

CARER NEWS

SPRING 2012



FIT CLUB: We will be resuming our Fit Club for Carers, every **Wednesday, at 4.30pm for 1 hour** with one of our Rehab. Assistants, **from 11 January**. This includes a blood pressure check and information on how to ensure that you keep fit and well. This is an opportunity to exercise at your own pace and ability. You are invited to bring the person that you care for to our Cafe where staff will be available to stay with them.

Prior to attending fit club, you will be screened by a therapist. Currently there is a short waiting list.

Please contact Paul O’Riordan for further information on 020 8755 4000.

RESPITE at HOME: we can now offer weekly respite in your own home on **Thursdays, from 10.30am to 12.30pm, for carers who wish to have a break, attend an appointment etc. for two hours.**

Our Rehab Assistant is available for this from 2 February.

As spaces are limited to one person per week, booking will be on a ‘1st come, 1st served’ basis - you would need to book this by Monday of the week you would like this opportunity.

TAKING BACK CONTROL (follow up): following our first ‘Taking Back Control for Carers’ session we will be having a follow up for carers who attended the first session on **Tuesday, 28 February from 10 am to 1pm**

Later in the year we will be holding another short course for carers. This will be two, 3 hour sessions. This will focus on the emotional impact of caring for someone with a long term neurological condition, learning coping strategies and relaxation techniques. Please contact Carol Williams, Social Worker, if you are interested, on 020 8755 4000.

EXPLORING SPIRITUALITY AND WELLBEING GROUP: the next meeting dates for this group are: **Wednesday 18 January, 15 February and 14 March, from 2pm to 4pm.** Please contact Janette Pye if you would like further information.

BENEFITS ADVISOR for CARERS: Alexandra Durell, from Richmond Advice and Information will be holding a ‘surgery’ at INS once monthly for Carers who wish to be supported with benefit issues. The first one will be held on Tuesday, **21 February, from 10.30am to 12.30pm** at 82 Hampton Road.

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MUTUAL SUPPORT GROUPS

MUTUAL SUPPORT GROUP FOR CARERS (Parkinson's): the next meeting dates are:
Monday 23 January, 20 February, 26 March, from 12.30 to 2pm.

Tamsin, Senior OT, and our Physiotherapist will be attending the group on 20 February, to offer advice and information that would support you in your caring role, and arrange for individual support or training if needed.

MUTUAL SUPPORT GROUP FOR CARERS (stroke): the next meeting dates are:
Thursday 19 January, 16 February, 22 March at 10.45am at Squires Garden Centre, CAFE AREA.

If you would like further details of these groups please contact Janette Pye, Social Worker.

MUTUAL SUPPORT GROUP FOR CARERS (all neurological conditions) HOUNSLOW:
The next meeting dates are: **Wednesday 18 January, 15 February (Carers' Rights Worker to attend), 14 March, 18 April, from 2pm to 3.30pm.** These are held at MS House, 82 New Heston Road, Heston, TW5 0LJ.

We are just starting this group specifically for those carers who support someone with any of the neurological conditions that meet our criteria, in the HOUNSLOW borough. The aims of these meetings are for carers in the Hounslow area, where there is currently little group support for those caring for someone with a neurological condition, to share experiences, for mutual support and for information, advice and 'signposting' to other organisations for support. We often invite speakers from other relevant or partnership organisations to attend some of the meetings. We anticipate that carers would share ideas of what would be most useful for them, in order to gain maximum support.. ALL ARE WELCOME

MUTUAL SUPPORT GROUPS FOR CARERS (Homelink): the next meeting dates are:
Tuesday 10 January, 7 February (coffee morning), 6 March, from 10am to 11.15am.

For further details please contact Carol Hall, Rehab Assistant on 020 8755 4000.