



Islington Carers Hub

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Looking After Yourself

It's well known that caring for someone else can take its toll on your health. It is not always easy to take time out for your own health but the better your physical and emotional well-being, the better you will be able to cope with the demands of caring.

Tell your GP

As soon as you begin caring tell your GP that you are a carer. If they know you are likely to be under pressure at times, they will find it easier to diagnose and treat you and offer the advice and support you need. As a carer, you will probably carry on regardless through coughs, flu, stomach upsets and worse; but don't put off seeing your doctor if you feel ill as it is important to look after yourself first and foremost.

You can get a free health check through your GP or at certain pharmacies and events in Islington and a free flu jab through your GP. Contact Islington Carers Hub for the most up to date details.

Counselling

Some carers find it very helpful to talk over their caring role with someone who isn't family or a friend. It gives you some time to think about yourself and talk things over with someone who is impartial and independent, without feeling guilty about what you feel. You can find a list of support groups and one-to-one support in our Factsheet: Getting Support as a Carer.

Getting some exercise

Whether it's a walk in the park, a swim at the local pool or an hour at the gym – any exercise that you enjoy is good for you! It's great for reducing stress and can help you to get through those difficult days.

Emergencies

Many carers worry about what will happen if they become ill or an emergency arises and they cannot continue to provide care or support. Islington Council runs an emergency card scheme to ensure that alternative care is put in place if there is an emergency. Contact Islington Carers Hub for more information about the Emergency Carers Card (ECC). You will need to ask for a Carers Assessment to be considered for the card.

Talk to friends and other carers

You may also want to meet up with other carers for activities, trips out and the chance to share your experiences with people who understand what a carer does. You can find a list of Support groups in our factsheet on Getting Support as a Carer.

GETTING TIME FOR YOURSELF

Carers Assessments

A carers assessment should take into account how you are able to balance caring with work, family life and hobbies or time to yourself. If you've already had assessments but you're not managing to get some time for you, ask the Council for a review. You can contact Islington Carers Hub for support with this. See our Factsheet on Carers Assessments for more details or visit www.islingtoncarershub.org/carers-assessments

For a Carers Assessment or review contact Islington Access and Advice Service on: 0207 527 2299 or email access.service@islington.gov.uk

Flexible Breaks Fund

Islington Carers Hub manages a small grant called the Flexible Breaks Fund. This is for people who are caring for someone who is not eligible for services from Islington Council and is not getting a personal budget as a carer. As the fund is limited we prioritise people who have not benefited before. Call us to find out if you are eligible and for support with filling in the application. You can also download the form and guidance from our website: www.islingtoncarershub.org/flexible-breaks-fund

If you are caring for a child or young person aged 17 years or under and would like to apply for a breaks fund please contact Islington council

0207 527 7116 or email flexiblebreaks@islington.gov.uk

Or visit their website:

www.islington.gov.uk/services/children-families/familyinformationservice/parenting_support/Pages/flexible-breaks-fund.aspx

WHO CAN HELP YOU GET TIME FOR YOURSELF IN ISLINGTON?

Islington is full of organisations that provide activities and places where you can go for time for yourself or with the person you care for. Some provide low cost or free courses, wellbeing activities and lunches. Contact your local neighbourhood centre, community centre or day centre to find out what's on. If you need help finding out what's near to you call us at Islington Carers Hub. We have produced a Directory of all the services in the borough that support carers. You

can find it on our website <https://islingtoncarershub.wordpress.com/> click the link on the right hand side of the front page.

Leisure Centres in Islington

There are several leisure centres in the borough offering a wide range of activities and supervised exercise opportunities.

The leisure centres are managed by GLL under the banner 'Better'. Better offers a range of memberships. This includes a concessionary rate for residents who have disabilities, receive benefits, full-time students and senior citizens.

Claim a free day pass to try out the leisure centres. <http://www.better.org.uk/guestpasses>

Or call in to one of the local leisure centres for further information:

Archway Leisure Centre

Macdonald Road London N19 5DD

0207 281 4105

Sobell Leisure Centre

Hornsey Road London N7 7NY

020 7609 2166

Finsbury Leisure Centre

Norman Street London EC1V 3PU

020 7250 1303

Highbury Pool and Fitness Centre

Highbury Crescent London N5 1RR

020 7704 2312

Ironmonger Row Baths

1 Norman Street London EC1V 3AA

020 3642 5520

This is one of a range of factsheets provided by Islington Carers Hub. August 2015. Islington Carers Hub is part of Carers UK working in partnership with Islington Council. We provide advice support and information to carers in Islington. For more information on carers' rights and news you can also visit the Carers UK website www.carersuk.org