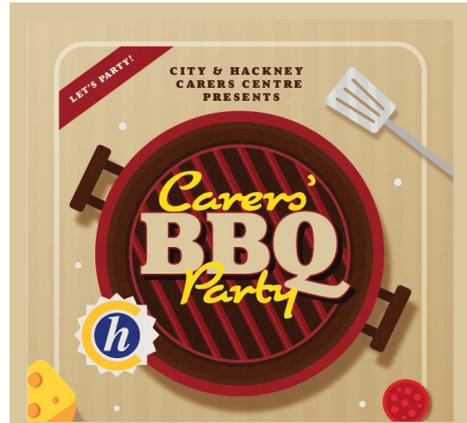
Call our National Dementia Helpline on 0300 222 1122 for advice and support

CARERS' BBQ PARTY

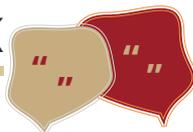
JULY EVENT RECAP

Cast your mind back a few months. The sun blazed down... the grass turned brown... and City and Hackney Carers Centre hosted a summer bar-becue for all their carers on London Fields.

Many thanks to M3 Consulting for their help on the day and for funding the event. We'd also like to say a huge thank you to Rebecca Spooner of www.holisticallybecca.com for generously donating her services – running a movement class and offering our carers taster sessions of Shiatsu massage in a lovely bell tent. And thank you to all the carers who attended and helped us have such a good time!



CARERS' BBQ FEEDBACK



92% of carers described themselves as **'happy'** as a result of attending the BBQ.

"Thank you for today. Today is the best of the rest - nothing like today before; it's wonderful!"
- Jean March

"The day was exemplary. Great fellowship, great food, and it was great to meet new people."
- Grafton

Help shape carers' services in Hackney



Adult carers or residents who regularly provide help and assistance to someone over the age of 18 - like a member of the family, a friend or neighbour - are being asked to share their experiences and views on accessing services the Council provides to support them.

Those taking part are being asked to share what works well, what they value the most and what needs to be improved.

This consultation will be used to help improve services for people who look after family members, partners or friends in need of support or services because of their age, physical or learning disability, mental illness, substance misuse or alcohol dependency, or another illness.

People who receive a 'Carers Allowance' can also take part. Residents can complete a

questionnaire online: www.hackney.gov.uk/carers from 10th September until 15 October and they will be entered into a prize draw to win a £50 Love2shop voucher.

Focus groups and informal discussions will also be arranged for those who want to take part as well as the opportunity to complete the questionnaire. To get a hard copy of the questionnaire or to order it in another format or language please call 020 8356 4711 or email userengagement@hackney.gov.uk



This consultation is separate to the annual NHS Digital National Carers Survey due to come out next month. We would encourage carers who have the opportunity to do so to complete both surveys. All information given, including personal data, is confidential.

COMMUNITY NEWS

CARERS WEEK 2018

CARERS ARE THE BEDROCK CELEBRATE WITH CARERS WELLBEING DAY



On 14th June carers joined us at St. Josephs Hospice to mark Carers Week. The day featured a range of talks, activities, workshops and stalls providing information and advice all around the theme of wellbeing.

The event began at 10am with

refreshments, followed by good stretches and physical activities, a delicious lunch at midday and an afternoon wind-down with art therapy and yoga. There was a photoframe station running all day, henna artists, and the day closed with quiz and raffle prizes at the end.



COMMUNITY NEWS

PHYSICAL ACTIVITY
& WEIGHT
STIGMATISATION

ZUMBA

CHI GUNG

CHAIR DISCO

PILATES

LAUGHTER YOGA

ART THERAPY



Don't miss out on the next big carers event! Carers Rights Day is on 23rd November 2018. Check the back cover of the newsletter for more details.



There's lots going on in Hackney for carers and the people they care for. Carers are the Bedrock have listed a few of our favourite sessions below

EVENTS & TRAINING FOR CARERS

AUTUMN 2018

MOVING AND HANDLING WORKSHOP

A practical demonstration and information session provided. Including tips and techniques for lifting, carrying and lowering loads, lifting and seating in chair, managing falls and assisted walking. **Thursday 15th November, 10.30 - 12.30pm.** Ment house, 1C Mentmore Terrace, E8 3DQ.

To book, call: 020 8533 0951 or email: ccsadmin@hackneycarers.org.uk



BOWEL CANCER AWARENESS WORKSHOP

9 out of 10 people survive early stage bowel cancer if spotted early. Join us to learn more about how bowel cancer develops, signs, symptoms, how to reduce your risk, and more.

Call: 020 7923 8391

Email: Oladapo@hcv.s.org.uk

**FRIDAY 21ST SEPTEMBER
10.30 – 12.30PM**



SMOKEFREE HACKNEY-SERVICE AWARENESS SESSION

For carers who smoke or who want to help a family member or friend or cared for stop smoking. Learn about the services in Hackney to help people stop smoking. There is also an opportunity to become a Smokefree Hackney Champion.

Call: 020 8533 0951

**FRIDAY 28TH SEPTEMBER,
10.30 – 12.30PM**

COMMUNITY EVENTS

CARERS DIRECT PAYMENT INFORMATION WORKSHOP



What is a Direct Payment? Who is eligible for a Direct Payment? What can the payments be used for? Differences between: Direct Payments for carers and Direct Payments for people with care and support needs. Attend the workshop and find the answers to these questions.

**THURSDAY 18TH OCTOBER
10.30 -12.30**

**TO BOOK, EMAIL: CCSADMIN@HACKNEYCARERS.ORG.UK
OR CALL 020 8533 0951**



ADVOCACY SERVICES IN HACKNEY

Have you used advocacy services in Hackney? Advocacy is when you are supported to know your rights and exercise them, access information & services, make choices about your health & care, or make a complaint. Tell us what is good and what could be better. Find out where to get support if you need advocacy. Location: Pembury Community Centre, 1 Atkins Square, Dalston Lane, E8 1HL

**THURSDAY 13TH SEPTEMBER
2.30 - 4.30PM**



COMMUNITY CLASS - HEALTHY TAKE AWAY

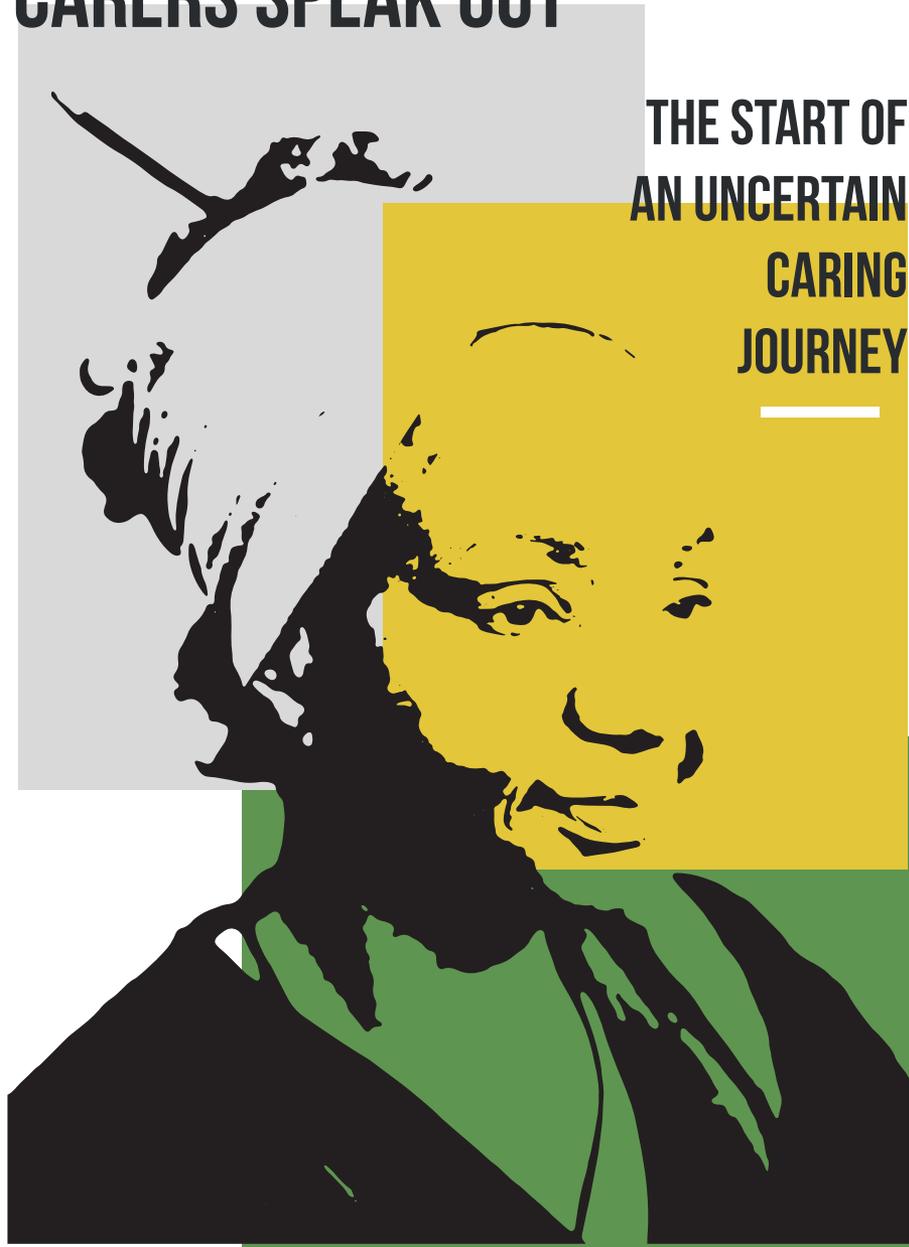
Aude will teach you how to make some of your favourite take-away foods but in as healthiest a way as possible. Pay by donation. Places sell out quick so call or email to book a place today!
To book: call 020 8442 4266 or email info@madeinhackney.org
Please inform us if you have any food allergies.

**SUNDAY 7TH OCTOBER
12.30PM - 3PM**

CARERS SPEAK OUT

THE START OF AN UNCERTAIN CARING JOURNEY

WORDS AND ILLUSTRATION BY: RACHEL HIPPOLYTE AND RIM AL-AWADHI



In May 2018, Margaret became a carer for her mother, soon after being evicted from her home. With such life altering incidents happening at once, she has found comfort in knowing she can speak to someone about what she is experiencing without “being a burden”.

Margaret: I went for an assessment a few weeks ago regarding my mum

Carers News: How long have you been caring for your mum?

M: Not long actually, I've always been with her to help her do some shopping or go to the bank but recently she's become poorly, out of the blue.

I noticed...I normally call her in the morning and we have our little morning banter, but at a certain point she seemed a bit off and I kept on saying something's not right with mum, on and off she was ok. Then I went down to stay with her one day and she started to get really anxious and she wasn't sleeping. She was crying, saying that people are watching her. I took her to the GP and the GP said it was possibly Dementia. I wasn't quite sure though because I worked with the elderly before in a care home and it didn't quite tally

with Dementia. If anything, she was more sharp on her memory in a certain way. She threw away some stuff and she was very anxious about that, and it's been a nightmare. Going out, if somebody goes on their mobile she thinks that they're watching her and recording her, things like that.

I'm really frightened and it's scary to see your mum like this, who is usually a very strong and very proud woman. If it was gradual it probably would have been a bit more acceptable but it was so out of the blue.

CN: Does your mum live on her own?

Yes. My sons and I have been taking it in turns, to stay with her and look after her, especially at night. I live in Tottenham and sometimes if I haven't got the money I have to walk. From here to where mum lives on Mare Street, that's about 2 hours especially the way I walk. If I do have some money I take the train that takes me straight to London Fields.

To make it worse I have been evicted recently so I'm having to deal with being made homeless and my health issues and mum so it's a triple thing that's descended on me all at once.

My mum's situation happened after we got evicted. So I don't know if that triggered something but at one point she was saying she thought she was going to get evicted too. She was the one I used to go to if I needed to

talk, I didn't overly burden her but we'd chat. It's like I've lost a good friend.

CN: Has your mum's condition been diagnosed?

No, they have asked her to come into the Mind clinic, which she flatly refused because she knew it was from the mental health team and she is adamant that she's not going because she's ok now. There was a lady there, Paula, and she said that they can steer me in the right direction, for people that have been in my situation, how to try and get her to get diagnosed.

In the meantime I go to the Carers Centre in Hackney and I speak to a lady that does listening ear. I found it really helpful. Being able to talk about how I feel without being a burden to somebody and getting feedback that perks me up, kind of uplifts me so it's really been good. This is my first time doing this kind of thing and this lady in particular

is amazing.

CN: Apart from going to stay with your mum in the evening what else is encompassed in your caring role?

Trying to make sure that she's safe, help her with the cooking and most of all taking her out. I found a lovely place up the road here [Tottenham] that does a gardening club and she's really taken a shine to that and so what I'm trying to do is find different areas where she can go to different sessions so that her days are filled.

Mum's always been a person who is out and about anyway so it's just trying to keep that momentum...because it got to a stage where she doesn't want to go out in case 'the enemy' was out there to watch her or stalk her so she got a bit frightened. So I just try to keep her positive, keep her uplifted, keep her mind active and get her confident to go back on the road.

She went to St Joseph's

today, it's about a five minute walk from where she lives. They take them to an art centre where they do art and stuff for the carnival...on Brick Lane. She goes there for 4 or 5 hours and she really really had a fantastic time. I try to go with her but in-between I've got to try and fit in going to my counselling sessions for myself, without her knowing because she'll get stressed and will just worry.

CN: Do you think there is anything else you would really benefit from with the situation with your mum?

Actually learning to drive would be a help, then mum won't be so nervous going on public transport, basically trying to take her out to different centres where she's got people of her own age or different age groups. When we go to the garden club it's at a youth centre and she engages with young people so well. So I've seen some improvement.

CN: Do you have any means apart from your talking therapy, to relax or escape. Do you have any hobbies?

I used to but because of my situation now I don't. I used to teach Arts and Craft and soft furnishing. I used to also work in a nursery and then colleges, schools, care homes. The oldest person I've worked with was 104. It's been one end of the spectrum to the other. Now because of things slowing down I've gotten more and more depressed. Especially with the housing situation. In the end my doctor signed me off and said try to take some time out then mum just...

I've got a few friends that I can talk to but again I feel like I'm being a burden, repetitive and I'm not used to this feeling...I'm used to being in charge. That's what's really hard. I'd usually be in control and anything that hits me I'm usually able to bounce right

back and it's kind of daunting to feel the way I'm feeling. I'm finding it very difficult to bounce back up.

I've got to be out of the hostel by the 12th September, so I'm not quite sure where I'm going. Today I got a letter to say that I made myself intentionally homeless and that it's not their [housing provider] duty to rehouse me so without having somewhere stable it's difficult to focus on looking after mum. I've had my own independence for too many years to go and live with mum, I'd prefer to have my time and she hates me being there all the time because she feels like she's being a burden. Actually the one thing I've learnt on this particular journey is that I'm actually quite like mum which is alarming.

The positive side I see in her is how strong she is and strong willed to try and get better and I'm trying to work on that

bit for myself. I see the fighter that I was but I don't see that person anymore.

What I would say to other carers is that there does seem to be help out there for carers. Just the listening ear I went to yesterday was such a help. It just lifted me, my spirits. I would say there is help, you're not on your own and knowing that there are other people out there going through the same thing as me. When I was speaking to the lady doing the assessment, I was talking to her like I'm talking to someone who understands, someone who knows what I'm going through or understands the twists and turns and ups and downs of caring for somebody with what's going on with mum.

To request a carers assessment, call: 020 8533 0951 or email ccsadmin@hackneycarers.org.uk

WHAT'S HAPPENING AT: CITY & HACKNEY CARERS CENTRE? [CHCC]

The Carers are the Bedrock partnership is made up of a range of organisations that reflect the diversity of the borough of Hackney.

For this issue, we are highlighting new, exciting projects launched by City & Hackney Carers Centre. We asked project leaders to give us a brief insight to what will take place.

DEMENTIA DISCUSSIONS

We know that caring for someone with dementia comes with a complicated set of psychological and emotional challenges that can make you feel your life is on hold. It can be lonely and isolating and we recognise the impact it can have on your relationships, abilities to cope with stress and manage crises.

That's why we are here.

City and Hackney Carers Centre is launching Dementia Discussions. A two part project supporting carers of someone with dementia.

- Live online question and answer segments with local experts will give you the answers to all your burning questions.
- Online education and support groups will equip you with the skills and knowledge to flourish within your caring role, take back control over your wellbeing and create meaningful connections with others who get what it's like to care for a loved one with dementia.

Call Sarah Noakes on 020 8533 0951 to learn more about the projects and join Dementia Discussions.



OLDIE FRIENDLY HACKNEY

CHCC has been awarded some funding to run a year-long project called Oldie Friendly Hackney.

We are aware that people can become isolated due to lack of good, accessible facilities. We want to work with carers to create a map of Hackney where older people can find places that are friendly and welcoming. An example of this would be a cafe which doesn't play loud music, doesn't charge £5 for a cup of coffee and has toilets on the ground floor. You can help with writing our manifesto,

admin and mail outs, telephone calls, contributing to the website and visiting the various establishments to talk about the project and encourage them to sign up to be Oldie Friendly. We will create a shortcut for people to download on their smartphones which will include all the information about the oldie-friendly places in Hackney.

If you are interested in joining the team to help map the borough please get in touch with Sallie on 020 8533 0951.

HACKNEY BROCALs

City and Hackney Carers Centre is pleased to present to you Brocals! A multigenerational befriending project for men 50+ who are residents of Hackney.

Brocals aims to support the psycho-social needs of older men through a series of minibus and coach trips within Hackney and outside London, and through

home based peer support for older Bros who may not be able to get out of the house as much as they would like.

We are looking for Bros to train to be one of our drivers, join our buddying scheme or who want to come along and enjoy a day out!

To find out more, contact: Sarah Noakes on 020 8533 0951

Website: www.brocals.org

A GUIDE TO HACKNEY CARERS CARD



Carers Coordination Service (CCS) is proud to announce that as of the 1st of August 2018, we have relaunched the redesigned Hackney Carers Card Scheme.

The Hackney Carers Card Scheme is open to adult unpaid carers (18 and over) taking care of a resident of Hackney.

This guide contains information about the new process and how to access this scheme.

WHAT IS THE CARERS CARD?

The card is a discount photo card that can be used in local shops, pharmacies, and leisure facilities.

WHO IS ELIGIBLE?

The Hackney Carers Card is for unpaid carers that take care of someone that lives in the London Borough of Hackney.

WHERE DO I GET A CARERS CARD?

If you are interested in receiving a carers card contact:

020 8533 0951

CCSADMIN@HACKNEYPARERS.ORG.UK

WANT TO LEARN MORE?

The next page features a step-by-step guide on how to get a carers card.

HOW-TO GUIDE

- 

1 To receive a Hackney Carers Card, you must undergo a statutory Carers Needs Assessment. To request an assessment please contact the Carers Coordination Service (CCS).
- 

2 Once we have your details, you will be contacted by an assessor from one of our partner organisations to arrange an appointment for the assessment.


- 3** After your assessment, your assessor will refer you back to the CCS for a Hackney Carers Card.
- 

4 To create a Carers Card we will need a passport sized photograph of you. Photos may be emailed to ccsadmin@hackneycarers.org.uk or posted to:
Carers Coordination Service, City & Hackney Carers Centre, Ment House, 1C Mentmore Terrace, London, E8 3DQ.
- 

5 Once we have received your photo, your card will be made. It will be posted to you unless other arrangements have been made.

In partnership with
 **Hackney**

**Carers are
the bedrock**

SUPPORT GROUPS FOR CARERS

A chance for carers to meet together to discuss their experiences, share ideas, and provide emotional support for one another.

MEET PEOPLE WHO KNOW WHAT IT'S LIKE

SOMALI WOMEN

A group for Somali women who are carers to meet, socialise and share experiences.

Place: City & Hackney Carers Centre

Date: 2nd Thursday of the month, 11am - 1pm

Facilitator: Yuksel

Email: yuksel.konca

@hackneycarers.org.uk

MENTAL HEALTH CARERS

A support group for carers of people with mental health needs. Speakers, trips and peer support.

Place: City & Hackney Carers Centre

Date: 3rd Tuesday of the month,

2-4pm

Facilitator: Ken

Email: kenneth.flaherty

@hackneycarers.org.uk

VALUING CARERS

This group is open to all carers. We have guest speakers, creative activities and trips.

Place: City & Hackney Carers Centre

Date: last Thursday of the month, 11am - 1pm

Facilitator: Gurmeet

Email: gurmeet.kaur

@hackneycarers.org.uk

MAGNOLIA

A group for Turkish and Kurdish women who are carers to meet, socialise and share experiences.

Place: City & Hackney Carers Centre

Date: 2nd and 4th Tuesday of the month, 11am - 1pm

Facilitator: Yuksel

Email: yuksel.konca

@hackneycarers.org.uk

MALE CARERS

This group is open to all male carers. We meet at Whitmore Community Centre, 2 Phillipp St, N1 5NU

Date: Last Tuesday of the month, 4-6pm

Facilitator: Ken

Email: kenneth.flaherty@hackneycarers.org.uk

LGBT+ CARERS

Do you Identify as lesbian, gay, bisexual, trans or queer? Come to the LGBTQ+ Carers Group at Open Barbers in Hoxton.

Date: Last Wednesday of the month

Facilitator: Anne-Marie

Email: lgbt@hackneycarers.org.uk

To join any group, call:

020 8533 0951

COMMUNITY VOICE

CHANGES TO HOW WE STAY IN TOUCH



As you may know, the General Data Protection Regulation (GDPR) law has come into effect since May 2018. Carers Coordination Service have produced a new privacy notice that all carers accessing our service are reminded to sign in order to remain on our database.

We have sent all registered carers a consent form in the post and others by email. This is a reminder to sign the form, in order for us to stay in touch with you, regarding things such as training, events and key information we may need to share with you.

WHY WE NEED YOUR PERSONAL INFORMATION

When you contact Carers are the Bedrock (CATB) for support we will ask you to tell us information about yourself. This information will help us assess your needs and direct you to the right support for you. The information you supply will create your client record on our secure database.

TO READ MORE AND ACCESS THE CONSENT FORM, VISIT:

Carersarethebedrock.com/privacynotice

YOUR VIEWS MATTER



Hackney Adult Social Services are inviting a number of carers to take part in this year's Survey of Adult Carers in England. They wish to get your views on the services you receive and your quality of life. The results are processed by NHS Digital and brought together with results from all other English councils.

The more people who take part, the more useful the results will be to help assess and improve local services, such as City and Hackney Carers Centre.

If chosen, in October you will receive a letter and a copy of the questionnaire by post, which can then be returned by freepost. Your views matter, and they will be kept confidential. If invited please fill out a questionnaire, to have your views count.

Carers are
the bedrock

EMAIL: CCSADMIN@HACKNEYPARERS.ORG.UK
TELEPHONE: 020 8533 0951

LOOKING AFTER SOMEONE? KNOW YOUR RIGHTS!

CARERS RIGHTS DAY IS AROUND THE CORNER.



JOIN US:

FOR A DAY DEDICATED TO SUPPORTING THE
RIGHTS OF CARERS IN HACKNEY. WORKSHOPS,
TALKS, FOOD, SOCIALISING, AND MORE!

WHEN:

**FRIDAY 23RD NOVEMBER
2018**

WHERE:

**THE TOMLINSON CENTRE
214 QUEENSBRIDGE RD
LONDON, E8 3NB**



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