

Islington Carers Hub
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info@islingtoncarershub.org
0800 085 1141 (Freephone)
020 7281 3319

Winter 2018



WELCOME



Welcome to the Winter edition of Carers News, here we can look back at the past 3 months and make you aware of our Flexible Break Fund and think about Universal credit and the impact to carers in Islington. As we all adjust to the change in seasons it's a good time to think about 2018 and how carers can plan ahead and look at your own health and well-being (see page 2 for our special feature on New Year's resolutions!).

Let me introduce myself, I am Tom Locke the new Carers Services Manager for the Islington Carers Hub (ICH). I have previously worked with a North London Local Authority and ran a support programme for people living with dementia and their carers. Prior to that I worked at Barnet Carers Centre (affiliated with Carers Trust), for 3 years in a variety of roles including Carers Support Officer, Short Breaks Scheme Manager and Deputy Carers Services Manager.

I would like to thank all the carers, volunteers and staff who have been friendly and welcoming since I joined in November.

Flexible Break Fund

As we start another year and with the weather slowly improving our thoughts might turn to the year ahead as we plan and think about what we would like to do, achieve or accomplish this year. For many this might be planning a holiday, time away on our own, joining in with a local interest group or learning to drive or taking up that hobby that you've been meaning to do for some years now.

As Carers you'll have exactly the same aspirations as anyone else but you might face different challenges

along the way. The Islington Carers Hub can work with you to look at how you might be able to benefit from using the Flexible Break Fund as a way for you to have a break from your caring role and some time for yourself. This could be something like having a holiday, taking up a new hobby/interest or learning a new skill. The flexible break fund could award a sum of money* that can be used in different and creative ways by you to meet any needs highlighted in a Carers Assessment. There are certain criteria that must be met in order to apply to the Flexible Break Fund.

Carers Rights Day

Friday 24th November was "Carers Rights Day". This year we held a day of workshops at the Upper Holloway Baptist Church. There were 3 workshops providing information, advice and support for carers struggling with Welfare Benefits, Mental Health and Employment Law.

The day was well attended with over 100 people there including surprise visit from Jeremy Corbyn to show his support and it was nice to meet so many of you on the day. If you were unable to attend but are interested in what was talked about and presented, please contact Islington Carers Hub and we can pass on details of the specific workshop you are interested in.

Universal Credit

If you are worried or concerned about the impact of universal credit and how it can affect your finances, please contact us and we can work together to resolve these issues.

Tom Locke
Carers Services Manager

IN THE KNOW:

SIX OF THE BEST NEW YEAR NEW YOU!



With the arrival of 2018, so comes the time when we set New Year's resolutions that often are quickly forgotten by the end of January! It can be difficult in your caring role to focus on you so here are 6 suggestions to get you started.

Come Dine with Me

You don't have to be as whacky and wild as those on the TV programme to host amazing meals. Good home cooking is a pleasure to share no matter how simple. Why not get a monthly meal booked with a group of friends and tour each other's homes enjoying food – you could even have a secret score system or just enjoy good company! For free recipe ideas check out the BBC Good Food site www.bbcgoodfood.com

Take a Break

Putting a date in your diary for a break lifts your spirits. Did you know ICH has a Flexible Breaks Fund which is specifically there to help carers get a break from their caring role for some 'me time'? A break can be anything from fishing to flights, computer courses to cookery classes so be creative! To find out more about eligibility and how to apply, please contact the ICH team on **020 7281 6018**

Share Your Experience

As a carer you have so much to offer to other carers and to professionals who are just starting to learn what it means to be a carer – so why not share that? ICH are looking for volunteers to get involved with training to UCL Medical Students as a chance to make them more carer aware and to help them better support carers in the future. We are also looking for volunteers to help run our support groups which could be the perfect opportunity to give something back to those who are new to caring or just need some extra support along the way. Contact the ICH team on **020 7281 6018** to find out more.

Get Digital & Learn Something New

Got a new gadget for Christmas and you don't know where to begin? The Discovery Centre in Angel offers free digital training courses which encourage you to build your confidence using mobiles and tablets and learn your OMGs from your LOLs! The courses are free to all and you don't have to be a customer with 3 mobile or even own your own smart phone. For a full list of courses visit www.three.co.uk/discovery

Detox

After the festive season we all think about health related changes. Instead of planning a wellness revolution, why not try setting some smaller more achievable goals, like drinking less. Check out the Drink Aware website for some advice on cutting down www.drinkaware.co.uk

Put Things in Order

The start of a New Year can be a daunting time for many. Worries about money and fears about health can linger like a dark cloud. What better time to get things in order and make plans for the future to protect your loved ones. Help on finance and a will writing service are both offered by Islington Carers Hub and Age UK Islington. Call **020 7281 6018** for more information.



A DAY IN THE LIFE...



Sophia Bagami Advice & Information Officer

My name is Sophia and I am an Advice and Information Officer working part time for Islington Carers Hub, Age UK Islington. I am the newest member of the ICH team having joined in February 2017. I have worked with in the charity sector for over 15 years providing and delivering information and advice services. I bring with me a sound knowledge of the social welfare laws including, debt, consumer, housing, & Social Care that affect the local community and carers.

8.30am

Arrive at work and first order of the day is checking through emails and

updating my diary so that I am ready to start my work.

I am covering the duty lines this morning, which involves answering telephone enquiries including drop-ins at our Contact Centre in Manor Gardens. This is a great opportunity for me to help and support people with complex challenges or long term concerns. I have taken various enquiries over the phone including a concerned daughter regarding care provider issues for her mother and a gentleman who needs advice about his sons supported living accommodation.

1.00pm

My first prearranged appointment of the afternoon is a for a carers assessment at our offices. Together with the carer we complete the self-supported questionnaire and agree on a support plan that meets the carers needs.

2.00pm

I attend my second appointment of the afternoon, completing a paper application to claim Personal Independent Payment with a carer who has had a deterioration of their own health condition.

3.00pm

I help complete an online application for the Residents Support Scheme for a carer who has recently moved into new premises with not much in the way of furniture.

4.00pm

All my appointments are complete for the day. I use my final hour to type up today's carers assessment and support plan and make a to-do list for tomorrow and check my emails for any urgent issues.

5.00pm

It's been a busy but rewarding day. Time to pack up and head home!

DEALING WITH DEMENTIA

DA is a carer for his grandfather and he approached Islington Carers Hub via our ICH advice line. He is 20 years old, and got to know about Carers Hub through an online search. DA advised he needs support in his caring role for his grandfather who is 80 years old and who suffers with dementia and other symptoms related to his age.

DA was registered with Islington Carers Hub as a new carer so that he could keep up to date on all the areas of support available to him including support groups, training, advice services and regular communications like our E-bulletin and ICH Newsletter.

DA arranged an appointment with one of our advisors who went through a benefits check with him and talked him through applying for Attendance Allowance for his grandfather and if approved, Carers Allowance. It also transpired that his grandfather's pension had been stopped as he lacked capacity to sign and review so DA was supported to liaise with the Department for Work and Pensions to get this reinstated.

The advisor worked with the Dementia Navigation Team to do a home visit for the grandfather and DA and through that visit it was established that the grandfather was sleeping on a mattress on the floor and was missing other basic furniture. The ICH advisor made an application to the Resident Support Scheme and a grant was awarded to buy a bed with mattress, dining set, 2 wardrobes and a microwave.

Outcomes: DA has recently gained more confidence in his caring journey with grandfather and is now getting ongoing support from the Carers Hub.

Services: ICH linked DA to a range of financial support services to aid both he and his grandfather, as well as home visit support via the Dementia Navigation Team.



TRAINING & SUPPORT

Carers Free First Aid Workshops



Help yourself and others by learning first aid so that you have the skills and confidence to cope in a crisis. Workshop delivered by the British Red Cross.

The topics covered will be choking, head injuries, heart attacks, strokes, seizures, and dealing with an unconscious person who is breathing or not breathing.

These workshops are designed to build upon your existing knowledge and instincts and will give you more confidence to help in a crisis. We will explore common first aid myths and misconceptions and ultimately reassure you that in an emergency, something is always better than nothing.

Date: 19 March and 18 June
Day: Monday
Time: 10.00am-12.30pm
Venue: Islington Town Hall
Upper St, N1 2UD

To book your place please call Islington Carers Hub on 020 7281 3319 or 0800 085 1141 or email info@islingtoncarershub.org.

The Recovery College

The Bringing together two sets of expertise – professional and experience – in a non-stigmatising college environment. All of the courses provided at the college are designed to contribute towards wellbeing and recovery. People who share experiences of mental health or physical health challenges teach on the courses with the intention of inspiring hope and embodying the principles of recovery.

To apply for a course online visit:
www.candi.nhs.uk/recoverycollege/enrol-onto-a-course

You may also contact the college and request an application form call 020 3317 6904 or email recovery.college@candi.nhs.uk



London Borough of Islington – Courses available to Islington carers

Islington council really appreciate all the work that carers do and believe that it is important to ensure that you are supported in your role.

Please find below a list of the courses from February to March 2018 that are available to anyone who cares for an Islington resident.

- **Planning for the Last Years of Life – Introductory Workshop**
Learn how to talk about death and dying, how to start conversations and identify strategies for planning in the last years of life
8 February or 1 March, 09:30am-13:00pm
- **Moving & Handling Awareness / Foundation**
Learn how to safely move yourself, colleagues and service users. Understand legislation and risk assessments
19 February, 09:30am-16:30pm

- **Level 2 Food Hygiene**
Learn about bacteria, causes of food poisoning, safe food preparation, preventing contamination and completing risk assessments for food hygiene
14 March, 09:30am-16:30pm

To book a place or ask any questions call 020 7527 3257 or email Training-HASS@Islington.gov.uk



Adult and Community Learning Service Free Activities and Workshops

Would you like to improve your health and wellbeing, get out and about or try something creative? We have free walks, tasters and workshops around Islington for you to try and experience the benefits of adult learning.

These community learning activities are for Islington residents aged 19+, who are unemployed or on low incomes and receiving benefits. You will just be asked to fill in an enrolment form to participate.

Arsenal Learning Centre

Arsenal Hub, 56 Benwell Rd, N7 7BA
Call to book 020 7704 4500 or text 07826 904278

- **New to Adult Learning? Get to know Arsenal Learning Centre and Explore Your Goals**
Informal workshop provides information and advice on learning opportunities available to you
17 January, 10:00am-12:00noon
- **Gadget Workshops: Get the Most out of Your Phone, Tablet or Laptop**
Bring your phone, tablet or laptop, and meet our young volunteers who will try to answer your questions and give you tips
24 January, 28 February, 21 March
10:00am-12:00noon
- **Gillespie Park Nature Walk**
Let your senses come alive on a guided visit to Gillespie Park
13 March, 10:30am-12:30pm. Meet at Arsenal Learning Centre at 10am

Andover Community Centre

Corker Walk, N7 7RY
Call to book 020 7272 3493 or pop in on the day

- **Time to Craft (North)**
Working together we shall make a decorative quilt, using hand and machine stitching, embroidery, applique and beading techniques
23 January, 20 February, 20 March
10:00am-12:00noon
- **DIY Skills for Women**
Learn skills for safe working in the home and also find out about careers in trades and construction
Plumbing: 13 February
Electrics: 27 February
Drilling: 6 March (at house training facility)



DON'T MISS OUT ON ADULT AND COMMUNITY LEARNING:

For further information about any of the courses listed on this page, please contact Elaine Maffrett:

elaine.maffrett@islington.gov.uk
or text/call 07826 904278

Can't see anything that suits you? There are many more free Adult and Community Learning courses available. See our full range of courses at www.adultlearning.islington.gov.uk or contact your nearest learning centre for more information.

3Corners Learning Centre

Northampton Rd, EC1R 0HU
Call to book 020 7527 5083 or text 07826 904278

- **Time to Craft (South)**
Sewing with Style: each month you will have the opportunity to learn to sew an item. A reusable bag, a utility case and book covers
23 January, 23 February, 23 March
10:00am-1:00pm
- **Introduction to Embroidery**
A two day workshop in basic hand embroidery for decoration, mending and darning
2 March, 9 March
10:00am-1:00pm

First Steps Learning Centre

Islington Central Library N5 1PF
For information call 020 7527 7002



18-25

VOLUNTEERING: GET SKILLED UP & EMPLOYABLE

WHO
CARES
— ? —
YOU
CARE

When you finish school or graduate college/university it can be difficult to know what the next steps to employment are. This is even more challenging when you factor in the responsibilities of caring for a family member. You may not have the time to enter full-time employment or higher education or it may be that you have been out of work for long periods of time due to caring and have lost confidence.

In today's competitive job market, taking on a volunteer position can show potential employers that you're proactive and willing to work. Even if the voluntary role isn't what you want as a long-term career, you can still develop transferable skills useful in any job – enhancing your customer service skills, for example, as well as the ability to work as part of a team and communicate with people at all levels.

Volunteering can help you become more confident in both employment and social circles. Not only does it provide a fantastic opportunity to develop skill sets, it also gives you the opportunity to mix with people from a variety of backgrounds who you would not have met otherwise.

Islington has a great variety of organisations and charities offering volunteer positions available to young people aged 18-25. Positions varying from sports coaching, community projects, befriending to office-based work - whatever your interests are!

If you want to volunteer but have no idea where to start, our Young Adult Mentors can arrange to meet with you to discuss your interest in volunteering and help you decide what kind of role would be most suitable. Email chloe.smith@ageukislington.org.uk or call 020 7281 3319.

You can also visit Voluntary Action Islington's website www.vai.org.uk to find out about local volunteering roles.



AND SO DO WE.



DID YOU KNOW?

Islington Carers Hub has a dedicated service offering tailored support to carers aged 18-25? This can include support with education and employment options as well as mentoring in your caring role. If you know of any young adult carers who could benefit from support, please contact Islington Carers Hub for more information.

AGE UK ISLINGTON GET HELP



Anyone you care for aged over 16 can access help through Age UK Islington. From understanding welfare benefits to researching activity options, we are here ready to relieve the pressure and provide the extra support for your loved ones.

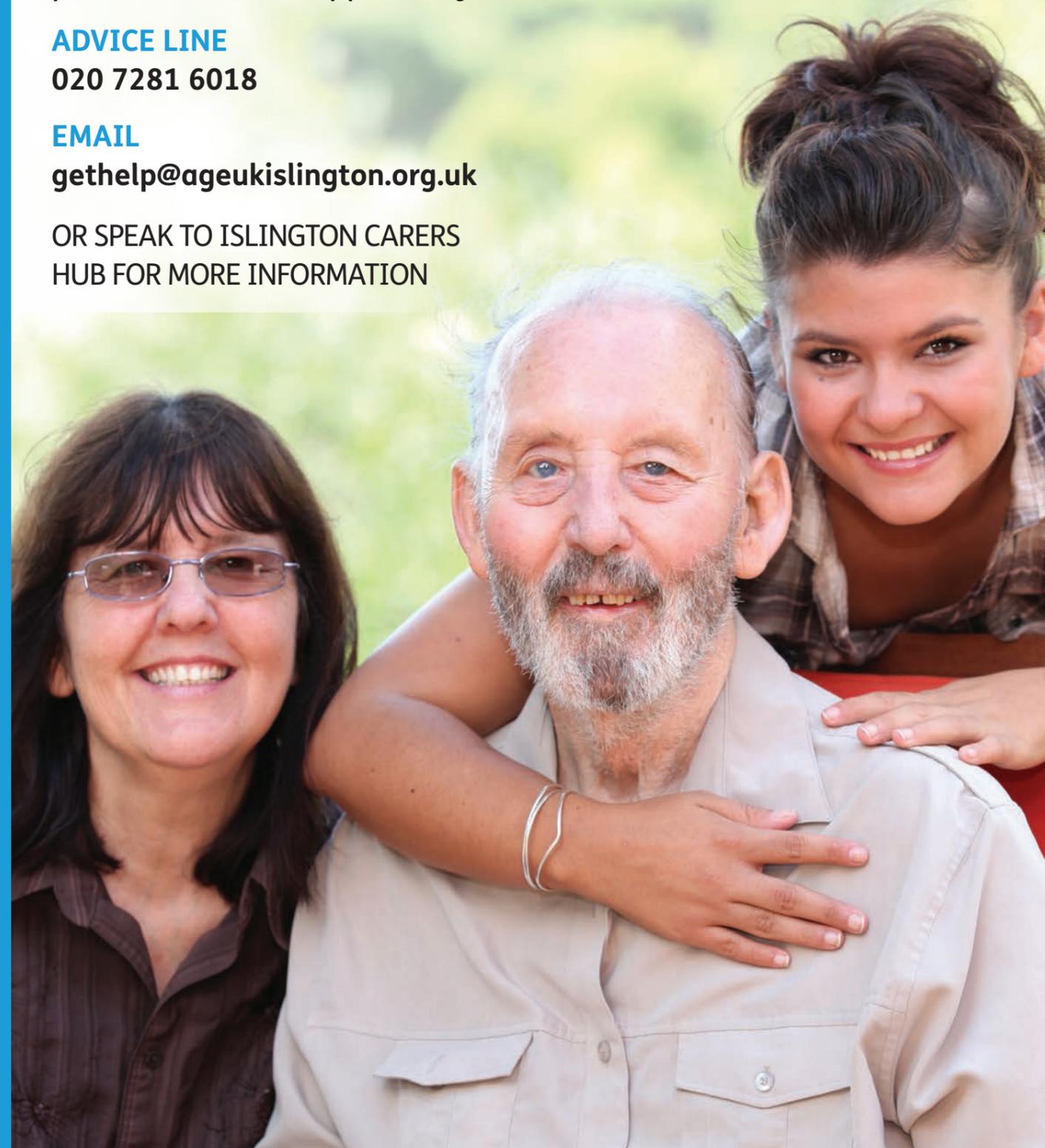
ADVICE LINE

020 7281 6018

EMAIL

gethelp@ageukislington.org.uk

OR SPEAK TO ISLINGTON CARERS
HUB FOR MORE INFORMATION



CARER'S GROUPS

Please call Islington Carers Hub on 0800 0851 141 or 020 7281 3319 for more information and to confirm guest speakers.



January

All Carers Group

Date: 8 January
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Luke's Centre, 90 Central Street EC1V 8AJ

All Carers Group

Date: 24 January
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church,
11 Tollington Way N7 6RG

BME Carers Group

Date: 26 January
Day: Friday
Time: 2.30pm – 4.00pm
Venue: The Old Fire Station, 84 Mayton Street, N7 6QT

February

Mental Health Carers Group

Date: 6 February
Day: Tuesday
Time: 2.30pm – 4.00pm
Venue: Ground Floor, 9 Manor Gardens, N7 6LA

All Carers Group

Date: 12 February
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Luke's Centre, 90 Central Street EC1V 8AJ

BME Carers Group

Date: 23 February
Day: Friday
Time: 2.30 – 4pm
Venue: The Old Fire Station, 84 Mayton Street, N7 6QT

All Carers Group

Date: 28 February
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church,
11 Tollington Way N7 6RG

March

All Carers Group

Date: 12 March
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Lukes Centre, 90 Central Street EC1V 8AJ

All Carers Group

Date: 28 March
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church,
11 Tollington Way N7 6RG

BME Carers Group

Date: March dates TBC

Special Events & Training

Carer Pathway Forum Meeting

Date: 13 February
Day: Tuesday
Time: 11.30am – 1.30pm
Venue: Upper Holloway Baptist Church,
11 Tollington Way N7 6RG

Carers Theatre Meet Up at Park Theatre

Meet other carers for tea and coffee in the reserved area on the first floor. Cost £1. Then enjoy a pay-what-you-can matinee performance.

Date: 25 January, 22 February and 29 March
Day: Thursday
Time: 2.00pm
Venue: Park Theatre, 1st Floor, Clifton Terrace, N4 3P
Call 020 7281 3319 to confirm attendance

Training Sessions for Carers

Training sessions and workshops for carers take place throughout the year. For more information call the office on 0800 085 1141 or 020 7281 3319.



Sessions are subject to change so it is advisable to call ICH on 0800 0851 141 or 020 7281 3319 for more info and to confirm guest speakers.