

Carers' Rights Day was held on the 31 November and once again, it was a huge success. The event took place at the Upper Holloway Baptist Church in Tollington Way. The theme for the day was 'Helping You Find Your Way'. Following the example of last year, we held various workshops with specialist partner organisations who provided information and guidance to carers. There was also live music, a free lunch and a number of workshops.

The topics for the workshops came from carers attending our carers support groups and pathway forum meetings where carers were consulted about what they want to know more about. They told us money is an issue as well as having time to themselves. This also came to light in the State of Caring Report 2019, where two in five of carers say that they are struggling to make ends meet. Almost two thirds of carers (64%) say that they have focused on the care needs of the person they care for, and not on their own needs. With this in mind, we organised four themed workshops on Carers' Rights Day.

These included:

- Islington Law Centre (Carers, Housing and Welfare Benefits)
- Carefree (Breaks for Carers)
- Camden & Islington Health Trust (Carers & Mental Health Services)
- Poppies Funerals (Myths and Facts of Funerals)

Feedback from both carers attending the workshops and professionals who were presenting was really positive. 92% of carers said they had learnt something new about carers' rights. The feedback also generated many ideas for future pathway meetings and events for carers.

2019 was a busy year at Islington Carers Hub. The number of carers we supported increased by 2% from the previous year, with a 14% increase in cases.



Islington Carers Hub staff at Carers' Rights Day

The main outcome areas were 44% relating to wellness, 18% relating to money and 24% relating to positivity.

- 'Wellness' describes support such as carers getting the support they need, getting a break and eating properly and well.
- 'Money' describes support such as carers managing spending, having more money coming in, avoiding debts and affording more of what is needed.
- 'Positivity' describes support such as carers making their own decisions, following their own interests and being less anxious.

The overall satisfaction rate for these cases was 98%.

In the last edition of the newsletter, I wrote about how NHS England have developed a framework for improving how GP's surgeries can better support carers of all ages. Islington Carers Hub has an outreach programme at surgeries where we run sessions for staff and hold regular information stalls for patient's. This year saw a rise in GP's surgeries taking up our offer to work with them to identify, support and work with carers. Following on from that, we will continue working together and highlight areas of good practice.

Zefrin Rahman

Carers and Community Services Manager

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

SERVICE SPOTLIGHT

Paul shares his experience of trying to make a difference and shaping services. Paul was married to his wife for 28 years. He spent many years caring for her physical health and then in her last two years her mental health deteriorated.

In his own words... when I lost my personal battle in trying to care for a loved one, I began questioning why this had happened. Whilst caring for my wife, I felt I sometimes inadvertently clashed with clinicians over providing care/treatment for her. I approached the Camden and Islington NHS Foundation Trust as a member and joined a few committees, sharing and listening to experiences. I also became involved with Islington Carer's Hub.

I found that for carers like myself, often the main feeling was one of not being listened to or communicated with. The clinician's first priority is the needs of the patient in their care and to treat them. They have to act in the best interests of the patient based on their expert experience of treating

a wide variety of mental health issues as well as within the Mental Health Act and the Capacity Act.

It has been a valuable experience for me. I now encourage people to get involved, share their experiences and listen to others by attending meetings or joining conversations online. We can do this alongside clinicians, who set up these meetings and offer us carer's plans to work alongside the people we care for. This can help clinicians have better outcomes and understanding of their patients.

The despair comes from not listening and not trying to understand the tunnels we are travelling in and working together we can improve the care for the people we care for. We also need to consider our own mental health and wellbeing, For me now, it is not about blaming anyone but working alongside those who treat the people we care for.

For more information on how you can get involved contact Islington Carers Hub.

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Choices Project by St Giles Trust

St Giles Trust are running a project for 16 to 24-year-olds who are facing barriers to achieve their potential.

The project is called Choices and it provides tailored support to help overcome your personal barriers through providing advice, action planning, and goal setting.

Here is an idea of some of the topics that could be explored: motivation, employability, aspirations, homelessness, having a criminal record, exploring education, unemployment, sanctions, confusion. Whatever you may be struggling with they will aim to help you. You will have a caseworker to work closely with you to identify your needs and help



St Giles Trust
Choices Project

achieve your goals through a personalised support programme.

If you are interested, please contact us so we can refer you into this project or email: choices@stgilestrust.org.uk.



TRAINING & SUPPORT

Sadler's Wells - Sampled

We have a limited number of **FREE TICKETS** available to the matinee performance of Sampled on Friday, 31 January, at 1pm at Sadler's Wells.

This is Sadler's Wells' annual celebration of dance with a variety of innovative performances by world-renowned artists and companies. It's followed by an additional 1-hour workshop to take place between January and March.

Call us to book by 24 January at the latest!



Carers First Aid Workshops



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, the dates are 16 March, 15 June, 21 September.

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.

Holistic & Wellness Course

Nature's Pure Love in partnership with Islington Carers Hub are holding a 4-week Holistic & Wellness course for carers.

- **9 April - AromaTouch Technique Therapy**

A technique that has the ability to lessen tension.

- **30 April - Alexander Technique Therapy**
Change your habitual ways of moving which can improve well-being when carrying out everyday activities.

- **7 May - Food That Fights/Food That Heals**
We will be looking at diet and nutrition myths and facts.

- **28 May: Natural Approach to Sleep, Anxiety, Stress and Depression**
Explore some simple ways of naturally managing your own individual wellness effectively in this area.

Dementia Course for Carers

We ran this 5-week course that was aimed at carers with an interest in learning more about dementia together with the Camden & Islington NHS Foundation Trust last October. It was a positive experience for both the attendees and those delivering the course. Some quotes from carers: "very accessible and informed", "I am very grateful to have had this opportunity as a carer" and "it was interesting to meet other dementia carers".

Course leader Marijke said, "As I don't meet many services users as a manager, it's been great to meet people actually using our services, listening to their experiences, questions, concerns and also hearing about the positive experiences of caring. This helps me develop our services, so we can better meet the needs of people living with dementia and those that care for them".

Contact us on 020 7281 3319 or 0800 085 1141 to register your interest.

CARER'S SUPPORT GROUPS

January

All Carers Group

Date: 13 January
Day: Monday
Time: 10.30am – 12.00pm
Venue: St Luke's Community Centre,
90 Central Street, EC1V 8AJ

All Carers Group

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

BME Carers Group

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

February

Mental Health Carers Group

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

All Carers Group

Date: 10 February
Day: Monday
Time: 10.30am – 12.00pm
Venue: St Luke's Community Centre,
90 Central Street, EC1V 8AJ

All Carers Group

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

BME Carers Group

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

March

All Carers Group

Date: 10 March
Day: Monday
Time: 10.30am – 12.00pm
Venue: St Luke's Community Centre,
90 Central Street, EC1V 8AJ

All Carers Group

Date: 25 March
Day: Wednesday
Time: 10.30am – 12.00pm
Venue: Upper Holloway Baptist Church,
11 Tollington Way, N7 6RG

BME Carers Group

Date: 27 March
Day: Friday
Time: 2.30pm – 4.00pm
Venue: Old Fire Station, 84 Mayton Street, N7 6QT

Special Events & Training

Carers Pathway Forum Meeting

Date: 14 January
Day: Tuesday
Time: 11.30am – 1.30pm
Venue: Islington Town Hall, Committee Room 1,
Upper Street, N1 2UD

Carers Week

Dates for your diary: 8-14 June.

Look out for the full Carers Week programme in our next newsletter!

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**.



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.