



Carers Hub Lambeth

CONTACT THE TEAM ON!
connect@carershub.org.uk | 020 7501 8970

Hello everyone,

It's nearly June, which is an important month in our calendar, as that means **Carers Week**. Learn more about our Carers Week events below.

This month we also have our regular peer support groups, Welcome Session and Emergency Planning Workshop. As well as a couple of special events for you to join.

The Government's plans to reform the welfare system, published in the 'Pathways to Work Green Paper', include changes which affect carers. If you are worried or maybe affected, please contact one of the team for support

We ask all Carers who access our services to follow our Code of Conduct.

If you need anything or would like to talk to a member of the team, feel free to give us a call on 020 7501 8972.

Best wishes,
Carers' Hub Team



Still Life Painting course

Fridays, starting on 6th June

2 pm - 4 pm at We Are 336

Learn more about drawing, printing and painting techniques.

We're going to be using watercolours, coloured pencils and Lino printing to explore a range of still-life painting techniques. We'll also be using ink to explore old-master sketching techniques and working with coloured pencils on black paper.

Goodbye James

Friday 30th May

3 - 5 pm at We Are 336

Our current Adult Services Team Leader, James, will be leaving Carers' Hub at the end of the month, and we wish him all the best in his new job. If you would like to say goodbye please drop in.

Regular activities

Emergency Planning Workshop

Let's discuss what should happen if you find yourself in a situation which means you cannot fulfil care responsibilities.

Date: Monday 30th June

Time: 2:30 - 4 pm

King's College Hospital

Legal Clinic

Book a slot to talk to a lawyer about the **Court of Protection** via a pre-booked Phone Call with Anthony Gold solicitors.

3 SPACES AVAILABLE

Date: Wednesday 11th June

Time: 5 - 7 pm

Online

Welcome to Carers' Hub meeting

Learn about what Carers' Hub can do to support you, and who we are.

Date: Monday 16th June

Time: 12 - 1 pm

Online via Zoom

Mindfulness

Check-in to focus on being aware of what you are sensing and feeling at the moment, help relax the body & mind, and to reduce stress.

Date: Friday 6th & 20th June

Time: 1:30 - 2:30 pm

OR

Date: Monday 23rd June

Time: 10 - 11 am

Online via Zoom



Working in partnership, Carers' Hub Lambeth and MYsocial are delivering the Lambeth Carers Card scheme.

The Lambeth Carers Card connects unpaid carers to helpful information and resources.

If you are interested in getting a card, please contact the team on 02075018970.

Share your Story

We would like to give you the opportunity to share your story of being an unpaid carer. It is helpful to stakeholders, our partners and other carers to learn from those who have first-hand experience.

If you are interested in contributing, please contact the team on 02075018970.

Carers Week activities

Mind-Body Pamper Session

Join us for a special session of Mindfulness, both of body and mind, to boost your wellbeing, connect with others and learn some resources to manage stress in daily life.

The session includes mindful movements, self-massage and meditation.

12 SPACES AVAILABLE

Date: Monday 9th June

Time: 2 - 4:30 pm

Meet at We Are 336

Hand Cream & Hand Massage

Learn how to make your own hand cream from natural products whilst connecting with other carers and showing your hands some appreciation for all the great work they do.

12 SPACES AVAILABLE

Date: Tuesday 10th June

Time: 10 am - 12 pm

Location TBC

Online

Carers' Rights under the Care Act

Discussion on your rights as a carer and an overview of the Care Act:

- What is social care and who can access it?
- What is the Care Act?
- 4 Stages of securing social care for carers and the people they care for.
- Access Social Care top tips.

15 SPACES AVAILABLE

Date: Thursday 12th June

Time: 10 am - 12 pm Online
via Microsoft Teams

Carers Assessment and Care Act Session

Join Carers' Hub and Lambeth Adult Social Care for a discussion on Carers Assessments and the Care Act. Ask a Social Worker about what local support you can receive, learn more about how Lambeth conducts Carers' Assessments and how you get one.

Date: Friday 13th June

Time: 10 - 11:30 am
Online via Google Meet

Peer Support Groups



Mental Health Carers

For those supporting someone with a mental health issue.

We will be discussing your shared experiences and a space for an open discussion.

Date: Wednesday 4th June

Time: 6 - 8 pm

Mosaic Clubhouse, 65 Effra Road

Adult Carers

For those supporting someone with physical disability, a long-term health condition, stroke, or cancer.

We will be discussing your shared experiences and creating a space for some arts and crafts.

Date: Friday 6th June

Time: 10 am - 12 pm

We Are 336, 336 Brixton Road

Dementia Carers

For those supporting someone with Dementia or a cognitive impairment.

We will be discussing Caring Styles and building your caring community.

Date: Wednesday 11th June

Time: 2:30 - 4 pm

**Bellefields Café at The Department Store,
9 Stockwell Avenue**

Learning Disability and Neurodiverse Carers

For those supporting someone with Dementia or a cognitive impairment.

We will be discussing Learning Disability Week with Eunice Onaiyekan, Learning Disability Nurse & Safeguarding Lead at KCH.

Date: Friday 20th June

Time: 11 am - 12:30 pm

**Jennie Lee House
34 Love Walk, London SE5 8AD**

Substance Misuse Carers

For those supporting someone with a drug or alcohol addiction.

We will have an opportunity for open discussion and peer-led support on shared or similar personal carer experiences.

Date: Wednesday 25th June

Time: 6 - 7:30 pm

Mosaic Clubhouse, 65 Effra Road