

CARERS news

ISSUE 17: SPRING 2019

NEWS

Carers UK State of Caring survey, support planning and more!

HEALTH

Free 8-week mindfulness course; drawing for wellbeing

INSIGHT

Carers Speak Out, talking therapies

ACTIVITIES

What's on for carers in Hackney this Spring



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PRODUCED BY:

CARERS COORDINATION
SERVICE TEAM
CONTACT:
comms@
hackneycarers.org.uk

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@](mailto:ccsadmin@hackneycarers.org.uk)

hackneycarers.org.uk

W: carersarethebedrock.com

Carers are the Bedrock Partners

PARTNERS OFFERING ASSESSMENTS:

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:

Age UK East London, 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.

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Welcome to Carers News, Spring 2019

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.



City and Hackney Carers Centre has developed a new service for carers of people with dementia living in Hackney.

WHAT IS DEMENTIA DISCUSSIONS?

It is a three-part online programme designed to improve the wellbeing of carers through education, mapping activities and peer support.

HOW CAN THE DEMENTIA DISCUSSIONS HELP?

Caring for someone with dementia can be frustrating and make you feel like you're on your own.

You may find yourself struggling to cope with the demands of your caring role. The Dementia Discussions will equip you with the tools, knowledge and support to thrive within your caring role. Best of all it's online. You don't even need to leave your home!

Carers Crisis Toolkit

A practical tool that provides you with information and real life solutions to common problems faced by carers.

Carers Q&A

Streamed live, health and social care professionals answer all your questions on topics like managing difficult behaviours and benefits.

Online Learning & Support Group

Meet other carers also looking after a loved one with dementia, share tips and tricks whilst working through the toolkit together.

For more information call 020 8533 0951 or email Sarah at Sarah.Noakes@hackneycarers.org.uk

Who cares for that carer?

By Megan Jenkins

'Who cares for that carer?',
I hear a man say.

Her day blends with night
and then night becomes
day.

The cooking, the
cleaning, the hospital trips,
the changing, the bathing,
wiping food from his lips,

The meltdown, the tears....

So hard to endure.

What keeps her from
walking straight out of that
door?

I'll tell you what stops me
from leaving each day,



And what gets me through
when I don't want to stay.

It begins with an "L" and
ends with an "e".

It's a power, a force,
emanating from me.

An empathic heart, a gift
from above,

I do this, my friend, in the
name of love.

OUTWARD SUPPORT PLANNING

Outward is a charity working in a number of north-east London boroughs, supporting people with a range of services. One of the services in Hackney they run is an independent Support Planning and Brokerage Service for carers. On occasion, Choice in Hackney are also part of the service. Outward began providing support to carers in Hackney in late 2015.

The service from Outward is commissioned by the London Borough of Hackney (LBH). Following a Carer's Assessment,

What is a Brokerage Worker?

A Brokerage Worker is someone who can help research appropriate services, to enable you to look for free or low-cost opportunities, or facilities within the community. The support planning service is free and you do not pay them for researching, sign-posting or linking into services. The



part of the Newlon Group

completed by one of the organisations from the Carers Are the Bedrock partnership, the Carers' Panel decide who to refer to the service. The carers who are referred by LBH to Outward for support planning are those who have been assessed as having eligible needs and where it is felt they may benefit from some further support.

aim is to further support you in your caring role and to help alleviate short and long term issues. As part of their work with you they create a tailored support plan with you. With your consent, this support plan will then be returned to London Borough of Hackney for them to consider and to offer additional support if necessary.

What happens if you are referred to Outward's Support Planning service?

Someone from Outward's team will be in contact with you. Support planning is a short-term piece of work which usually takes two or three conversations.

The first conversation is ideally a face to face meeting which can be arranged in your own home or a venue of your choice.

We will have a copy of your already completed Carer's Assessment and we will work with you to plan how best to meet your individual goals, taking into account your unique circumstances, skills and strengths.

The focus of our work with you will be about you. It may be you would like us to:

- Research opportunities in the local community;
- Find a local community garden that has a group running on a day that you can take a short break from your caring role;
- Identify someone who could support you longer term (e.g. a housing advocate);

- Plan with you how to start something that you want to achieve;
- See if there is a grant, group or opportunity that you could access;
- Identify a befriending service; cost out transport options; find the details of a telephone book club;
- Access training information;
- Talk through options about Direct Payments.

We may have ideas of resources or we may need to research what is out there and available. We will feed back to you and you can decide which options best suit your circumstances, and then we will help you put the ideas into action.

At the end of our work together we complete a support plan, which summarises our work together. The report is then returned to LBH. You will have a copy of the support plan.

Contact us: info@outward.org.uk

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

SPRING 2019



8-WEEK MINDFULNESS BASED LIVING COURSE

This is a FREE course for carers in Hackney. The aims of this course are to help you to develop an in-depth personal experience of mindfulness and to build the foundations of a sustained personal practice. The course involves a sustained commitment to daily home practice over the eight weeks.

**INTRO SESSION: FRIDAY 12TH APRIL, 1.30-3.30PM
THEN WEEKLY BETWEEN 26/04/19 AND 14/06/19**



STRESS AWARENESS: A 12-WEEK COURSE

This course will help carers explore fun and creative ways of tackling stress. The workshops will address a range of topics to help participants to identify their stress triggers and build a range of tools to help them identify their stress levels in a supportive manner.

**INTRO SESSION: FRIDAY 26TH APRIL, 10AM - 12PM.
THEN EVERY FRIDAY AT 10AM UNTIL 12/07/19**

TO BOOK FOR ANY OF THE EVENTS ON THESE PAGES, EMAIL: CCSADMIN@HACKNEYPARERS.ORG.UK / OR CALL 020 8533 0951

COMMUNITY EVENTS

MINDFUL DRAWING FOR MENTAL WELLBEING



Drawing allows you to be focused in the present moment - in what is happening right in front of you. Free. All materials provided. Open to all - no drawing skill required! Provided by Hackney Arts.

THURSDAY 2ND MAY, 12-2PM



EMPLOYABILITY SKILLS WORKSHOPS X 2

Confidence-building interview techniques for unemployed carers

9TH MAY, 12-3PM

Confidence-building interview techniques for unemployed carers (Repeat of the earlier workshop.)

23RD MAY, 10AM-1PM



FREEMAN HARRIS SOLICITORS: ADVICE SESSIONS

Free information and advice from Freeman Harris Solicitors. An opportunity to speak directly with solicitors and ask questions that are relevant to you as a carer.

**FRIDAY 21ST JUNE
1PM-3PM**

FIRST AID TRAINING, BRITISH RED CROSS



**FRIDAY 12TH JULY
1PM - 3PM**

This is a practical, confidence-building first aid session for carers. You will learn simple skills to help in a first aid emergency.

THE WORKSHOPS WILL TAKE PLACE AT CITY AND HACKNEY CARERS CENTRE, 1C MENTMORE TERRACE, E8 3DQ



Working for Carers

Carers.org/workingforcarers

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

- One-to-one advice and support.
- Workshops and group sessions.
- Employment, volunteering and training opportunities.

If you would like to learn more about the project, or register with us please contact us:

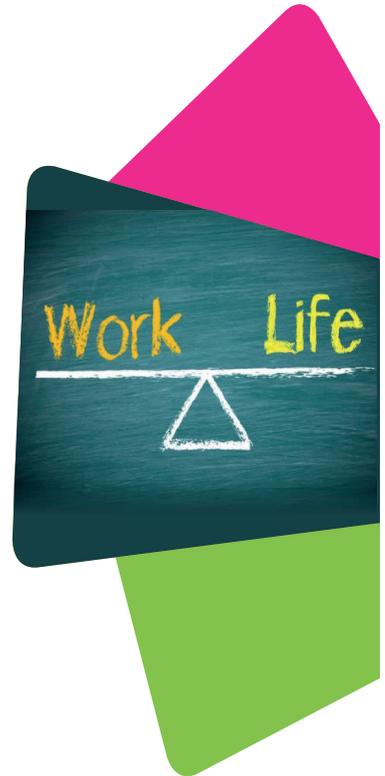
Phone: 020 8514 6251

Email: wfc@rcss.org.uk

We cover 8 Boroughs: Redbridge, Newham, Hackney, Tower Hamlets, Waltham Forest, Barking & Dagenham, Havering and Greenwich

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Working for Carers

The Working for Carers project supports **unpaid carers** to return to work. The programme is available to carers in London who are aged 25 or over, who have the right to work in the UK and are not in employment.

Carers can access free support, designed to meet their individual needs. This may include: | One-to-one support and advice. | Group activities and training workshops. | Support with writing CVs and interview techniques. | Help with job-searching. | 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**

Building Better Opportunities:

Funding will support projects in England that tackle poverty and promote social inclusion. Run by the Carers Trust Network, Working for Carers is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund.

WORDS: LISA TAYLOR // PHOTO: CARERS TRUST

What's life like if the person you're caring for has no recourse to public funds?

Subject:

Marina and Leonora

CARERS

SPEAK OUT



Marina is in her fifties, has been living in London for over 40 years, and now cares for her mother, Leonora, who is over 90. Marina's flat is tiny and her mother sleeps in the living room.

Leonora is frail with short term memory issues, poor hearing, a hiatus hernia, diverticulitis and continence problems. Leonora can move around the flat by gripping furniture but needs a wheelchair when they go out.

Three years ago, while living in her home country, Leonora had several stomach operations for gallstones in her bile duct, then she developed sepsis. As soon as Marina heard how ill her mother was, she flew out to be with her and spent at least six hours at her bedside each day.

When Leonora was moved to a nearby convalescent home, Marina was equally vigilant, spending many hours every day with her mother. Marina became very concerned about her care as Leonora developed pressure sores (bedsores), a urinary tract infection, malnourishment and dehydration. Her mother sometimes appeared over-medicated and on other occasions, under-medicated.

No matter how angry and assertive Marina became, it was difficult to be heard, but eventually her mother was

removed to A and E, then onto another care home, where, despite the promised 24/7 support, Leonora had a bad fall. Enough was enough, and Marina made arrangements to bring her mother to London on a six-month tourist visa.

Marina has her own health problems, mainly osteoarthritis in her joints causing stiffness, pain and extreme tiredness.

"It is a tiny flat and you would not believe how much clearing up, washing, cooking and cleaning is needed to keep this place nice. I am on benefits, unable to work because of my own health issues, and, now I have my mother living with me, we really struggle financially.

Mum can more or less manage herself in the toilet if I buy her the pull-up pants but these cost nearly £100 a month: Mum has a small pension, but it doesn't go far. The free pads/pants are uncomfortable for her, the pads get all screwed up and she gets frustrated and cannot change these or put them on without help.

If I buy her the pull-ups then Mum maintains her dignity and is more comfortable. However, it also means we have to go short on other things - buying cheaper food; turning the heating down or switching it off.

“Managing our money is a juggling act. I feel tired most of the time, so I cannot take my mother out as much as I would like.”

“Mum loves going out, especially to museums. She remembers coming to England as a younger woman and going to the British Museum.

“I managed to get her there in the wheelchair a few weeks ago. She was so happy and so animated: it was a real joy to see her smiling and talking so much, the day triggered so many wonderful memories for her.

“The museum is free but my problem is I am mostly too tired to take her to places like that. The best I can manage is a local café now and then.”

“Mum has no recourse to public funds and when I first brought her to my home I could not register her with a doctor.

“Then a staff member at Homerton Hospital suggested I contact Doctors of the World who told me to try a nearby surgery, one that had already turned us down. Amazingly the practice then agreed to accept her and they have treated my mother really well since then.

“Our experience of social workers has been mixed. Some of them have been wonderful, even helping us to get a shower installed, but one was definitely worse than useless, kept promising me respite and then let me down really badly.

“A few months ago Mum was admitted to hospital and after she was discharged we were sent a bill for £2,272 for the one-week stay.

The letter with the bill was very frightening, threatening bailiffs if we did not pay within 7 days. It was impossible for us to find that sort of money.

“Fortunately someone at Tower Hamlets legal advice team for immigrants told me about the Mary Ward Legal Centre debt advice - they help people who are in poverty - and they negotiated an interest-free monthly repayment of £50 a month for us. It was such a relief, I had been so worried. I still worry all the time. What if she had to go into hospital again?”

"I have sought legal advice about my mother's status and I discovered that when Teresa May was Home Secretary in 2012 she changed the rules regarding this situation, so that only people here from the EU could bring their parents over.

"This makes me so angry. I have been in this country for over 40 years and I should have the right to have my elderly frail mother with me.

"What about my rights as a daughter? If I had left her where she was, she would have died. The lawyer would not take on our case because we only had a 50/50 chance of winning any type of right to remain for my mother and he said he could not knowingly put us in even more debt.

"If we made a non-EU Adult Dependent immigration 'leave to remain' claim, the cost would be £3,000 in Home Office fees and £3,000 for immigration solicitor fees.

"I have a partner but cannot spend as much time with her as I would like. I do manage to get out for an hour or so sometimes in the evenings.

"I recently went to an evening event at the Carers Centre in Hackney where I joined in a 'Chair Disco' seated exercise session and found out about local services for carers. I also attend a regular knitting class. I love doing craft-type activities.

"I have no regrets about bringing my mother home; I love

her dearly. I just wish life was a bit easier.

"I need to be three people: one to clean up and do the cooking and shopping, one to be responsible for medical appointments and medication and one to do all the fun things like taking mum out.

"It is exhausting always worrying about what might happen to her and worrying about debt.

"I wish the government would be more supportive and understanding of people in our situation, but they really don't care."

**Mary Ward Legal
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WC1V 7JU
Phone: 020 7831 7079
Twitter:
@MaryWardLegal**



Being a carer can be hugely rewarding but very demanding. It's not unusual to feel down or stressed from time to time. If you have these feelings and they don't go away, help is at hand.

Talk Changes is a confidential NHS 'talking therapies' service for adults registered with a GP in City and Hackney. The team are used to working with carers to help overcome low mood, low energy and negative or self-critical thoughts. Senior therapist Adam Corfe explains:

"Carers can be really active in supporting the person they care for, but sometimes not so good at caring for themselves.

There can be a vicious circle where people stop doing things they enjoy and put off tasks that feel difficult. Any sense of relief is short-lived because the original problems are still there and continue to build up, leading to more negative feelings."

A technique called 'behavioural activation' is one of the ways that Talk Changes use to help people in this situation. It focuses on supporting people to identify which activities would make them feel better and what is getting in the way, and developing practical approaches to get back on track.

"People stuck in a negative cycle often think they'll do something about it when they feel better.

But they won't feel better until they take action to break the cycle, and that can be the hardest thing to do when you are overwhelmed," says Adam.

One of the first steps is to accept that you might need some help for a while.

"It isn't about saying you can't cope, just recognizing that for a while you need some support yourself, until you feel like yourself again."

"It's hard enough to make time for yourself as a busy carer, let alone when you have low mood or low energy. We know it's not just a case of making you 'just do it'. If it was that easy you would have already done it yourself."

"We might ask people to keep a diary of their daily routine, what gets them down and what lifts their mood."

"We'll work with them to identify some activities that have an 'anti-depressant' effect."

"They are different for each person, and are often things people know would be good for them, but have found difficult to do since feeling low, such as getting on top of paperwork or taking time out to meet an old friend."

"By breaking tasks down into manageable steps and setting goals based on where you are at, not where you think you should be, we support you to take things one step at a time, gradually building up confidence. We help people regain control and start living life again."

Behavioural activation usually involves a weekly session with a therapist for somewhere between six and 12 weeks. It is often face-to-face, but telephone and online support are also available.

"Telephone support can often work well for carers, after an initial face-to-face meeting," says Adam.

"We'll work with people to get them the right support in the way that works best for them."

To find out more about the support available from Talk Changes visit www.talkchanges.org.uk, or call 0207 683 4278.



Senior Therapist, Adam Corfe

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: St Joseph's Hospice

Date: 3rd Tuesday of the month, 2pm-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 City and Hackney Carers Centre, E8 3DQ.

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

Facilitator: Ken

Email: kenneth.flaherty@hackneycarers.org.uk

LGBTQ+ CARERS

Sadly our LGBTQ+ Carers group is no longer running. However all carers who identify as LGBTQ+ can access our LGBTQ-friendly counselling service at a low cost.

For more info email:

lgbt@hackneycarers.org.uk.

To join any group, call:

020 8533 0951

CARERS UK STATE OF CARING 2019 SURVEY - have your say

Carers UK have launched their 2019 State of Caring survey.

The survey is the UK's most comprehensive research into the lives and experiences of carers. Many professionals who work with carers find the results provide a useful evidence base for their work locally.

Last year the survey was completed by over 7000 carers. Carers UK used the evidence to push carers up the agenda in dozens of evidence submissions to Government and parliamentary consultations, and in reports that influence decision-makers and policy

makers in a wide range of areas.

Statistics from surveys like these are incredibly useful to carers centres when they are fundraising for activities and support services for carers.

Please consider filling in this survey if you are a carer, or pass the survey to any carers you know, to ensure that your voices are heard at a national and government level. The closing date is 24th May 2019 and the survey can be accessed at:

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[www.carersuk.org/
news-and-campaigns/
state-of-caring-survey-2019](http://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2019)
.....

Carers are
the bedrock

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

CARERS WEEK 2019



EVENT DETAILS:

- **Date and time:**
Thursday 13th June 2019
10am-3pm
- **Where:**
St Joseph's Hospice,
Mare Street, E8 4SA

CONTACT US TO BOOK:

TEL: 020 8533 0951
EMAIL: CCSADMIN@HACKNEYCARERS.ORG.UK

JOIN US IN CELEBRATING CARERS' WEEK

Carers' Week is an annual campaign to raise awareness and celebrate the amazing contribution carers make to families and communities. Join us for activities, workshops, refreshments, advice and support from the community. This event focuses on wellbeing - supporting carers to be healthy and connected!

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