

Welcome to our new team members

We are delighted to welcome four new members of staff to Carers' Support Bexley



Hazel Grout and Tracey Youngs have joined the team as part-time Trusted Assessors, supporting and helping people to access preventative and statutory support. Hazel has previously worked for Carers' Support Bexley on the respite team. Sarah Richards joins as a full-time Senior Administrator and will be overseeing our day to day administrative processes. Jackie Collen joins us as a Support Group Facilitator and will be facilitating a number of our groups on a part-time basis.



ANNUAL GENERAL MEETING - Tuesday 8th November 2022



We are excited to invite you to join us at Geddes Place, United Reformed Church, Bexleyheath from 1pm until 2pm, with light refreshments from 2pm to 3pm. So we know how many people will attend we would be grateful if you could book your space either via email on info@carerssupport.org or call Sarah on **0208 302 8011**. Join us to learn about the highlights of our work from the previous year and our future plans. Additionally, this is a wonderful chance to get to know our committee members, employees, and volunteers. Please make sure to reserve your spot by November 1st, 2022.

Volunteer Management Committee Members needed

Being a Management Committee Member means making decisions that will impact on people's lives. You will be making a difference to unpaid Carers in Bexley and your local community.

If you have experience of unpaid caring or supporting unpaid carers, are kind, honest and considerate and have a commitment to selflessness, integrity, objectivity, accountability, openness, honesty and leadership we would be delighted to hear from you. The committee typically meets five times a year.

A full role description can be found on our website www.carerssupport.org/recruitment or contact Vikki Wilkinson (vikkiwilkinson@carerssupport.org) for a further chat.



Jubilee Celebrations



We had a wonderful day celebrating the Queens Platinum Jubilee which is now even more poignant. Thank you to all who came and thank you to The National Community Lottery Fund.



Belvedere Concert Band



The Belvedere Concert Band will be raising funds for Carers' Support and Greenwich Volcare this year at their Christmas concert on Monday 12th December at Blackheath Halls. For full details and ticket prices please visit www.blackheathhalls.com/whats-on/the-magic-of-christmas-belvedere-concert-band/ or call Sarah on 0208 302 8011 or email sarah@carerssupport.org for more details



Are you being affected by the cost of living? Take a look at these useful resources:

Home Energy Advice



Struggling with bills too high to manage? Nobody should have to choose between a warm house and a meal. South East London Community Energy can provide free help and support with reducing bills, contacting energy companies on your behalf, support and guidance for extra financial help, help in the change of payment methods and home visits for extra support if you need it. They also run a drop-in service every Monday 10am - 3pm at Central Library, Bexleyheath DA6 7HL. No appointment necessary just pop along. This service is free to Bexley residents.

Call: 020 4566 5764

email: energy.advice@selce.org.uk

Visit: www.selce.org.uk/warm-home-for-less/



There are a number of local organisations that can offer help and advice on the cost of living. A full list of these can be found on the councils website www.bexley.gov.uk/services/cost-living/help-cost-living



How can Carer's Support help you?

We have a fantastic directory on our website which provides a full guide to services available for carers.

www.carerssupport.org/information-and-support

We can also provide an overview of government support that you may be entitled to.

☎ 0208 302 8011

✉ info@carerssupport.org

GROUPS PROGRAMME

To book onto any of our groups or to find out more please call:
Jo Flitton on 0208 302 8011 or email joanne@carerssupport.org

Blackfen Community Library, 7-9 Blacken Road, Sidcup, DA15 9LU

Memory Support Group (for people with memory loss and their Carers to come together) - Every Tuesday
11am - 1pm



Coffee Morning (for carers and former carers) - 2nd Thursday of every month 10.30am - 12.30pm

Christ Church Erith, 1 Victoria Road, Erith DA8 3AN - Venue may be changing call Jo before attending
Carers Support Group (for the Carers and the person you care for) - 1st Thursday of the month 11am - 1pm



Carers Support Group (for Carers and former Carers) - 3rd Thursday of the month 11am - 1pm

Crayford Manor House, Mayplace Road East, Barnehurst, DA1 4HB

Monday Club (for adults with learning disabilities and their Carers) - 3rd Monday of every month 11am - 1pm



Music and Singing Club (for Carers, former Carers and/or people with care needs)

1st Monday of the month 10.30 to 12.30 (excluding Bank Holidays) led by musician Carol Anne Wells - no musical ability or experience is necessary, just come along and join in.

Wolsley House, Wolsley Close, Crayford DA1 4BE

Memory Support Group (for people with memory loss and their Carers to come together) - every Wednesday morning 11am - 1pm



Art Group (for Carers, former Carers and/or people with care needs) - no artistic ability needed!
4th Wednesday of the month 11am - 1pm

Café/Drop-in (for Carers, Former Carers and People with care needs). Come along and find out information about services that can help you in your caring role, or just talk to someone. Tea, coffee and snacks will be available.

2nd and 4th Friday of the month 11am to 1pm

New!

Singing for the Brain - starting 14th November every Monday afternoon 2pm - 3.30pm

New!

Memory Support Group - starting 20th October every Thursday morning 11am - 1pm



Bexleyheath Brewers Fayre, 51 Albion Road, Bexleyheath, DA6 7HG

Carers' Support Pub Group (for carers and former carers) 1st Monday of the month 7pm to 9pm



Dementia Activities - Free Training

This is a free two part course for Bexley residents and participants must attend both courses. The course will be held at Crayford Manor House, Mayplace Road East, DA1 4HB on Monday 14th November and Monday 5th December 2.30pm - 4.30pm.

Please email jennym@carerssupport.org or call 0208 302 8011 to book your space and receive further information.

BLUE BADGE APPLICATIONS

Inspire Community Trust are responsible for issuing Blue Badges to people of all ages with disabilities on behalf of the London Borough of Bexley.

Applications are made on-line at www.gov.uk/apply-blue-badge however if you require assistance to apply visit the Inspire shop at:

50, High Street, Sidcup, DA14 6ED

If you need further advice on how to apply call Carers' Support on 0208 302 8011

You can keep more up to date with Carers' Support by subscribing to our e-bulletins which will be delivered straight to your inbox. Our next bulletin will be the Christmas edition. To subscribe, send an email to info@carerssupport.org with the heading "subscribe to e-bulletins"

You can also keep up-to-date through our website and social media channels :



Carer's Support Bexley



www.carerssupport.org



@CSBex