

## Welcome to the February edition of *News for Carers*

Carers Kensington & Chelsea would like to offer a New Year welcome to all carers. We will not forget 2012 easily. It was a year of joyful celebrations, street parties and communities coming together as the Queen celebrated 60 years on the throne and Team GB provided us with a golden end to the summer.

We are now almost half way through the cold winter months and looking forward to a warmer springtime and much needed sunshine.

In this edition of *News for Carers* we focus on local services in the borough to support carers, giving you an update on activities and courses that are being run and where to go for help and advice.

As usual, we give you a brief update on national issues and benefit changes and present news from RBKC and Inner North West London PCTs.

Being New Year and a perfect time for a New Year's resolution we present you with some ideas on how to make a healthy start into 2013.

## Carers Rights Day – a big thank you to everyone who joined us

Carers Kensington & Chelsea would like to say a big thank you to all stall holders, workshop organisers, guest speakers and volunteers who joined in to make the annual Carers Rights Day on the 30 November 2012 a very special one.

A further thank you goes out to the Westfield branches of L'Occitane en Provence, Lush, The Fragrance Shop, Rituals, Crabtree & Evelyn; Sainsbury's at Cromwell Road and Virgin Active in Broadgate who generously donated prizes for our raffle.

In addition, the day would not have been as special as it was without the amazing Naomi from Lush who provided relaxing hand massages throughout the day!

Finally, we would like to thank all the carers who were able to attend and celebrate the day with us.

It was an opportunity for all of us to meet one another, find useful information, share a tasty lunch and have a chat over a cuppa.

The next big day will be in June with Carers Week 2013 dates confirmed as 10 – 16 June. As usual, Carers Kensington & Chelsea will be holding an Information Day on Thursday 13 June and a series of celebratory events. So keep 13 June free in your diary and look out for information about other events in the next edition of the newsletter in May.



# CARERS

Kensington & Chelsea

## Advice sessions for carers

Carers Kensington & Chelsea will be running our regular advice sessions within the Borough at the following locations:

### Kensington Town Hall

Mondays 10am-12pm  
Hornton Street, London W8 7NX  
Drop in session, no appointment needed

### Redcliffe Medical Practice

Tuesdays 2pm-4pm  
10 Redcliffe Street, London SW10 9DT  
Telephone Freephone 0800 032 1089 for an appointment

### Portland Road Practice

Wednesdays 10am-12pm  
16 Portland Road, London W11 4LA  
Telephone Freephone 0800 032 1089 for an appointment

### Earls Court Health and Wellbeing Centre

Flexible appointments can be offered  
2b Hogarth Road, London SW5 0PT  
Telephone Freephone 0800 032 1089 for an appointment

*For more information and to book an appointment please call (freephone from land lines) 0800 032 1089 or email [kandc@carersuk.org](mailto:kandc@carersuk.org)*

## Carers' information online

Want to find out more about services and events for carers? Remember there is a whole section for carers on the People First website:

[www.rbkc.gov.uk/healthandsocialcare/peoplefirst/lookingaftersomeone.aspx](http://www.rbkc.gov.uk/healthandsocialcare/peoplefirst/lookingaftersomeone.aspx)

We will be refreshing the website later in the year, so if you have any ideas about how we can improve it just let us know!

## Carers Forum

Kensington and Chelsea Carers Forum meets each quarter to discuss issues important to them and to give carers a voice and the ability to shape the types of services available in RBKC.

Come and join us on:

**Thursday 18 April 11am – 2pm at St Charles Centre For Health & Wellbeing**, Conference Room 4 (main building) Exmoor Street, London W10 6DZ. Please see the map below.

Our focus during this meeting will be on **housing issues**: changes to housing benefit, spare bedroom restrictions and how the benefit cap might affect carers and their homes in Kensington and Chelsea.

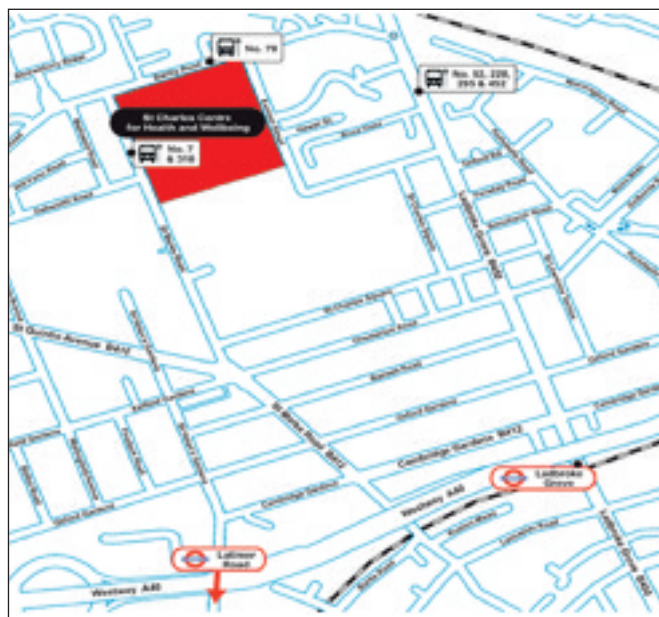
April is also national **Bowel Cancer Awareness Month** and Carers Kensington & Chelsea has joined up with Bowel Cancer UK to raise awareness of the symptoms and encourage people to go to their GP if they have concerns.

Claire Stephenson, Health Promotion and Outreach Coordinator from Bowel Cancer UK will come along to highlight the importance of spotting the symptoms early and to tell us about how to lower the risk of developing bowel cancer.

An update from Inner West London PCTs will also take place during the meeting.

Lunch will be provided.

Please contact Carers Kensington & Chelsea on 0800 032 1089 (freephone from landlines) or by emailing [kandc@carersuk.org](mailto:kandc@carersuk.org) for more information and to be added to the mailing list. Detailed agenda and a list of quest speakers will be sent closer to the date.



## Changes to Housing Benefit size criteria rules and Benefit Caps

From April 2013 the Government is introducing major changes to how it provides support to people who need help with their rent. There are two main issues which are likely to affect carers. These are:

- the Housing Benefit Size Criteria Rules (the “Bedroom Tax”) and
- the Benefit Cap.

The Bedroom Tax will come in from April 2013 and the Benefit Cap will be fully rolled out by the end of summer 2013.

This article will just give a quick overview of the two changes. Carers UK are producing a full factsheet about these. You can also find more information on [www.carersuk.org](http://www.carersuk.org) or by calling Carers Kensington & Chelsea on 0800 032 1089 (freephone from landlines)

### Housing Benefit Size Rules: the “Bedroom Tax”

From April 2013 there will be a restriction on the number of rooms that will be covered by Housing Benefit in social housing dwellings (these are residential properties rented from a Council or Housing Association). This restriction is commonly referred to as the “Bedroom Tax”. This does not apply to people of pensionable age.

#### What counts as an “extra” bedroom under the new rules from April 2013?

The rules below explain how many rooms the Government says you need:

- Children under 16 of the same gender will be expected to share a bedroom.
- Children under 10 are expected to share regardless of gender.
- Couples are expected to share a bedroom.
- You are allowed one bedroom for a carer (who does not normally live with you) if you or your partner need overnight care.

This will affect couples who previously used an additional room because of disturbed sleep due to their illness or disability.

Additional rooms used for storing equipment or aids may also be counted as a bedroom depending on their size.

Where households are seen to be under-occupying because they have “spare” bedrooms according to the new rules, they will see a reduction in their Housing Benefit of:

- 14% for one extra bedroom
- 25% for two extra bedrooms.

This will apply whether it is a single or a double bedroom.

#### Who will be affected?

The key group of people who will be affected will be people of working age renting from a council or housing association who have more than one bedroom per person or a couple whose children do not share a bedroom if they are under 16 or 10 if they are the same gender (see above). People living in private rented sector have had size rules applied to them for some years.

The size rules will apply where both members of a couple are under pensionable age. However, following the introduction of Universal Credit in October 2013 if one member of a couple is under pension age the size restrictions will apply to the household.

#### Who will not be affected?

- People of pensionable age or where one person in the couple is a pensioner (this will change under Universal Credit).
- A disabled tenant or partner who needs an overnight carer will be allowed an extra room. This overnight carer must not normally live in the household and could be either a paid care worker or an unpaid carer.
- Currently, because of the previous court ruling, children who are unable to share a room because of a disability are able to have an extra room. However, the Government is appealing against this decision and the outcome of this appeal will be known in April 2013.

#### What can you do?

If you are worried about not being able to pay your rent, you should **seek advice now**. If your Housing Benefit is cut after April 2013 and you go into arrears, you could be evicted from your home.

If you are affected by the bedroom tax, your options are either to move to a property with fewer bedrooms or stay in your current home and pay extra rent to cover the cut in Housing Benefit.

If you are staying in your current home it's important to consider now how you will do this, to avoid getting into arrears with your rent.

To pay the shortfall in Housing Benefit you can:

- Cover it from your current income and benefits – you should make sure you are claiming all the benefits you are entitled to.
- Increase your income and ability to pay – if you are not working but would like some help to find employment or prepare for work, contact your local job centre or call the national job-seeker's line on 0845 660 234.
- Ask non-dependent family members to contribute towards the rent if they can.
- Consider taking in a boarder or lodger – speak to your landlord, as you might need permission to take a lodger, and speak to the Council's Housing Benefit Team to see how this might affect your benefit. Of course, this may not be appropriate for many families.
- Seek extra help from the Council's Housing Benefit Team – you might be able to apply for a discretionary housing payment.
- Seek financial and debt advice early if you are worried – you can ask your landlord for financial and debt advice. Alternatively, seek advice from Citizen Advice (Kensington & Chelsea tel. 0844 826 9708), National DebtLine (tel. 0808 808 4000) or Nucleus Legal Advice Service (tel. 0207 373 4005).

If you consider moving to a smaller, more affordable home you can:

- Ask your landlord to transfer you to a smaller property.
- Join the Council's Underoccupation scheme. If you join the scheme, you will be given a high priority to move to a smaller home through the Council's Housing Register. You may also qualify for a financial incentive based on the number of bedrooms you give up in addition to extra help such as arranging and paying for removals.
- Seek a mutual exchange – you may be able to swap your home with another social housing tenant and move to a smaller, more affordable home. Seek advice from the Council Housing Opportunities Team. You can also speak to your landlord about this option, or go online to join a mutual exchange scheme such as HomeSwapper ([www.homeswapper.co.uk](http://www.homeswapper.co.uk)).

- Find a smaller home in the private sector – you may not be able to wait to move to a smaller social rented home, or may wish to move to another part of the country.

## To find out more:

### Contact the Council

Housing Opportunities Team

T: 020 7361 3272

E: [housingopportunities@rbkc.gov.uk](mailto:housingopportunities@rbkc.gov.uk)

Housing Benefits Team (Revenues)

T: 020 7361 3006

E: [benefits@rbkc.gov.uk](mailto:benefits@rbkc.gov.uk)

### Contact your landlord

For housing association's tenants – your tenants' handbook or other information from your landlord will have their contact details

Kensington & Chelsea Tenant Management Organisation

T: 0800 137 111

E: [contactus@kctmo.org.uk](mailto:contactus@kctmo.org.uk)

### Other useful contacts

Government's Household Benefit Cap helpline (DWP) T: 0845 608 8551

Shelter helpline T: 0808 800 4444

## The Benefit Cap

Another major change facing people on benefits is the Benefit Cap. This is being introduced in four London boroughs from April 2013 – Bromley, Croydon, Enfield and Haringey – and will be rolled out nationally by the end of summer 2013. This will apply to working age adults and not to pensioners.

The Government is restricting the total amount of income people can get from certain benefits. This is known as the Benefit Cap and is set at £500 per week for couples, families or lone parents with children and £350 if you are single without children. The cap is the same, regardless of how many children you have.

The benefits that count towards the cap include:

- Income Support
- Employment Support Allowance (Work Related Activity Group but not the Support Group)
- Jobseeker's Allowance
- Carer's Allowance
- Child benefit
- Housing Benefit.

It does not include Council Tax Benefit or the local Council Tax Support which will replace Council Tax Benefit (more on this below).

Disability Living Allowance (and Personal Independence Payments which will replace DLA) and Attendance Allowance are not included in the cap.

The Benefit Cap **will not apply** to:

- people receiving a state retirement pension
- people who receive Working Tax Credit
- anyone in your household claiming Disability Living Allowance, Attendance Allowance, Industrial Injuries Benefits or the Support Element of Employment Support Allowance (ESA).

#### What can you do?

- Ensure that you are getting all the benefits you are entitled to by getting a benefit check from Carers Kensington & Chelsea or the Citizens Advice Bureau.
- You can contact Nucleus Legal Advice Service for specialist legal advice around a range of issues including debt and benefits. Drop-in sessions are available on Mondays 1:30pm to 4pm, Tuesdays 3:30pm to 6pm and Thursdays 10am to 12:30pm. T: 020 7373 4005; 298 Old Brompton Road, London SW5 9JF.

## Council Tax Benefit is changing

The current Council Tax Benefit system is changing and will be replaced by local schemes run by councils from April 2013.

To fund these new local schemes the Government is planning to give each council 10 per cent less than the current cost of national Council Tax Benefit. At the same time the Government has also said that pensioners must not lose any benefit compared with the current Council Tax Benefit scheme.

Kensington & Chelsea's local Council Tax Benefit scheme for the financial year 2013-14 would be very similar to the current Council Tax Benefit system for all residents (pensioners and those of working age).

Kensington & Chelsea Council proposed **not to** cut the level of Council Tax Benefit despite the 10 per cent cut in Government funding because:

- the cost to the Council is relatively small (a quarter of one percent of the Council's budget); and
- the Council believes that it can find savings from other sources in 2013-14, including from Tri-borough working with Hammersmith & Fulham and Westminster that will offset the cost.

After 2013-14 the proposed scheme may be amended. If the Council's Cabinet decides to do this, they will hold a consultation with the borough's residents.

In fact the only difference between the current Council Tax Benefit system and RBKC's proposed scheme is that they will issue simpler notifications to people who have claimed the support; and wherever possible, these notifications will be made electronically to save money.

## News from INWL Primary Care Trusts

### NHS Kensington and Chelsea

The carers Joint Strategic Needs Assessment (JSNA) for Kensington and Chelsea is now open for consultation until 28 February 2013.

The JSNA identifies the needs of the local carer's community in Kensington and Chelsea and can be used to inform the services that are provided to carers; it is available to view at

<http://www.jsna.info/download/get/carers-jsna-evidence-pack-kensington-and-chelsea-2012/15.html>

We are interested in hearing any comments that carers and carers' organisations may have on the information that has been produced.

Please e-mail any comments to [info@JSNA.info](mailto:info@JSNA.info)

To find out more about the JSNA for carers please contact:

**Peter Beard, T: 020 3350 4352**

## News from RBKC

### Council review of support to carers

Following a review of the services available to carers, the Council has agreed a number of recommendations. Areas covered include employment and training and an information leaflet highlighting national and local benefits available to carers, eg leisure benefits. Initiatives were also agreed to identify more carers (who are not currently in touch with carers' support services) through GP practices and local hospitals.

For more information contact **Laxmi Jamdagni, Commissioner, Adult Social Care** on [laxmi.jamdagni@rbkc.gov.uk](mailto:laxmi.jamdagni@rbkc.gov.uk)

## Age UK Kensington & Chelsea Carers Support Group

If you are a carer for an older person, you may want to join a monthly carer support group meeting run by Age UK in the south and the north of the borough.

This is an opportunity to socialise, share knowledge and experience with other carers and have access to information. Each month, a guest speaker talks to carers about the topic of their choice and answer the questions they may have.

**On 30 January and 27 February (2-4pm)**, the carer support group will hold workshop sessions on Managing Difficult Behaviour delivered by Admiral Nurses. During the sessions you will be able to get some practical advice and information on how to deal with difficult behaviour and where seek help and support, obtain professional assessments and relief care.

The venue for the January session is Lighthouse, 111-117 Lancaster Road, W11 1QT. The February session will be held in New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF.

**On 28 March (5.30-7.30pm)**, the support group will hold a social gathering in a Café in Earl's Court Tesco, West Cromwell Road, W14 8PB. Come for a chat over tea, coffee and cake.

**On 23 March and 29 May (2-4pm)**, the support group will hold workshops on Lasting Power of Attorney. You will be able to learn more about Lasting Power of Attorney, how it could be used and how to get it.

The venue for the April session is New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF. The May session will be held in St Peters Church, Kensington Park Road, London W11 2PN.

Age UK can also arrange respite care for the person you look after to help you attend. For further information call Christina on 020 8960 8137.

## 'Time for Me' North Kensington

'Time for Me' provides free support and activities group for carers who are over 50 living in the north of the borough. The group, run by Open Age, meets on Fridays, from 11am to 1pm at the Open Age Positive Age Centre, Dalgarno Way, London, W10 5JW.

February and March activities include:

- A four week computer course (1, 8, 15 February & 1 March 2013). The course will cover using emails, Microsoft Office and Internet. Beginners and more advanced learners are welcome. Please book in

advance as there is only space for 9 people per session. The venue for this course will be the computer room at Open Age, 1 Thorpe Close, W10 5JW.

- Dance mix (8 March).
- Fabric painting and crafts (15 March).
- Trip to the Classical Spectacular at the Royal Albert Hall (16 March).
- Trip to the Vitality Show at Earls Court 2 (22 March).

For more information and to book a place, please contact Liz Butters on 020 8964 1900 or email [ebutters@openage.org.uk](mailto:ebutters@openage.org.uk)

## 'Time for Me' South

Time for Me offers support and activities for unpaid carers who are over 50 living in the south of the borough.

**Thursday Feb 21** – Trip to the Ragged School Museum. This is a free outing and opportunity to see the museum which was once the largest 'ragged' school in London and go for lunch afterwards. We group will meet at Mile End Tube Station at 11.00am.

**Wednesday March 13** – Priscilla Queen of the Desert at Wimbledon Theatre. Fantastic entertainment from the West End and great evening out! There are only 10 tickets available, priced at £5 each. The group will meet at Wimbledon Theatre at 6.30pm. Please call to book the tickets.

If you would like to book either of the above trips or have any queries call Judy Graham on 020 7590 8970 or email [jgraham@new-horizons-chelse.org](mailto:jgraham@new-horizons-chelse.org)

## Mental Health Carers

### Mental Health Carer Support Service update

As you may be aware Karolina left the Mental Health Carer Support Service in September 2012. You may also be aware that Roseline Okiti has also been off for sometime as she is unwell.

Nathan Page-Stabler was asked in mid September to manage the service for a short period of time, until Roseline comes back.

Nathan is very busy trying to make sure that carer assessments continue to be completed and that carers still receive their Personal Budget awards. Nathan is aware that the recent changes have made it a little difficult to get hold of him but he would like to reassure

you that if you cannot reach him, please leave him a message and he will call you back as soon as he can.

His contact details are:

Nathan Page-Stabler  
Mental Health Carer Support Service  
2nd floor (Pink Area)  
Kensington Town Hall  
Hornton Street, London, W8 7NX  
Tel: 020 7361 2811  
email: Nathan.page-stabler@rbkc.gov.uk

## Kensington and Chelsea Mental Health Carers Association

The Kensington and Chelsea Mental Health Carers Association (KCMHCA) has moved to a new full time office.

The new address is Office 9, Canalside House, 383 Ladbroke Grove, London W10 5AA.

Tel: 0208 960 3873 Mob: 0789 454 2241.

New opening hours: Monday – Friday 10am – 5pm  
Drop-In Centre: Fridays 10-5pm. All other times by appointment only.

KCMHCA is run by carers for carers. It is funded by the Royal Borough of Kensington and Chelsea to facilitate monthly mental health carers' support meetings which are held every third Thursday of the month at Kensington Town Hall from 6pm-8pm. Check with Civic Reception for the room number.

KCMHCA also provides an advocacy service and training for carers.

### Advocacy training

The next five week course in Citizens Advocacy starts on 25 February 2013. This course is free for carers:

Part 1: Monday 25 February 11am – 3pm

Part 2: Monday 4 March 11am – 3pm

Part 3: Monday 11 March 11am – 3pm

Part 4: Monday 18 March 11am – 3pm

Part 5: Monday 8 April 11am – 3pm

By the end of this course, trainees will have acquired a comprehensive understanding of advocacy practice and the related issues, with particular emphasis on 'Self Advocacy, Citizen's Advocacy and Peer Mentoring'.

All participants who complete the course will be awarded a certificate of attendance.

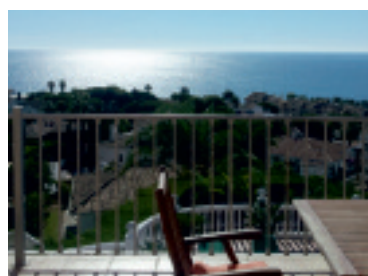
Volunteering is an integral part of the advocacy training process so all trainee advocates will be required to

obtain practical experience of the Advocacy administration process, as well as the role, by becoming a volunteer in an office environment for a minimum period of 40 hours, over approximately 12 weeks during their accreditation period. Regular group and individual supervision will be provided.

Please call Monique to book your place. Tel: 020 8960 3873 Mob: 07894 542241

**The venue is the Meeting Room, Canalside House, 383 Ladbroke Grove, London W10 5AA.**

### Alta Vista – Carers Respite Centre



Alta Vista carers respite centre in Spain is opening its doors in May 2013. Kensington & Chelsea Mental Health Carers Association is ready to welcome carers and carer groups at their

dedicated retreat in Southern Spain.

Feel on top of the world and unwind in the tranquil atmosphere of this private villa that has been specifically designed with carer's needs in mind. Enjoy fresh air, stunning views, sunshine, peace and quiet, a private pool an outdoor jacuzzi, sun beds, and a private garden with BBQ. Alta Vista Villa is situated within walking distance from a sandy beach. There are two golf courses at the back of the house and a free tennis court for our residents and an outdoors gym nearby.

Alta Vista offers: yoga, aromatherapy, massage, reflexology, hypnotherapy, meditation, equine therapy, psychotherapy, counselling, raw food gourmet cooking. Throughout the year specific residential training courses in carer advocacy, positive psychology and solution focused caring and others will be offered. Please check our programme updates.

For the more adventurous, shopping and restaurants are nearby and a 15 minute drive or bus ride will take you to Marbella and Puerto Banus. There are plenty opportunities for sightseeing in Malaga, Mijas, Gibraltar, Ronda, Nerja, Seville, Granada, Cordoba. All a reasonable distance away.

For more information, rates and reservations please contact Monique at CAN-DO.PRO,KCMHCA, office 9, Canalside House, London W10 5AA.

**Tel: 020 8960 3873 or Mob: 07894 542241.**

**E-mail: [altavistabookings@gmail.com](mailto:altavistabookings@gmail.com)**

## Health Wise

### Age UK KENSINGTON & CHELSEA events diary

#### FEBRUARY

Every Thursday starting 21 February to 21 March  
*"Ageing Well" – covering your health and making the most of memory.*

11:00-12:30pm at Cremorne Club Room, Milman Street, London, SW10 0DA

Friday 22 February *My Memories Café*

2:00-3:45pm at New Horizons, Cadogan Street, London, SW3 2PF

Wednesday 27 February

*Carers Support Group– Admiral Nurses*

2:00-4:00pm at New Horizons, Cadogan Street, London, SW3 2PF

#### MARCH

Tuesday 5 March *My Memories Café*

2:00-3:45pm at St Peter's Church Kensington Park Road, London, W11 2PN

Wednesday 6 March *Relaxation and Arthritis*

2:00-3:30pm at Kensington United Reform Church, Allen Street, London, W8 6BL

Friday 22 March *My Memories Café*

2:00-3:45pm at New Horizons Centre, Cadogan Street, London, SW3 2PF

Thursday 28 March *Carers support Group Social*

2:00-4:00pm at Tesco, West Cromwell Road, London, W14 8PB

## LUNCH GROUPS

Lunch Groups are an opportunity for you to have a nice meal in a sociable setting and if you wish, to make new or meet old friends. They also have restaurant trips and 'Back to School' lunches. There are groups available across the borough. To find your nearest location call Joleene King on 020 8960 8137.

Every Wednesday at 12:00pm – 2:00pm  
 Chelsea Theatre Café, Worlds End Place, King's Road, London, SW10 0DR

Every Wednesday & Friday at 12:00pm – 1:30pm  
 Isaac Newton Centre 108a Lancaster Road, London, W11 1QS

Every Monday & Thursday at 12:00pm – 1:30pm  
 St Charles Café, St Charles Centre for Health and Well-being, Exmoor Street, London, W10 6DZ

Every Tuesday at 12:30-2:00pm  
 O'Neills Pub & Grill, 326 Earls Court Road, SW5 9BQ

Thursdays during term time at 12:30pm – 1:30pm  
 Queens Gate School, 131-133 Queens Gate, London, SW7 5LE

### Enquiries

If you require more information about the above services, please contact the Health Wise team on 020 8960 8137 or email them at [Health@aukc.org.uk](mailto:Health@aukc.org.uk).

Address: Age UK Kensington & Chelsea, Unit 24, 10 Acklam Road, London, W10 5QZ.

## K&C LINK Mental Health Sub-group

The LINK Mental Health Sub-group aims to provide a voice and a support structure for service users, family members, carers and stakeholders as a means of enhancing the provision of mental health service delivery locally.

The group meets every three months and over the last three years has been involved in reviewing community services, the redevelopment of the crisis card with Central and North West London NHS Foundation Trust (further to our users feedback) and the outcomes achieved by the local befriending scheme.

To find out more, come to the Kensington and Chelsea Local Involvement Network (K&C LINK) meeting on Wednesday, 6 March from 2pm to 4pm.

**Venue: London Lighthouse (Training Room 7), 111 – 117 Lancaster Road, London W11 1QT.**  
**Contact: K&C LINK: 020 8968 9004 / [sonya.chee@hestia.org](mailto:sonya.chee@hestia.org)**

## Dementia services and the memory service

Please note that the Kensington and Chelsea Memory Service will soon be moving into a new Dementia Hub in Westbourne Park (42 Westbourne Park Road, W2 5PH).

The grand opening will be held on 15 March 2013.

The dementia services team at Age UK continues to provide:

- My dementia outreach service.
- Dementia support worker visits.
- My memories cafes.
- Groups such as exercise for the mind, ageing well and memory management.
- Monthly outings for people with dementia.
- Creative workshops for people with dementia.



### Charity Skydive



Holly, Carole and Darren from Age UK's Dementia Services Team will be completing a daredevil skydive in the New Year to raise funds for the team. The money raised from this skydive will

primarily go towards buying resources for the Support Workers to use during their one-on-one visits with service users. These visits are invaluable, particularly to those who are housebound or socially isolated. Age UK's Dementia Services Team hope to purchase tablet computers which can be taken into people's homes and used for reminiscing, contacting relatives, finding out what services are available in the local area and much more. Depending on how much they raise, money could also be used for groups and outings for people with dementia. If you would like to make any donation great or small towards this worthy cause, you can call the team on 020 8960 8137 or donate online at [www.justgiving.com/DementiaServicesTeam](http://www.justgiving.com/DementiaServicesTeam).

### Depression Alliance



#### K&C Employment & Well Being Project

"1 in 5 people suffer from depression at some point in their lives"

This project is about helping adults in Kensington and Chelsea with depression and anxiety to lead healthier, more fulfilled lives.

This is done by:

- linking people together who are dealing with similar daily challenges to reduce their sense of isolation and loneliness
- having a weekly programme of fun and uplifting activities
- encouraging members to get involved in all aspects of what we do
- running a time-bank within which members exchange skills and services with each other, where the only currency is time and everybody's time is equally valued
- building people's self-esteem so they are better able to lead the lives they want to lead
- keeping everything as informal and non-pressured as possible.

What does it look like?

- time bank – gardening, massage, language tuition, companionship – members sharing their time and skills
- support group – swap experiences and support
- special interest groups – hobbies, interests and pastimes
- social events – pub nights, book groups, cinema trips, picnics in the park, museum outings, restaurant get-togethers
- employment support – time bank, social enterprise, volunteering, specialist advice.

For more information, feel free to contact George on 07976 244589 or Emily on 07977 209694.

### Royal Borough of Kensington & Chelsea Home Library Service

The Home Library Service is an important part of the library service and enables those borough residents who find it difficult to get to their local library to continue to use the service for their reading and information needs.

Users of the service can borrow free of charge:

- any books from the lending library collections, including large print books
- music CDs
- talking books

In addition, staff can also help with any information requests or enquiries. For those interested in finding out more about the service, the first step is to make contact with the library service. This can be done:

- in person at the local library
- by phone on 020 7341 0721
- by e-mail [LibHomeLibraryService@rbkc.gov.uk](mailto:LibHomeLibraryService@rbkc.gov.uk)

Once contact is made with the service, the staff arrange an initial fact-finding visit to discuss reading tastes and any special requirements. The first visit is also used to arrange the first delivery which will happen regularly every four weeks on an agreed date and time. Items are loaned for four weeks, but can be renewed if required. Are there any other ways you think this service could help you, apart from delivering books, CDs and DVDs to you if you can't get out? Please send your ideas to Laxmi Jamdagni at [laxmi.jamdagni@rbkc.gov.uk](mailto:laxmi.jamdagni@rbkc.gov.uk). Or call her on 020 73613926.

# NEW YEAR RESOLUTIONS

There is no doubt that without the right support caring can damage your health. You'll need to find the balance for you between caring and looking after your own health needs. It is not an easy balance to find, but remember, the better your physical and emotional well-being, the better you will be able to cope with the demands of caring.

New Year is always a good time to make a fresh start and bring some healthy changes into our lives. We have picked some of the local services available in Kensington & Chelsea that can help you to make that positive change and to start looking after yourself better.



## Smokefree Homes – Protect your family from the harm of tobacco smoke

The Smokefree Homes project is an exciting new project across the boroughs of Westminster, Hammersmith & Fulham and Kensington and Chelsea. It aims to support families who want to make their home smoke free.

When you smoke inside your home, everyone there is exposed to harmful second-hand tobacco smoke.

People that breathe in second-hand smoke are at risk from the same diseases as smokers, including cancer and heart disease. And as over 80% of second-hand smoke is invisible and lingers long after a cigarette has been put out, it is impossible to control.

The best way to protect your family is to make your home completely smoke free – a home where nobody smokes inside, not even by a door or a window, and where this rule is never broken.

Benefits of making your home smoke free:

- Over 4500 chemicals no longer pollute your home.
- Your children will be healthier and less likely to miss school through illness.

- If you smoke, you may find it easier to give up.
- Your home will be cleaner and fresher, and it will not need decorating as often.
- You will be less likely to have a house fire.
- Your pets will be healthier and live longer.

Make the Smokefree Homes Promise Today!

You can choose to receive:

- Free support and advice to help you make your home smoke free.
- Referral for a free fire home safety check from London Fire Brigade
- Referral for free stop smoking support with your local Stop Smoking Service

Contact the Smokefree Homes Officer on 020 3434 2530.



## Cook and Taste



Cook and Taste is a practical cookery programme to help Kensington and Chelsea residents learn how to cook nutritious, tasty and affordable food.

At each programme, participants will join a small group of people, receive helpful nutrition information and cook a healthy recipe.

There are different Cook and Taste programmes available to suit your needs including:

- Cook and Taste with general healthy eating advice and delicious recipes.
- Cook and Taste Weight management to support healthy weight loss.
- Cook and Taste Diabetes with practical dietary advice to improve blood glucose control.
- Cook and Taste Older people with nutrition information to keep well.

If individuals or groups are interested in taking part in a Cook and Taste programme contact the CLCH Nutrition and Dietetics team on 020 7313 3060 or email [cook&taste@clch.nhs.uk](mailto:cook&taste@clch.nhs.uk)



## Portobello Green Fitness club

Portobello Green Fitness Club is offering free classes for carers.

Caring for a loved one can be stressful. The obvious symptom of stress is tension in the body. Take a moment to relax. Free your body: develop strength, toning, stamina and sense of well-being.

- Every Thursday 11am – 12pm free Yoga class for carer

The class is facilitated by Jane Adams, a fully qualified yoga teacher. It is suitable for all levels. Many carers have benefited from her classes.

For more information contact Angela O'Connor on 020 8960 2221.



## Zumba at Chelsea Theatre

- Zumba Gold classes are designed for active adults aged 50+ and beginners

Choose from two classes every Friday 12am – 12:50pm or 1pm – 1:50pm (small charge at £3.50 per class).

- Full Figured Fitness – Zumba Basic classes are designed for active adults and beginners with adaptations for people who are fuller figured and returning to exercise. Come and join the class every Thursday 6:30pm – 7:30pm (small charge at £5 per class).

Venue: Chelsea Theatre, World's End Place, Kings Road, London, SW10 0DR.

Contact: To reserve your place, contact Loretta, qualified Zumba instructor on 07780 707222.

## Kensington and Chelsea Health Trainers



Health Trainers are local people who have been trained to talk to and support people who would like to make some healthy changes. They can offer support with healthy eating, physical activity, quitting smoking, and mental or emotional well-being.

Health Trainers can offer up to six, one-to-one sessions to help you achieve your healthy lifestyle goals. The service is funded by the NHS and all sessions are free and confidential.

The team works flexibly and can meet you anywhere in the borough that is convenient to you for a personalised service.

Whether they are pointing you in the right direction for information and services, or helping you change your lifestyle, they work to help you take positive steps towards achieving your goals.

You can find out more about what they do on their website [www.healthtrainerskandc.co.uk](http://www.healthtrainerskandc.co.uk) or get in touch if you think that either you, or someone you know, could benefit from seeing a Health Trainer. You can contact them by phoning on 020 8962 5730 or emailing on [healthtrainers@westway.org](mailto:healthtrainers@westway.org)

## Healthy homes



Are you struggling to pay your energy bills? Is it difficult to heat your home up and keep it warm?

If you are a resident of Kensington & Chelsea and are trying to deal with these issues, the Healthy Homes Helpline may be able to assist you.

### What help is available?

The Healthy Homes team can:

- Provide advice for all residents on accessing benefits and maximising financial support.
- Advise all residents about changing energy supplier or tariff to reduce bills.
- Help residents access grants for insulation and other measures to make the home warmer and save energy (for people who own their home or rent from a private landlord).
- Provide emergency heating if a boiler breaks down (for people who own their home or rent from a private landlord).
- Put residents in touch with a handyman service for draught proofing, loft clearance, changing light bulbs etc. (for a small charge; this help is available for all residents).

Call the helpline free on 0808 202 6204

Healthy Homes scheme has currently funding until the end of March 2013 for boiler installations or upgrades (for instance, timers/controls) and insulation for residents on benefits or low incomes in Kensington and Chelsea. Further information can be given by Healthy Homes.

## Top tips for keeping warm and well

### Keeping warm:

- Shut doors to keep heat in the rooms used the most and stop draughts from badly fitting windows and doors.
- Don't put furniture in front of radiator as the heat will be wasted.
- Set your heating to come on half an hour before you come home rather than leaving it on whilst no one is home. If it's very cold, set your heating to come on earlier and turn off later rather than turning the thermostat up.
- Close the curtains at night to reduce draughts and heat loss through the windows.
- If you feel cold at night, use a hot water bottle before you go to bed, switch on an electric blanket – but never use both together and never leave the electric blanket on when you sleep. Get your electric blanket tested every 3 years.
- If you have a hot water cylinder, make sure its thermostat is set at or below 60°C/140F.

### In the kitchen:

- When using saucepans, remember to put lids on; your food will cook quicker and save you money.
- Do not leave fridge doors open longer than necessary and defrost regularly.
- Try to use washing machines only when full and set the temperature to 30°C/ 86F rather than usual 60°C/140F.
- If there's moisture in the air in the room (for example, if drying clothes or cooking), open the door and ventilate that room until the moisture goes away. This helps reduce condensation and mould. Once the moisture is gone, close vents to keep heat in!

### Around the house:

- Replace your light bulbs with energy efficient ones. Over its lifetime, one bulb can reduce your lighting costs by up to £100 and will last 12 times longer. When a room is empty, make sure that the lights are turned off.
- Use the shower and not the bath, and fix dripping taps as soon as possible. One hot water tap can waste the same amount of water as a hot bath in a week.

If somebody can't do these jobs themselves, the Healthy Homes team might be able to help or put them in touch with a low cost handyman service.