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**Carers Hub
Lambeth**
Connecting Carers

Mental Health Carers Newsletter

January-February 2014

'New Year- New You'

The January Mental Health Carers Support Group, focused on healthy living with plenty of helpful tips on improving sleep and fitness. If you missed the session and would like to know more about healthy living in Lambeth, sleep tips and osteopathy all the info is available on the Carers Hub website (or via this link <http://goo.gl/6P93m5>). If you would like a copy of the info from this group via post give us a call.

Wider Support Available

With two members of staff now covering Lambeth we are able to offer more opportunities to access our service. We are mindful of the fact that with only one group a month there can be quite a gap between meetings. So, from March 2014, we will be piloting **three ways** to regularly stay in touch and be supported. Details about each session below.

Tuesday Talks

First Tuesday of each month at Woodlawns

The afternoon session is an opportunity to meet other people with experience of supporting a relative or friend who experiences mental ill health, listen to a talk and have a cup of tea and a light lunch. Talks will be on topics related to your role in supporting someone you know. There will be time either side of the presentation for refreshments and a chat. We would be very pleased to hear any suggestions for topics or speakers you would be particularly interested in hearing from. **Our next Tuesday Talk will be on 4th February from 12.30-3pm.**

Open Discussion Group

One Thursday a month 6-7.30pm at Woodlawns

This will be a monthly meeting, providing a space to speak about supporting a family member, close friend, or neighbour with mental ill health and how this might be affecting you. **Our next open discussion group will be 20th March.** As this is the first meeting, part of the time will be put aside to thinking about how the group would like to use the space at each session. We would welcome any suggestions and ideas in how the group could be run – even if you are unable to make the meeting on the 20th.

Open Door Afternoons

Fridays, 1pm-5pm, Twice a month, 'We Are 336'

The Open Door Sessions will offer the chance to drop in at We Are 336 for information, advice and guidance from Carers Hub's Mental Health service. There will be no pre-booked appointments so you can turn up on the day for information and advice. There will be a space available for discussing issues in private. At busy times, waiting may be required. **Our first Open Door Afternoon will be on Friday 14th February.** Sessions will take place on the Ground Floor at 336 Brixton Road.

Tuesday Talks: Woodlawns,
4th February 12.30-3pm,
4th March 11.30-2pm

Open Discussion Group:
Woodlawns, Thursday 20th
March 6 -7.30pm

Open Door Afternoons:
336 Brixton Road (Brixton
Accord), 1-5pm, Friday 14th
February, Friday 28th
February, Friday 14th March,
Friday 28th March.

Solidarity in a Crisis

Out-of-Hours Peer Support
Service in Lambeth

Who's there at the weekend?

Solidarity in a Crisis is a service run by people with lived experience of mental health problems, including carers. Peer supporters offer emotional support and info over the phone and in person to Lambeth residents in distress over the weekend.

Call free 0300 123 1922

Friday: 8pm-2am
Saturday & Sunday: 8am-2pm &
8pm-2am

Get in touch: Want to know more about something in this newsletter? Got some feedback about the service or the new sessions we're piloting? Just need to talk? Call us! 0208 678 5609/ sarah@souththamescrossroads.org/ curtis@souththamescrossroads.org

Learn more about the Mental Health Act

Want to know more about sectioning, confidentiality, the nearest relative role and patient rights?

South London and Maudsley NHS Foundation Trust are holding a day event for carers and service users on the Mental Health Act. This will be a fantastic chance to improve your knowledge of these issues. The event is on **Thursday 13th March 2014, 10.30am-3.30pm at Ortus Centre** (on the Maudsley Hospital site). To book a place at the event contact Bob Lepper on 020 3228 2588 or at robert.lepper@slam.nhs.uk If you're interested we advise you get in touch as soon as possible to secure your place.

ACT for Recovery Workshops

Workshops for carers, friends and relatives of people in [Recovery & Support services](#) run by Dr Emma O'Donoghue, Clinical Psychologist, and Paula Bendon, Carers Support Lead, from the SHARP team.

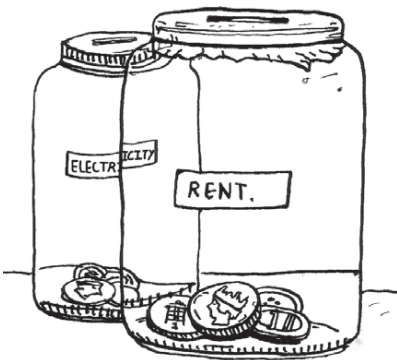
What is ACT for Recovery? ACT stands for Acceptance and Commitment Therapy and is a new talking therapy, which uses a skill-based approach that helps to support people pursue what really matters to them.

The workshops are about helping you to move forward in your caring role, and to help you and the person you care for lead fulfilling lives. The workshops involve learning new skills to help you to cope better when you may feel stuck or times are difficult.

The workshop runs for 4 weeks, followed by 2 top-up sessions 8 weeks later. The next workshops starts on **18th February**. Sessions are on **Tuesday evenings from 6-8pm at SHARP Team at 308 Brixton Road, London SW9 6AA**.

A taster session will be held on **Tuesday, 4th February from 6-7pm at the SHARP Team** to provide a brief overview of what the workshops are about. For more info or to sign up please contact Faye Sim on **020 3228 7050 / 07969 587 557** or faye.sim@kcl.ac.uk.

Mountains of bills?



If you are having difficulties managing your bills, whether it's rent, utilities, or other debt, you might be able to gain support through your current energy supplier.

A number of providers offer one-off grants to help you financially. You need to be able to show that a payment will help you in the long term, and how you would avoid getting into debt in the future. For example, setting up payment plans or

having a meter installed to avoid falling behind with energy bills.

If you would like further information or support in accessing the fund then please get in touch.

Do you care for your brother or sister?

Rethink run a monthly siblings support group. The next meeting is on **Wednesday February 5th from 6.30 - 8.30pm**. Meetings are held at Rethink HQ in Vauxhall, just a few minutes walk from the station. If you are interested in attending the group email Eleanor rethinklondonsibs@gmail.com or call Sarah and Curtis on 0208 678 5609 who can pass on your name (To get into Rethink HQ your name needs to be at Reception so it is important you contact Eleanor before attending)

Can't attend the group or want something different? Rethink have an extensive Siblings Network with lots of specific info online, see more here <http://goo.gl/ePPjX2>

What are all these strange website links?

You might notice we've shortened links to websites, this is just to make accessing them a bit easier. They will take you directly to the relevant websites. **(Be careful to type the lower and uppercase letters.)**

The Carers Hub website events calendar will be regularly updated with important dates and useful resources from Tuesday Talks will be available too.

But I don't have internet access!

If you would like paper copies sent to you or more info on anything mentioned, let us know on 0208 678 5609.

I wish I could use the internet...

If you would like to learn new computer skills contact our Enquiry Line who can advise you on where to access relevant training in Lambeth. There are some courses available through Carers Hub. (020 7642 0038)



Mental illness is nothing to be ashamed of. Neither is talking about it. It's #TimetoTalk.

time-to-change.org.uk



Need a bank account?

Time to Talk Day: 6th Feb

Time to Change, who campaign to end mental health discrimination, are organising Time to Talk Day. They want to get more people talking about mental health than ever before and are aiming to spark one million conversations.

Time to Talk Day is about encouraging people to take the small steps that can make a big difference to people like having a chat over a cup of tea, sending a text or inviting someone out. Find out about local events or organise your own via the link:

<http://goo.gl/JpbDgQ>

SLaM are organising a Time to Talk information stall **all day on 6th Feb at London Bridge Station** run by staff and service users with leaflets about services, mental health conditions, treatments and wellbeing. They are keen to help more people to get the right information about their mental health and start conversations about wellbeing.

If you are currently receiving benefits, in the future to receive Universal Credit you will need to have your own bank account. SHP are running a drop in at **'We are 336' at 336 Brixton Road on Thursday 6th February 9am – 2pm** to help people who need to open an account.

Representatives from Barclay's, Natwest, Co-Op, HSBC and The Credit Union will be there and if you bring sufficient ID it is possible to set up an account on the day or to arrange an appointment at a bank to do so. Katie and Alex, the SHP project workers, can also support you to attend interviews at a bank and provide help getting started with managing the account. They can support you to open and manage a bank account even if you have poor credit history. They will also support you to set up benefits and direct debits into your account. No appointment necessary.

If you can't attend this session but would still like some support to open an account or want to find out more contact Katie and Alex: 0207 735 1771 / 0800 840 1203, KSlee@shp.org.uk, ANorman@shp.org.uk



The Lambeth Collaborative, which has been reshaping mental health services in the borough has launched a newsletter through its website. You can sign up at <http://goo.gl/kRZJyp> - just go to the box on the top right-hand side of the homepage.

The newsletter and website give an insight into the Collaborative's ventures, such as the opening of the Living Well Network Hub in the north of Lambeth, which is working with people differently to support their mental wellbeing. You can also read stories of hope and recovery and get news of upcoming events.

The next big event is on **11th March** and is open to all, including service users and carers. It will be looking at what the Lambeth Collaborative has done so far and what the plans are for the future. The event will run from **12-5pm at Coin Street Neighbourhood Centre** (108 Stamford Street, near Waterloo). RSVP to natalie.sutherland2@nhs.net or phone 0203 049 4268.

Karen Hooper, Carer representative, Lambeth Collaborative.



'Women talk face to face, men talk side by side'

Men's Sheds - Get Involved!

Men's Sheds are a place where men can come together around practical tasks on a regular basis. Men's Sheds offer workshop space, tools, and places for work in progress to be stored, but also offer a chance to meet other men and build local networks. Such groups also work together on community projects. Sheds are appearing across the UK with a new one about to be built in Elephant & Castle.

They are **looking for volunteers**, particularly older men to come and help build a shed for the Darwin Court Men's Shed Project. The big build will take place on **Wednesday 5th February from 9.30am at Darwin Court**, Crail Row, off Catesby Street, London SE17 1AD.

Organiser Alys says *'No skills are required, we are just keen to meet you, and for you to be part of what we hope will be a successful Men's Shed Project. Once the shed is built it will become a space for older men to use as their own, and enjoy activities such as making things, games nights, and socialising. We are keen to hear from everyone about other ideas that they think would work in the space.'*

The UK Men's Shed Association can provide more information about Men's Sheds at <http://goo.gl/kgdGEO>. For more details about the big shed build please contact Alys on 0207 021 4137 / 07809 322 115 email alys.exley@peabody.org.uk

Free Mindfulness Training for Carers

This Spring, Carers Hub Lambeth are excited to offer **free Mindfulness Training** geared towards your role as a carer. The training is part of a research project by Regent's University looking at whether carers benefit in the same way from mindfulness training in a group or self-paced with a workbook. There will be options to do the training through 6 group sessions of 2.5 hours or using a workbook at home.

The sessions run by Tamara Russell and Ozden Bayraktar will be based on the Body in Mind Training Framework helping to quickly develop a deeper understanding of the body and mind, focussing on how this new understanding can be used in everyday life.

Through applying these new skills, mindfulness can :

- Improve mental & physical well-being.
- Improve communication & interpersonal skills.
- Help people who meet challenging situations in their everyday life.

As the sessions are part of a research project those who take part will be asked to complete questionnaires before and at the end of the group, and three months later. This will help the researchers to measure the benefits of the training and see whether there are any differences between the benefits when you attend a group or study at home.

The training will run in Lambeth in **Spring 2014** (details to be confirmed). If you are interested in taking part, you can find out more by contacting Sarah at Carers Hub (0208 678 5609), emailing researchbmt@gmail.com or visiting <http://goo.gl/Ma3Lpv>

Male Carer?

Carers Trust has launched a research project in partnership with the Men's Health Forum on male carers.

They're keen to increase understanding male carers better so services can respond to their needs. They are looking for male carers to complete this survey. If you're a male carer have your say here: <http://goo.gl/LHoJQM>

(or ask Sarah/Curtis for a paper copy 0208 678 5609). The survey will close on Sunday 23rd February 2014 and the results will be published in Spring 2014.

Want to meet other male carers in Lambeth?

Carers Hub Lambeth is currently organising a few meetings for male carers to find out if you are interested in a support group or social activities with other male carers. If you're interested contact Curtis, 0208 678 5609 curtis@souththamescrossroads.org



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