

Looking after someone in Lambeth?

We can help ... contact us



**Carers Hub
Lambeth**
Connecting Carers

Summer Carers

Forum

15 June

call to

book

Carers' Week, 13 to 19 June 2011, "The True Face of Carers"

Carers Week recognises and celebrates the contribution that the UK's 6 million carers make to those they care for and to their communities.

This year, Carers Week is focusing on asking carers to tell Carers UK about the reality of caring in the UK in 2011.

In our Spring Issue, one of our carers provided us with a fantastic and warm-hearted perspective of her personal experience. At the Hub we have the opportunity to work with many carers in a variety of circumstances, however when those difficult issues have been resolved, what keeps you going? Inside this issue read the inspirational experience provided by a

fellow Carer.

Carers will be centre-stage to speak about The True Face of Carers and sweep away the myths.

Carers Hub Lambeth will be hosting and supporting a comprehensive programme of events from **12—18 June 2011**. Our website will provide regular updates during the week. Please look inside this issue for further details.



SUMMER 2011

Contact us on 020 7642 0038 or email connect@carershub.org.uk

News from the Carers Hub

Welcome to our Summer Issue. We have been working really hard to make sure Carers Week 2011 in Lambeth is the best ever. We hope you find some time for yourself and can get to some of the events and activities on offer. As we go to print there are still final arrangements and events being planned so please do check our website regularly for any updates.

We also had a very successful event at the House of Commons, Portcullis House in April. Please see page 8 for a full summary of the evening. You will be pleased to know that we aim to make the Carers Recognition event an annual celebration and with the support of Chuka Umunna MP ensure that carers issues remain firmly in sight.

MX One Arts lead the way

The Hub now has a video online! This was kindly donated with support from by MX One Arts and can be viewed on our website and youtube at <http://tinyurl.com/63m8w7c>

Goodbye Jacqui, and Good Luck!

Jacqui Aikten, Information and Enquiry Line worker, is leaving the Hub for pastures new. If you did not get the chance to meet her, you will have missed her ability to put you at ease; determination to resolve your issues and a great sense of humour. We will all miss you Jacqui and wish you the best for your future adventures! Thank you for all your hard work and we are sure the carers will miss you too!



New Service for Professionals - Professionals E-Bulletin

The Hub's commitment to carers includes providing regular information via our enquiry line and newsletter to professionals working with carers. For professionals, the next issue of our newsletter will be sent electronically and will be in the style of an e-bulletin. This will focus more on policy and

strategic developments affecting carers as well as how to refer someone who is a carer to the Hub.

This will greatly reduce our need to print so many copies of the newsletter as well as providing more specific information for carers in the printed newsletter and for professionals via the e-bulletin.

Please contact us with your preferred email address on receipt of this newsletter.

Anyone interested in carers issues is welcome to join the e-bulletin. Please contact the Carer's Hub via connect@carershub.org.uk with "Professionals E-bulletin" in the title to be added to the list.

Carers Newsletter

We are increasingly aware of our carbon footprint and as such are trying to reduce the amount of printing and paper production we contribute to and use our resources more effectively. You can help us by opting to receive this newsletter electronically, please email us to let us know.

Please be aware that unlike any professionals receiving this newsletter you will continue to receive printed copies unless you tell us otherwise.

New mini forums for carers

In addition to our regular forums, we will be having more meetings during the year focusing on particular issues that you have told us you would like to know more about. These forums will be held in July, August, September and November. Details will be available on our website.

Join our online forum

You can now sign up to our new online forum and get involved in our online discussions, post ideas and connect with other local carers. It's a great way to keep connected to other carers and to what's going on in Lambeth. It is in the early stages of development, so please let us know if you have any problems. We want it to be a vibrant interactive online resource for you, so please get involved if you can! Visit the forum sign up page.

Carers Week 13—12 June

Carers Week is a partnership of 9 national charities: Age UK, Carers UK, Counsel & Care, Crossroads Care, Dementia UK, Macmillan Cancer Support, MS Society, Parkinson's UK, and The Princess Royal Trust for Carers

The partnership was formed in 2001; the week having previously been organised by Carers UK (then known as Carers National Association).

Since that time the number of events and activities has expanded from 200 to over 5,000, and the number of local partners from 70 to over 1,200. In 2010:

- More than 100,000 carers took part in Carers Week
- Over 5,000 events and activities were held across the UK, organised by over 1,200 local organisations
- More than 300 MPs signed up to support Carers Week

In 2011 Carers Week will be highlighting how:

- the huge impact and contribution that carers make is often unrecognised by society
- carers need and deserve access to better support and services
- recognition by professionals, and by others who impact on carers day-to-day lives, can help to make a massive difference

The primary objectives of Carers Week are:

- Recognising and celebrating the contribution that the UK's six million carers make to those

they care for, and to their communities

- Raising the profile of carers and the awareness about the needs and role of carers; influencing and informing opinion-formers and decision-makers (such as MPs and healthcare professionals) and helping to secure increased resources for carers from central and local government
- Identifying 'hidden carers', with the aim of enabling them to access support and services
- Encouraging local organisations to work together to promote recognition, support and services for carers
 - Highlighting the support and services that Carers Week national partners offer to carers



Carers Week is also about celebrating the contribution that carers make to those they care for, and bringing to the fore the issues carers tell us are most important to them.

With the help of thousands of carers and local organisations who support carers, we will this year reach out to even more carers who currently don't know about or have access to the support and services available to them.

Carers Week is seven days when we pay tribute to every single carer, and the contribution they make to their families and their communities. Seven days when we seek to demonstrate to politicians, opinion-formers and the general public that carers deserve support and recognition not just for one week a year, but for fifty-two.

What we are doing for Carers Week

Sun, 12th Carers Thames Walk, Thames Path

Mon, 13th Carers Fair, Windrush Square

Tues, 14th coffee mornings, across Lambeth

Tues 14th afternoon Pampering & Activities, Woodlawn

Tues 14th Evening Games & Entertainment, Woodlawn

Weds 15th Summer Forum, Stockwell Community Centre

Thurs 16th morning and afternoon Art & Crafts

Fri 17th Trips out, various locations

As we go to print, we are finalising arrangements and other events may be added nearer the time.

You can check out what's on by visiting our events calendar on our website

<http://tiny.cc/7maas>

Please call us to book or register for any activities that you are interested in as places are limited.

Keep Healthy, get checked out

Everyday 44 people in the UK die from bowel cancer. Around one in 20 people in the UK will develop bowel cancer during their lifetime. It is the third most common cancer in the UK and the second leading cause of cancer deaths. If detected at an early stage, around nine out of ten cases of bowel cancer can be successfully treated.

The early signs of bowel cancer can vary and are not always very clear, but people are encouraged to visit their GPs if they have any of the following body changes that might relate to bowel cancer: may include any or all of the following:

- A change of bowel habit for more than two weeks.
- Bleeding from the back passage.
- Lasting abdominal pain or unusual lump.
- Loss of weight or appetite.
- A feeling of not having emptied your bowel properly after a bowel motion.

Patients with these symptoms should go to their GPs.

For people without symptoms, there is now a screening program for bowel cancer. The good news is that regular screening has shown to reduce the risk of dying from bowel cancer by 16 per cent and the Boroughs of Lambeth and Southwark have been covered by the NHS bowel cancer screening programme for over two years. It is for all men and women aged between 60 and 69 who are registered with local GPs. The screening test can detect tiny amounts of blood that cannot normally be seen in bowel motions. If blood is found then further tests and treatment can then be carried out.

The program hub, screening operation centre, at the Northwick Park & St Marks Hospitals NHS Trust, randomly send out invitation letters over a



two-year cycle to all those in their 60's, explaining about the screening program. About a week after the letter, test kits are sent out, with step-by-step instructions on how to complete the test at home and how to send the samples to the laboratory. The kits are then processed and the results are sent within two weeks. GPs are not directly involved in the program, although they are kept informed of the results.

If you would like to know when you will be getting the kit, please call the freephone helpline on 0800 707 6060. People over 70 can request a screening kit by calling the above number. Alternatively you can visit the NHS Cancer Screening website: www.cancerscreening.nhs.uk.

Looking after yourself – How Osteopathy can help

When you are caring for someone else, often their health needs come first. But if you don't take good care of yourself, you risk not staying fit and well enough to look after them. Things like lifting the person you care for, helping to get them to and from medical appointments or fetching shopping for them can all take their toll physically.

Osteopathy is a primary health care system, complementary to other medical practices. It is suitable for almost anyone and can contribute to the treatment and management of a wide range of conditions. Osteopaths primarily work through the neuro-musculo-skeletal system, mostly on muscles and joints, using holistic and patient centred approaches.

Osteopathy can help relieve the symptoms of conditions including:

- joint pain
- foot and ankle complaints
- knee complaints
- hip complaints
- spinal problems
- shoulder complaints
- mobility problems

- stiffness and tension
- head and neck complaints

Registered Charity the British School of Osteopathy (BSO) offers specially discounted osteopathic care to all Carers Hub Lambeth/South Thames Crossroads members. They are based at 98-118 Southwark Bridge Road, SE1 – just round the corner from Borough tube station.

If you are aged 60+, or if you receive Jobseekers Allowance, Income Support or disability benefits, the BSO can treat you for £10 per appointment. Just take proof of eligibility to each visit. If not, they can treat you for £16 per appointment – contact our Enquiry Line and we will send you a special letter to take to each visit.

You can also get a voucher for a further £5 off your first BSO appointment by emailing your name and address to d.hyde@bso.ac.uk This offer is open to anyone.

You can find out more about the BSO and osteopathy at www.bso.ac.uk You can make a BSO appointment via clinicappointments@bso.ac.uk or 020 7 407 0222 or www.bso.ac.uk/mm6cnts.php



THE BRITISH SCHOOL OF OSTEOPATHY

National Awareness Days during May, June, July

Awareness and health events are always good to know about, as there are often special events going on and access to free information and advice.

MAY

Cystic Fibrosis Month www.cftrust.org.uk

National Osteoporosis Awareness and Prevention Month www.nos.org.uk/NetCommunity/Page.aspx?pid=183

M.E. Awareness Week, 5 to 11 May
www.afme.org.uk

Coeliac Awareness Week, 10 – 16 May
www.coeliac.org.uk

National Epilepsy Week, 18 – 24 May
www.epilepsy.org.uk

Adult Learner's Week, 21 – 27 May
www.alw.org.uk

JUNE

Gypsy Roma Traveller History Month
www.grthm.co.uk

Down's Syndrome Awareness Week, 2 June – 8 June
www.downs-syndrome.org.uk

British Heart Week, 7 June – 15 June
www.bhf.org.uk

National Carers Week, 12 – 19 June
carersweek.org

Diabetes Week, 13- 19 June www.diabetes.org.uk

Huntington's Disease Awareness Week, 16 – 22 June
www.hda.org.uk

World Sickle Cell Day, 19 June
www.sicklecellsociety.org

Deafblind Awareness Week, 21 – 27 June
www.deafblind.org.uk

JULY

National Transplant Week, 7 – 14 July

National Childhood Obesity Week, 5 - 11 July
www.mendcentral.org/ncow

Alzheimer's Awareness Week, 6 - 12 July
www.alzheimers.org.uk

We aim to coordinate invitations to local organisations in Lambeth with national awareness and health events. Organisations are welcome to attend our forums and mini forums to inform and explore key issues they specialise in - please contact us and book a slot.

What, Where and When—if you know of any groups carers would benefit from, let us know

Carers' Hub Lambeth. Coffee mornings. 3rd Wednesday of the month, 10.30am to 12pm. Venues vary. Contact Louise 020 7642 0038.

[For All Carers](#)

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

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

Repaying The Kindness - 3 Programmes per year organized by RTK via Jamyang Buddhist Centre for carers in Lambeth and Southwark. Activities include relaxation, crafts, day trips and demonstrations. Contact Bella on Tel: 0207 820 9020

Email:

repayingthekindness@gmail.com

Places are limited so must be booked in advance and donations are welcome.

[Parent Support Groups](#)

Contact a Family support Groups: For parents with a child aged 0-5 with a disability, health condition or an additional need. Contact Aminda on 020 7326 5270. Various drop-ins, Benefit checks, day trips and pampering days. (Details sent through when new programmes decided)

“Just Like Us”. Adult Support Group – for people who are or

have been involved with Young Carers Project. Every Tuesday 9.30am – 2pm. Conyers Road, Streatham SW16 6LS. Contact 020 8769 5884. Discussions / information / craft / IT skills / trips out.

[For families and carers of people with substance misuse issues](#)

Wednesdays from 1.30 to 3.30pm and every second Monday 7.15pm-8.45pm, Stockwell Community resource centre, 1 Studley Road, SW4. Contact Ange Barlow on 07983 966 160.

[For Mental Health Carers](#)

Eamon Fotrell - Offers support to carers looking after those over 65 (age limit is with the exception of dementia). Every second Tuesday 2.40pm-3.40pm, Stockwell Community Resource Centre, 1 Studley Road, SW4. Contact Val Brown 020 3 228 8310.

Lambeth Early Onset (LEO) For carers looking after someone supported by LEO services. Last Thursday of every month, 6pm – 8pm. Contact Tracy Chiyangwa on 020 3228 6940.

Recovery and Support Carers Group, offers support for carers of people recovering from mental illness.

Bi-monthly (25th Aug, 27th Oct.), Lambeth Community Care Centre, 1 Monkton Street, SE11. Contact Yvonne or Gerard on 020 3228 7200.

[For Carers of people with Autism](#)

Lambeth Autism Group meets to support parents and people with Autistic Spectrum Disorders. Contact Lydia Hodges, South East Representative on 020 7704 3806 or email: lambethautismgroup@yahoo.co.uk.

[For Carers of older people](#)

Age Concern Vida Walsh Centre. From mid-July it will offer the over 55s fun and affordable activities on Mondays, Tuesdays and Fridays. Yoga, Health Eating, Trips out and Art are on offer. Contact 0207 326 1780 or email vidawalsh@aclambeth.org.uk

Lambeth Support Groups for People with Dementia

Alzheimer's Society Carers Group - For anyone caring for a person with dementia. 1st Wednesday of the month, 2pm - 4pm at Holmhurst Day Centre, 46 Halfmoon Lane, Herne Hill, SE24 9HU. Contact Dave Bell on 020 7095 1531

Healthy Eating Cafe

Wednesdays, 11am-3pm, Lingham Court, 10 Lingham Road, SW9 9HF

A weekly gathering offering therapeutic activities to people with dementia and their carers (Lunch is provided) T : 020 7095 1531/ 07598 302492.

See page 3 for details of Carers Week events and activities in June.

Contact us 020 7642 0038 or email connect@carershub.org.uk

Spring Carers Forum

We held our Spring Forum on 23 March 2011 at the Stockwell Community Centre.



We were delighted that Cllr Peter Robbins, a Lambeth Councillor for Larkhall Ward, with responsibility for Children & Young People in Lambeth's Cabinet agreed to participate.

Councillor Robbins addressed everyone thanking unpaid carers for the work that they do, with recognition that carers must hear that a lot, and that it was important to look at what services are there to support carers as well as thanking them for the vital role they have in the community.

Due to his cabinet role, his main interest is in supporting young carers. In general though, he wants to see carers in Lambeth getting better support to have a life of their own outside of the caring role.

He mentioned the Cooperative Council and using self-directed support to purchase services and the potential for development of a group to deliver support within the community.

Cllr Robbins then handed over to the carers for a Question and Answer session.

There was a discussion around council forms being overcomplicated and the need for these to be simplified as they can be stressful to fill in and take up lots of time.

A carer wanted to make the point that although carers save the council and the government Billions of pounds, they get nothing in return and that is just not right.

A carer mentioned about having a carers identity card that carers could use to access services. For example, if waiting at the benefit office, making a GP appointment, parking in hospitals for appointments. It needs to be recognised the impact that these things have on a carer and the person they look after, if things take a long time and they are away from the person they look after

for longer than planned. Cllr Robbins said that he would speak to Cllr Jim Dickson, the Cabinet member for Health and Wellbeing about this.

There was a discussion around the Carers Emergency Card Scheme run by the council and how carers can access that.

Direct Payments for carers were discussed. A carer wanted to know if the income of the person they looked after was taken into account when assessing ability to pay for services. It was mentioned that the person receiving the Direct Payment would be the one to be assessed to pay; whether that be the carer or the person they look after. Carers decided they wanted a workshop on Direct Payments at a future forum.

We also spoke about carers aged 60+ and the impact of Carers Allowance on their income. It is important that carers receiving state pensions still apply for Carers Allowance as there is an overlapping rule. It was a bit too complicated for the forum discussion, as each individual's situation is different so it was decided to have a workshop about Carers Allowance at future forums.

A carer also raised the issue of not being able to double swipe on Taxicards anymore, which made it very difficult and that Taxicard holders should be able to decide what they spend the allowance on instead, to give them more freedom with journey planning. Another carer spoke about other travel organisations and schemes available – LASCOTT, Transport for All & Capitalcard.

One carer had a particularly distressing experience involving an adult child in care and a housing issue. Cllr Robbins agreed to take on his case personally and spoke to the carer at great length afterwards.

The Carers' Hub Lambeth would like to express their gratitude to Mr Robbins for taking the time to visit us and hope that he had an interesting experience and increased his awareness of the variety of carer issues in Lambeth.

We will update you with developments on these issues in our Winter newsletter.

House of Commons, Portcullis House, Carers Recognition Event, held on 5th April 2011

Carers Hub Lambeth hosted a Carers' Recognition Event in association with Chuka Umunna MP on the 5th April. Carers were randomly chosen and invited to an event that catered for approximately 100 carers and 30 professionals. Barclays Bank kindly provided a donation to support the event and their representative, Danny Reardon, had the opportunity to meet some of the carers.

Chuka Umunna MP engaged the audience by acknowledging carers and the care they provide and the need to ensure that their needs remain a focal point on any planning initiatives for the future. Tony Baldry MP and Kate Hoey MP circulated during the early part of the evening ensuring that they met both carers and professionals. Chuka Umunna spent a significant part of the evening talking to carers and ensuring they enjoyed the evening. Carers were able to enjoy some wine and nibbles whilst the evening unfolded.

MX One Arts, an East London film company, had created and produced a short film providing a snapshot of a day/hour in the life of a carer. This film was aimed at drawing attention to the responsibilities that each carer has with little variation and contrasting that with those of professionals who are paid an acceptable hourly rate and finish their role at a mutually agreed time.



The film was shown during the course of the evening and was greeted with applause and appreciation.

Chuka Umunna, recommended that the film be circulated amongst other MPs and to other organisations as he felt it really captured the essence of what caring is about and the support that is needed.

The event was also attended by a group of Young Carers, some of whom had never attended events with carers over the age of 18. Their participation was spontaneously welcomed and applauded by the fellow carers.

The evening ended with an innovative and inspired game of Bingo which the carers thoroughly enjoyed. Three winners received John Lewis token prizes. The evening ended at 9.00 pm and was enjoyed by the majority of carers.

MP Chuka Umunna, considered the Carers Recognition Event such a success that he has agreed to host this annually with external sponsorship.

Making Space Service Closes

Making Space is a national charity that provides support to carers of people with mental health issues. The service they provide in Lambeth is now closed. The Carers' Hub Lambeth is a generic support service, so we welcome any carers that need support that have previously used Making Space.

Please contact our enquiry line to register with us, if you have not already done so or give us a call on 020 7642 0038.

Caring for someone with ...

... an eating disorder ...

There are lots of things you can do to help someone beat an eating disorder. The first thing to do is just to be there. If you can listen and support in a non-judgemental way, your friend or family member will learn to trust you and trust the support you are giving. You can't beat their eating disorder for them but you can provide them with the encouragement and support they need.

Find out as much as you can about an eating disorder. This will help you understand how a person can behave when they are in the midst of their eating disorder. It will give you a context so you can understand mood swings, expressions of anger of times when the person seems isolated and withdrawn. You will need to understand the very particular pressures that people affected by eating disorders can feel – especially around food and weight issues. It can be hard for someone to let go of their eating disorder. Eating disorders are not about losing weight, they are about losing. People with eating disorders lose the chance to be with friends, enjoy and achieve, do the things that most of us take for granted. So it is really important to keep trying to include them in family activities and social arrangements as before and try and build up their self esteem. Even if they don't join in, they will still like to be asked. It will make them feel valued as a person and help raise their self-esteem.

Try not to give advice or criticism, but give time – and listen. You don't have to know all the answers and there will be times you don't know what to say, but just being there is the key. This is especially the case when things are hard to cope with, particularly when it feels like your love or friendship is being rejected.



Contact **beat** – the national eating disorders charity for help and support.

Tel: 0845 634 1414 www.b-eat.co.uk

... M.E. ...

Caring for someone affected by any chronic illness presents a unique set of challenges and stresses and M.E. is no exception.



With M.E. this challenge can be even greater due to the current lack of expert medical care for people with the illness and the particular difficulties encountered when applying for welfare benefits. Although there are situations where medical and social care is of a very high standard, the majority of people still battle with some disbelief or find that locally there are few provisions for those with M.E. If you are caring for someone more severely affected by the illness, it can be very hard to get the support you require.

Caring can be very emotionally and physically demanding and it is important to take time out from the role of carer. Your friends and other carers in a similar position can be a lifeline to help you through the difficult times. Local support groups can offer a wealth of support and information – particularly in relation to your local area.

Being a carer can substantially change the nature of your relationship with the person you are caring for. This can be very hard for both parties and it can be very helpful to talk through any issues that may arise with someone you trust. Our telephone support service can provide the opportunity for a carer, as well as the person with M.E., to talk through any problems or stresses they are experiencing.

As a carer you may be entitled to claim benefits. If you are a member of Action for M.E. you can call the welfare rights helpline for further information.

www.meassociation.org.uk

Let us know if there is a particular condition you would like to see an article about. Call or email us ...

Focus on ...

Spiridiona lives in Lambeth with her husband, Bill. They have been married for 32 years. They have a daughter. Bill is registered blind and Spiridiona used to work but due to the strain of caring responsibilities and a few health issues, she took early retirement and decided to become a full time carer.

I met with Spiridiona to talk about her caring role and how life is for her and her husband.

The Waltiers are a very musical family. Bill enjoys a fantastic ability of being able to play music after listening to it. He regularly performs at their local church with the choir and provides musical accompaniment to plays and pantomimes. He has performed pieces from Shakespeare from memory, which is quite an achievement as the musical scores are complicated. He is very active in the community, attending lots of groups in the area for acting, dance, art and music. Bill also gets involved in fundraising activities by holding concerts and other activities. Spiridonia supports him to do all his activities and they get a lot of pleasure from being active and social.

There are challenges looking after someone who is blind. Spiridiona has to deal with all Bill's correspondence and has to keep an eye on paperwork in case Bill accidentally moves it as he will not know where things are. Spiridiona also worries that if Bill is out on his own, he could be vulnerable in a difficult situation but Bill does attend certain places that are easy to get to and he always seems to find someone who will help him if he needs it, but it is still a concern.

Spiridiona completed a three year degree last year



in Creative Writing and English. Near to where she lives was a course in Creative Writing and they were short of participants. She decided to make up the numbers and was inspired by the course to the extent of deciding to look into degree courses. She signed up at the Southbank University and absolutely loved it. It was extremely hard work, she got used to having to read a book in a day! Spiridiona really enjoyed the course and it gave her a wider view of life and different cultures. She told me she loves living in Lambeth with all the different cultures and ways of living. It's a very interesting place!

When Spiridiona graduated, Bill performed at the book presentation ceremony, playing pieces that reflected the subject matter of each original book that each student had to write as part of their degree. He also entertained the audience by playing jazz during the evening. It was a wonderful experience.

Recently Spiridiona and her husband have offered to do some work with the Carers' Hub Lambeth and we are hoping there will be something musical on offer during Carers Week for everyone.

Here is a short poem that Spiridonia has written: -

INSPIRATION

TO MAKE SENSE OF MY LIFE
I THOUGHT TO BE A GOOD WIFE
AND GOT ME A MAN
AND DID ALL I CAN
I COOKED TO IMPRESS
AS DID WITH MY DRESS
OVERLOOKED STRESS
IT TOOK LONG TO DISCOVER
THAT AS A WIFE AND MOTHER
MY BRAIN HAD TO SUFFER
FOR KNOWLEDGE I HUNGERED
A BRAINSTORM THUNDERED
THE PRESSURE IS NOW ON MY BRAIN
THE PRESSURE-COOKER TOOK THE
STRAIN
I NOW FEEL MORE FULFILLED
ACADEMICALLY GRILLED

I would like to thank Spiridonia for taking the time to come and talk with me. If you are a carer and would like to share your story, please call us,

Major Changes to Waste Services



All Lambeth residents will soon see sweeping changes to the way rubbish and recycling is collected across the borough. Lambeth's new Waste Strategy will be implemented on 4 April with the aim of encouraging residents to reduce, reuse and recycle more of their waste, as well as reducing Lambeth's £15m annual waste disposal bill.

The main changes are: recycling will be made compulsory; all waste containers must be placed on the pavement for collection; a £20 minimum charge for bulky waste collections will be introduced and a scheduled garden waste collection will be launched with a £25 annual fee. Plastic pots, tubs and trays from food packaging will be added to the list of items that can be recycled.

For those who are unable to move their wheeled bin or recycling out onto the pavement, assisted collections are available and an appointment to set this up can be arranged through the contacts below. Similarly any residents who are genuinely unable to recycle, through disability or infirmity for example, and have no-one who can arrange this for them, should contact us as soon as possible, to avoid receiving warning letters.

An audio CD with details of the service changes will be mailed out to all residents on the Visually Impaired Register within the next few weeks.

If you have any concerns about these changes and would like to find out more about ways Lambeth can help, please call us on: 020 7926 9000 or email us at: recycling@lambeth.gov.uk.

Cuts in Services and Consultations you need to know about

Lambeth LINK is monitoring the impact of cuts in health and social care services and they want people to tell them how they are being affected. They are very keen to hear from carers about what they think about changes in services they or the person they care for use. You can contact the Carers' Enquiry Line to tell us about how cuts are affecting you as a carer and we can pass this information onto Lambeth LINK or you can contact them directly. Lambeth LINK's website is www.lambethlink.org.uk. You can also email info@lambethlink.org.uk or ring 020 7274 8522.

Due to cuts in Council funding a number of consultations are taking place about services provided by Lambeth Adults and Community Services. People who will be affected by changes or cuts in services have to be consulted as part of a fair process. Currently there are two consultations taking place regarding Discretionary Freedom Passes and Paying for Adult Care and Support Services and consultation will start soon on changes in the Taxicard scheme. You can find out full details via our website on what the issues are and how to get involved or visit the Council's website at <http://tinyurl.com/667s3go> for more details.



Digital Switchover help scheme

The Switchover Help Scheme can help you make the switch to digital TV. They can help you to convert your TV to digital if you: Are aged 75 or over; or receive Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or mobility supplement; or have lived in a care home for six months or more; or are registered blind or partially sighted. There is a checklist you can go through via their website to see if whether you have to pay, www.helpscheme.co.uk/en/eligibility



Carers Hub Lambeth

Connecting Carers

To contact Carers' Hub Lambeth

Write to us at 336 Brixton Road, London SW9 7AA

Call us on 020 7642 0038

Fax us on 020 7924 9621

Email us at connect@carershub.org.uk

Visit our website at www.carershub.org.uk

It's easy to register with us, just call or email us for a form to be returned in a pre-paid envelope and 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.

Services available include telephone advice and information, face to face advice and advocacy, a regular newsletter, a dedicated website with events and activities including Carers' Forums.

All services are free. More services are in development. Carers can join the Carers' Network to make sure they are kept up-to-date.

What is the Carers' Hub Lambeth?

Carers' Hub Lambeth is provided by a Consortium consisting of South Thames Crossroads, Age UK 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.

