

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

**Spring 2019**



## WELCOME



As we head into spring all the team at Islington Carers Hub continue to meet the needs of our carers and also to increase the ongoing initiatives to identify “hidden carers” within our community.

In our previous edition I highlighted our campaign to further develop relationships with our local GP practices in Islington. During our most recent Carers Pathway Forum meeting, which was held on the 12 February at the Islington Town Hall I was able to provide feedback and report progress on this initiative.

Of the 33 GP practices, 9 have already agreed to allow ICH to hold information desks aimed at reaching out to patient carers at their surgeries including the opportunity to present Islington Carers Hub services at their team and patient participation meetings. We are continuing our discussions with the other practices to further expand our reach to identify hidden carers accessing GP services in Islington.

The Carers Pathway Forum also agreed for ICH to further expand our “hidden carers” initiative to working with local pharmacies who often come into contact with carers collecting medication for a person they care for. I will report on our progress on this scheme in the coming months.

Next time you visit your local GP practice or your pharmacy, enquire as to how “Carer Aware” they are and if they offer any information about your local carers support group services.

Islington Carers Hub are eager to continue providing information on local services particularly aimed at carers.

Whilst we make every effort to learn about new and existing services we are also reliant on carers coming forward to inform us on specific services that can benefit other carers in Islington.

Staying on the “Care & Share” theme, I am also inviting carers wishing to share their caring experience to come forward with a view to include this in the Carers Newsletter. On page 3 of this edition we highlight one particular carer who tells us about her personal experience of being a carer and the impact on her and her family. If you like to share your story please contact us as these stories ring true with so many other carers.

Following the promotion of the psycho-education course for carers I am happy to report that we have had an excellent response with all places now taken.

This is a series of interactive psycho-education workshops aimed at carers but also those who are supporting someone with a mental health condition such as family members/partners/friends. I will provide feedback on the success and learning from this course with a view to potentially organising further workshops.

The importance of technology to support carers has been around for some time. I am providing extracts from the “State of Caring 2018” report on page 2 of this edition including some information about a free digital resource for our carers in Islington.

Finally, a reminder that this year’s “Carers Week” is 10 - 16 June. Once again this is a great opportunity to highlight the invaluable work and contribution being made by carers both locally and nationally.

**Ismail Bahriyeli**  
**Carers Services Manager**

# IN THE KNOW:

## SUPPORT FROM TECHNOLOGY FOR CARERS!



As part of the State of Caring 2018 survey, carers were asked whether they were aware of any technology that can support them with care and caring. Across the UK, almost two fifths of carers (39%) said that they were aware of this kind of technology. Half (51%) of respondents, meanwhile, said that they or the person they care for uses technology to support their caring and/or care.

People providing palliative or end of life care were most likely to report being aware of technology that can support them with care or caring and were also most likely to report that they are using technology to support them or the person they care for, with almost two thirds of carers in this group (61%) stating this.

Sandwich carers and those providing care to a disabled child were least likely to report being aware of technology that could support them with their care or caring, with almost a third of carers in these groups stating this (34% and 31% respectively). They were also the carers least likely to say that they were already using technology to support them or the person they care for, with 48% of sandwich carers and 49% of carers providing support to a disabled child saying this.

Across the UK, carers in England were the most likely to report that they were using technology to support them or the person they care for, with over half of carers saying this (53%).

Across all groups of carers, using the internet as a source of information was the most commonly used form of technology with over three quarters (81%) of carers reporting this. Using the internet as a form of communication or online support was also reported by almost two fifths of carers (39%).

Other more popular forms of technology that carers said they use included remote health care such as online GP appointments, repeat prescriptions, online video consultations, and online mental health services (30%); and remote monitoring and alerts such as motion sensors, fall detectors, personal alarm and GPS (26%).

There was little difference in the ordering of these priorities across different groups of carers, although palliative carers were reported more likely to use remote health care which 45% said helped support them, and remote monitoring and alerts which two fifths (40%) said they used.

### Digital Resource for Carers

Digital Resource for Carers is an app and/or website that carers can access to help them cope with their caring role, to understand their rights as carers and to learn about the effect a caring role has on a carer (and how to mitigate against negative effects). It also features links to and outlines local services available to Islington carers.

You will need to create an account via: [www.carersdigital.org](http://www.carersdigital.org)

Click 'Create an account' and enter your email address.

Your Free Access Code is: **DGTL6398**

Choose a password and enter your first and surnames then click 'Create my new account' and you're all set.

# SERVICE SPOTLIGHT

## SHARED CARER EXPERIENCE



Clare Roels

We hear from local resident Clare Roels, who cares for her husband who has dementia.

Clare explains her caring role. "My husband was diagnosed with dementia in 2011. His condition means he can't take responsibility for more than a few daily activities. He gets confused and forgets what he is doing halfway through doing it. He has a dis-executive impairment, which means he can't connect things and do tasks in the right order.

"As a result, I've got to be on top of things 24-7. I organise everything for him. I have to do all the thinking, make all the decisions, organise the diary – from social activities for him, to doctor and dentist appointments – through to having the car serviced. It's a lot like looking after a small child in that respect.

Most people who care for someone do so through duty or affection and without any expectation of being paid. But taking on a caring role can mean facing isolation, financial hardship, frustration, ill health, stress, anxiety and depression.

Clare explains, "For me, my husband's dementia has been like a bereavement. It's like living with a stranger. We used to have an equal relationship. Now empathy, care, encouragement, awareness, patience are almost all one way.

"My son says that the biggest impact on me is loneliness. It is really hard no longer having that person you've had by your side for so long. We've been married more than 40 years and used to make decisions together. It's the 24-7 nature of the caring that I find the hardest. I can't clock off at the end of the day. My caring role doesn't stop and it can be physically and emotionally exhausting."

Many carers make huge personal sacrifices – giving up an income or future employment prospects to become a carer, or juggling jobs with their caring responsibilities.

Clare says, "I have had to put some of the things that I wanted to do in my retirement on hold. I had just started mixed media sculpting when my husband's dementia was diagnosed, but I don't have time for that any longer. I have developed what I call my Teflon coating which helps me deal with things when they get really difficult.

"At times I wish I could buy a bottle from the chemist marked 'Patience' and have several spoonful's a day!"

"In 2015, my husband had a stroke and things began to change quite quickly. The stroke accelerated the symptoms of his dementia and his behaviour became more unpredictable and difficult to deal with. It was like being thrown into a new job without any idea how to do it and no one to show you how. That's when I decided to get some help and had a carers assessment."

A carer's assessment is an opportunity to discuss with the council or the Islington Carers Hub what support or services you need. The assessment will look at how caring affects your life.

Despite her own challenges as a carer, Clare considers herself fortunate. "I'm really lucky, because I have a network of people around me which is so important.

"The Islington Carers Hub really helped me to navigate and understand the support available locally. They set up sessions for local medical students and GPs to meet carers and learn first-hand what our experiences have been. It's therapeutic for us carers to tell our stories and provides insight for clinicians. My GPs at St John's Way Medical Centre have been brilliant too."

Clare goes on to explain that her family give her the most support making it possible for her to have some time to relax.

"When immersed in a world of dementia it's sometimes hard to be clear and objective. I couldn't do it without them."

# TRAINING & SUPPORT

## Carers Free First Aid Workshops



Our bespoke 2 hour Everyday First Aid sessions are free, practical, informal and interactive and provide simple yet life-saving first aid messages.

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 and time of sessions:

- **Monday 17 June 2019: 10.00am-12noon**
- **Monday 16 September 2019: 10.00am-12noon**

**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](mailto:info@islingtoncarershub.org).

## Move on Up – Supportive shared housing for young adult carers

Move On Up is shared housing in zone 2 East London for people aged 18 to 25 who currently care or have been unpaid carers in the past.

### What they offer

- Your own room in a high-quality flatshare for up to 2 years
- Affordable rent set at the local housing allowance rate
- Help moving in and help moving out when the time comes
- Support with whatever you want help with, whether it's finding work, going to university or getting advice
- The opportunity to live in a supportive community of people like you, in a flat or house of just 2 other people

## Sadler's Wells Theatre – Get into Dance

Islington Carers Hub have developed a partnership with Sadler's Wells theatre in Angel, Islington that welcomes people of all ages and backgrounds to come, see and take part in dance.

From hip hop to tango and ballet to circus, they love it all! The scheme is called Get into Dance and it has been designed to encourage residents in low income households in Islington to visit the Theatre. If you don't know, all tickets via the scheme are priced at **£3** and from the moment you join, you can book up to 16 tickets per year!

If you managed to get tickets to see Sampled at Sadler's Wells through us in February, you may have seen French B-boy and B-girl dance troupe Yeah Yellow. They've joined forces with choreographer Pierre Regal to launch a new season with Scandale an explosive new dance performance with live music that questions the origins of choreography.

So, if you are new (i.e. have not booked directly with Sadler's Wells or The Peacock before) and would like to see one of their shows please contact ICH, [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org) or call **020 7281 6018** or **0800 085 1411** to join the scheme. All shows below are at Sadler's Wells, unless otherwise stated.

Look out for the events with a (\*) as they are great for families!

### Safe and secure foundations

Move On Up provides four properties in east London for 12 young adult carers to use as their first base after leaving the family home.

Practical support to build the future.

Supporting young carers to take control of their own lives.

Contact Move on Up  
Call: **020 8983 5064**  
Email: [moveonup@qsa.org.uk](mailto:moveonup@qsa.org.uk)



## Park Theatre

Come and join us for our monthly Carers Theatre Event at the Park Theatre in Finsbury Park from 2pm every last Thursday of the month. We kick off with teas and coffees on the first floor (accessible by lift) for an opportunity to meet other carers, socialise and network before the matinee performances. When you come in, buy a ticket for one of the performances on offer and mention that you are with Islington Carers Hub. You can then choose how much you want to pay, as the Park Theatre offer our carers pay-what-you-can tickets depending on availability.

**Date:** 25 April, 30 May, 27 Jun

**Venue:** Park Theatre, Clifton Terrace, N4 3JP

## OCD Youth aims to increase awareness and access to support for anyone under 25 affected by OCD

OCD Youth is run by young people with OCD, for young people with OCD. They organise trips and outings, run online meet-ups, take part in campaigning activities, manage a youth website and social media channels, write articles and awareness resources, produce videos and media, and much more.

This is a youth-led initiative, meaning that the Youth Advisory Panel (YAP) is at the heart of all these activities. The panel is made up of a group of volunteers under the age of 25 who have OCD themselves and want to make a positive change for themselves and others like them. There are nine of them in total, all with different roles and responsibilities.

### E-Helpline

A youth-led helpline for those with OCD, BDD and relevant disorders... All through email: [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

## Bereavement support for adults

The Islington Bereavement Service offers support for adults living in Islington and/or registered with a GP in Islington. The service is for people who have experienced the death of a family member, relative or another important person in their life. Run by St Joseph's Hospice and a team of trained volunteers, this service can offer practical, social and emotional bereavement support.

### Their volunteers are able to provide:

- companionship and a listening ear
- emotional support
- company to go to medical appointments, the library, or on a local outing
- help in finding important support services.

### What training do volunteers receive?

All volunteers are fully trained and vetted. They can provide confidential support on a one-to-one basis or within a group setting. They are not counsellors but have been trained in listening skills.

Islington Bereavement Support Group meets on the first Wednesday of every month, 11am-1pm. If you'd like to attend, please contact Islington Bereavement Service on **020 3317 5774**.

## Carefree Breaks

Free Break (No Catch) Carefree provides short breaks for unpaid carers in Hotels and Holiday Cottages donated by owners and operators during the low season. Carefree allocates a specific number of breaks to each carer support organisation based on the availability of accommodation. Referrals are then invited according to the following criteria:

- Carer cares for someone for at least 35 hours per week
- Will benefit mentally and/or physically from a break in the opinion of the carer support organisation
- Is able to arrange interim care for the person they care for
- Has sufficient means to pay for transport and food during the break (the accommodation is offered free-of-charge)

If you meet the above criteria and would benefit from this break, please contact a member of the Islington Carers Hub team.

16>25

## CALLING ALL YOUNG CARERS AGED 16-24

Join the NHS England Young Carer Health Champion programme in July 2019!

**WHO CARES**  
— ? —  
**YOU CARE**

### The Programme

The Young Carers Health Champion programme was established in 2015 to support improved health literacy, promote health and wellbeing and develop the capacity of young carers to participate in planning and development of young carer friendly services. It aims to support service change through young carer voices.

The 12-month programme is made up of young carers (aged between 16 and 24) from across the country. You will experience self-development, be part of healthcare initiatives that aim to improve young carer identification and support and develop an action plan with outcomes that further support young carer friendly services.

### Why join the Programme?

Health Champions that complete the programme can become Mentors for the next cohort of Health Champions. This is for your personal development and an opportunity to be part of the national work to improve the support and identification of young/young adult carers.

Health Champions that complete the programme can become a Mentor for the next cohort of Health Champions, your personal development and opportunity to be part of national work to improve the support and identification of young carers can continue.

### How to join and what does the Programme involve?

NHS England are recruiting now for the July 2019 programme. The 12-month programme consists of; three residential weekends which must be attended with a Support Worker from your Young Carer Organisation, regular virtual contact as a group through our closed Facebook group and opportunities to participate and contribute to healthcare events and workshops.

If you are keen to be considered for this programme email Paula Cruise now with your name, age and Young Carer Organisation Support Worker contact details to [Paula.Cruise@nhs.net](mailto:Paula.Cruise@nhs.net) or call Paula on 07800 171 820 if you have any questions. Closing date for applications is **7 June 2019**. Confirmation of acceptance on the programme will be sent the following week.

### Dates you need to know

During the 12 months programme you meet for three residential weekends.

The dates are:

- Friday 26 – Sunday 28 July, 2019
- Friday 25 – Sunday 27 October, 2019
- Friday 17 April – Sunday 19 April, 2020

**AND SO DO WE.**

## 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.

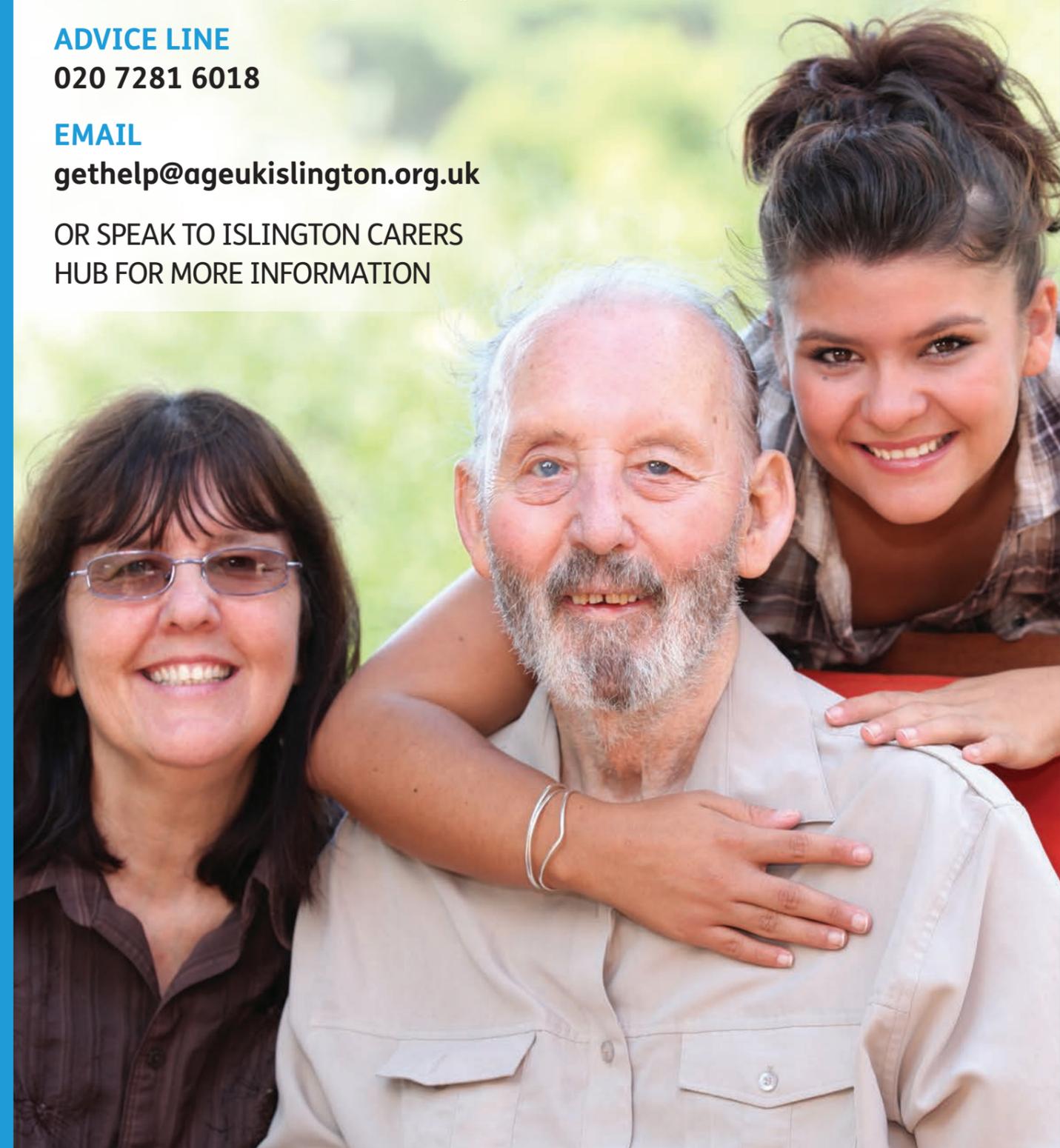
### ADVICE LINE

020 7281 6018

### EMAIL

[gethelp@ageukislington.org.uk](mailto: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.



## April

### Mental Health Carers Group

**Date:** 2 April  
**Day:** Tuesday  
**Time:** 2.30pm – 4.00pm  
**Venue:** Ground Floor, 9 Manor Gardens, N7 6LA

### All Carers Group

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

### All Carers Group

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

### BME Carers Group

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

## May

### All Carers Group

**Date:** 13 May  
**Day:** Monday  
**Time:** 11.30am – 1.00pm  
**Venue:** St Luke's Centre, 90 Central Street, EC1V 8AJ

### All Carers Group

**Date:** 22 May  
**Day:** Wednesday  
**Time:** 10.30am – 12.00pm  
**Venue:** Upper Holloway Baptist Church,  
11 Tollington Way, N7 6RG

### BME Carers Group

**Date:** 31 May  
**Day:** Friday  
**Time:** 2.30pm – 4.00pm  
**Venue:** The Old Fire Station, 84 Mayton Street, N7 6QT

## June

### Mental Health Carers Group

**Date:** 4 June  
**Day:** Tuesday  
**Time:** 2.30pm – 4.00pm  
**Venue:** Ground Floor, 9 Manor Gardens, N7 6LA

### All Carers Group

**10 June – cancelled due to launch of Carers Week**

### All Carers Group

**Date:** 26 June  
**Day:** Wednesday  
**Time:** 10.30am – 12.00pm  
**Venue:** Upper Holloway Baptist Church,  
11 Tollington Way, N7 6RG

### BME Carers Group

**Date:** 28 June  
**Day:** Friday  
**Time:** 2.30pm – 4.00pm  
**Venue:** The Old Fire Station, 84 Mayton Street, N7 6QT

## Special Events & Training

### Carer Pathway Forum Meeting

**Date:** 16 April  
**Day:** Tuesday  
**Time:** 11.30am – 1.30pm  
**Venue:** Islington Town Hall, Committee Room 5,  
Upper Street, N1 2UD

### Training Sessions for Carers

Training sessions and workshops for carers take place throughout the year. If you would like more information about what is on offer please call the office on **0800 085 1141** or **020 7281 3319**.

### Date for Your Diary

Carers Week: 10-16 June 2019



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.