IN THE KNOW:

Is Your GP Surgery Supporting You As A Carer?

NHS England have developed a framework for improving how GP’s surgeries can better support carers of all ages. Carers have said that the support they receive is variable. This scheme is to help GP’s surgeries be more consistent in identifying carers and taking positive steps to promote their health and wellbeing.

The scheme asks six questions that can be used by GP’s surgeries to demonstrate how effective it is in recognising and supporting carers. These questions are known as the quality markers. The scheme has been recognised as good practice by the Care Quality Commission (CQC) who monitor, inspect and regulate health and social care services.

GP’s surgeries should discuss with carers what they have been doing to support them and how they are responding to their needs. One way of doing this is through its patient reference/participation group.

What do the quality markers cover?

How the practice:
- identifies and registers carers
- uses its carer’s register to support holistic carer health and well-being needs
- organises itself to understand and respond to the needs of carers
- makes it easier for carers to access its services
- communicates with, involves and informs its carers
- promotes a carer-friendly culture.

Next time you visit your GP, you can ask what they are doing to support carers.

For more information or to register as a carer go to www.islingtoncarershub.org.

NEWSLETTER UPDATE

We are keen to keep you informed and for it to be as up-to-date as possible. Those on our email list will have already received upcoming events information.

Don’t miss out! Please ensure we have your current email address so that future copies of the newsletter and information can be emailed to you.

Email us at info@islingtoncarershub.org.

Zefrin Rahman
Carers and Community Services Manager

Let me introduce myself, I’m Zefrin Rahman and I’m the new Carers and Community Services Manager at Age UK Islington.

I joined the organisation this summer and have already had an opportunity to meet some of you. I’ve also heard about your experiences and the events and initiatives you have taken part in. This has included training for medical students, forums and networks ensuring the carers’ voice is heard. Ismail Bahriyeli is now Head of Services - Carers and Community.

I will be chairing the next Carers Pathway Meeting on 15 October 2019 (11.30am-1.30pm) at the Town Hall. It is an open forum for all carers to discuss issues relevant to their caring role and provide an opportunity for the council to consult with them. I would like to thank all the existing members for their continued support and attendance at these meetings. New members are always welcome to attend too.
Meet Valarie, who has been caring for her mother for 3 years now. Valarie's 80-year-old mum is disabled and has dementia. Valarie has a complicated history with her, but when she was told that her mum was ill, she went to see her. Valarie remembered her late father's wish for her to take care of her mother. So Valarie stopped work to care for her mum.

“At first, I went round every morning and night. I did all the cooking, shopping, dealt with the post and made sure she took her medication. I also took mum to all her appointments. It was a full time job and mentally exhausting. It was draining me.

Dementia is difficult - it made mum repeat herself and I found I was repeating myself. I did not know how to talk to. It was so stressful. I even considered going back to work and paying someone to look after her.

One day I took my mum to the Islington Memory Service and picked up a copy of the Islington Carers Hub (ICH) newsletter. I read about the support groups and decided to go along to one.

It was a total 180 degrees change for me. I was talking and crying and for the first time I was able to say how difficult it was... and to a room full of people too! A weight came off my shoulders. Yvonne from the Carers Hub gave me tissues and the other carers gave me support and advice. They told me I needed to take time for myself too. They understood what I was going through. I was buzzing when I left. I could live my life again. It was such a relief!

The ICH staff have also supported me. I have an Emergency Carers Card and people I can talk to. They check in with me from time to time and I find that uplifting. It's still stressful at times and I am working on making time for me. The difference now is that I know there are people I can talk to’.

SERVICE SPOTLIGHT

Jubba Youth Community Association

Jubba Youth Community Association (JYCA) is a charity focused on providing opportunities and experiences to young people aged 16-24 across London. From football teams to employment projects to their anti-knife crime campaign, they are committed to being a strong advocate for young people.

They offer the following activities if you need to get a short break from your caring role:

- **Young Women’s Judo Classes**
  Every Thursday between 6pm and 7pm they run judo classes for young women that live in and around the Islington area. We use the space provided by the Wu Shi Tai Ji Quan & Qi Gung Association who are based on Blackstock Road.

- **Fifa and Chill**
  Every Wednesday between 6pm and 8pm they run a social club at the Andover Estate. They have a number of activities available. You can play FIFA on PlayStation 4, play table tennis and there's a selection of board games.

- **Sunday Football**
  You can join them on Sundays between 6pm and 8pm in Whittington Park, where you can play recreational 8-a-side football. Teams are picked on the day so bring yourself and a great attitude!

They also offer mentoring, leadership skills training, volunteering opportunities and residential trips. To take part and for more info visit www.jyca.org.uk.
Flexible Breaks Fund

If you are looking after an Islington resident 18 and over because they are frail, disabled, have a long-term illness, have mental health issues or a substance misuse problem and they (or you) do not get any support from Islington Social Services, you may be eligible for the Flexible Breaks Fund - a one-off grant towards something that gives you a break from your caring role.

This is open to all carers who have not had this grant before and have had a Carers Assessment. Give us a call to find out more.

Holistic Wellness Course for 2020

NEW: Nature’s Pure Love in partnership with Islington Carers Hub are pleased to announce a new 4-week course for carers in 2020.

The course will cover:

- **AromaTouch Technique Therapy**
  A technique that has the ability to lessen tension. Tension is defined as feeling tight, experiencing emotional strain, having anxious feelings, or experiencing stress. During this workshop you will have the opportunity to practice and learn a little about how to use the technique on self and on others. We will be looking more in-depth at the benefits and effectiveness.

- **Alexander Technique Therapy**
  Participants will receive an interactive lecture and a demonstration of the theoretical principles of the Alexander Technique. They will be offered a guided opportunity to experience how they can change their habitual ways of moving by applying learnt AT principles which can improve well-being when carrying out everyday activities.

- **Food That Fights And Food That Heals**
  We will be looking at diet and nutrition myths and facts. Explore the effects of our gut function and in a fun and relaxed way look at what a healthy personalised diet plan may look like. This is an interactive workshop that’s fun and informative.

- **Natural Approach to Sleep, Anxiety, Stress and Depression**
  This class is relevant to everyone as these topics are very much apparent to us all in society today. This class is an introductory topic that will explore some simple ways of naturally managing our own individual wellness effectively in this area.

Carers First Aid Workshops 2020

Our Carers First Aid Workshops, run by the British Red Cross have been extremely popular. If you have not attended one and would like to, please call us to register your interest for 2020.

Help yourself and others by learning First Aid so you have the skills and confidence to cope in a crisis. Everyone can learn a few simple, but highly-effective First Aid skills that will help someone who is ill or injured. Most of the time, the person who requires your help will be a friend or family member.

The workshop is designed to build upon your existing knowledge and instincts and will give you more confidence to help when it’s needed. The sessions are tailored to cover the skills that could help the most when looking after older people - helping with heart attacks, strokes, head injuries and unresponsiveness.

Contact us on 020 7281 3319 or 0800 085 1141 to register your interest.
CARER’S SUPPORT GROUPS

October

Mental Health Carers Group
Date: 1 October
Day: Tuesday
Time: 2.30pm – 4.00pm
Venue: Ground Floor, 9 Manor Gardens, N7 6LA

All Carers Group
Date: 14 October
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Luke’s Community Centre, 90 Central Street, EC1V 8AJ

All Carers Group
Date: 23 October
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG

BME Carers Group
Date: 25 October
Day: Friday
Time: 2.30pm – 4.00pm
Venue: Old Fire Station, 84 Mayton Street, N7 6QT

November

All Carers Group
Date: 11 November
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Luke’s Community Centre, 90 Central Street, EC1V 8AJ

All Carers Group
Date: 27 November
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG

BME Carers Group
Date: 29 November
Day: Friday
Time: 2.30pm – 4.00pm
Venue: Old Fire Station, 84 Mayton Street, N7 6QT

December

Mental Health Carers Group
Date: 3 December
Day: Tuesday
Time: 2.30pm – 4.00pm
Venue: Ground Floor, 9 Manor Gardens, N7 6LA

All Carers Group
Date: 9 December
Day: Monday
Time: 11.30am – 1.00pm
Venue: St Luke’s Community Centre, 90 Central Street, EC1V 8AJ

All Carers Group
Date: 25 December & 27 December
Cancelled because of the holidays.

Special Events & Training

Carer Pathway Forum Meeting
Date: 15 October
Day: Tuesday
Time: 11.30am – 1.30pm
Venue: Islington Town Hall, Committee Room 5, Upper Street, N1 2UD

Carers Rights Day
Date: 21 November
Day: Thursday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG

Training Sessions for Carers
Training sessions and workshops for carers take place throughout the year. For more information please call us on 020 7281 3319.

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

No need to book, but as sessions are subject to change it is advisable to call us on 0800 0851 141 or 020 7281 3319 for more info.