

Opportunities for Mental Health Carers to take a break during June to September 2015



Some events featured here and in the Bulletin will require prior booking but many are just drop-in on the day. These breaks are an opportunity to take time out from your caring role as well as meet with other carers. All events come at no cost to you unless otherwise specified. If you want to know more, please get in touch on 020 8296 5611 or email mentalhealth@suttoncarerscentre.org

Carers Week 2015

Monday 8th to Sunday 14th June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges Carers face and recognise the contribution they make to families and communities throughout the UK. This year the focus is on building Carer-Friendly Communities - communities which support Carers to look after their family and friends well, while recognising that they are individuals with needs of their own. We believe that Sutton can often be one of these places and this year we will focus on a variety of outreach events and activities that can help increase identification of Carers not yet accessing support, with a few celebratory and break opportunities mixed in for good measure.

Monday 8th June	8.30 - 9.30 am	*Outreach for Working Carers-Sutton Railway Station
	10 - 12.30	*Meditation and Relaxation - Sutton Carers Centre (SCC)
	12:30 - 2	Mayor's Reception including lunch at Sutton Civic Centre
Tuesday 9th June	6 - 7.30pm	*IAPT Stress Management taster session at SCC
Wednesday 10th June	10 - 12 noon	*Coffee Morning at Sutton Carers Centre
	12 - 14:00	Sutton Carers' Forum - Sutton Civic Centre
	Daytime	*Barclays Bank Information Displays
Thursday 11th June	10am - 3.30pm	Outreach at St. Nicholas Centre near Debenhams
	4.30 - 6pm	Young Carers' Celebration at SCC
	6.30 - 8pm	*Male Carers' Group at the Grapes Pub, High St., Sutton
Friday 12th June	10 - 3.30pm	*Outreach at Asda
	11:30/12:30	New Carers' Legislation Workshop - venue TBC
Saturday 13th June	11:00-13:00	*Lone Carers' Support Group at Sutton Carers Centre
	11:00-13:00	*New Carers' Information Session at SCC
	12 - 4pm	*Outreach at St Helier Festival
Friday 26th June	7 - 9pm	Carers Week Quiz at Robin Hood Junior School

Why not try one of the regular activities that you have always thought you might be interested in? All events (except for the quiz) are free of charge to Carers and there is no need to book any event with a * - however, if you are interested, please do give us a call so we can talk them through with you.

Do stop and say hello, if you see us out and about, or if you are available for one of the outreach activities and would like to help out, please get in touch; simply talking to others about your caring role or supporting friends who are Carers themselves can help make Sutton a more Carer-friendly place to live, work or play!

SUTTON CARERS CENTRE CHARITY COMPANY

Telephone service **020 8296 5611** 10 am to 5pm Mon to Fri and 8pm on Tues. Drop-in callers until 4pm (7pm Tues), except Weds afternoons, which is by appointment only. Saturdays once a month.

Benhill House 1st Floor, 12-14 Benhill Avenue, Sutton, Surrey SM1 4DA

Company Registration No: 335373 Charity No 1062302

www.carers.org/sutton | www.carers.org/carers-space

www.babble.carers.org | www.youngercarersmatter.org

On-going opportunities for Carers at Sutton Carers Centre...

Events for Mental Health Carers only...

- **Monthly Saturday Information Sessions**

These are held for newly-registered carers on the second Saturday of the month, **11am-1pm**. Next dates are: **Saturday 13th June** (this will be for ALL Carers), **12th July**, **8th August**, **12th September**. Please contact Celia if you are interested.

- **Mental Health Carers' Support Group**

An established group that is held at **Sutton Civic Offices** on the third Thursday of the month from **12-2pm**. Next dates: **Thursday 18th June**, **15th July**, **20th August**, **17th September**

- **Support Group for Carers of People with Complex Needs/Personality Disorder**

Held on Thursdays, 6-8pm, every 6 weeks. Next dates: **25th June** at Sutton Carers Centre and **8th August** and **17th September** at Carers Support Merton.

Regular breaks available for all Carers....

- **Coffee Morning** every Wednesday 10:00 - 12:00. Just drop in to Sutton Carers Centre.
- **Complementary Therapies** Reflexology every other Tuesday or Holistic Massage every Thursday. Please phone to go on the waiting list. £10 donation suggested.
- **Yoga** every Thursday 10.30 - 12:30 (including coffee & chat at end of class). Just drop in to Sutton Carers Centre. £8 per session.
- **Meditation & Relaxation Sessions** every Monday from 10.30am - 12pm (except Bank Holidays). Just drop in to Sutton Carers Centre.

Other regular support groups for Carers...

Lone Carers' Group, Asperger's Carers' Group, Learning Difficulties Carers' Group, Moving On Group (for former Carers) and Working Carers' Group

For further information on any of the groups above, please contact Ruth or Karen at SCC.

Regular appointments for practical and income support for all carers....

- **Social Worker Appointments** for individual advice & information around social care issues, including how to access a Carers Needs Assessment can be arranged at your convenience. If you would like an appointment call Stefan Polanyk (Social Worker) on **0208 770 6808**.
- **Full Benefit Checks or Advice appointments**, provided in partnership with colleagues from Sutton Citizen Advice Bureau on Mondays and Tuesdays every week. Assistance with form-filling also is available with SCC staff/volunteers. These individual appointments will help ensure you are receiving the support you are entitled to, to maximise your income.

Formal emotional support for all carers....

- **Counselling appointments** are offered Monday to Thursday during office hours (evening appointments TBC). Please ask any staff member if you would like to go on the waiting list.
- **Cognitive Behavioural Therapy** is offered individually & in groups at Sutton Carers Centre. by our partners from Sutton & Merton IAPT service. Please ask if you would like to be referred.

