Welcome to Havering’s Carers’ Newsletter. This newsletter is issued quarterly and aims to be a useful source of information for carers.

We welcome feedback and suggestions for developing the Newsletter for you. Please email any suggestions to carerservices@havering.gov.uk

This Edition:

1. February Carers’ Forum Feedback
2. Review of the Carers’ Forum held in February 2015
3. The next Carers Forum to be held in May 2015
4. Carers’ Week – 8th June to 14th June 2015
5. Carers’ Information Booklet
6. Havering Carers’ Register
7. GP Carers’ Survey
8. Information from Voluntary Providers

1. February Carers’ Forum Feedback

The main focus for the February Carers Forum was to raise awareness of the Care Act 2014 and what this means for carers.

We welcomed many new carers who were attending for the first time, as they were interested in the Care Act and how they, as a carer, could benefit from the new changes.

We will be having a presentation on the Care Act again on 19th May from 11am so this is another opportunity to discuss and understand the new legislation. Attendees also heard a guest speaker from the Safeguarding Team on the importance of Safeguarding, highlighting the role we all have to play in helping to keep people safe.

An ‘adult at risk’ is someone who is 18 years or over who may be in need of community care due to a mental health problem, learning disability, physical disability, age or illness. As a result, they may find it difficult to protect themselves from abuse.
Types of abuse

- Physical abuse
- Sexual abuse
- Psychological or emotional abuse
- Financial or material abuse
- Neglect and acts of omission
  (including self-neglect)
- Discriminatory abuse
- Institutional abuse.

Reporting abuse

Please report it. If you see, hear or suspect that an adult at risk is being abused call:

The Safeguarding Adults Team
Tel: 01708 433550
Out of office hours tel: 01708 433999
Text phone: 01708 433175
Fax: 01708 432497
Email: safeguarding_adults_team@havering.gov.uk

Contact the Metropolitan Police
Non-emergency Tel: 101
Emergency Tel: 999

We also had a guest speaker from the Citizens Advice Bureau, who introduced the following website, that is maintained nationally by the Citizens Advice Bureau and is an up to date and reliable source of information. It can be used by everyone with access to a computer to find help and support in a range of areas from debt to benefits. The site is www.adviceguide.org.uk

Following the carers forum in February, Havering Citizens Advice Bureau (HCAB), with the support of Carers Trust, undertook two workshops where carers were offered hands on interactive training to “interrogate” the advice guide website. Leanne, the trainer, gave examples of things people may want to find out more information on and how to surf the site to get the answers to the questions.

If you want further information please contact:-

9 Victoria Road Romford RM1 2JT
01708 763531

2. Review of the Carers’ Forum

We undertook a carers review of the last Forum held in February and the results were as follows:-

*We asked carers if they would prefer to have these meetings at different venues.*

The outcome was that the YMCA is a very popular choice amongst our carers. We may trial in
the future, at holding these forums at different venues in the borough to engage with other carers and encourage them to come along and share information and advice.

**We asked carers how long have they been attending these forums?**

8% said it was their first time attending a forum

3% said they had been attending over 5 years

5% said they had been attending less than 5 years

The rest were unsure or not stated

**We asked carers the reason for attending**

Most of the answers reflected the need to find out information, to meet and get ideas from other carers, have access to support and advice for carers.

**We asked carers the frequency of these meetings**

The responses were mixed, with no overall preference. Therefore these meetings will continue to be held on a quarterly basis.

3. The next Carers Forum is on:-

**Tuesday 19th May**  
11.00am – 2.00pm  
**at the**  
YMCA, Rush Green Romford.

A light lunch will be provided from 1.00pm to 2.00pm

At this Forum we would welcome the opportunity to discuss what matters to you as a carer, to share ideas and get your thoughts on plans for developing support services for carers.

You will be able to meet other carers, and representatives from the Council and Havering Clinical Commissioning Group.

There will be a dedicated session on the Care Act 2014 and what it means for carers, with a presentation from Michelle Brown, Commissioning Manager for London Borough of Havering.

A representative from the Council’s Welfare Rights Unit will be attending, to support carers to understand the financial implications of the Care Act.
4. Carers’ Week – 8th June to 14th June 2015

Carers’ Week is an annual campaign raising awareness of caring, highlighting the challenges carers face and recognising the contribution carers make to families and communities throughout the UK.

This year, National Carers’ Week takes place from 8th June to 14th June, and is focusing on ‘Building Carer Friendly Communities’, communities which support carers to look after their loved ones well, whilst recognising that they are individuals with needs of their own. Carers Week is brought to life by the individuals and organisations that come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

A key Carers’ Week event this year will be hosted by Havering Mind and will take place on Wednesday 10th June 2015 from 11am to 5pm. The venue will be the Salvation Army in Romford.

It is hoped that this large event this year will reach more people than ever before, especially with the input from voluntary organisations in the planning of this event.

Carers are welcome to take part in the planning process and can contact Ciaran White at Havering Mind for more information Ciaran.white@haveringmind.org.uk.

5. Carers Information Booklet

The first edition of the Havering Carers’ Information Booklet is now available. It provides information about a range of support services for carers, that we hope will be helpful to you, including how to request a carer’s assessment and details on a wide range of services provided by the Council, the NHS and local organisations.

Havering Council and Havering Clinical Commissioning Group (CCG) recognise and value the support that carers provide to some of the Borough’s most vulnerable residents.

The Carers’ Information Booklet is available either online at https://www.havering.gov.uk/Documents/Adults-and-older-people/Care-Act/carers-info-booklet.pdf Copies are available by contacting Sue Anderson on 01708 431249 or by emailing susan.anderson@havering.gov.uk to receive your copy.

Please let us know if there are items you would like to see in future editions of the booklet.

6. Havering Carers Register

Over 600 people are currently signed up to the Havering Carers’ Register.

We have recently written to everyone on the Carers Register to check if their details or circumstances have changed. If your details have not changed, there is no need to reply.

We also encourage other carers to sign up to Havering’s Carers Register. We can keep in touch with you and better understand how many people are providing care and support for a relative or friend in Havering. This helps us to more effectively plan services and support for carers.
7. GP Carers Survey

Havering Carers Survey – Support from GP Practices

Recent survey findings and next steps

Havering Council and Havering CCG are focused on working together, to ensure that Carers have support in their caring roles to manage the health and social care needs of the person they care for, whilst maintaining their own health and wellbeing.

One area that we wanted to have a better understand of is; How can Carers be best supported in local GP practices?

In February and March, we invited carers to complete a short survey, conducted by iMPOWER on behalf of Havering Council and Havering CCG, to help us to understand how supported you feel by your GP practice, in your role as a carer.

52 carers completed the survey. Please find a summary of findings below.

We asked you:

- If your GP and/or GP practice know that you are a carer, and if you would like them to ask about your caring role
- How your GP practice can best support you

You told us:

- 58% of carers surveyed provide 50+ hours of unpaid care per week.
- 78% of carers surveyed said that they would like GPs to ask about their caring roles.
- 73% of carers stated that making more information and advice available on how you could be supported in your role as a carer would be helpful.
- Leaflets on carer support services would be most helpful to you.
- Leaflets and face to face support are your preferred ways of receiving information.
- 62% of carers stated that being given priority for appointments would help you in your caring role.
- GPs and practice staff told us that they would welcome more information to give to carers

Next steps include:

- Closer working with GPs and practice staff to support them to identify and increase support for carers,
- To work with GPs and practice staff to support them to give carers access to a wider range of information including leaflets on support for themselves and the people they care for.
- Working with GPs to explore opportunities for developing support for carers e.g. priority appointments for carers.
- Encouraging carers to tell GPs about their caring roles and to enquire about support.
- Promoting the Havering Carers Register through GP practices, so that carers identified by GPs can sign up to receive information via the Carers’ Newsletter, invitations to the Carers’ Forum, etc.
- To promote the Havering Carers’ Information Booklet through GP practices, to provide carers with information about a range of services and support and how to access it.
- To review opportunities within the Havering CCG e-newsletter for GPs for sharing information.

Thank you to those carers who completed the survey and for community and voluntary partners for circulating the survey and encouraging carers to complete it. The information will help us to better work with GPs and GP practices to develop support to carers in Havering.

8 Information from Voluntary Sector Providers

Carers Trust strives to relieve the stresses of relatives and friends caring for someone who has a disability or chronic illness. Carers Trust EHHR supports family carers of all ages across the region and also offers flexible, professional care services to adults and children with a range of disabilities and health conditions. From quality respite care for carers to expert personal and social care for those with care needs, they offer consistent, reliable support through long and trusted relationships. They are a network partner of Carers Trust, Britain’s leading provider of support for carers and the people they care for.

Garden Party

Monday, June 8th
3:30pm—6:00 pm

Carers Trust EHHR would like to invite you to our Garden Party to celebrate Carers Week 2015. This will be held at our Romford office and sponsored by the Nexus Networking Group. For further information and to make a reservation please contact

01708 757242

www.carerstrustcrossroadsehhr.org

Carers Trust EHHR, Victoria Centre, Pettits Lane, Romford, RM1 4HP
Tapestry’s Dementia Advisory Service is a long established dedicated service offering tailored support to people with dementia, and to their families and carers too. The service is confidential, and designed to work hand in hand with any other provisions already in place.

### May 2015 Events

Tapestry Dementia Advisory Service will be providing information and advice on Dementia related issues

<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Time</th>
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<tbody>
<tr>
<td>1st May</td>
<td>will be facilitating a stand at Romford Library from 2.00pm – 3.00pm</td>
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<tr>
<td>5th May</td>
<td>will be in the atrium at King Georges Hospital from 10.30am – 12.00pm</td>
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<tr>
<td>6th May</td>
<td>will be at Hornchurch Sports Centre from 9.15am – 10.15am</td>
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<td>7th May</td>
<td>will be facilitating a stand at Harold Wood Library from 11.30am – 12.30</td>
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<tr>
<td>11th May</td>
<td>will be in the atrium at Queens Hospital from 9.30am – 11.30am</td>
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<tr>
<td>12th May</td>
<td>will be at Care Point, 36 High Street Romford from 1.00pm – 2.00pm</td>
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<td>13th May</td>
<td>will be in the atrium at Queens Hospital from 12.00 – 2.00pm</td>
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<td>will be facilitating a stand at Collier Row Library from 09.30am – 10.30am</td>
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<td>15th May</td>
<td>will be facilitating a stand in the Queens Theatre Foyer from 12.30 – 1.30pm</td>
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<tr>
<td>18th May</td>
<td>Dementia Awareness Week: Tapestry Dementia Advisory Service and Alzheimer’s Society</td>
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<tr>
<td>18th May</td>
<td>Mercury Mall on Monday 18th May between 10.00-12.00pm</td>
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<tr>
<td>18th May</td>
<td>Carer’s Support/Information Groups held in Romford from 12.00pm – 2.00pm.</td>
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<tr>
<td></td>
<td>To book contact the Centre on 01708 797700</td>
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<tr>
<td>19th May</td>
<td>Dementia Awareness Week:</td>
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<tr>
<td>19th May</td>
<td>will be facilitating a stand at Upminster Library between 9.30am – 2.30pm</td>
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<tr>
<td>19th May</td>
<td>Dementia Awareness Week:</td>
</tr>
<tr>
<td>19th May</td>
<td>will be providing a Dementia Friends Session, a service talk as well as facilitating a stand to provide information and advice on Dementia related issues at the BME Forum Health Event being held in The Salvation Army Hall, Petersfield Avenue Harold Hill between 1.00pm – 4.00pm.</td>
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<tr>
<td>20th May</td>
<td>will be in the atrium at Queens Hospital from 12.00pm – 2.00pm.</td>
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<tr>
<td>26th May</td>
<td>will be facilitating a stand at Gidea Park Library from 11.30am – 12.30pm</td>
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<tr>
<td>27th May</td>
<td>will be in the atrium at Queens Hospital from 12.00pm – 2.00pm</td>
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<td>28th May</td>
<td>will be facilitating a stand at Rainham Library from 11.30am – 12.30pm</td>
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<td>29th May</td>
<td>will be facilitating a stand at Elm Park Library from 9.30am – 10.30am</td>
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### June 2015 Events

Tapestry Dementia Advisory Service will be providing information and advice on Dementia related issues

<table>
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<th>Date</th>
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<tr>
<td>1st June</td>
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<td>will be in the atrium at King Georges Hospital from 10.30am – 12.00pm</td>
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<td>Date</td>
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<td>4th June</td>
<td>will be facilitating a stand at Harold Wood Library from 11.30am – 12.30</td>
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<tr>
<td>5th June</td>
<td>will be facilitating a stand at Romford Library from 2.00pm – 3.00pm</td>
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<tr>
<td>8th June</td>
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<tr>
<td>10th June</td>
<td>will be in the atrium at Queens Hospital from 12.00 – 2.00pm</td>
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<tr>
<td>10th June</td>
<td>CARERS WEEK EVENT: Tapestry Dementia Advisory and Stroke Service will</td>
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<td></td>
<td>be at the Mercury Mall from 10.00am – 2.00pm</td>
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**July 2015 Events**

**Tapestry Dementia Advisory Service will be providing information and advice on Dementia related issues**

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</table>
Dementia Advisory Service  
**Carer’s Support/Information Groups 2015**  
All sessions are held between 12.00pm and 2.00pm, lunch provided.  
**To book contact the Centre on 01708 797700**  
Cared for service available if required  
**Venue: ‘Riverview’**  
38 Regarth Avenue, Essex RM1 1TH  
(parking at venue is unavailable, however parking may be found in Romford. It is a short walk from Romford Station and various bus stops)  
**“Me Time” Carers Support Groups**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>11(^{th}) May</td>
<td>No session due to Bank Holiday</td>
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<tr>
<td>1(^{st}) June</td>
<td>22(^{nd}) June</td>
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<tr>
<td>6(^{th}) July</td>
<td>27(^{th}) July</td>
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<td>3(^{rd}) August</td>
<td>24(^{th}) August</td>
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<tr>
<td>7(^{th}) September</td>
<td>28(^{th}) September</td>
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<td>5(^{th}) October</td>
<td>26(^{th}) October</td>
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<td>2(^{nd}) November</td>
<td>23(^{rd}) November</td>
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<td>7(^{th}) December</td>
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**“Guide Me” Information Groups**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>18(^{th}) May – Relaxation</td>
<td>14(^{th}) September – Telecare</td>
</tr>
<tr>
<td>8(^{th}) June – Dementia Friends</td>
<td>12(^{th}) October – Types of Dementia</td>
</tr>
<tr>
<td>13(^{th}) July – Butterfly Scheme and This is Me</td>
<td>9(^{th}) November – Advance Care Planning</td>
</tr>
<tr>
<td>10(^{th}) August – Financial and Legal</td>
<td>14(^{th}) December – Stress Management</td>
</tr>
</tbody>
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...
Sycamore Trust Havering Parents Support Group meet on the last Thursday of the Month

10.00am to 12.00pm

Venue: Yew Tree Resource Centre, 27-29 Woodward Rd, Dagenham, Essex, RM9 4SJ
020 8517 9317

Sycamore Trust was formed in 2014 following on from the successful merger in 2011 of two local charities:

Barking and Dagenham Mencap - which provided support for people affected by Learning Disabilities

Parents of Autistic Children Together (P.A.C.T) - which provided support for people affected by Autistic Spectrum Disorders.

Since the merge the organisation has grown and expanded the services and support it provides. In 2013 it was decided that a complete re-brand was needed to reflect the changes. After consultation with stakeholders, it was decided that SYCAMORE TRUST was a name that not only epitomised the organisation, but also, one which would take them into the future.

They currently offer a range of services specifically designed to support families and individuals affected by Autism and Learning Difficulties.

- Sleep
- Short Breaks
- Transport
- Transition
- Education
- Safeguarding
- Autism Awareness
- Parenting Support
- Communication
- Benefits Advice

There is no support group in July or August
SYCAMORE TRUST U.K.

ARE PLEASED TO ANNOUNCE
OUR FORTHCOMING
CONFERENCE

TO BE HELD ON THE 14th MAY 2015
9.30AM UNTIL 2.30PM
VENUE: Dagenham & Redbridge Football Club,
Victoria Road, Dagenham RM10 7XL

GUEST SPEAKERS

Dr. Glenys Jones
Challenges & solutions in supporting children with ASD & their families.

&

Autism Ambassadors
Will deliver an interactive presentation on their own personal experiences

&

Amanda Hind
Amanda will speak about her own experiences of being on the spectrum both as a parent & a professional.

LUNCH PROVIDED

DELEGATES FEES
Parents £15.00 Voluntary Sector £25.00 Public Sector £40.00

Please complete the reply slip below and return to the office together with payment. Thank You.

Name__________________________________________________Address______________________________________________
______________________________________________________________________________
Number of seats required_____ Total £________
Additional dietary requirements___________________________________________________________
Please make cheques payable to Sycamore Trust
27-29 Woodward Road, Dagenham, Essex, RM9 4SJ Telephone Number: 0208 517 9317
A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported and confident they can contribute to community life.

## Dementia Awareness Week events Havering: May 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 18th</th>
<th>Tuesday 19th</th>
<th>Wednesday 20th</th>
<th>Thursday 21st</th>
<th>Friday 22nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00-6.00pm</td>
<td>Awareness Week Dementia Road Show at Liberty Shopping Centre, Romford</td>
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<td>10.00-11.00</td>
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<td>Dementia Friends Session</td>
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<td>10.00-3.00</td>
<td>Mercury Mall Info Stand</td>
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<tr>
<td>10.00-12.00</td>
<td>Queens Hospital Info Stand</td>
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<tr>
<td>1.00-4.00</td>
<td>BME Dementia Event</td>
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St Cedds Centre
Sims Close
Romford
RM1 3QT
01708 739293

Email: havering@alzheimers.org.uk
Bedfords Park Walled Garden for the over 50’s Club

The launch of “Growing Friends” over 50’s club
Sunday 10th May, 2pm to 5pm

Everyone welcome, bring the family, all free
The launch is to introduce you to the historical walled garden and what the club’s all about.

On the hour – historical guided tour
On the half hour – horticultural guided tour
3pm official launch and talks
Refreshments through the day

We can arrange pick-ups at the top of Straight Rd/Bottom of Broxhill Rd. Call if you can offer car shares. Contact Kirsty:
kirsty@clear-village.org or call: 078 645 645 04  www.bedfordswalledgarden.org
Bedfords Park Walled Garden, Broxhill Rd, Havering atte Bower, RM4 1QH
EKTA PROJECT (NEWHAM)
Action for Asian Elders and Carers

Proudly Presents
The Play
DEMENTIA’S JOURNEY
DEMENTIA KA SAFAR (Hindi)
Play targeting Ethnic Minority Community

A poignant and uplifting story of one family’s struggle to overcome the stigma, shame and misunderstanding surrounding Dementia

Produced by EKTA Project
Written & Directed by James Kenworth
Funded by Big Lottery Fund

EKTA Project through its work with Asian Elders for 27 years has come across many issues concerning them and their families. EKTA Project has successfully developed plays in raising awareness about various issues that have remained unaddressed and hidden due to stigma, shame and lack of awareness in the community.

Dementia is one such issue that has been largely ignored in Asian communities.

Alzheimer’s Society’s ‘Dementia UK Update’ shows that there will be 850,000 people living with dementia in UK in 2015. Of these, 25,000 people are from black and minority ethnic groups in UK. It’s estimated that there are another 416,000 people in England living with Dementia who have not been diagnosed. This figure is definitely a cause for concern and hence the need was felt to raise awareness in the community.

EKTA Project has developed a play entitled ‘Dementia's Journey’ (‘Dementia ka Safar’ in Hindi) to bring about awareness in an attempt to dissolve the social barriers that prevent the community from addressing the onset of dementia in their families. This play is based on EKTA’s direct experience of the confusion and difficulties faced by the elders and their carer’s.

The play is 45 minutes long and will be followed by a Question and Answer session. After the premiere, we will continue to hold performances at different locations throughout UK.

We kindly invite you to the play and support us with your valuable suggestions. Let us join together in raising awareness about Dementia in the community.

For more information please contact, E-mail: ekta_info@yahoo.com/www.ektaproject.org.uk
All our sessions are aimed at giving people the opportunity to exercise in a fun, social and safe environment.

**Rehab** – rehab is a milder form of exercise which is mainly seated, consisting of mobility, strength and stretching exercises. These classes are ideal for the strength and we include many mobility exercises to assist with everyday living.

**Friday 1:30-2:45**  
**Monday 11:00-1:00**  
**Tuesday 11:30-1:30**  
**Thursday 10:45-11:45**

**Gym** – we have a fully equipped gym that is accessible for wheelchair users. Our friendly and qualified staff are on hand to help and give advice. These sessions are ideal for those who are looking to lose weight or improve their fitness in a friendly and comfortable environment. less mobile individual, the older person or anyone wanting a starting point for fitness.

**Monday 12:00-1:00 and Thursday 12:10-1:10**

**Stroke Rehab** – this class is aimed specifically for stroke survivors. We use dumbbells to increase muscle

Call 01708 766211 for more information or visit: [www.romfordymca.org](http://www.romfordymca.org)

We offer even bigger discount to those on low incomes
The Havering Self-Directed Support User Group is an independent group of users and carers who are in receipt of Personal Budget/ Direct Payments.

The group has varied experience and understanding around the use of self-directed support budgets.

SDS provides peer support to fellow service users and maintains regular contact with the Council, with a view to assist with queries arising from the budget.

Group meetings are held every six weeks to share views, opinions and users experience.

   Guest speakers have included the Mayor of Havering Anita Pugh from the Key Safe Company and Tim Parkin from Sitar Organisation, who came along to get views from service users on the management of their budgets.

SO… if you would like to know more or get involved, come along to our next meeting for a chat over coffee and biscuits

Future Meeting Dates and Speakers For 2015

June 4th - Jo Isteed ILA- New Pension Scheme
July 16th - PC Jan Gooderham – Safer Neighbourhood Team
August 27th - Pam Mather- Healing Gemstones
October 8th - Speaker to be confirmed
November 19th - Speaker to be confirmed
December 17th - Christmas get together 10.30am to 12.30pm

Yew Tree Resource Centre, 20 Yew Tree Gardens, London Road, Romford RM7 9AA
**Havering Over-50’s Forum**

*Havering Over-50s Forum* is a non-political organisation that offers a platform where the over 50's can find information and raise issues which are of concern to them.

The Forum is open to Havering Residents. The first monthly meeting is free, then £5 annually.

Next meeting: Tuesday 14 April 10.30am to 12.30pm in the Council Chamber, *Havering Town Hall*, Main Road, Romford, RM1 3BD.

For more information email or call 07504 654686.

**Interested in joining the Friends of Havering Museum?**

Become a *Friend of Havering Museum* for £10 per year and receive four free walks/talks each year.

For further details email Friends of Havering Museum or call 01708 749119.

**Parkinson’s UK (Havering and District Branch)**

*Parkinson’s UK (Havering and District Branch)* holds regular meetings on the first Tuesday of every month, from 2pm to 4pm, at *Langtons House*, Billet Lane, Hornchurch, RM11 1XJ.

Next meeting Tuesday 7 April.

For more information email Brenda Crissell or call 01708 345424.

**Tweedway 50+ Games and Social Club**

*Tweedway 50+ Games and Social Club* meets alternate weeks on Tuesdays at *Havering Road Methodist Church Hall*, Moray Way, Rise Park, Romford, RM1 4YD.

New members welcome £3 per session including tea/coffee and biscuits. Games played include Darts, Pool, Rummikub, Snooker, Scrabble, Table Tennis, Short Mat Bowls and various Table Games.

Pre-booking is required by emailing Pete McEvoy or call 01708 728448.

Next meeting: Tuesday 14 April 8pm to 10pm.
Men's walking football
Mondays 12noon, **YMCA**, Rush Green Road, Romford RM7 0PH

Thursdays 7pm, **Sanders School**, Suttons Lane, Hornchurch, RM12 6RT.

Walking Football is a slower paced version of the beautiful game, aimed at men who are keen to keep an active lifestyle despite their age or ability. £3 per session. Booking is required:

Please email **Stuart Robinson** or call 01708 796611.

**Active Living** has many different opportunities for people 50+ to get involved in their local community. Many people newly retired feel they have a lack of structure to their lives. This can lead to them feeling isolated and not engaging with anyone.

Active Living can help by offering information on local groups & activities and volunteering opportunities.
If you would like to find out about Volunteering, whether on a regular or as and when basis, please contact either Kim Crisp, Active Living Project Manager on 01708. 629903

**Social Hubs**
Active Living is working in partnership with Silver Linx, Homes & Housing Sheltered Housing and Elm Park Community Association and have set up social hubs in various locations across the Borough. The social hubs are informal drop in sessions where residents 50+ can meet for a cup of tea or coffee and a chat or get involved in activities. These have proved to be very successful and if you would like to 'drop in' to a Social Hub they can be found at:

**Silver Linx**
- Salvation Army High Street, Romford, Essex, RM1 1JJ
  Monday 10am – 2pm
- William Tansley, Hacton Lane, Hornchurch, Essex, RM12 6PE
  Tuesdays 10am – 12noon
- Charlbury Court, Charlbury Crescent, Harold Hill, Essex, RM3 8YR
  Tuesdays 2.00 – 4.00pm
- Brunswick Court, Brunswick Avenue, Cranham, Essex, RM14 1NH
  Fridays 2.00 – 4.00pm

**Elm Park Community Association Assembly Halls, Eyhurst Ave., Elm Park,**
- **Coffee morning** Fridays 10am -12 noon

**Di's Diamonds** is a social club for people aged 50 and over. It is run by Diana Speller and Kath Yates. The club promotes monthly programmes of events such as: coffee mornings, quizzes, meals out, walks,
trips to places of interest locally and in London. It is free to join. For more details please email Diana via: dianadiluca51@gmail.com

**The Ten Pin Bowling Group** meet first Tuesday of the month at 11am at Namco Funscape Bowling in the Brewery, Romford for the 50+ unlimited bowling and a free hot drink for £5 per head. For more details please contact Ruth rsymons24@yahoo.co.uk 01708 551627

**Techy Teas**
Active Living 50+ are working in Partnership with Nat West Romford Branch to deliver Techy Tea sessions, enabling people over 50 to learn how to use their mobile phones, lap tops and tablet devices.

Do you need help to use any of your IT devices? Then why not come along and let us help you at one of our sessions at Nat West Bank, 10 South Street Romford

- 14th May 10am – 12noon
- 4th June 10am – 12noon

No need to book just come along and join in.

**We are looking for volunteers who would like to help people over 50 use their laptops, mobile phone and tablets devices training will be provided.**

For further information contact:

Kim Crisp
01708 629903
Kim @haveringcab.org.uk
07946131041
Carers Week Social Lunch

WILDWOOD

RESTAURANT
HORNCHURCH

168 High Street, Hornchurch, Essex, RM12 6AF

Monday 8th June 2015
12.30 - 2.30pm

Start Carers Week by joining other carers for a relaxing two course lunch at Wildwood Restaurant which is being held in appreciation for all that you do.

If you would like more details or to come along please ring to book a place

01708 476554
Managing Stress Classes for people with disabilities and carers

Why not try our Managing Stress Class?

Learn how to manage the causes of stress and avoid burnout by using alternative therapies such as aromatherapy, massage, Bach flowers and Indian head massage.

Come along and have your first session free

Classes are held fortnightly at H.A.D. with qualified tutor Carol Annetts

Next Class Monday 11th May 2015
10am – 12 Midday

Followed by May 18th, June 1st, 15th, 29th & July 13th
£3.00 per session followed by lunch (additional 50p)

For further information or to book your first free class please call 01708 476554

A registered Charity No: 1089188 Company limited by guarantee Registration No: 4204554 England Registered office as above
Carers Social Group

Cupcake Decorating Workshop

Carers come and join us and meet other carers for a fun morning creating your own flower decorated cupcakes to take away with you with the help of our tutor Joy Rasbash. Followed by lunch

Tuesday 12th May 2015
10.30am - 1.30pm

Please call to book your place
01708 476554

Follow the Council on Twitter – @lbofhavering has a growing number of followers, so why not join them for up to the minute news and updates