We Care Together

The Newsletter for Carers in Tower Hamlets

CARERS CENTRE TOWER HAMLETS

Autumn 2019

21 Brayford Square, Stepney, London, E1 0SG | Tel: 020 7790 1765 | enquiries@ccth.org.uk | www.ccth.org.uk

Young Adult Carers Project

Tower Hamlets Young Adult Cares Project provides one to one and group support for young people aged 16-25 who look after a parent or close relative with severe long term mental or physical illness. The service is focussed on emotional wellbeing and provides support for a range of personal issues as well as giving carers regular breaks from their home environment with sessions delivered by experienced staff who are able to listen and respond to their needs.

- We provide a weekly social group for young adult carers to get together, make friends and take part in activities at our centre. Starting Wednesday 2nd October- 4pm-7pm
- Targeted one to one support for specific issues.
- To enquire call our Young Adult Carers Support Worker Ben on 0207 791 5593 or 07869 387 665 or e-mail benjamin@ccth.org.uk

Dates For Your Diary

all events at the Carers Centre (unless otherwise stated)

OCTOBER

Wed 2	**Young Adult Carers (16-25) Group** (Every Wednesday- NOT Wednesday 18th December- starts again Wednesday 8th January)	4pm - 7pm
Thu 10	**Create- Jewellery Making**	11am - 1pm
Thu 17	**Create- Jewellery Making**	11am - 1pm
Sat 12	**Cake and Conversation**	11.30am - 2.30pm
Mon 14	**Therapy Day**	10am - 3pm
Tue 15	**Carers Forum**	11am - 1pm
Mon 14	**Life After Caring**	10.30am - 2.30pm
Thu 17	**First Aid Peer Support Group**	2pm - 4pm
Sat 19	**First Aid Training**	11am - 4pm
Thu 24	**Support Group for Carers of more than one Person-**	2pm - 4pm
Mon 28	**Assertiveness and Confidence Building**	10.30am - 3pm
Wed 30	**Relaxation Day**	10.30m - 3pm

NOVEMBER

Sat 9	**Cake and Conversation**	11.30am - 2.30pm
Tue 5	**Renal Carers Peer Support - Hanbury Seminar Room 9th Floor RLH**	11am - 1pm
Mon 11	**Therapy Day**	10am - 3pm
Tue 12	**Carers Forum**	11am - 1pm
Fri 15	**Lasting Power of Attorney, Wills & Funeral Planning**	10.30am - 1pm
Mon 11	**Introduction to Dementia for Carers**	11am-1pm
Wed 27	**Relaxation Day**	10.30am - 3pm
Thu 28	**Support Group for Carers of more than one Person**	2pm - 4pm
Thu 28	**Christmas Trip: Canary Wharf**	10.30am - 3pm

DECEMBER

Tue 3	**Renal Carers Peer Support - Hanbury Seminar Room 9th Floor RLH**	11am - 1pm
Wed 4	**Christmas Trip: Southbank Centre**	10.30am - 3.30pm
Mon 9	**Carer Mentor Training**	10.30am - 3pm
Sat 14	**Cake and Conversation**	11.30am-2.30pm
Wed 18	**Carers Christmas Party**	11am - 3pm
Fri 20	**CLOSED from 1pm to Fri 27**	
Fri 27	**CLOSED**	

JANUARY

Wed 1	**CLOSED**	
Mon 6	**ESOL Training**	10am - 12.30pm
Tue 7	**Renal Carers Peer Support - Hanbury Seminar Room 9th Floor RLH**	11am - 1pm
Sat 11	**Cake and Conversation**	11.30am - 2.30pm
Mon 13	**Therapy Day**	10am - 3pm
Tue 14	**Carers Forum**	11am - 1pm
Wed 29	**Relaxation Day**	10.30am - 3pm

Please contact the Carers Centre if you would like more information on any of our services

New Staff

We are excited to announce that we have a new member of staff here at the Carers Centre. Ruhela Akhtar is now in post and will be providing benefits advice alongside Abdul.

Ruhela has a great deal of experience and is an excellent addition to the team.

Christmas Trips

This year rather then have one large trip we have decided to have smaller London based trips to utilise all of the amazing events and markets in the city.

- The first trip will be to the Canary Wharf Christmas market which includes beautiful Christmas displays and an Ice Rink for the more adventurous among you! We will also be including a stop of at the lovely Crossrail Roof garden in this trip. **Thursday 28th November 10.15am-3pm.**
- The second trip will be to the Southbank Centre's Christmas Market. The Thames-side arts venue is set to be magically transformed into a festive wonderland once more in the build-up to the big day. As in previous years, a charming Christmas market full of traders selling festive treats and gifts will be setting up shop outside the Southbank Centre, while a season of enchanting Christmas performances will take place at the stage area. We will be meeting at **Whitechapel Station** on **Wednesday 4th December 10.30am- 3.30pm**.

Both trips are FREE however we will be taking a deposit. The deposit will be £5 and will be refunded on the day of the trip. Please also note that Carers will not be able to attend both trips, this is to ensure that the greatest number of carers have the opportunity to attend a Christmas Trip.

Carers who attend will need to be able to use public transport (travel will be paid for by the Carers Centre).

To put your name on the waiting list please call on 0207 790 1765, email enquiries@ccth.org.uk or pop in and see us.

Carers Christmas Party

This years Carers Christmas Party will be on Wednesday 18th December at 11am - 3pm. Our Christmas parties are wonderful occasions with fun, food and friendship! This year will see the return of the ever popular raffle.

Christmas Closure

We will be closed over the Christmas period. We will be closed from 1pm Friday 20th December and will reopen 9am Monday 30th December. We will then be closed on the 1st January.

All Carers can now register at the Carers Centre.

One of the many new and exciting changes here at the Carers Centre is that 'secondary' Carers can now also register here for support. We know that it is often the case that multiple members of a family or group of friends may help to take care of one person but until now have been unable to extend our support beyond the primary carer. However, if someone else also helps to look after the person you care for, they can now register here for support and advice. There is no limit to the number of carers who can register and no minimum amount of hours that a carer must be providing support

If you know someone who is a secondary Carer you can register them via our website www.ccth.org.uk or they can call us on 0207 790 1765 or email us on enquiries@ccth.org.uk and request a registration form.

Hospital Hub

We have a dedicated hospital worker based in the Royal London Hospital. Ayeda can be found at The Carers Centre Tower Hamlets Information & Support Hub which is situated on **11th Floor, South Tower (access via Lift Core 5)**.

If you Care for someone who is in the hospital or if you know someone who does, please direct them to our Hub or contact Ayeda herself on ayeda@ccth.org.uk

Volunteers needed

The Carers Centre is looking for volunteers. Do you think you could commit some of your time and experience in helping the staff team deliver services to carers?

If volunteering interests, you then please contact Tony Collins-Moore or Eklima Khatun either by phone on 0207 791 5596 or tony@ccth.org.uk & eklima@ccth.org.uk

Carers Academy Training

Nutrition and Healthy Eating for Carers

- Part One - Healthy Diet and Nutritional Information
- Part Two - Time management and Food Safety
- Part Three - A practical session that includes healthy eating for the diverse carer population in Tower Hamlets and their needs Monday 7th October 10.30am- 1pm

Life after caring

This course aims to guide carers through the difficult end of life stage of the person you care for, preparing yourself for the emotional consequences of losing a loved one, what to do with when dealing with professionals, how to deal with bereavement and depression and how to positively look to the future such as looking after your physical and mental wellbeing or considering return back work or volunteering. Monday 14th October 10.30am- 2.30pm

First Aid Training

10 Places per session

One day course provided by a certified first aid trainer delivering a four-hour training session. Saturday 19th October 11am- 4pm

Assertiveness and Confidence Building

A one-day course delivered by ReThink that aims to help you become more confident and assertive throughout many areas of your life including family, friends and or professionals. The understanding gained through this learning should also help improve your caring role in addition to your wellbeing. Monday 28th October 10.30am- 3pm

Lasting Power of Attorney, Wills and Funeral planning

This training aims to help carers understand the Lasting Power of Attorney process, the importance of making a will for yourself and the person you care for, it is also important to look in advance of someone passing how to plan for the funeral that suits you and your loved ones. Friday 15th November 15th 10.30- 1pm

Introduction to Dementia for Carers

The training will aim to raise awareness of common types of Dementia, the lived experience of caring someone with Dementia and information on support for carers. Monday 11th November 11th 11am - 1pm

Carer Mentor Training

The course aims to train volunteers to become mentors/carer buddies who can confidently support new carers accessing our service. You will learn basic counselling skills, how to listen to carers who need an emotional helping hand, how to conduct the carer star chart feedback forms and how to signpost carers to health and wellbeing activities. Monday 9th December 10.30am- 3pm

You can apply for courses the following ways: Phone: 0207 791 5596, Email: academy@ccth.org.uk or in person when you visit the carers centre

Editorial

Unfortunately and despite all our security measures already in place, like many organisations, the Carers Centre's IT system has recently suffered from an isolated incident of hacking. We can report that as soon as we became aware of the incident we acted very quickly and we are pleased to say that the security measures we already had in place prevented any loss or damage being suffered. We can also report that we have now carried out a full IT audit and as a result, we have strengthened our IT systems to be even more robust and secure than they were previously.

We hope that this statement reassures you that here at the Carers Centre we take protecting your information very seriously and that security is a priority to us. If, however, you have any questions regarding this matter then please contact Danielle at the Carers Centre.

A reminder that we would like to have a section in the newsletter for Carers if you have any artwork, poems or recipes that you would like to share please pass them on or send them to Tony Collins- Moore tony@ccth.org.uk or Danielle Hudson danielle@ccth.org.uk

Message from Pauline O'Halloran, Interim Director

Hello Everyone,

It gives me great pleasure to add my first message as the Interim Director.

It has been a very busy time here at the Carers Centre getting to grips with all the services, and events that are on offer. Getting to know you the Carers and listening to you about your experiences of attending the Carers Centre has been a pleasure. I have worked with many different teams and services over the years and can say that working with the staff team has been very inspiring.

The carers centre is not complacent and is aware that it has more work to develop alongside our staff and Carers.

I look forward to meeting you as you attend the Carers Centre.

Best Wishes

Pauline

OCTOBER 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Young Adult Carers (16-25) Group 4pm-7pm	3	4	5	6
7	8	9 Young Adult Carers (16-25) Group 4pm-7pm	10 Create- Jewellery Making 11am-1pm	11	12 Cake and Conversation 11.30am-2.30pm	13
14 Therapy Day 10am-3pm Life After Caring 10.30am-2.30pm	15 Carers Forum 11am-1pm	16 Young Adult Carers (16-25) Group 4pm-7pm	17 Create- Jewellery Making 11am-1pm First Aid Peer Support Group 2pm-4pm	18	19 First Aid Training 11am- 4pm	20
21	22	23 Young Adult Carers (16-25) Group 4pm-7pm	24 Support Group for Carers of more than one Person 2pm-4pm	25	26	27
28 Assertiveness and Confidence Building 10.30am-3pm	29	30 Relaxation Day 10.30am-3pm Young Adult Carers (16-25) Group 4pm-7pm	31			

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16	17	18 Carers Christmas Party 11am-3pm	19	20 CLOSED from 1pm	21 CLOSED	22 CLOSED
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28	29
30	31					

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