



**SUMMER 2010**

## **Carers Week 2010 14th - 20th June 'A Life of My Own'**

The theme for Carers Week this year (June 14th – 20th) is 'A Life of My Own'. When you are caring for someone who is ill or disabled, it can be easy to forget to care for yourself. It might even feel like there just isn't any space or time left for you.

But carers need rest, time to think, time to do things they enjoy and to look after their own health, just like everyone else. This year, during Carers' Week, The Carers' Hub will be putting on some events to take care of you and to give you space to consider what would help you to take more time for yourself.

**Tuesday 15th June  
Caring for Carers' Day  
11am – 4pm  
at Woodlawns**

**Friday 18th June  
2nd Carers' Forum  
11am – 2pm  
at 336 Brixton Road**

This event will be held at Woodlawns, a beautiful Victorian villa with a sunny terrace and garden. The address is 16 Leigham Court Road, London SW16 2PJ not far from Streatham Hill Station.

As well as refreshments, lunch and a strawberry and cream tea, there will be:

- massage, reflexology and acupuncture sessions,
- health checks,
- a dance performance by the MIA DanceTroupe
- singing with Natural Voices.

The 2nd Carers' Forum will be held at Lambeth Accord, 336 Brixton Road, London, SW9 7AA. There will be speakers and information about other organisations which could be helpful to you. These will be followed by discussion groups on the Carers' Week theme as so many of you said that you enjoyed these at the February Forum. The day will end with a buffet lunch and a chance to meet up with friends and peruse the information stalls.

Please let us know if you need someone to provide respite care while you are out.

There will be a voluntary contribution of £3 on the day to cover refreshments.

**For catering purposes please phone to let us know if you are coming to either or both events. Contact Syma Cullasy at South Thames Crossroads on 020 8648 9677**

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The Carers' Hub Lambeth is provided by a Consortium consisting of South Thames Crossroads, Age Concern Lambeth and Disability Advice Service Lambeth (DASL). Other carers' organisations and services are also involved and the Hub is working closely with a wide range of partners to deliver better services for all carers.

Services available include telephone advice and information, face to face advice and advocacy, a regular newsletter, a dedicated website and events and activities including Carers' Forums. All services are free. More services will be developed during 2010. Carers can join the Carers' Register to make sure they are kept up-to-date.

## Contact us

To make contact with Carers' Hub Lambeth and all its services :

Call us on 020 7642 0038

Fax us on 020 7924 9621

Email us at

[carers.enquiries@disabilitylambeth.org.uk](mailto:carers.enquiries@disabilitylambeth.org.uk)

Visit our website at

[www.disabilitylambeth.org.uk/carers](http://www.disabilitylambeth.org.uk/carers)



## Register with us

It's easy to register with us, just call or email us for a simple form to be returned in a pre-paid envelope or download one from our website. By joining the carers' community in Lambeth, you will be able to keep in touch with how services are being developed, have a say by attending the forums and be supported in your caring role.

Any views expressed in this newsletter by invited contributors are those of the authors and are not necessarily endorsed by the Carers' Hub Lambeth.

## Introduction to Bola Sowoolu, the new Lambeth Council Carers' Coordinator

My name is Bola Sowoolu. I started in post as the Lambeth Carers' Coordinator on Monday 19th of April 2010.

I am excited about this new role in Lambeth and I am looking forward to meeting and working collaboratively with carers and the various voluntary and statutory organisations that work together to provide and deliver services for carers. My main task is to plan and commission services that carers need and want, so that all carers can have and enjoy a life of their own while performing their caring roles.



In order to build on the progress that has been achieved, I am keen to find out what your views and experiences are about the services you currently receive and your views on potential future developments for carers. I am hoping to have the opportunity to meet as many carers as possible during Carers Week in June.

### Why should I get a Carers' Assessment? – a brief guide

At the last Carers Forum a number of Carers told us that they had not heard of a Carers Assessment and were not aware of the benefits you can get from having one. We therefore thought it would be useful to give everyone a few brief facts about Carers Assessments in Lambeth. If you haven't had an assessment, please think about having one.

The carers' assessment is designed to look at areas of your life and to see how your caring role affects you it is not about assessing you as a Carer or your ability to care. What it does do is identify services and support that can enable you to continue in your caring role. Carers' assessments in Lambeth can be totally separate from the person you look after and although the person you are looking after must need care they do not have to be receiving any services themselves in order for you to be eligible for an assessment. It is important to remember that if the person you look after isn't receiving any services, this may be because of the care you provide. If you could no longer provide the care, social services may have to provide that care instead. If you are a carer and have a disability, you are also entitled to have a community care needs assessment in addition to a carers' assessment.

Areas of YOUR life that the carers' assessment should look at are housing, health, work, time, other interests, emergency and unplanned situations, feelings and your future. You are the expert in your life and your views and opinions about your situation are important in shaping your needs assessment. You can also have a carers' assessment if you are INTENDING to provide care, to see what support can be offered.

After your needs have been identified in the assessment, some examples of services you may be able to access are respite breaks and information about local support groups; a referral for Direct Payments; help at home; aids and equipment. This list is not exhaustive and any support offered depends on your needs and what is available. Realistically sometimes the help that you need may not be available or may not be quite in the format that would be best for you. Gathering information about these unmet needs help us all to better design services that meet your needs in the future.

For further information, you can call our enquiry line on 0207 642 0038, visit Lambeth Council's website, Carers Direct or Carers UK websites. The Carers' Hub can support you to request an assessment, challenge any decisions made that you feel are unfair or have not taken your needs into account and complain if need be.

## What happened at the very first Carers' Hub Lambeth Forum?

Firstly, a big thank you to everyone who made it through the rain to get to the meeting on 24th February. It was a fantastic turn out with over 60 people attending on the day. It was pleasing to see not only carers who have previously been helped by Lambeth Carers but lots of new carers who found out about the Hub from their GP surgeries and friends.



We met at the Accord Centre, 336 Brixton Road and the Forum took place between 11am and 12.30pm. Debate during the Forum was certainly lively and it was important for carers to be able to spend time talking about their experiences as we know that carers can become isolated and excluded from society because of the pressures of caring. Lunch followed so people had a chance to socialise and share information and ideas.

Speakers on the day were Barbara Price from South Thames Crossroads, Julia Shelley from Age Concern Lambeth and David Strong from Disability Advice Service Lambeth. These are the three charities that form the consortium that provides the Carers' Hub Lambeth services. In addition, we were pleased to welcome Elizabeth Clowes, the Assistant Director Commissioning for Social Inclusion, Lambeth Council Adults and Community Services.

Barbara Price introduced the meeting by explaining the aims of the Hub :

- We want the Carers' Hub Lambeth to provide better services for carers.
- The Hub is new as it is a partnership of local charities to provide a new range of services to all carers.
- We want the Hub to be a partnership with carers, to involve you and respond to your needs. The Hub's vision is to empower carers and give opportunities and skills; to give you ownership of the Hub, what can we do for you – not just passing you on to somewhere else; to provide services that make a real difference to you.
- We hope that the Hub can address issues of feeling isolated and excluded; not being able to access or find out about services; having to reduce work hours or caring full-time so having to give up paid work; loss of social opportunities; financial pressures; the impact on your physical and mental health; extra barriers for specific groups of carers and the impact caring has on families.

After the presentations, we split into four groups to discuss what carers wanted from the Carers' Hub and from carers' services in general, and also how they thought the Forum should be used. There were lots of ideas and the key points were reported back to the meeting and are listed on the next page.

For a full report on the event please contact us to request one on 020 7642 0038 or look on our website [www.disabilitylambeth.org.uk/carers](http://www.disabilitylambeth.org.uk/carers)

We are aware that many of you were not able to attend the meeting due to your caring or work responsibilities and so would like to know your views on providing an audio recording of the Forums on the Carers' Hub website. Please get in touch with your view on this. If enough people respond, we can look into recording the next Forum so more carers can feel involved.

## MAIN POINTS FROM FOCUS GROUPS

Training for Carers in Caring Role and two way training for professionals

For newsletter to cover national news / campaigns

Could we have a social network like on SLAM's (South London & Maudsley) website?

Recognise the different stages carers are at – new to caring / long-term carer

Help with changing circumstances, for example when the health of cared for person improves as this has impact on eligibility for benefits etc.

Impact of caring on carer's health

To hold Carers' Hub Forums four times a year

To have information above other services / groups / events and have advice workers available at meetings / forums and to have health checks available too

Volunteering

Coffee mornings at different venues for carers to swap information and support each other

Keep Hub's forms short, have enough forms everywhere else

Help to fund good carers agencies

Inform Hospital staff and GPs about carers services and how to refer

Drop-in service for information and advice

Duty system doesn't work for carers – need an allocated social worker who is responsible for carers assessments / community care assessments. It's the same old story, needs a review of situation – may have this as subject for a forum?

Fix-Yourself-A-Break scheme – cash needs to be in advance not as a reimbursement, make sure all the money available is allocated, for professionals to check criteria before sending forms and to have a reasonable time for processing, for one organisation to process applications.

More specialist carer advisors for benefits and housing issues.

Need more family activities in the area

Emergency Carer ID cards

Grants / Finance to be available to carers to help with the extra costs incurred in the caring role

Central place for meetings, 336 Brixton Road is a good venue as easy to get to

Social club / days out for carers

More advocacy work needed

### **Tell the next government it's time to support carers**

The Government has invested in carers' breaks and other support for carers. It has made a promise that by 2018 carers will have a life of their own and not be forced into financial hardship.

In 2010 social care is in crisis and in need of urgent reform. The main carers' benefit is worth just £1.52 an hour, well short of the minimum wage of £5.73. (and even less than that if you're retired, disabled or on a low income) Carers are paying a heavy price - no money, no breaks, no life of their own and a constant battle for support. Some are pushed to the point of collapse. Tell the next government it's time to support carers by signing the e-letter

<http://www.carersuk.org/Newsandcampaigns/Itstime/Signhere>



## Carers' Credits - Important changes from 6th April 2010

Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension. The State Pension age for women will start to rise from 60 to 65 between 2010 and 2020 (to be equal with men). There are also two significant changes that will really benefit carers:

### Change to qualifying years

Only 30 years of NI contributions and/or credits will be needed to get a full basic State Pension for men and women instead of 39 and 44 qualifying years for women and men currently. This means that carers can have gaps in their NI record for some years and not get a reduced basic State Pension as a result (as long as they do not have less than 30 qualifying years in total).

### New Carers Credit

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers. Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension – both the basic and State Second Pension. This will help in situations where carers currently struggle to get their State Pensions protected.

You could benefit if you are in one of these situations:

- You care for 20 hours or more a week but miss out on Carer's Allowance because you don't care for 35 hours or more
- You care for someone who can't or refuses to claim disability benefits
- Where there is more than one of you caring for a disabled or ill person and someone else is getting the Carer's Allowance for that person
- You look after several people but cannot claim Carer's Allowance because you do not care for any one of them for 35 hours or more.
- You are still providing a lot of care for someone who has gone into hospital or a care home, but cannot get Carer's Allowance because they don't get disability benefits because they have been in hospital or a care home.

The Government has introduced a new Carer's Credit to help carers in these situations. To claim it you need to be caring for one or more disabled person for a total of 20 hours or more a week where they get Attendance Allowance, Constant Attendance Allowance or the middle or highest rate of Disability Living Allowance care component; or you will need a medical or care professional to confirm that you are providing appropriate care for them. If you think this might be you, you can contact the Carer's Allowance Unit on 0845 608 4321 or Textphone on 0845 604 5312.

### Wheelchair accessible residential property and holiday accommodation

Specialist website The Accessible Property Register advertises wheelchair accessible residential property for sale and rent in all parts of the UK. Property for shared ownership (part buy/part rent) is included and the total number of properties available has increased significantly this year. APR also advertises high specification wheelchair accessible holiday accommodation in the UK and overseas. Accommodation includes property with level entry showers, electrically operated profiling beds, and ceiling hoists.

[www.accessible-property.org.uk](http://www.accessible-property.org.uk)

### New Enquiry Line at the Court of Protection

The Court of Protection can make decisions in relation to the property and affairs and healthcare and personal welfare of adults (and children in a few cases) who lack capacity. The Court also has the power to make declarations about whether someone has the capacity to make a particular decision.

On the 8th of March they launched a dedicated customer enquiry service. For any queries relating to applications or to request Court of Protection forms please call: **0300 456 4600** or email: [courtofprotectionenquiries@hmcourts-service.gsi.gov.uk](mailto:courtofprotectionenquiries@hmcourts-service.gsi.gov.uk)

## ‘Looking After Me’ course



‘Looking After Me’ is a six-week course for carers as part of the Expert Patients Programme (EPP) which recognises the demands placed on anyone who cares for someone with a long-term health condition. Any adult in Lambeth who helps an adult relative or friend who is ill, disabled, elderly or in need of emotional support can do the course. Carers of children with life-long and life-limiting conditions will not be turned away, but may find the Supporting Parents Programme more appropriate.

As the name suggests, the course shows carers how to care for themselves and covers:

- healthy eating
- relaxation techniques
- coping with stress, anxiety and depression
- dealing with tiredness
- communicating with family, friends and professionals
- planning for the future

‘It helped me to think in a different way and to use de-stressing techniques when needed such as breathing or other activities. I would recommend this programme to all carers.’ - Dawn

‘Knowing the way to relax and give yourself some me-time is something which would've been unbelievable some years ago. Going to Sharon’s course will give you hope to keep on.’ - Kath

‘I’ve got my life back, I’ve got me back.’ - Melanie

To register for the next ‘Looking after Me’ course, contact Sharon Hudswell on 020 3049 5245 or email [EPPSC@lambethpct.nhs.uk](mailto:EPPSC@lambethpct.nhs.uk)

## Wheels For Wellbeing are back at Brockwell Park

Following the arson attack last year Wheels for Wellbeing are back at Brockwell Park, so if you are a disabled person and want some fresh air and fun then go and try out some of their specially adapted cycles. Carers, family and Support Workers are welcome along too.

If you’ve registered with them before there’s no need to register again. If you’ve not registered before then you can speed up the process when you come by downloading the registration form and completing it before you come along. You will find the forms on their website together with all the other information about the sessions, including times and dates and park contact number.

Disabled participants will be charged £3 per session. This includes one support worker or family member. Any additional person who comes along who is aged 10 or more will be charged £1. WFW need to fund raise for all that they do but hope you will agree that these charges are still value for money. There’s no need to book, just turn up. Find them at the dry pitch, near the Lido in Brockwell Park, Friday mornings from 10am -12.30.

For more information contact Janet or Dominic on 020 7346 8482 or email: [info@wheelsforwellbeing.org.uk](mailto:info@wheelsforwellbeing.org.uk).

## **Roots & Shoots**

### **Open Gardens Squares Weekend 12 – 13 June**

Roots and Shoots is participating for the first time this summer in London's Open Garden Squares Weekend on 13 June. The hotly anticipated diary date will be sponsored for the third year by Transport for London (TfL). Visitors will have the rare opportunity to peer behind the walls of London's private community gardens and squares. Ranging from the historically memorable to the small and quirky; from the contemporary and eco-friendly to renowned roof gardens, cemeteries and working allotments.

Visitors are encouraged to cycle and walk between the gardens. On Sunday, there will be the popular guided bike ride starting in Covent Garden, and throughout the weekend, TfL will be hosting guided walks. For those who want to discover the gardens independently, suggestions of the best routes over the weekend can be found by visiting TfL's journey planner [www.tfl.gov.uk/walkingjourneyplanner](http://www.tfl.gov.uk/walkingjourneyplanner). Two podcasts and self-guided bike rides can be downloaded from [www.londongardenstrust.org/guides](http://www.londongardenstrust.org/guides), while [www.opensquares.org](http://www.opensquares.org) provides all the latest news and updates.

Tickets allow entry to all venues over the entire weekend. Ticket prices are £7.50 in advance and £9 if bought during the weekend. The closing date for advance bookings is Monday 7 June 2010.

Tickets are available from:

- the ticket hotline on 020 8347 3230 (Mon – Fri 9.00am – 6.00pm)
- online from [www.capitalgardens.co.uk](http://www.capitalgardens.co.uk)
- by post send a stamped addressed envelope to Capital Gardens, 1 Townsend Yard, Highgate Village, London, N6 5JF. Cheques should be made payable to Capital Gardens Ltd. For each ticket booked in advance, Capital Gardens will give a £5 discount voucher to spend at any Capital Gardens garden centre.
- in person from the Britain and London Visitor Centre on 1 Lower Regent Street, SW1Y 4XT, (where there will be the opportunity to win a Fortnum & Mason picnic hamper) and from all Capital Garden Centres. During the weekend tickets are available from the Britain and London Visitor Centre and selected participating gardens.

[www.opensquares.org](http://www.opensquares.org)  
[www.rootsandshoots.org.uk](http://www.rootsandshoots.org.uk)

### **Free Tai Chi for carers**

Following on from last years' Healthy Caring events run by Lambeth Carers, Clare Walsh and All Saints Church are pleased to announce that some money has been donated from Lambeth Carers to continue Tai Chi sessions throughout 2010 in line with the seasons. The dates are:

Spring : 7 April/14 April/21 April/28 April/ 5 May/12 May/19 May

Summer : 9 June/16 June/23 June/30 June/7 July/14 July/21 July

Indian Summer into Autumn: 11 August/18 August/25 August/1 Sept/8 Sept/15 Sept/22 Sept

Autumn into Winter: 13 Oct/20 Oct/27 Oct/ 3 Nov/10 Nov/17 Nov/24 Nov

Time: 10.30am to 12.00noon

at All Saints Church, Lovelace Road, West Dulwich, SE21 8JY

There is plenty of free, unrestricted parking outside the main entrance in Lovelace Rd.

For more information contact Clare on 020 8299 2439

[www.all-saints.org.uk](http://www.all-saints.org.uk)



## Free home fire safety visit available to everyone



Firefighters work hard across Lambeth to prevent fires, However there are still hundreds of fires in people's homes each year. Last year in Lambeth alone there were over 550 house fires. Unfortunately, disabled people, especially those with mobility problems, can be more vulnerable when a fire breaks out as mobility problems can make it more difficult to escape.

However, most fires in the home can be avoided by taking some simple steps. London Fire Brigade's Deputy Head of Community Safety, Catherine Levin, said: "Smoke alarms save lives so if you work with, or care for someone with a disability, make sure they have a working smoke alarm on every level of their home. Every second counts in a fire and a smoke alarm can buy you valuable seconds to get out. There are even special smoke alarms available for people who are hard of hearing, which set off a vibrating pad or flashing light".

London Fire Brigade offers free home fire safety visits. Firefighters will visit your home and help you spot any potential fire hazards and show you what to do to reduce or prevent the risk of fire. They will also fit free smoke alarms if needed.

For a free home fire safety visit, please call **08000 28 44 28** or go to **www.london-fire.gov.uk**. Please always quote **Lambeth 11** when you apply for your free smoke alarm.

### Do you or someone you know have an Autistic Spectrum Disorder?

Lambeth Autism Group meets to support parents and people with Autistic Spectrum Disorders. It is run by a volunteer committee as a local group of the National Autism Society, and would welcome people getting involved. If you are interested in joining, you can leave a message on 07751 238 906 or contact [lambethautismgroup@yahoo.co.uk](mailto:lambethautismgroup@yahoo.co.uk)

### Alzheimer's Society local online forum

Alzheimer's Society have created a local online forum for people affected by dementia or caring for a person with dementia living in Southwark or Lambeth. If you would like to speak to other carers online is a safe and secure environment, join our group!

To register:

- 1) visit [alzheimers.org.uk/talkingpoint](http://alzheimers.org.uk/talkingpoint)
- 2) Click on the 'Register' link in the middle of the screen
- 3) Follow the on-screen instruction
- 4) Once you have activated your Talking Point membership, send an email to [peersupport@alzheimers.org.uk](mailto:peersupport@alzheimers.org.uk) requesting to join the Southwark and Lambeth online forum.

### Looking after someone with a Learning Disability?

Want to meet other people in a similar situation?  
Want to talk about your experiences?

You are most welcome to come along to the Lambeth Mencap forum meetings, which are on Thursdays between 11am to 1pm at Lambeth Accord, 336 Brixton Road, London SW9. Light refreshments will be provided.

Forum dates for the rest of the year are 20th May, 8th July, 23rd September and 25th November.

For more information contact Stephen McGeever on 020 8655 7707 or by email: [stephen@lambethmencap.org.uk](mailto:stephen@lambethmencap.org.uk)

### Staying healthy in Lambeth

NHS Choices have launched a new section of their website called Staying Healthy in Lambeth which explores tips and advice as to what Lambeth has to offer to give your mood a boost. So if you want to know what's on offer in the borough to help you get active, healthy, quite smoking or how to get an NHS health check then go to [www.nhs.uk/lambeth](http://www.nhs.uk/lambeth).

## Southbank Centre's free Access List



The Southbank Centre is positioned in the heart of London's thriving South Bank and welcomes visitors 364 days a year. Relax with a glass of wine on Festival Terrace, wander through the Royal Festival Hall foyers, take part in one of hundreds of free events, enjoy a meal from an array of cafes and restaurants, browse the shops and markets or visit one of Southbank Centre's iconic venues - Royal Festival Hall, Queen Elizabeth Hall, the Purcell Room, the Hayward Gallery and the Saison Poetry Library. Southbank Centre is a short walk away from Covent Garden and Westminster and minutes from the Waterloo, Charing Cross and Embankment London Underground and British Rail stations.

Visitors with a disability may join the free Access List. By registering a disabled person may be eligible for tickets at concessionary prices, to bring a companion who can assist you during your visit and pay for 2 tickets for the price of 1 and to receive information in alternative formats.

Download the form at <http://tinyurl.com/yz2m3wd> and, once completed, return the form to: Access List, Freepost, Southbank Centre SE1 8BR.

For further information on the Access List please email [accesslist@southbankcentre.co.uk](mailto:accesslist@southbankcentre.co.uk) or to request a form call the Ticket Office on 0844 875 0073 and select option 2 to book a ticket. For more information about the Southbank, visit [www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)

### **Guardian Public Services Award goes to Carers Direct**

Carers Direct has won the prestigious Guardian Public Service Award 2009 for service delivery among the carers, families and communities category. The award was judged by a panel of experts, specialists and journalists from across the public services.

Judges praised the website ([www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)), helpline (0808 802 0202) and directory of local services for bringing together information and advice for carers in one place.

The judges said that the overall standard of entries in the category was extremely high. They agreed that this year's winner, Carers Direct, was an excellent and ambitious project with a strong focus on what carers need. They said they were impressed by the volume, impact and targeted value this programme offers across the country, calling it 'a phenomenal development for the carers movement'.

The award, sponsored by the Princess Royal Trust for Carers and Crossroads Care, was presented at a ceremony in Central London in late November. The team behind Carers Direct is thrilled that their achievements have been recognised less than a year after the service was launched.

Runners-up were two other excellent services - String of Pearls, which supports relatives of prisoners and Midland Mencap who link carers of young people with learning disabilities from minority ethnic communities to the services they need.

## Join the virtual protest

Many carers feel strongly about the lack of practical and financial help they receive. But because of their caring responsibilities they are unable to take to the streets and protest.

Carers UK are giving carers the opportunity to take part in a "virtual protest" by sending a photo of yourself and what you want to see changed. Take a photo and add to the protest.

Have a look at the gallery of photos to see what carers have said they want. The theme is "what do carers want?". Write your slogan on a large piece of paper. Be creative! Make it colourful and original.

Get a friend or family member to take a photo of you holding up the slogan.

You can be on your own or with the person you look after. Tip for a good photo :Standing in front of a plain background will make the slogan stand more.

You can submit your photo by either emailing: [campaigns@carersuk.org](mailto:campaigns@carersuk.org) or text your phone pictures to 07810192158. Please remember to tell us your full name, where you live and who you care for. You can see some of the best photos on [www.carersuk.wordpress.com](http://www.carersuk.wordpress.com).



## Feeling anxious, low or stressed? Help is at hand...

You may be struggling with the pressures of being a carer or with problems at work. Perhaps the person you care for is feeling low. If so, Lambeth Psychological Therapies may be able to help.

### What is the Lambeth Psychological Therapies Service?

Lambeth Psychological Therapies works with adults who have common psychological problems including depression, stress, anxiety and phobias.

We offer a range of psychological help and support, including CBT (Cognitive Behavioural Therapy). We also provide a service at the psychological wellbeing level where the aim is to help you early on, before your problems escalate and have an irreversible impact upon your life. This may be when you are first signed off sick, or first prescribed anti-depressant medication.

We also offer advice and support around employment, solving work related problems and finding work. The service is for people living in Lambeth or registered with a Lambeth GP.

### Where can you find us?

The service is easily accessible and offered in GP surgeries or neighbourhood venues, throughout the borough. As care/treatment is now offered closer to people's homes and in community venues, it ensures that you have improved access to the psychological therapies that you need. Our team bases can be found in Streatham Hill, Brixton and Lambeth North. As well as receiving referrals from GPs and employment services, self referrals are also welcome.

### How do I get an appointment?

If you would like to make an appointment for either yourself or the person you care for, please call us on **0203 228 6747**. The call may take up to 20 minutes so please call when you have time and are able to talk openly.

## Carers' Groups in Lambeth

### All carers welcome

Hetherington Group Practice carers group. 1st Wednesday of every month, 12-2pm, 18 Hetherington Road, SW4. Contact Mary 020 7274 4220.

**4ALL Coffee morning** at All Saints Church, Lovelace Road, London, SE21 8JY. Every Thursday 10.30am-12noon. Regular programme of guest speakers.

### Alzheimer's Carers Group

For anyone caring for a person with dementia. First Wednesday of each month. 2pm- 4pm at Holmhurst Day Centre, 46 Halfmoon Lane, Herne Hill. Contact Dave Bell on 020 7095 1531.

### For families and carers of people with substance misuse issues

Every Wednesday from 1.30pm-3.30pm and every second Monday 7.15-8.45pm. Stockwell Community Resource Centre, 1 Studley Road, SW4. Contact Ange Barlow on 020 7793 0713.

### Parent Support Group

Organised by Contact a Family, next date is 9th June, 10am-11.30 am Larkhall Children Centre, Smedley Street, SW4 6PH. Contact Aminda on 020 7326 5270.

### Forensic Carers Group

For any carer of a person supported by the Lambeth Forensic Community Team. Monthly at Landor House in Landor Hospital, 108 Landor Road, SW9. Contact Andy Cobley on 020 3228 6379.

### Mental Health Carers

**Eamonn Fottrell Centre** - Offers support to carers of those over 65. Every second Tuesday 2.40pm-3.40pm, Stockwell Community Resource Centre, 1 Studley Road, SW4. Contact Val Brown 020 3228 8300.

**Fanon's 'People First' BME** (Black or minority ethnic groups) Carers Group. 107 Railton Road Brixton, London SE24 0LR. Contact Regat 020 7737 2888 for dates.

**Lambeth Early Onset (LEO)**. Monthly, Thursdays, 6.30pm-9pm. For carers looking after someone supported by LEO services. Contact Sally Bloy on 020 3228 6940.

**Making Space Carers Support Group**. Friday 4th June (then bi-monthly) 12:30pm-3pm at Making Space, 336 Brixton Road, SW9. Contact Mark on 020 7326 0298.

**Making Space BME** (Black or minority ethnic groups) Last Friday of every month, 1pm-4pm, Effra Day Centre, 65 Effra Road, Brixton, SW2. Contact Mark on 020 7326 0298.

### Recovery and Support Carers Group

Support for carers of people recovering from mental illness. Monthly at Lambeth Community Care Centre, 1 Monkton Street, SE11. Contact Yvonne Able on 020 3228 6940.

## We want to hear from you

Carers' Hub Lambeth would like to hear your views and experiences for the next newsletter. This is your chance to express yourself and write about whatever you want. If you have got a story for inclusion either: phone us on 020 7642 0038.

email us at [carers.enquiries@disabilitylambeth.org.uk](mailto:carers.enquiries@disabilitylambeth.org.uk)

or write to the Carers' Hub, 336 Brixton Road, London, SW9 7AA

