

Staff and Trustees Update



Vicky Baker, Support Worker Service Manager, has now started her maternity leave. We wish Vicky lots of luck and best wishes as she begins her role as a new parent. Felicity Packard will act as part-time Interim Manager for the Support Worker Service and she will be supported by Hannah Flitton, Support Worker Service Administrator, who joined us in April. Felicity will divide her time between the Support Worker Service and the Information and Support Service.

Lesley Skinner has joined us as a part-time Information and Support Worker and Sandra Nutkins will join us on 16th May as a part-time Counselling Services Administrator.

We are delighted to welcome two additional Trustees, Mary Phillips and Sheryl Chappell, who joined the Committee in March bringing our committee members to a total of six.

Carers Week 5th - 11th June 2023

Carers Week is an annual campaign with charities, organisations and individuals getting together to show support for the millions of unpaid carers in the UK - and to spread the word about the challenges they face throughout the year and what needs to be done to improve their daily lives. This year's theme is 'Recognising and supporting carers in the community'.



SAVE THE DATE

'Recognising and supporting carers in the community'

Event for unpaid carers,

Friday 9th June 2023,

Holiday Inn, Bexley DA5 1ND

The Bexley Carers Partnership and the Bexley Wellbeing Partnership will be hosting an event for unpaid carers on Friday 9th June. Once released, full details can be found on our website and social media.



Afternoon Tea Dance

During Carers Week we will be hosting an Afternoon Tea Dance and would like to invite unpaid Carers and the people they support. Details are:

Date & Time: Tuesday 6th June 2023 from 12 noon - 2.30pm

Venue: St John Fisher Church Hall, 48 Thanet Road, Bexley DA5 1AP

Tickets: **£7.50 per person** which includes afternoon tea, raffle and entertainment (provided by Ray Lowe and his Tribute to the Legends of Swing).

Please email joanne@carerssupport.org or call the office 020 8302 8011 to book your tickets by **25th May 2023**. Spaces are limited and will be allocated on a first-come-first-served basis.

 **Coffee Mornings & Cafes**

 **Art group**

 **Music for Memory Group**

 **Carers' Support Pub Group**

 **Memory Support Group**

GROUPS PROGRAMME

 **Music & Singing Group**

We run a full programme of groups throughout the months across the borough. The easiest way to find out more about the venues, dates and times is to visit our website www.carerssupport.org/events or call our office on 020 8302 8011

THANK YOU!

We would like to say thank you to the **Belvedere Concert Band** for their kind donation of £430 which was raised for Carers' Support (Bexley) at their Magic of Christmas Concert in December 2022. This money will be used to help support so many of our clients.

Also thank you to the **Red Robins Club** for their kind donation of £1000. Some of this donation will be used to take our Memory Support Group members out on a day trip to Whitstable in July for fish and chips by the sea. The rest will be used for other events at our groups throughout the summer.

A donation to Carers' Support (Bexley) can help us advise and support more unpaid carers when they need it most.

We are so grateful for the generosity and support of these groups and everyone else who donates to us.

ULTRA LOW EMISSION ZONE

The Mayor of London has announced an intention to expand the Ultra Low Emissions Zone (ULEZ) from 29th August 2023. This expansion would include Bexley and Greenwich. Where cars do not meet emissions standards, they would be subject to a charge if they drive in a ULEZ.



We would recommend that people check that their car meets standards. You can also read about the scrappage scheme, grace periods, exemptions and discounts.

ULEZ Expansion 2023 - Transport for London (tfl.gov.uk).

You can also contact ULEZ by telephone: there may be a charge for the call. UK: 0343 222 2222

Textphone: 020 7649 9123 (if you have impaired hearing)

Respite Volunteers



Our respite volunteers do a fantastic job providing carers with a much-needed break. We all met up for breakfast in February to say thank you and goodbye to some of our overseas visitors. We are delighted to welcome three new volunteers to the service who we hope will enjoy their time with us. If you want to find out more about our respite service please contact Maria or Margaret on:

Bexley Residents: 020 8302 6579

Greenwich Residents: 020 8302 0198

Keep more up to date with Carers' Support (Bexley) by subscribing to our e-bulletins, here's how:

- visit our website and subscribe or;
- email info@carerssupport.org with the heading "subscribe to e-bulletins" or;
- give us a call at 020 8302 8011

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

 **Carer's Support Bexley**

 www.carerssupport.org

 **@CSBex**