

**JUNE /
JULY 2017**

www.thestablesse7.com

THIS MONTH...

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- Claudia's journey
- Free Day Care
- Grants Available
- Carer's Week
- Festivals and Summer Events
- Fun word search
- John's iPad Journey
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Hello from Kate

(Employment Personal Advisor for Working for Carers Project)

Hello Everyone,

My name is Kate and I am an Employment Personal Advisor for the Working for Carers Project.

I have worked within the social care sector for the past 8 years. I have been working with unpaid Carers across different boroughs in London and across the country. I have previously worked within the voluntary sector and Local Authorities.

I have been supporting Carers with direct payments set up and brokerage support planning including calculating support package costs and budgets for Local Authorities; Personal Assistant recruitment, payroll processes; advice and guidance to customers becoming individual employers.

I've also worked as a part of the team developing and implementing Carers Assessments forms for the local authorities across the country.

The aim of Working for Carers project is to prepare and encourage unpaid Carers (aged over 25 years & unemployed) to consider getting into employment, education or volunteering. The project is jointly funded by Big Lottery Fund and European Social Fund and support such as travelling expenses and childcare will be available for all registered participants.

This 3 year project will provide a FREE client-centred wrap around service that supports carers with starting or returning to work while still caring for a sick or disabled family member or friend. Redbridge Carers Support Service has been selected as the Hub Lead to deliver this project across the boroughs of Redbridge, Havering, Barking & Dagenham, Hackney, Tower Hamlets, Newham, Waltham Forest and Greenwich. This is the first employment project designed specifically to meet the needs of carers.

Support available will include, CV writing, developing interview skills and confidence building, developing effective job searching skills and understanding employment rights as a carer. Carers are also supported with becoming Self-Employed should they choose this route. This project will enable carers to see an improvement in their general health and well-being as well as their independence and their economic wellbeing.

I will be supporting Carers throughout their time on the project. Through one to ones, small group workshops, peer/mentor support and events! Carers will be empowered to develop the skills and experience they need to improve their lives, increase their self-worth and self-esteem.

I look forward to working with Carers in Greenwich!

Kate Kuczynska

**Student Claudia
shares her
journey since
joining the
Recovery
College, in Wool-
wich, South East
London**



Featured Article

I joined the Recovery College in 2015. I'd just received a diagnosis and I didn't know where to turn. I tried enrolling at a mainstream college but found it difficult. A worker there handed me a leaflet on the Recovery College and to this day I'd like to thank her. I didn't look at it for about six months but one day I decided to call the College. They invited me in for an interview which wasn't intimidating at all. I signed up on some courses and began my journey at the Recovery College.

Before joining the college, I'd just been sitting at home on my own, I was scared to leave the house. I was isolated and didn't have many friends - the days at home were so long. Now, my life is so much better. Going to the College has given me structure and a reason to get up in the morning. The thought of not having this place scares me. I've fallen in my life a few times since joining, but staff are always there to pick me up.

I've completed so many courses since joining, such as: Writing for Wellbeing, Food for Thought, Art, Jewellery Making – Beginners, Step Fit dance, Guided Meditation, the Allotment Project, Knitting, Skills for Employment, DIY @ Home, Woodwork Intermediate, Woodwork and Hospitality & Catering.

Being at the College has shown me that I can do a lot of things I've always wanted to do regardless of my mental health condition. I'm a lot calmer and I've finally found a place where I feel I belong. People here care about each other and look out for each other. Having a pet cat also helps. Students know how much my cat means to me and they buy him little presents.

The Recovery College has saved my life and given me a purpose. I always feel I can come back despite any bad days. Sometimes the struggle isn't so bad, it shows me how strong I really am. I don't have to pretend to be someone I'm not at the College. Staff don't ask you for a diagnosis on enrolment, we're just accepted for who we are.

We're all equal here and it's like one big family. The College has helped so many people build the confidence to attend and grow. It's great that staff text you to remind you to attend courses, which really helps. I believe I can gain practical skills by attending and one day get a job. I hope the College expands and opens more branches, so that even more people can find a place that can help them as much as it has helped me.

For more information, a prospectus and details on how to enrol at the Recovery College, please visit: www.recoverycollegegreenwich.org

The Recovery College is on Angelsea Road, Woolwich, South East London. The Recovery College, which is hosted by Welling based mental health and wellbeing charity Bridge (www.bridgesupport.org), has over 720 students enrolled on its educational courses.

The college is situated on the site of a café which is to open soon with students serving delicious food and drink to the public as part of a work experience program. Courses at the College are designed to improve learner's skills and abilities while assisting wellbeing and wellness for people recovering from mental ill-health. Courses include an allotment project, Art, IT, Mindfulness, knitting and a number of vocational skills programs.

Age Exchange,
the Charity, is
inviting people
who have
dementia and
their carers to
attend a free
Reminiscence
Arts Day Care
at Blackheath



Newsflash

Free Day Care!

Life with dementia can pose many challenges for the diagnosed person and for their family and friends. This new chapter in someone's life could be filled with positive experiences, new activities, revisiting the old hobbies or making new friends.

The new Day Care Services, led by experienced practitioners, include a range of enjoyable and creative activities - visual arts, knitting, singing, playing music, dance and drama, for example. These aim to maintain participants' health and wellbeing, support relationships with their family carers, and provide inspiration for other activities which could be continued at home.

'My wife has been confused all week and hasn't done anything. This is the first time this week she has done something and enjoyed it' – husband of a participant with Alzheimer's disease. Both have been attending the Day Care for the last 16 weeks

'It's a good group, I'm well taken care of', 'it unites us, it's fun, it's therapeutic, it's enjoyable' – participants of the Day Care.

'This is just wonderful and it's wonderful to hear her play the piano again. We feel blessed to be here' – participant's husband.

Funded by:



Please contact us on **0208 318 9105** to find out more or to express your interest.

We meet at:

Age Exchange, 11 Blackheath Village, London SE3 9LA (closest station: Blackheath, directly opposite) - **TUESDAYS 11AM-3PM.**

Conrad Court, Cary Avenue (off Plough Way), SE16 7EJ (closest station; Surrey Quays, bus 199 from station) – **FRI-DAYS 11am-3pm**

**Lack of
community
services to
support carers
is piling
pressure on
NHS
emergency
care**



**See a
member of
the adult
carer
support
team for
more
details or
call
0300 555
1515**

Is the NHS under too much pressure

Due to a lack of appropriate support in the community, unpaid carers are reluctantly taking their loved ones to A&E, according to new research published today by Carers UK. The charity's report comes as the NHS prepares for its annual challenge of increased A&E visits and hospital admissions during the winter months.

Carers identified serious difficulties accessing primary and community support services, with 1 in 5 saying they had no option but to take their loved one to A&E because it was impossible to see a district nurse or a GP out of hours, and 1 in 10 saying they didn't know where else to go.

This growing demand on the NHS is forcing many people to be discharged from hospital too early, often without the right support in place at home and without proper consultation with their family. Over half of carers (58%) said that the person they care for had been discharged from hospital too early; with 12% saying their loved one had to be readmitted as a result. Not only is this counterproductive for the health of the person being cared for but it also causes undue stress and anxiety for families and friends who are often unprepared to take on caring responsibilities or coordi-

Grants available

Carers Trust provides financial support to individual carers aged 16 and over via its Carers Funds. We are grateful to all of our funders, particularly the Rank Group, Markel (UK) Ltd and the Jill Franklin Trust for their continued efforts in supporting this important programme of work.

Below you will find more information on Carers Funds, how you can best assist carers in applying and the conditions related to applying for these Funds.

Key information: Carers Funds is open to carers aged 16 and over. Carers can apply for grants of up to £400 for items or activities that will benefit them in their caring role e.g.:

- ☐ Breaks for carers, with or without the person they care for
- ☐ Items for the home including cookers, fridges, beds, washing machines etc. (please refer to Appendix One for standard costs that will be allocated unless exceptional circumstances have been identified)
- ☐ Driving lessons and other travel costs relating to caring roles
- ☐ Courses and materials to develop carers skills and personal development
- ☐ Home repairs
- ☐ Short term or time limited replacement care

FATHERS'S DAY

18th June 12-2pm

A 3 course lamb roast meal with all the trimmings for £16.

Please book early to avoid disappointment

Stables Beer Festival

Saturday 15th July- 2pm

Come and join us for a wide selection of local beers and a cooking masterclass with a celebrity Indian Cook



CARERS WEEK 2017!

12th – 18th June

We are celebrating carers week with a now sold out exclusive holiday to the Ashdown Forest !

Our adult support team will be also be out and about every day in the community to spread awareness so if you see us on your travels come and say hello!

If you have any questions or support you need with your caring role please pop in and speak to one of our trained and experienced Adult Carers Support Officers or call the advice line on 0300 555 1515

Amazing and luxurious beauty treatments available

At our Jacobean Spa we believe that looking good and feeling good should be for all age groups; we provide relaxing treatments for both ladies and gents.

Our beauty and hair treatments will help you feel 'as good as new' and are ideal for those special occasions. Please contact **0300 300 2233 Option 1** or a brochure and to make a booking

GREENWICH CRUSE SOCIAL GROUPS FOR BEREAVED PEOPLE EVERY FORTNIGHT FROM MONDAY 5th JUNE

CRUSE STROLL: 10am, - a short and sociable walk for bereaved people, with volunteers

CRUSE CAFE: 11am-12.30, a social group for bereaved people to meet for a coffee.

FOR MORE INFO CALL 020 8850 0505



Plumstead Make Merry

**Saturday 10th
June**



The Make Merry is the longest-running community festival in the Royal Borough of Greenwich with over 5000 people coming along each year to enjoy a fun filled day that celebrates the history and diversity of the local area.

The Plumstead Make Merry offers a packed day of music, arts and activities. There are live music and dance performances across two stages, a dedicated children's area with a variety of different activities for the under 5's, a fun fair, and an array of free workshops and other activities. With up to 80 different stalls from local groups and businesses, as well as food stalls serving culinary delights from around the world, there is plenty on offer for all the family

Great Get Together and Armed Forces Day event

One of the UK's largest Armed Forces Day events returns to Woolwich between 11am and 6pm on Saturday 24 June 2017.

The event is combined with the Great Get Together Festival - the Royal Borough of Greenwich's big summer community celebration. Entry is free, and many of the attractions are free, too. The event will boast exciting attractions for all ages, including:

- Live music stage
 - Information on local services and community groups
 - Healthy living zone and sports try-out sessions
 - Armed forces stalls
 - Vintage military vehicles
 - Veterans' parade
 - Children's crafts
 - Zorbing balls and laser tag
 - Family funfair
- And lots more

Greenwich Music Festival Sat 3rd June—Sat 15th July

The music festival brings vibrant one-day music events to Woolwich, Eltham and Greenwich town centres. Enjoy a range of music including classical, world, folk and popular music performed by local, amateur and professional musicians.

The events take place at the following venues:

- Cutty Sark Gardens, Greenwich: 3 and 4 June
- General Gordon Square, Woolwich: 17 and 21 June
- Passey Place, Eltham: 1, 8 and July

Greenwich World Cultural Festival

Sunday 16th July

The Greenwich World Cultural Festival returns to Eltham Palace & Gardens for its ninth year, with a stunning afternoon of free dance, theatre, music and circus from around the world, for all the family to enjoy.

Residents and families can explore the beautiful grounds and discover pop-up performances along with creative activities for all ages and then dance through the decades in the Great Hall.

Fruit and Veg is the Best!



Healthy Food

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

MILK
YOGURT
APPLE
BANANA
BROCOLLI
CHERRY
CHEESE
BREAD
APRICOTS

AVOCADO
CANTALOUPE
RASPBERRY
TOMATO
CRANBERRY
LEMON
LIME
FIG
ONION

ARTICHOLES
GINGER
SPINACH
SQUASH
GARLIC
PEANUTS
SHELLFISH
SALMON
CRAB



Carer's Story

Me and the Ipad

It started about August 2016 when Sam (a Carers Centre information and Advice Worker) asked me if I would like to learn how to use the iPad. I said 'yes' then Paige (another staff member) took over teaching me at this point I didn't even know how to turn it on.

When I had got the very basics I tried to find an old friend that I lost contact with over 40 years ago. About 6 years ago I tracked him down at a house in Ipswich but he had just moved. I spoke to his neighbour that he was living in the Romford area. During those 6 years I have asked anyone that had a computer if they could help me. My step son tried by going to the Romford area without success so my trying on the iPad was just a wild dream, as expected I failed.

So I remembered what Paige had taught me it will answer what you ask so I switched to my friends wife's name and made contact with him. His first words were "I thought you was dead" Since then we have seen each other and had a lot to catch up on.

At Christmas I had some people over for drinks and it got round to the iPad. I said that after taking the micky out of me for so long it was me and not them who had found my friend- despite their best efforts. It was me who had the last laugh.

Another great help was last month my mate and his wife were in Liverpool, he wanted to phone the post-card shop in the area but didn't have a number. I got the number with the help of the iPad I got answer machine then they told me the hotel number. My mate was very impressed I would not have been able to do without the iPad. A few weeks ago my stepson brought some postcards to show me one was a pier but only had the piers name but no location the postcard was very old I put the name of the pier into the iPad and found it.

I would say this is all down to Paige and her teaching.

Thanks to The Stables and staff.

From John Goodman.

Caravan Break for Carers

Dear Barry and Julie,

We would like to thank you both for the lovely week we spent in the caravan at New Romney.

It's a lovely caravan: a real home from home.

The van is equipped with everything you could possibly need. It is so comfortable and the balcony is such a bonus.

Thank you again,



Exclusively let to Carers

Sleeps up to 6

From £99

3, 4 and 7 day breaks available

**Village boasts a Club House &
Restaurant**

10 mins to beach

Please contact

**Julie for details or to request a
brochure.**

020 8858 3344 or 07956 956381

Email: jjules63@aol.com



Rape & Sexual Abuse
Support Services

The Family Matters counselling practice is supported by qualified professionals specialists in the areas of childhood sexual abuse and rape. They are trained across a wide range of issues and disciplines to help those affected address their fears and identify a clear path towards resolution and healing
014 7453 6661

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Greenwich cruse gives support, advice and information to children, young people and adults when someone dies and works to enhance society's care of bereaved people.
020 8850 0505



Christ Church Shooters Hill

To provide spiritual and practical support to people of all ages and backgrounds in a Christian church context.
020 8856 5858

Support Pages

Support Groups



Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others.

www.actionforhappiness.org



Animals for Therapy provide interactive, educational and recreational opportunities for children, young people and adults with a wide theme of animals, wildlife and nature. We have successfully developed a wide range of animal encounters, experiences, outdoor learning activities and after school activity clubs, supporting and participating in many community events across London, the Home Counties and the South-East

Contact: 020 8850 6778

Email: therapy@animalsfortherapy.org.uk



Contact the Elderly is the only national charity solely dedicated to tackling loneliness and social isolation among older people.

Supported by a network of volunteers, the charity organises monthly Sunday afternoon tea parties for small groups of older people, aged 75 and over, who live alone. Offering a regular and vital friendship link every month Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon

0800716543

www.contact-the-elderly.org.uk

ADFAM

One to one Peer support - for those impacted by a loved one's substance misuse.

Adfam have a team of trained volunteers who have lived with the challenges of supporting someone with a substance misuse problem.

We call these peer mentors Family Recovery Champions. FRCs can offer flexible and social peer support to meet the needs of family members, this could include 1:1 and group support, adding value and capacity to existing services.

We have monthly surgeries where sessions can be booked with one of our trained peer mentors.

Contact Emma On:
07525 784 527

e.spiegler@adfam.org.uk



Rehab 4 Addiction

Rehab 4 Addiction is a free and confidential helpline for people suffering from drug and alcohol addiction in London

0800 140 4690

www.rehab4addiction.co.uk



Drug & Alcohol Support



First Step Trust

A national charity with projects in Woolwich and Bexley, providing training and employment opportunities for people with mental health problems, drug and alcohol misuse and/or other disadvantages. First Step Trust (FST) provides a real workplace where people can build up their confidence, learn to cope with the pressures of work, gain skills and qualifications and get support in finding a job.

Contact : 020 8855 7386



*positive action brings
positive results*

Greenwich Aspire

CRI Aspire is a treatment programme for individuals with substance misuse issues, their families and carers.

We work with a range of people, including;

People who misuse one or more substances including alcohol, opiates and crack.

the family and carers for anyone who supports a person with a drug or alcohol issue or with a mental health illness

Contact: Lisa Bengé - 020 8316 0116



Drug & Alcohol Service London

DASL is a London based charity that helps communities to tackle the problems caused by drug and alcohol misuse. Our aim is to help build stronger, safer and healthier communities where everyone has the opportunity to realise their full potential.

We are also very experienced in supporting people with difficulties related to mental health as well as people experiencing domestic violence.

Contact: 020 8304 6588

aop@dasl.org.uk



'I have found DASL to be a fantastic resource in helping me to overcome my cocaine problem and rebuild my life prior to my return to work'

Keeping in touch

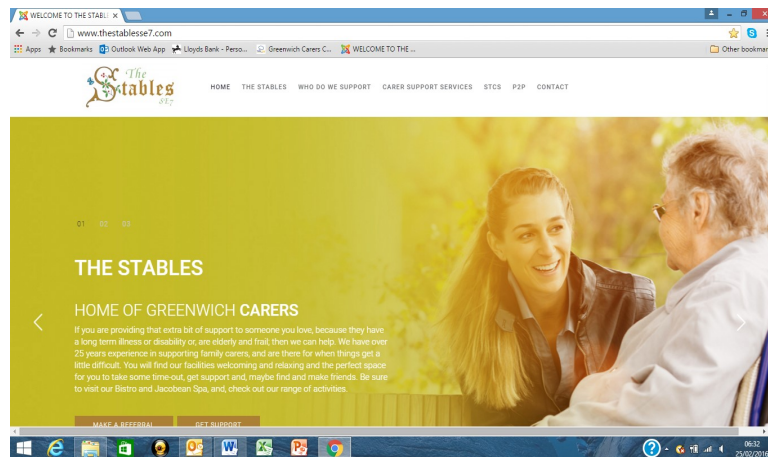
Our Website

You can find out more about us and our latest news at www.thestablesse7.com

Our website has a series of video clips explaining all of our services and facilities

It offers a 'contact us' form for you to quickly send us your questions or thoughts as well as an easy to use booking system for all of our activities, trips, and events as well as for our Spa bathing experiences, therapies and treatments and our Bistro seating.

It also has an easy to use referral form, so if you know of a carer who might benefit from using our services please ask if you can refer them to us and we will get in touch with them straight away.



Social Media



Visit Us

Pop in to see us at The Stables SE7, 76 Hornfair Road, Charlton, London, SE7 7BD.

Alternatively you can call 033 300 2233 or email info@greenwichcarerscentre.org