

# Newsletter

Spring 2011

## Contents

	<i>Page</i>		<i>Page</i>
Adult social care savings programme	2	Carers' fashion event	14
Hello and welcome!	3	Camden and Islington awards ceremony	14
Health and Wellbeing Project Update	3	Take a Break!	15-16
'Object Handling' session at CCC	3	i. Activities at Charlie Ratchford Centre	
Carers training news	4	ii. Activities at Kingsgate Resource Centre	
Get Active!	4	iii. British Museum visits	
Profile – Life as a mental health carer	5	Notices and Services	17-18
Respite time at Kiloran	6	i. Making your 'wheelie' safe	
A Day in my Life	6	ii. CamdenShares	
Camden Carers' Voice – Update on progress	7	iii. Calibre audio library	
Poem: Word Bombs	7	iv. Introducing Marcus Mercer	
Carers' Health Noticeboard –		v. Centre 404	
Coming in from the cold	8-9	Carers support groups in Camden	19
The Carers Health and Wellbeing Project	9-13	Help is at Hand	19
i. A carer's perspective		i. Admiral Nursing Direct	
ii. Ball games		ii. Carers Direct	
iii. A road map for motivation		iii. Carers Benefit Helpline	
Mental health carer support service	13	Staff list	20

Central government funding cuts will have a major impact in Camden. There will be a 26% reduction in funding for local government which will contribute to a budget gap of between £80m and £100m in Camden over the next three years. Like the rest of the Council, adult social care has had to find ways of saving money and a number of changes have been proposed to adult social care services in Camden.

### **The proposals**

- Changes to accessible transport services
- Changes to accessible transport services: to stop providing freedom passes for people with mental health problems who do not have a physical disability
- To combine Netherwood and Raglan House day services
- To reduce day support services for people with mental health problems
- To reduce or stop funding services that do not meet needs that have been assessed as presenting substantial or critical risks to people's independence

**The Council are consulting on the impact of these proposals and meetings are being held during February and March so that you can give your views. There will be a meeting for carers but carers and family are welcome to attend any of the meetings.**

### **Carers consultation meeting**

Monday 28 February, 10.30am to 12.30pm

Salvation Army Hall, 10–16 Haverstock Hill, Chalk Farm, NW3 2BL

### **Other meetings where you can give your views**

#### **Mobility panel**

Friday 28 January, 2 to 4pm

National Council of Voluntary Organisations, Regents Wharf, 8 All Saints Street, N1 9RL

#### **Learning disabilities forum**

Wednesday 2 February, 6 to 8pm

Charlie Ratchford resource centre, Belmont Street, NW1 8HF

#### **Public meeting**

Wednesday 9 February, 10.30am to 12.30pm

Kingsgate resource centre, 208 Webheath, Netherwood Street, NW6 2JU

#### **Physical disabilities forum**

Wednesday 16 February, 6 to 8pm

Charlie Ratchford resource centre, Belmont Street NW1 8HF

#### **Sensory needs forum**

Tuesday 22 February 6 to 8pm

Charlie Ratchford resource centre, Belmont Street NW1 8HF

#### **Mental health forum**

Tuesday 1 March, 6 to 8pm

Salvation Army hall, 10–16 Haverstock Hill, Chalk Farm, NW3 2BL

#### **Public meeting**

Wednesday 2 March, 2 to 4pm

Charlie Ratchford resource centre, Belmont Street, NW1 8H

If you are unable to attend a meeting but would like to respond to the consultation, information is available on the Camden website at [www.camden.gov.uk/](http://www.camden.gov.uk/)

You can also contact Camden and ask for more information on **0800 694 0156** (freephone), textphone **020 7974 6866** or email [adultsocialcaresavings@camden.gov.uk](mailto:adultsocialcaresavings@camden.gov.uk)

**The closing date for this consultation is 16 March 2011.**

Hello and welcome to the Spring Newsletter.

I say "spring" but it hardly seems like it at the moment! I hope you all enjoyed the festive season and the New Year which seem ages ago now.

As we go into 2011 so much seems to be dominated by the spending review and the subsequent cuts to services.

The central government cuts will have a huge impact on Camden and as a result of the Comprehensive Spending Review the council has to make savings of £16 million to its Adult Social Care budget over the next three years.

It is important that people have their say and there are more details on page 2 about the planned consultations taking place in Camden.

As reported in the last Newsletter the organisation is going through a period of change and uncertainty. Unfortunately that will be the case for the next two to three years, but it is a challenge I am sure we can rise to meet.

I hope to update you with further information in the next Newsletter.

*Ashley Barber*  
Chief Executive Officer



The Health and Wellbeing Project is entering its sixteenth month. In approximately two months the project will be completing the final work. Carers who have accessed services through the Health and Wellbeing Team will recall that this was a Department of Health Pilot Research project. The aim of the research was to explore whether providing enhanced health and wellbeing support to carers would be of benefit in the short, medium and long term and, if so, how this could be delivered.

The team continue to work through cases, to deliver innovative support, while drawing upon colleagues across the third sector, health and social care for additional resources.

In the remaining weeks project staff will be reporting the key benefits and challenges, and submitting project reports about progress. This will form part of the national research, based in Leeds.

The Project Team would like to thank carers who have supported the project and helped to demonstrate the value of this work, and who have taken time to provide feedback and evaluation.

My thanks to the Health and Wellbeing team, who have contributed to the project outcomes and worked so creatively to deliver the service, besides the wider staff of Camden Carers Centre, for their support and encouragement along the way.

Finally, I would like to extend my thanks to Ashley, Allegra and Karen for their continued support throughout the life of the project.

*Tracie Stevens*  
Health and Wellbeing Project Manager

### INVITATION TO AN 'OBJECT HANDLING' SESSION AT CAMDEN CARERS CENTRE

In conjunction with the British Museum's Community Programmes scheme CCC is organising an 'object handling' session on **Monday 14th March**.

This is a unique opportunity to handle objects chosen from the Museum's teaching collection. As they originate from all over the world, and from different periods in history, it leads to some fascinating discussions about what the objects were originally used for as well as wonderful reminiscences and shared memories. Museum staff will be on hand to assist and answer questions.

The session will take place at 293-299 Kentish Town Road, between 2pm and 4pm. If you would like to participate, please telephone Deborah at the CCC office on **020 7428 8950**. **It is essential that you book in advance.**

THE  
BRITISH  
MUSEUM

You should all have received the latest Training Schedule in January, along with flyers for the first events of the year. I am looking forward to seeing a good number of you at training events this quarter.

We have been fortunate to be offered another series of creative writing sessions with Paul Lyalls, in association with Creative Health Labs. (If you missed a couple of sessions but still want to join the group, please let me know.)

Carers who attended these sessions got so much enjoyment and learning from them and it was particularly good to see carers with English as their second language (around half) receiving encouragement and support from Paul and others in the group, enabling them to produce some beautiful pieces of writing.

Creative Health Labs may also be offering other sessions – in mosaic or art – so look out for those.

Angela Edwards and I will be running more training sessions for mental health carers – not on the Schedule, but information will be sent out in good time. We will build on the work begun with carers around planning for recovery. The previous two sessions were well received – participants gained a lot of practical information, as well as insights and understanding about supporting someone towards recovery.

I would also like to highlight the event on 4th March – Carers Rights and the Caring Relationship.

With the current climate of cuts, locally and nationally, and the personalisation agenda, as well as changes to Community Care Law, it is increasingly important that carers have an understanding of their rights and feel able to make choices about the responsibilities they take on. If you feel this is something you want to explore then look out for the flyer for that day.

Other planned training events will give you the opportunity to relax and let go, or hone your practical skills – so look out for updates and flyers in the next few weeks.

For more information, please do not hesitate to contact myself or Deborah Knight at the Carers Centre.

*Jill Pay*  
Carers' Training Co-ordinator

**GET ACTIVE, HAVE FUN, MEET NEW PEOPLE!**

Camden Active Health Team runs physical activity programmes in venues across the



borough. Classes are fun and sociable, all the instructors are qualified to teach health-related exercise to people of all levels of fitness and ability, and there are classes to suit everybody:

- Healthy bones
- Seated Exercises
- Yoga
- Dance
- Swimming
- Badminton
- Tai Chi

Classes cost £1.20 for residents, £2.40 for non-residents, payable using vouchers which can be bought at all Camden libraries. Register today, see below for details.

**THESE BOOTS WERE MADE FOR WALKING!**

Walking makes you feel good all round – it gives you more energy, helps you manage your weight, reduces stress and blood pressure, keeps your heart strong



and aids better sleep. Camden Active Health organises free health walks, designed for those new to exercise and lasting between 1 and 2 hours. Led by qualified leaders they are a perfect way to walk in a relaxed and friendly atmosphere, while meeting new people and enjoying some beautiful green spaces. Walks take place mid-morning on Mondays, Wednesdays and Thursdays, plus an early morning walk on Saturdays. (There are two walks on Thursdays – one each for women and men.)

There is no need to book, just come to the meeting point. See below for details.



**THE HIGHS AND LOWS – LIFE AS A MENTAL HEALTH CARER**

For Nik M, being a husband, father and carer is an all-consuming role. From the moment his 12-year-old daughter leaves for school until she returns in the evening, Nik’s day is a gruelling routine of collecting medicines, visiting the doctor, liaising with the community psychiatric team and the never-ending, heartbreaking task of monitoring his wife’s highs and lows. This has been a focus of Nik’s life for the past 16 years, ever since she was diagnosed with paranoid schizophrenia.

“I’m constantly needed. With mental illness you can’t predict how a person is going to be, there’s no plateau, the highs and lows are extreme and you know a person is suffering.”

Nik is one of Camden’s army of carers looking after siblings, grown-up children, parents, spouses or friends with mental health problems. Over five million people in England are caring for a sick, ageing or disabled relative – often at huge personal and financial cost. Nik gave up his well-paid career in advertising nine years ago to care for his wife, dedicating 65-70 hours a week to her needs. Across Camden thousands of people provide care for a mentally ill friend or relative. Compared with other inner-city boroughs Camden has high levels of mental illness: 3,000 people are diagnosed with psychotic conditions such as schizophrenia or manic depression, and 37,000 have other illnesses like depression or post-traumatic stress disorder.

Nik says his wife has a “wonderful” community mental health team, and has had the same nurse for 14 years. “She understands me, my family, and my wife in her own context.” However, the day-to-day care, keeping her safe and healthy, still falls to Nik. Many more carers struggle on without even this much support and the outlook is bleak: in Camden a combination of cuts to mental health care and changes to housing and incapacity benefits threaten to increase carers’ burden. Community mental health teams, which help 2,200 people, are being reorganised to ‘streamline’ services, saving £4.4m over the next three years. Nik is worried. “The effects of streamlining will be horrible. We will lose the common-sense approach and assistance from a team who know my wife’s illness and know our family.”

Camden Carers Voice, of which Nik is a member, provides a platform for local carers. It aims to be a “proactive, collective force” for carers’ rights. Nik says, “Collectively we’ll make our protest. If 12- and 14-year-olds, can do it, I’m sure we can too!”

*Based on an original article by Alice Ross. The full version is available on the Camden Carers Voice page on CCC’s website.*



On 15 December at the AGM of the Camden and Islington NHS Foundation Trust Nik was formally elected as a governor. He intends to make representation of carers’ needs his focus.

Would you like to share a day in your life with other carers? We welcome contributions from any and all Camden carers. Please send up to 250 words to Deborah Knight, Camden Carers Centre, 293-299 Kentish Town Road, NW5 2TJ, or email to: [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk). A photograph would also be welcome!

## RESPIRE TIME AT KILORAN

*(At our Carers' Day event last June Christina won the prize draw of a respite break at Kiloran Trust's West London house, and has kindly written about it for us.)*

The night before leaving for the break I woke up thinking that perhaps it was not such a good idea to go, as there was a tube strike. Indeed, a journey that should have taken just over an hour took four! When I arrived I decided to have a glass of wine and a mince tart at Café Rouge. It was a good idea and I then took myself to the respite house

A lovely dark-haired woman wearing a sari arrived at the house at the same time as me. We were greeted by Norma, full of life-energy and always smiling, and settled with tea and biscuits in a large farmhouse type kitchen. I call Norma 'the homing lady' as it was always terrific to come in and find her there. She runs the house and office efficiently, with enthusiasm, and is always happy.

We were taken to our rooms, en-suite, wonderfully simple, ultra-clean, comfortable and welcoming. I remember thinking that there was no baggage my



bedroom and I was sorry I needed to unpack. I also remember the view of the gardens at the rear of the house and I painted this picture so I could remind myself of the peace. We also had a really cosy sitting room where we could read, be quiet or watch telly. If staff were around they would stop to chat.

There were two other guests that week: a woman who was not well but looks after six children and three adults, and the sari lady, who cares for her daughter in very restrictive circumstances. The house and those who tended us made the time easy. Breakfast could be taken whenever it suited: cereal, toast and fruit, tea or coffee. Lunch was also simple, ready for one o'clock, or sandwiches could be taken out. Dinner was home-cooked by one of the staff – and there was always a delicious pudding! All meals are cooked, served, and cleared away by staff, and the food is always delicious and different every evening.

All the staff joined in the table conversation in a sensitive and understanding way. It was good to talk together and insuperable problems, when broken down, didn't seem quite so unmanageable – and we did allay some guilt along the way. Kiloran gave me space in my mind and a positive feeling that I definitely have a pathway forward – and perhaps one filled with flowers.

*Christina*

## A DAY IN MY LIFE

### Getting up

"Move over, MOVE OVER PLEASE!"

There is no room for me in this bed – I'll have to get up. I get the paper, make the breakfast, watch 'Breakfast', feed the cat, cut my toenails, put the washing in the machine, find my spectacles, check the diary, water the stephanotis, and take breakfast up to Julie.

"Sit up, come on, please sit up. I'll help you, up you get! I'll put the pillows behind you."

I give Julie the little squares of buttered marmalade toast one at a time and pass her the tea to drink. I look out her clothes and pad for the day and put them in the bathroom. Then we wait for Angela, the carer. She comes late and in a fluster. Her daughter didn't come home last night and she had to wait for two buses they were so full.

"Good morning Julie, how are you feeling this morning? Are you ready for a nice fresh wash? No, I'm not going away, I'm going to help you get ready for the day centre. Well if you won't come with me, come into the bathroom with your husband while I take the tray down."

Julie sits on the loo while she is undressed, washed, then dressed and the wet pad disposed of. The bed is made and our little procession goes downstairs. Soon the phone rings, it is the transport arriving outside. We find Julie's stick and lead her to the bus.

"Good morning, Julie, mind the step."

"Goodbye, Julie, see you tomorrow – stay blessed!"

"Goodbye, darling. I'll have a nice tea ready for you tonight."

*A Camden carer*



**CAMDEN CARERS VOICE: ONE YEAR ON**

25 carers came along on the 1st December 2010 to mark the first anniversary of CCV. We were pleased to welcome guests Karen Timperley (Carers' Commissioner), Rabia Lemahieu (Family Members Involvement Officer, Centre 404), Marcia Davidson (Age Concern Employment) and Cllr Pat Callaghan, as well as Ashley, Allegra and others from CCC. We had well wishes from Dame Joan Bakewell and Glenda Jackson, MP, who were unable to join us.



We watched a short clip of the *Better Care Choices* film featuring Edelweiss – both she and Nik had been very involved in this work. We all agreed that CCV must remain a force and link to more carers' groups. We want to firm up our representation at key meetings and improve our communication. One big frustration has been the lack of progress with getting an Admiral Nurse service in Camden – still a priority issue.

Jill is seeking funding to develop the Forum Theatre work begun with Nick Llewellyn of Advocate. Everyone who has participated feels it is an empowering and refreshing experience. Cllr Callaghan said that Camden intends to make considerable savings over the next three years and is currently consulting on a Contributions Policy. She wanted to reassure carers that she and her colleagues are with us in this fight. Everyone should go to the Carers UK website [www.carersuk.org](http://www.carersuk.org) and sign up to the 'Don't cut care' campaign.

CCV plans to hold four meetings in 2011. The next will be on **Thursday 17th February**, from 10am – 1pm, at Argenta House, Aspern Grove, NW3. Please come along – and spread the word!

Mad Men  
 Toffee nosed Toffs  
 Millions in Bank  
 Drop  
 WORD BOMBS  
 In Guise of Needed Sacrifice  
 EXPLODE DAILY  
 Into the autumn shades  
 Of Green Trees  
 Seeping foul utterances  
 Into my joyfulness  
 Fill the sunlight slanting shafts  
 Topsy Turvy  
 Fair Weather Forecasts  
 Lying like frozen ice.  
 Confusion  
 Transforming  
 Sunlight to gloom  
 ON THE HOUR  
 Fiction into fact  
 Torrents of unceasing rain.  
 Exploding like Bullets on  
 Playful patios  
 Gales of angst, Gusts of strong winds  
 On their way, Reclaiming our day.

*Jessica Buck*



Photo: Neil Meddemmen

**KNITTING WOOL – DONATIONS WANTED!**  
 If you have any unwanted knitting wool please bring it to Camden Carers Centre – one of our carers is keen to knit toys, baby clothes and shawls for other carers.  
*Would you like to start a knitting group? If you would – or you would like to join one – please let the office know and we'll put you in touch.*

### COMING IN FROM THE COLD.....

Last year, across the winter season, we experienced some of the coldest weather in many years. Coupled with Swine Flu this has presented new challenges for us all – from how we managed to get to work in heavy snow to how to dress for the severe cold snaps. With winter still holding on with its frosty grip, the health and wellbeing team felt it would be useful for carers to know more about the risks of hypothermia and how to prevent this condition and recognise early signs.

Hypothermia can occur when the human body temperature drops below 26°C (95°F) from its usual of 37°C (98.6°F). There are three main forms of hypothermia, depending on how rapidly the body loses heat:

- Acute or immersion hypothermia – rapid heat loss usually as a result of falling into very cold water.
- Exhaustion hypothermia – as a result of tiredness and fatigue the body can no longer generate heat.
- Chronic hypothermia – a much slower and prolonged heat loss – more common in older people who may be living in poorly heated properties or in people who are street sleepers.

The body's usual response to the cold is to warm up by increasing activities and adding layers. However, if exposure to cold continues the body attempts to preserve heat and reduce further heat loss. The body has a clever way of achieving this:

- By shivering (keeping the main organs at normal temperature).
- By restricting blood flow to the skin, as further heat would be lost from the skin's surface.
- By releasing hormones to help generate heat.

If the body recovers, all is well. However, extreme and prolonged exposure drains energy further. As this occurs the body begins to slow down until it shuts down completely. At this stage the shivering process ceases and the heart rate slows down. This final stage of hypothermia can happen rapidly and must be recognised and treated as a medical emergency. **Each year over 400 people die from hypothermia.** Many are older people in our community. Along with age, people who are ill or unable to move around easily (those who have mobility restrictions) are also vulnerable to hypothermia. Other risk factors are poor housing and/or a lack of heating, plus reduced nutrition and food intake. While heating is an environmental factor, food acts as the body's internal fuel, helping to maintain a healthy body temperature.

Others who are at risk are young babies whose hypothalamus (the body's temperature thermostat) is not fully developed, and people who risk exposure from extreme sports and weather conditions, like skiers and climbers.

#### Tips to help during the day:

- Try to heat your main living area to around 18-21°C (64-70°F) and the rest of the home to at least 16°C (61°F).
- Heat rooms that you will use during the day.
- Heat the bedroom before retiring to sleep.
- Use and set timers for heating to be activated before getting up in the morning (if possible) and to switch off when you go to bed.
- In very cold weather set the heating to switch on earlier – this prevents you getting cold as the room or home is trying to heat up while the outside temperature drops.

#### Tips to help during the night:

Try to maintain 18°C (65°F) temperature in the bedroom for overnight – if you keep the heating on.

- If you use a heater in your bedroom during winter open a window slightly or the bedroom door for ventilation and take care to avoid any clothing or bedroom linen coming into contact with the fire during the night, including any risk of bedclothes falling onto it. This is just as important from a safety perspective as making sure we don't become cold!
- Do not use an electric blanket and a hot water bottle together and avoid keeping the electric blanket on while you are actually asleep. Most blankets were not designed to be used during the night, just to initially warm the bed. Have the electric blanket checked and tested every three years – The Fire Service and Age UK can do this.
- If using a hot water bottle on its own try to use one with a fabric cover and make sure the cap is fastened securely to prevent leakage and possible burning. As we age it can be more difficult to judge the true heat against our skin due to changes in our circulation and nerve endings.

#### Keeping Heat in the Home:

Home insulation helps to reduce heating costs and saves money. You may want to find out more about the following:

- Draught-proofing to seal gaps around windows and doors.
- Loft insulation of approximately 10-11" (270mm) helps retain heat.
- Insulate wall cavities to reduce heat loss from the walls.

- Insulate the hot water cylinder and pipes to retain heat and prevent the risk of burst pipes.
- Contact a National Insulation Association Installer by calling **0845 163 6363** or check the website **[www.nationalinsulationassociation.org.uk](http://www.nationalinsulationassociation.org.uk)**

### **Financial support:**

It may be possible to obtain financial support with heating your home, including:

- Winter Fuel Payment;
- Cold Weather Payment;
- Heating Rebate Scheme;
- Warm Front Scheme.

If you are receiving certain benefits during very cold weather you may qualify for a cold weather payment. It may be helpful to read 'Help with Heating Your Home' on

**[www.direct.gov.uk/en/HomeAndCommunity/InYourHome/SupportAtHome](http://www.direct.gov.uk/en/HomeAndCommunity/InYourHome/SupportAtHome)**

Age Concern also publish a guide, 'Winter

wrapped up'. Go to **[www.ageuk.org.uk](http://www.ageuk.org.uk)** or ring **0800 169 6565**.

### **Stay healthy this winter:**

Some things you may want to consider. You can have a free flu jab if you have:

- a serious heart/lung or kidney disease or diabetes;
- a weakened immune system caused by disease or medical treatments, e.g. chemotherapy;
- had a stroke or transient ischaemic attack (TIA).

Also eligible are people aged 65 years or over and pregnant women. Talk to your GP or local pharmacist to check if you qualify and remember to:

- eat regular meals, including hot foods and drinks;
- avoid too much alcohol as it dilates blood vessels leading to further heat loss;
- move about when it's cold as exercise can help to maintain body warmth.

## THE CARERS HEALTH AND WELLBEING PROJECT

### **A CARER'S PERSPECTIVE**

I am very pleased I was able to take part in the carers' health and wellbeing programme. I am a full-time carer looking after both my parents, so I have very little time to explore all the services that are available to me.

My initial health check information date was 24th May 2010, when a group of carers met at the Camden Carers office in Kentish Town to find out more about the Project and ask questions. At this session we learned that the Carer's Health and Wellbeing check is in two parts: first the health check followed by the wellbeing check. All attendees were given a booklet listing information on how to make the most of your health and wellbeing check. We were asked to complete the details in the booklet and bring it along next time.

**My first session** on wellbeing was with Gavin Williams, Carers' Primary Care Development Co-ordinator, on 7th July. We looked at my caring role and talked about any support I needed with my caring tasks. Gavin supported me by attending a meeting between myself, the social worker and a representative from Age Concern, about accessing additional services with my mother's care package. The meeting went well and I felt confident having a member of Camden Carers Centre there. I am also receiving support from

Gavin with regard to my GP practice, where I raised some problems concerning home visits by GPs for my bed-restricted parents. The Practice Manager has phoned me and set up a meeting with me to discuss these issues and try to resolve them.

Gavin Williams referred me to the WISH programme and a representative contacted me regarding possible services they could offer. These consisted of having secure locks on my windows and doors, and I was also provided with smoke and carbon monoxide alarms. Gavin also referred me to the Camden Council Welfare Rights team to carry out a benefits check. The information given to me by the advisor was very useful. The service is confidential and they confirm the appointment in writing, asking you to bring any relevant paperwork and documentation along to the meeting.

Camden Carers Centre has been very supportive with regards to my caring role and they offer help whenever I need it. I am also very grateful for all the courses I have attended, organised by Jill Pay. I am particularly enjoying the creative writing course. Thank you, it has given me more confidence.

**The second session** involved my health check with Tracie Stevens, Carers' Nurse and Manager of the Health and Wellbeing Project, on 28th September. The session was very informal and I

felt very relaxed. Tracie checked my height, weight and body mass index, my blood pressure, cholesterol and glucose levels. I was given a print-out of the details which Tracie also sent to my GP for their information. We also covered the relevance of eye tests and the role of opticians, dental health, well women issues, podiatry, bones, exercise, and bone health, besides diet and healthy cooking and eating. I wanted to focus on diet and health issues and Tracie kindly provided me with very detailed information on this topic as well as providing me with a list of various health walks in my area.

We also covered information about tests like mammograms. Tracie gave me a detailed leaflet and described/demonstrated the correct technique and what to look out for. Cervical screening tests were also discussed and the importance of these in the early detection of cervical cancer. I also took part in a home bowel screening test which is available to people between 60-69 years and Tracie recorded this on the form as well. Other health matters we discussed included retinal screening and its value in preventing eye complications for those with diabetes, bone density scans and the detection of osteoporosis in women, plus how to prevent falls /fractures.

As I wanted to mainly focus on my weight, Tracie gave me some very useful information about losing weight and exercise classes. I am at present attending Weight Watchers group classes. Everyone seems very friendly. At the first meeting the group leader explains the programme and then, according to your weight and height, you are asked what your ideal weight would be. You are given a 5% and then a 10% weight loss target. The cost of each class is £2.99. I have found that I need to be part of a group and this seems to work well for me.

I am also enjoying attending a 'healthy hearts' keep fit class every Saturday morning at St Martins Community Centre in Camden Town. Again, it's an informal class and everyone performs the exercises according to their ability. These classes are part of the Camden Active Health team; people can purchase attendance vouchers from any Camden library costing £1.20 each. Combining healthy eating with exercise is helping me to keep more active. From January I will attend a 'Cooking4Life' course, to learn how to cook more healthily.

At the health check session I asked Tracie if I can please have a follow up session in the New Year,

to update her about my progress. I am looking forward to this session as it will give me a chance to have my weight checked again and also to raise any other questions I have.

Thank you Camden Carers for giving carers this opportunity.

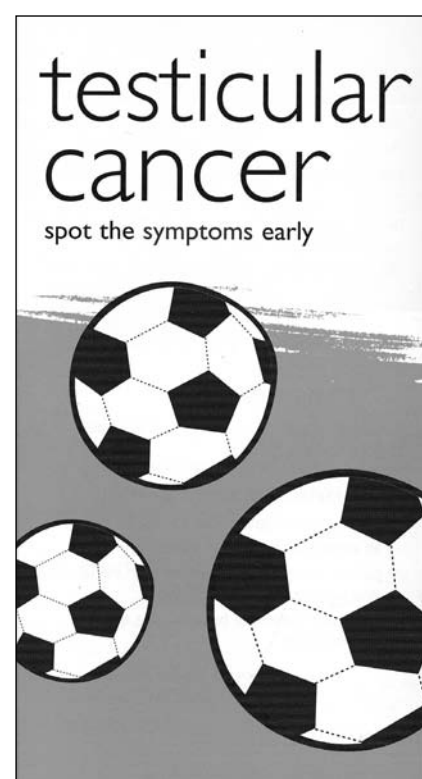
*Nitsa Skeffington*

### BALL GAMES

Testicular cancer is something that we should all be aware of – mums, dads, sisters, brothers, husbands, wives and partners. Even though some men may be sensitive or embarrassed to talk about this condition (and similar personal health issues) there is no reason to shy away from the subject. The nurses in the Health and Wellbeing project are determined to help carers be proactive with health and are embarking on a health awareness and education programme as part of our aim to put male health on the agenda. Camden Carers Centre collectively wants to support male carers, so the first health topic from the Health and Wellbeing Team is all about this.

Whilst rare, testicular cancer is the most common cancer in men aged 15-55, accounting for approximately 1% of all cancers that occur in men. Each year in England an estimated three to six new cases occur for every 100,000 men. It is understood that the condition is affecting more men yearly, yet some of the causes remain unclear. The most prevalent age range for this type of cancer is between 20 and 35, yet education should begin as early as possible, and men are encouraged to be aware until they reach their fifties.

The testicles are two oval shaped male sex organs, both of which sit inside the scrotum. They



act as an important part of the male reproductive system, as their role is to produce sperm and the hormone called testosterone, necessary for the development of new life.

### **Testicular Cancer – The Causes**

Although researchers continue to elicit and understand testicular cancer more and more the fundamental causes remain largely unknown. What is understood is that the later a boy's testicles remain un-descended, especially by the age of about seven, the greater the risk of developing this form of cancer in later life. Infertility presents a higher risk, beside men who have a close male family member diagnosed with the disease. White men, particularly those from higher-income backgrounds, are five times more at risk than black or Asian men.

### **Are all cancers the same?**

No, there are different types of testicular cancer; one is known as germ cell cancer accounting for around 95% of most cases. Germ cells are used by the body to help produce sperm. There are other types of cancer which you can read about online at [www.nhschoices.nhs.uk](http://www.nhschoices.nhs.uk) or [www.macmillan.org.uk/Cancerinformation](http://www.macmillan.org.uk/Cancerinformation) or by telephoning **0808 808 0000**.

### **How would I know if I had testicular cancer?**

Signs to observe for would include any one or more of the following:

- a hard or firm lump on the front or side of the testicle;
- swelling or enlargement of the testicle;
- an increase in the overall firmness of the whole or part of the testicle;
- pain or discomfort in a testicle or in the scrotum – this is the sac that actually holds the testicle;
- any unusual difference between one testicle and the other.

Further signs might include:

- a heavy or weighty feeling in the scrotum;
- a dull ache in the lower stomach, groin or scrotum.

### **Is there any positive news?**

Yes! Almost all testicular cancers discovered are curable **but only if they are detected early on**, which is why the emphasis is on checking for signs of change regularly. This should begin with boys at the time of puberty and beyond. Just like cleaning their teeth, it is important to encourage young men to incorporate these checks as part of

normal adult self-care and health awareness. In fact, most nurses would encourage men to feel proud that they are taking real responsibility for their health and helping to spread this important message. The ideal place for men to observe and check themselves is in the shower or while taking a warm bath.

### **What do I need to do?**

If you are not used to checking for lumps and bumps, don't worry, try to remain relaxed and just have a go, the more often you become accustomed to checking the more confident you will become.

- Hold your scrotum in the palm of your hand, feel the size and weight of the testicle within the sac.
- It is common for many men to have one testicle slightly larger than the other, or one that hangs lower.
- Feel each testicle by rolling it gently between the thumb and finger, it should feel smooth/soft.
- You will notice that there is a soft slightly tender tube running up the back at the top of each testicle which is known as the epididymis; this is a normal part of the anatomy.
- It may help to compare any noticeable changes with the second testicle as it is unusual to develop cancer in both.
- All fine – no action. Anything unusual – act immediately – do not wait!
- Know what is normal for you.
- Understand what changes to look for.
- Report any concerns without delay to your GP/nurse or health worker.

### **Key points:**

Testicular cancer affects predominantly younger males and is treatable and curable while the greatest survival rates occur in those that are detected early.

**'Keep your eye on the ball' campaign** aims to increase awareness among our male population so we can all help in spreading the word.

Cancer Research UK in conjunction with The Department of Health has published a useful information leaflet on testicular cancer. Please ring **08701 555 455** for a copy or email [dh@prolog.uk.com](mailto:dh@prolog.uk.com) quoting reference 270341/Testicular cancer.

*The Health and Wellbeing Team*

### A ROAD MAP FOR MOTIVATION

*(Tracie Stevens, Carers' Health and Wellbeing Project Manager, invited Steve Jones of Skills for Business to submit a feature about his work with her team.)*



During 2010 I had the pleasure of working with Camden Carers' Health and Wellbeing Team, as they came together to develop the national pilot research project service. I worked with the team on two occasions, in late April and again in December 2010.

#### April 2010

On the first day we focussed on team building, which included team skills and culminated in a set of team agreements as a charter to work from.

The morning was spent exploring the importance of motivation, personally and in a business context, and was preceded by each individual completing an 'online diagnostic' to identify their individual motivators. This formed part of a motivational map report, to be unveiled during the morning session. The purpose was to determine the underlying reasons for that 'get-up-and-go' which helps drive each of us in our work – how the maps fit with our colleagues within the team, individual roles, the overall objectives and task of the team. We considered its impact on attendance and performance. This work helped to determine which motivation category each person aligned with and, perhaps more importantly, what could be achieved in each category.

The first step was to reveal the nine various motivators, explaining the merits of each motivator, and where 'challenge' and 'value' could occur between these motivators.

Unlike personality, motivation shifts and changes and it is important to recognise and own this. We soon realised that everyone is different, that it is not easy to guess a colleague's motivation and therefore important for teams working together.

The next step was to reveal the motivations and unpick the report. Once individuals understood their motivators, we were able to look at how current motivation was being met by existing roles. This led to greater discussion within the team, with each having a 'motivational action plan'.

The next stage was to understand the team as a

whole, via a team grid, and discuss the makeup of the team. This identified the overall drive for the team, which was to 'add value' (Searcher); be creative in solutions offered and enjoy challenge (Creator). It was also possible to look at how to adjust roles to best suit the team and the individual and gave each individual's motivational score. These were then aggregated into a team score of 78% – a highly motivated team. Despite the high score the team were also prepared to shift and adapt if and when required; this was demonstrated by the 'ability to change'. The team's appetite for change was also measured and emerged at a healthy 60% in favour of 'managing change'.

The afternoon session focussed on the skills required in a high performing team, again using a diagnostic tool to determine each individual's skill preference and to ensure that the skills were being used to the individual's and teams' best advantage. Each team should have: a leader, visionaries, planners, facilitators, doers and checkers – in good balance, to be effective. If an imbalance occurs the team may become dysfunctional.

The remainder of the afternoon was spent looking at what constitutes a high performing team, benchmarking the team to get a 'feel' of where the team was and what actions needed to be taken. Finally we agreed a set of standards in the form of a 'team charter', which became their accountability towards each other as a team and as individuals.

The feedback from the day was very productive indeed, as Tracie explains:

"I've had very positive and encouraging feedback from the Motivational Maps and Team Building day. We were able to brief the organisation and discuss the benefits of Motivational Maps for the organisation collectively.

"Everyone commented on its 'added value' and potential for our team to further develop and cohesively progress. It has helped us at a very critical point in our team life. As a result I have been able to identify team members' core strengths and build on these, while developing emerging capabilities in others.

"A huge thank you to you, Steve, as the session was invaluable for each of us."

#### December 2010

I was asked to work with the team again to look

## THE CARERS HEALTH AND WELLBEING PROJECT *continued*

at where and how they had matured and to assist with the challenges that remained in the three months before the project completes.

The difference between this day and the first was that the team was now mature but was facing a variety of completely different challenges – staying focussed on the task of completing their project obligations while riding the wave of uncertainty re the future employment market.

I was pleasantly surprised to discover that the overall score for team motivation had slipped by just 2%, to 76% – a true compliment to its leadership. Some individual motivations had actually risen whilst others had lowered (this was realistic, given that several staff had been in post for only a couple of months at the first Mapping session). Interestingly, the team's appetite to face change had risen from 60% to 61% which,

considering the uncertain future, was reassuring. To assist the team's focus I introduced some coaching skills, building on work that Tracie had begun several months earlier. We looked at the main motivational drivers for the team, which had shifted slightly, and now also included expertise and using learning opportunities (Expert). We took these motivators as a context to look at the task ahead and applied a recognised coaching model. The day concluded with a session on Beliefs: looking at how beliefs impact on individuals and teams and how to work with beliefs to improve individual and team performance.

I found working with Camden Carers Centre and the team a pleasure, especially considering the turbulent economic times.

*Steve Jones*

## CAMDEN CARERS MENTAL HEALTH CARER SUPPORT SERVICE

The Mental Health Carer Support Service is managed by Camden Carers Centre and offers support and information to the carer, family member, friend or neighbour caring for someone experiencing mental health problems in Camden. The aim is to provide an easily accessible service that offers practical help in order that carers are able to cope more easily with their caring responsibilities.

Camden Carers Support Service provides the following:

- Information about mental health and local services.
- General information about medication and possible side-effects.
- Help in applying for welfare benefits.
- Advocacy and support in key meetings.
- Help in accessing other services, such as specialist groups, training, carer breaks or respite.
- Emotional support.
- Support in getting a Carer's Assessment.

The service is operational between the hours of 9am and 5pm, Monday to Friday. Appointments can be made to meet either at the office or at the carer's home. The Family Support and Development Worker, Angela Edwards, can be contacted in the following ways:

At the Peckwater Resource Centre, 6 Peckwater Street, NW5 2TX. Telephone: **020 7530 6431**  
Email: **angela@camdencarers.org.uk** or by ringing Camden Carers Centre on: **020 7428 8950**



**Camden**

### IMPORTANT NOTICE

#### Direct Payments

If any mental health carer receives a letter from Direct Payments and is not sure what to do:

**Please contact Angela Edwards**

## CARERS' FASHION EVENT

Saturday 20th November saw a group of staff and carers at Parliament Hill School put on a fashion event with a difference.

Carers from many different backgrounds came and paraded their national costumes and contributed food for a communal feast. Some told us about their costumes, some gave performances, everyone enjoyed themselves. There was plenty to eat and a good time was had by all.

Thanks to all who came on the day and contributed to the success of the event. A special thanks to Angela Edwards for organising – she's promised us a bigger and better event later in the year, so watch this space!!



Photos: Gavin Williams

## STARS SHINE AT CAMDEN AND ISLINGTON AWARDS CEREMONY

Service users, carers and staff were celebrated at the Camden and Islington NHS Foundation Trust's awards ceremony at St Pancras Hospital on Friday 17th December.

80 nominations had been received this year, which is the highest ever – and Angela Edwards, CCC's Family and Carer Support Worker for Mental Health, was nominated in two categories, winning in one! Angela accepted The Carers' Award for the Camden Carers Mental Health Carer Support Group which she set up two years ago.

Pictured is Angela accepting the award along with Camden carers Gloria Farrelly and Liina Muremi.



Photo: Camden and Islington NHS Foundation Trust

From February Angela Edwards will be a certified Mental Health First Aid tutor.

## **ACTIVITIES FOR CARERS AT CHARLIE RATCHFORD CENTRE**

### **SPANISH LANGUAGE LEARNING**

Learn Spanish in a mixed group, including carers, on **Mondays** from **10 am – 12 pm**. Contact Miguel Angel Alforcea. Email: [dsgangels@hotmail.com](mailto:dsgangels@hotmail.com)

### **POETRY FOR PEOPLE aged 60+**

Read and discuss poems and poetry in a fun, lively and friendly atmosphere – and perhaps inspire you to write your own poetry! This is a mixed group, including carers, meeting on **Fridays** from **10.30 am – 1.30 pm**.

### **POTTERY CLASSES FOR PEOPLE aged 60+**

A mixed class, open to carers who are over 60 and Camden residents, or caring for someone from Camden. The classes are on **Fridays**, from **11 am – 2 pm**.



### **RELAXATION FOR PEOPLE aged 60+**

Try relaxation techniques to relieve stress and anxiety, provide balance and calm, leading to a healthier wellbeing. A mixed group, also for carers, meeting on **Wednesdays** from **11 am – 12.30 pm**.

### **STRESS MANAGEMENT FOR CARERS**

Try a one-to-one session with a qualified worker who can offer emotional support and stress management techniques. All areas of stress are covered, including depression, anxiety, panic etc. The sessions are available by appointment, made by ringing the Centre (details below).

### **TAI CHI FOR CARERS**

Tai Chi is a form of gentle exercise, an excellent way of relaxing and improving your balance, posture and mobility. Free Tai Chi classes for carers take place on **Mondays, 11 am – 1 pm**. Classes are very informal – you don't need to be experienced in Tai Chi, and you don't have to commit to attending every session. Wear loose clothing and just come along and join in. For more information contact Deborah Knight on **020 7428 8950**.



## **COMPUTER LEARNING FOR CARERS**

Learn how to use computers and programmes as well as the Internet at drop-in sessions on **Thursdays, 10 am – 3 pm** and **Fridays, 10 am – 1 pm**. Please ring the Centre on **020 7485 2968** for more information.



Charlie Ratchford Resource Centre is on Belmont Street, NW1 (off Chalk Farm Road). For information on all classes and groups meeting at the Centre please ring **020 7485 2968**.

## **ACTIVITIES FOR GROUPS AND CARERS AT KINGSGATE RESOURCE CENTRE**

- Ceramic painting session – **Fridays, 1 pm – 3 pm**. Let your creativity flow by painting on ready-made mugs, plates or cereal bowls.
- Women's exercise class – **Mondays, 11 am – 12 pm**. Gentle chair based exercise class aims to improve flexibility and strength.
- Men's exercise class – **Thursdays, 2 pm – 3 pm**. Exercises with and without dynabands, to build up muscle strength and improve flexibility.
- Tai Chi – **Thursdays, 11 am – 12 pm**. Gentle sessions designed to make you feel more energised, refreshed and balanced.
- Singing for 50+ – **Wednesdays, 1.30 pm – 2.30 pm**.
- Pet therapy – alternate **Fridays, 1 pm – 2 pm**.
- Health talks for over 50s – monthly on **Mondays, 10.30 am – 11.30 am**.
- Shape Up sessions – **Mondays, 1.30 pm – 2.30 pm**. A programme created for people who want to lose weight, limit weight gain, eat healthier food and become more physically active. Please call Sylvia on **020 7624 8818** if you would like more information or to join.



Kingsgate Resource Centre is at 208 Webheath, Palmerston Road, NW6. If you are interested in any of the activities above, please call **020 7328 7613** or **020 7624 8818**. If you attend any afternoon activity you can enjoy a 3-course lunch for only £3. Ring **020 7624 8818** by 11 am on the day.

There are also **carers' support meetings** at Kingsgate – one for **Somali** carers and a general carers coffee morning every **Friday, 11 am – 12 pm**. Please call Liana on **020 7328 7613**.

## MY TRIP TO THE BRITISH MUSEUM

A group of Camden carers was invited by the British Museum to an 'objects handling session' on Friday 3rd December. It was my second visit to an object handling session, so I knew what to expect and I was looking forward for weeks to this gathering. The first time round I had found the whole experience very interesting, educational and a challenge to my knowledge of other cultures' artefacts.

We all assembled in the main hall and after greeting some familiar faces, we were collected by the 'lovely and bubbly' Harvinder Bahra, Community Programmes Co-ordinator, who escorted us to the Sackler Rooms in the Clore Education Centre.

After tea, Harvinder and two friendly museum volunteers laid out the artefacts for our inspection. A few of the items aroused my curiosity straight away – for example, a little gold-plated pendant showing a bird face, from the Mayan culture, and a superb engraved fish from Bali. Two other objects also drew my attention: an African board game called 'Makala', which appeared complicated to me but attractive to look at, but my favourite article must be the giant shell with a beautiful carved wooden mouth piece attached to it. It came from New Zealand and was engraved by the original inhabitants of New Zealand, the Maoris.

To my surprise and joy we were split into two groups; one went to view the West African galleries with their volunteer and our group followed Keith, our volunteer, to see the Greek Elgin Marbles, which was for me the highlight of the day.

Keith answered and explained everything with ease, knowledge and patience. I just loved and admired the Greek sculptures. They are so aesthetically pleasing.

I really had a wonderful and interesting time.

Thank you, Deborah, for organising everything; your hard work is much appreciated.

*Marina.*

Other objects the group handled – and which took some thinking about and discussion as to what they might have been used for – a child's ornamental jacket (for ceremonies or rituals?), wooden snow-goggles, a worry-bead necklace, a wooden comb, a round weight – possibly a 'plumb bob' for attaching to the end of a plumb line, and a box for burying or burning evil spirits.

## TWO TOURS OF THE BRITISH MUSEUM

### The Parthenon Sculptures

Sometimes known as The Elgin Marbles, the sculptures are found on the ground floor of the British Museum, where they have been on permanent public display since 1817.

The Parthenon was built nearly 2,500 years ago as a temple dedicated to the Greek goddess Athena. It was the most important temple in ancient Athens. Sculptures surviving from the Parthenon are also displayed at the New Acropolis Museum in Athens.

Maroulla, having to travel between Athens and London quite frequently for family reasons, says that it has been a joy to be afforded a private tour, something one does not get the time or opportunity to do ordinarily. Nitsa says she was really pleased to have been invited to the object handling session and also to be given the opportunity to meet up with other carers.

Both felt proud and privileged to be of Greek, albeit Cypriot, origin and to appreciate our deep Greek historic roots.

### Ancient Levant

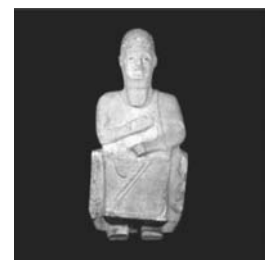
8th millennium BC – 539 BC. The Ancient Levant corresponds to the modern states of Syria (western part), Lebanon, Israel, Palestine and Jordan. The display presents the material culture of the region from Neolithic farmers through to the fall of the Neo-Babylonian Empire in 539 BC, within the context of major historical events.

We wish to convey our appreciation to the Princess Royal Trust Camden Carers Centre (organiser Deborah Knight) and the British Museum Community Programmes Co-ordinator, Harvinder Bahra, and Museum staff and volunteers for arranging this special object handling session as well as the two tours. Something truly unique indeed.

*Nitsa Skeffington and Maroulla Iossif*



*Sculptures of the Parthenon (young cow and herdsman from the south frieze of the Parthenon)*



*Statue of Idrimi, 16th century BC – a king of Alakh (modern Turkey)*

THE  
BRITISH  
MUSEUM

### MAKING YOUR 'WHEELIE' SAFE

We've all seen it – a glossy little mobility scooter zips past, its driver apparently rehearsing a Top Gear appearance, oblivious to passing pedestrians and bumps in the pavement. If you've ever been cut up on a narrow pavement by a power-chair driven at a speed that makes it hard to know which way to jump – read on!



Camden Council has developed a new training DVD that could help over 300,000 new and existing mobility scooter and powered wheelchair users in the UK to get where they want to independently and, above all, safely.

Josephine Allman, head of accessible transport services at Camden Council, who commissioned the DVD says: "The DVD aims to ensure that people who use scooters and power-chairs get the most they can out of them – safely. While not intended to replace hands-on training, it can greatly help new users of mobility vehicles to learn about the equipment and encourage safer travel. The DVD also provides answers to frequently asked questions (FAQs) on issues such as insurance, breakdown cover, using public transport and vehicle accessories. It can refresh people's memory of training they have already had and clarify the law relating to mobility vehicles. We are confident that the DVD will be popular with users, carers, and professionals – as well as pedestrians."

Nearly 80% of people over 16 surveyed by the Department for Transport feel mobility scooter users should have training before they drive a scooter, yet more and more people are buying mobility vehicles on the internet or second hand. They then use them with no training and without realising they can be dangerous for themselves and others, if misused. Too often people don't get any formal training and some companies charge a lot to show them how to use the equipment. Many users may not be able to

afford training or even realise how important it is. Yet many reputable organisations, including Shopmobility, offer practical training and demonstrations. The DVD provides an excellent reminder of the important points, which can be referred to in the comfort of a user's own home.

Camden Council worked with older and disabled mobility vehicle users and partner organisations from health, transport, and social care backgrounds to develop the DVD. It has three sections: scooters, power-chairs and FAQs, using animated characters to illustrate real life situations in a clear and easy to understand format. The package also includes pocket-sized scooter and power-chair user guides and an adapted Highways Guide. Subtitles and sign language options for viewers with hearing impairments are also included.

The DVD costs £14.99, including postage; terms for bulk orders are available on request. For more information contact [pats@camden.gov.uk](mailto:pats@camden.gov.uk) or ring **020 7974 2436**. To view an excerpt of the DVD, please visit [www.camden.gov.uk/scootability](http://www.camden.gov.uk/scootability) or [www.myjourney.org.uk](http://www.myjourney.org.uk)

### CAMDENSHARES

CamdenShares is about linking up people, groups and organisations, encouraging them to share their skills and resources in the belief that things are better done when people work together – which means everyone: staff, volunteers, users and communities. A timebank is used to achieve this – people give their time, skills and energy and receive something of equal time-value back – training, meeting space, use of a minibus or cinema tickets, for example. Using time as the method of exchange, we can open up the possibility for each of us to do more, give and receive more, and be involved in designing more.

If you are interested in getting involved with CamdenShares, please call Gavin on **020 7278 4437** or email [gavin.atkins@hcct.org.uk](mailto:gavin.atkins@hcct.org.uk). Alternatively take a look at the website [www.camdenshares.org.uk](http://www.camdenshares.org.uk)

CamdenShares wants to hear from people who are interested in giving their time and skills (as well as getting stuff back) or want to help shape CamdenShares for the future. CamdenShares can be whatever the members want to make it – how would it be useful to you?

### **Calibre Audio Library**

Do you love books but struggle to read, perhaps because of sight problems or dyslexia, or because it's getting difficult to hold a book or turn the pages? If so you might like to try books from Calibre Audio Library.

Calibre provides a free postal lending library of audio books. It's a nationwide service, with 19,000 members, and all books are recorded unabridged. You can listen to your favourites, at home or on the move. As one member commented, "With a book I'm completely free. I can go anywhere and be anything I want!"

As it is a postal service you can exchange your books as often as you like, and with over 8,000 titles in the library you'll never run out of new books to read. The choice includes the latest bestsellers, classic fiction, detective stories, romances, and popular non-fiction such as biography and travel. There's also a Young Calibre collection for under-16s. Best of all, there's nothing to pay – no subscription, no fines,

no postage costs and no charge for lost or damaged books.

The library is really easy to use. You can either choose the books you want to read yourself (Calibre's staff can help you to do this). Or you can tell them what sort of books you like and they will choose for you, based on your preferences. Books are available on MP3 format CDs or USB memory sticks. The digital format gives a better sound quality than cassettes and most books fit onto just one disk or stick. However, Calibre members with sight loss can also receive books on cassettes.

If you would like to know more, or if you are interested in joining the library, please phone **01296 432 339**, email [enquiries@calibre.org.uk](mailto:enquiries@calibre.org.uk) or visit the website [www.calibre.org.uk](http://www.calibre.org.uk) (Calibre Audio Library is a registered charity established in 1974. Charity number 286614.)



### **Introducing Marcus Mercer, Crossroads Young Carers worker**

Marcus started working at Crossroads Camden in September 2010. He aims to build on the service currently being delivered and develop other areas, such as more partnership working with local community and youth groups.



Marcus has several years' experience working for YMCAs and the Prince's Trust and he will use the networks he has established to enhance the work and provision for Crossroads Young Carers. All activities and workshops will enable participants to improve health and fitness along with supporting character building by improving their communications skills, problem solving, leadership and more.

Marcus intends to provide a service that recognises hidden young carers and supports them and their families to live fuller lives by providing care for those affected and respite through activities, training and counselling.

Marcus can be contacted on **020 7485 7416**.

### **CENTRE 404**

#### **Family Members Focus Group**

For family members of adults with a Learning Disability living in Camden.

This is your chance to find out more about issues important to you and the family member you care for.

**Wednesday 16th March 2011 at 10.30-12.30pm**

**Focus:** Tricia Handley, Nursing Manager of Adult Social Care, will come and talk about annual GP Health Checks for people with learning disabilities, Health Action Plans for people with learning disabilities and Hospital Passports — essentially booklets containing relevant information that hospital staff need to know and which the person takes to hospital.

The meeting is also a chance for you to meet other family members and to raise issues for future meetings.

Please contact Rabia Lemahieu at Centre 404 for more information or to confirm your attendance: **020 7697 1337** or email [rabial@centre404.org.uk](mailto:rabial@centre404.org.uk)

The meeting venue is: The Salvation Army Hall  
10-16 Haverstock Hill, NW1



## CARERS' SUPPORT GROUPS RUN BY CAMDEN CARERS CENTRE

**For all carers** – The longest-established support group run by Camden Carers Centre meets at **'Mind' in Camden, Barnes House**, 9-11 Camden Road, NW1 on **alternate Wednesdays**, from **10.30 am – 12 noon**. Dates to the end of March are as follows: **23rd February, 9th and 23rd March**.

For further information please phone Jean Wallace on 020 7586 5405 or Caroline Allouf on 020 7428 8956.

### For African and Caribbean carers

Meets on the first **Friday** of the month at 293-299 Kentish Town Road, in the first-floor meeting room, from **10.30 am – 1.30 pm**.

Please contact Angela Edwards on 020 7530 6431.



## OTHER CARERS' SUPPORT GROUPS IN CAMDEN

### For all carers

Two carers groups meet at **Charlie Ratchford Resource Centre**, Belmont Street, NW1. All carers group on the second **Thursday** of the month, **10 am – 12 noon**, and a Self-help dementia carers group, run by carers for carers, **first Thursday, 2.30 pm – 4 pm**.

Ring 020 7485 2968 for further information.

### For carers of people experiencing mental distress

A support group for carers of people with mental health problems meets at **Peckwater Resource Centre**, 6 Peckwater Street, Kentish Town, NW5, on the **second Tuesday** of the month between **10.30 am** and **12.30 pm**.

Contact Angela Edwards on 020 7530 6431.

**Mind in Camden** provides a 'Carers Space' where carers of people with mental health issues can be supported by a qualified therapist on a one-to-one basis. Carers Space will be **every Monday** at Barnes House, 9-15 Camden Road, NW1, from **6.30 pm – 8.00 pm**.

Booking is necessary.

Please phone or text Richard Oliver on 07956 418 601 if you are interested.



## HELP IS AT HAND

### ADMIRAL NURSING DIRECT

Information and support by phone and email (provided by experienced

Admiral nurses) for professionals and family carers of people with dementia.

Tel: **0845 257 9406** or email: **direct@fordementia.org.uk**

### Admiral Nursing DIRECT

Supporting people affected by dementia

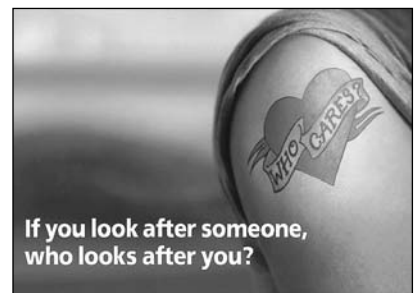


Telephone **0845 257 9406**

### CARERS DIRECT

For general advice and support over the phone.

Tel: **0808 802 0202**



If you look after someone, who looks after you?

### PRINCESS ROYAL TRUST CARERS' BENEFITS HELPLINE

The PRT's free helpline, offering advice specifically on welfare rights and benefits, is staffed between

**10 am and 4 pm, Monday to Friday**. Outside those hours and at weekends there is a live answering service. Phone **0800 161 3839** or go to: **www.carerscentre.com**



## **CAMDEN CARERS CENTRE STAFF**

**Staff based at Camden Carers Centre, 293-299 Kentish Town Road, NW5 2TJ**

### **Chief Executive Officer**

Ashley Barber 020 7428 8955 email: ashley@camdencarers.org.uk

### **Deputy Chief Executive Officer**

Allegra Lynch 020 7428 8967 email: allegra@camdencarers.org.uk

### **Family and Carer Support and Development Workers**

Caroline Allouf 020 7428 8956 or 07852 431 234 email: caroline@camdencarers.org.uk

Susan Burchell 020 7428 8957 or 07980 801 718 email: susan@camdencarers.org.uk

Razia Choudhury 020 7428 8952 or 07527 231 092 email: razia@camdencarers.org.uk

Prodeepta Okell 020 7428 8951 or 07527 230 132 email: prodeepta@camdencarers.org.uk

### **Carers Training Co-ordinator**

Jill Pay 020 7428 8954 or 07508 420 210 email: jill@camdencarers.org.uk

### **Office Administration and Information and C-TOP enquiries**

Deborah Knight 020 7428 8950 email: admin@camdencarers.org.uk

### **Carers Health and Wellbeing Project**

Tracie Stevens, Project Manager 020 7428 8953 or 07531 172 233 email: tracie@camdencarers.org.uk

Lucy Raymond, Project Worker 020 7428 8964 or 07532 268 881 email: lucy@camdencarers.org.uk

Elaine Roberts, Administrative Co-ordinator 020 7428 8958 email: elaine@camdencarers.org.uk

Katie Stewart, Project Worker 020 7428 8965 or 07811 507 689 email: katie@camdencarers.org.uk

Sharleen Rudolf, Carers Nurse 020 7428 8963 or 07790 235 396 email: sharleen@camdencarers.org.uk

### **Carers Primary Care Development Co-ordinator**

Gavin Williams 020 7428 8966 or 07929 882 137 email: gavin@camdencarers.org.uk

### **Staff member based at Swiss Cottage Community Centre, NW3**

#### **Family and Carer Support Worker**

Jean Wallace 020 7586 5405 or 07969 626 106 email: jean@camdencarers.org.uk

### **Staff based at Royal Free Hospital**

#### **Family and Carer Support Workers – Hospital Discharge Project**

Naomi Feather Monday, Tuesday and Wednesday morning  
020 7794 0500 ext 36705 or 07951 586 334 email: naomi.feather@camden.gov.uk

Rosanna Thurlow Monday to Friday, ext 36705 or 07546 278 067  
email: rosanna.thurlow@camden.gov.uk

### **Staff member based at St. Pancras and University College Hospitals**

#### **Family and Carer Support Worker – Hospital Discharge Project**

Jo Standen 020 3317 3339 or 07805 253 641 email: jo@camdencarers.org.uk

### **Staff member based at Peckwater Centre, NW5**

#### **Family and Carer Support Worker – Mental Health**

Angela Edwards 020 7530 6431 email: angela@camdencarers.org.uk

Camden Carers Centre also employs a counsellor, Evelyn Blumenthal, one day a week.  
For information about counselling please ring 020 7428 8950.

## **CAMDEN CARERS CENTRE**

**Tel: 020 7428 8950**

**Email: [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk)**

**Web: [www.camdencarers.org.uk](http://www.camdencarers.org.uk)**

