



Carers FIRST
FIRST Choice for Carers

Supporting Carers in Newham

Information and Advice
available to all aged carers in
Newham

Call **0300 303 1555** or

Visit: www.carersfirst.org.uk



THE FOREST PRACTICE

JUNE 2020

Let's raise our voices
together and help Make
Caring Visible

Visit www.carersweek.org to
Add your **voice, activity** or
Pledge



8 - 14 June 2020



Caring is a rewarding and positive experience. But sometimes without the right help and support caring can feel overwhelming. It can at times trigger feelings of loneliness, frustration and affect your physical and emotional health as well as work or finances.

It is important that carers know how to look after their own health and wellbeing, and that we all recognise the contribution that you make.

JOIN OUR WEBINAR AND MAKE CARING VISIBLE

Thursday 11th June at 2:00pm

Hosted by **The Forest Practice** & **Stratford health centre**

with appearances from

Rejwan Islam

Social Prescriber for North West 2 Primary Care Network (NW2 PCN)

Dr. Anil Shah

Clinical Director NW2 PCN &
GP Partner Stratford Health Centre & The Forest Practice

Carers FIRST

Charity supporting Young and Adult Carers

Q&A session

To join the meeting via PC/Laptop

Use the link below/ Copy into browser:

<https://meetingsema22.webex.com/meetingsema22/j.php?MTID=m5a47b8892d591cb5be25f6204bab57f6>

Alternatively, you can visit www.webex.com – Click on the “join” tab and input the meeting number

Meeting Number: 163 363 4884

Password: 12345

To join using your **Smartphone** – Download the “**Cisco Webex Meetings**” app and input the Meeting Number and Password shown above



3 in 5
people will
be carers
at some point in
their lives.



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Supporting Carers in Newham



Free, confidential support for people worried about Drugs and Alcohol

Newham Rise is a social care and health charity that provides a range of support to families, individuals and carers in Newham affected by drugs and alcohol.

Call **0207 511 3740**

Email: newham.referrals@cgl.org.uk

Alzheimer's Society

You may be supporting a partner, a friend or a family member. You may not see yourself as 'caring' for them, or think yourself as their 'carer'.

Supporting someone with dementia can be a rewarding experience, giving you an opportunity to help someone who is important to you and learn new skills. But we also know it may be very challenging at times. We are here to support you to care for the person and to look after yourself.

Call: **0333 150 3456**



Carers UK

Caring will affect us at some point in our lives. It can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated.

We are here to make sure that no matter how complicated your query or your experience, you don't have to care alone.

Call: **0808 808 7777**

Visit: www.carersuk.org



Wednesday 10th June: 2-3pm – Virtual Pampering Session (female only)

Join our newham team and carers in Hackney for this fun session. Pour yourself a drink, pop on your favourite music and join a virtual pampering session with carers **FIRST**



Thursday 11th June 11am-12pm – Virtual Chit-Chat Cuppa

Put the kettle on, make a cuppa, cut yourself a slice of cake and join other carers and share practical tips and tricks on gardening skills, share pictures of homegrown vegetables, plants etc or chat about what you have been baking and cooking during lockdown. Idea is for carers to come together and socialise

If you would like to join any of the groups – call 0300 303 1555(option 2) or email helo@carersfirst.org.uk