



Carers Bulletin

Spring 2024

www.rcss.org.uk



Spring 2024 Newsletter Editorial

Hello and a warm welcome to our spring bulletin. A big thank you to our fabulous Carers Walk team who raised over £2,000 at Fairlop Waters on 8th March. We are very grateful for all donations to fund vital breaks for carers. We are delighted to welcome Leah Bulka, MH Support Officer, to RCSS, please read her introduction.

Excellent news that we have received Redbridge Ageing Well funding to increase our support for dementia carers. We are currently recruiting a part time Dementia Support Officer to job share with Marie-Anne.

We thank our Cabinet Member for Adult Social Care & Health Cllr Mark Santos and our LBR Commissioner Danyal Musa for inviting us to the Health and Wellbeing Board at the Council Chambers on 22nd April. Staff and carers spoke about support services, what works and what could be improved. We look forward to positive action and continuing to give carers a strong voice.

Carers Week is fast approaching, and we encourage you to join us on 12th June at Ilford Library for our main event – Putting Carers on The Map. Read on for more about this and many other events to get involved in. Finally, a Shout Out to our young adult carers. If you're aged 16-30, we want you to be at the forefront of shaping our future support for young adult carers. If you're interested in joining a co-design workshop please call, email or use our contact form on our website. Take care.

Catherine O'Keeffe
Executive Director





CARERS WEEK

"Putting Carers on the Map"

Carers Week Event
Open to All!

Meet other organisations

Healthchecks 10:00am

Zumba 10:45am

Workshops 11:15 am

Cake Bake Sale

Refreshments



020 8514 6251

Register now using our QR code or call to book your place or email at office@rcss.org.uk.

Wednesday 12th June

2024

10:00 am - 1:00 pm

Redbridge Central Library
Clements Road, Ilford, IG1
1EA
(Studio 1 & 2)

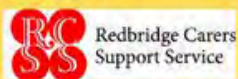
VOLUNTEERS NEEDED

Bake cupcakes to raise funds for Redbridge
Carers at this year's Carers Week event



CARERS WEEK BAKE SALE
12 JUNE 2024 / 10AM-1PM
REDBRIDGE CENTRAL LIBRARY

Call 020 8514 6251 or visit
rcss.org.uk for more
information



Upcoming Events



Menopause Matters

a Support Workshop by
Helen Tomlinson



Did you know?

1 in 4 women have considered leaving their job
due to their Menopause symptoms



Come and join our women's
support group to understand
the challenges of Menopause
and campaign towards better
employment support

Date and
venue tbc

You Are Invited To

YOGA

In Valentine's Park

WITH THE MENTAL HEALTH &
WELLBEING SUPPORT GROUP

10 AM - 12 PM
14 MAY 2024

In honour of Mental
Health Awareness Week

CONTACT LEAH FOR MORE INFO: 07931
468811 OR L.BULKA@RCSS.ORG.UK

Crafty Carers

Coming up soon !!

Colourful Cards

Knit and Natter

Watercolour
for Wellness

A Handful of pebbles

Fabulous Fans

Memories are made
of this...

PLEASE RING THE OFFICE ON 020 8514 6251
or EMAIL AT OFFICE@RCSS.ORG.UK TO
EXPRESS YOUR INTEREST.



Understanding dementia better

Free learning and support session for friends and family

When

Wednesday 26th
June 2024

1030am - 13.30pm

Where

Studio 1,
Redbridge
Central Library
Clements Rd,
Ilford IG1 1EA

For information contact:
office@rcss.org.uk or
call 0208 514 6251



Redbridge Carers
Support Service

dementiaadventure.org



Redbridge Carers
Support Service

TRAINING FOR PROFESSIONALS

RCSS WOULD LIKE TO
WORK WITH
PROFESSIONALS TO HELP
IDENTIFY
HIDDEN CARERS AND
SUPPORT ALL UNPAID
CARERS IN REDBRIDGE

Who can attend
Managers, Support
Workers, Occupational
Therapists
GP Practice Managers
Social Workers, Teachers,
SEND professionals etc

ONLINE TRAINING SESSION DATES
10 am - 11 am

May 1st Wednesday 2024 (limited spaces)
June 5th Wednesday 2024
September 4th Wednesday 2024

SCAN OR CALL TO REGISTER
YOUR PLACE



020 8514 6251

Redbridge Carers Support Services

12 Clements Court, Clements Lane, Ilford Essex. IG1 2QY

Tel: 020 8514 6251 | email: office@rcss.org.uk.

Registered Charity number: 1057505

Company limited by guarantee.

Company number 02959566

HELLO

MY NAME IS Leah Bulka



We are very excited to welcome our Mental Health Support Officer, Leah, to our team!

She previously worked in public mental health and social care in the United States before moving to the UK. Leah runs our monthly Mental Health and Wellbeing Support Group and offers information and advice to mental health carers.



On March 8th Carers and RCSS staff demonstrated their appreciation for Redbridge Carers by walking 5 - 10 kilometres to raise funds to improve carer wellbeing. Donations of all sizes made a huge difference in the lives of Redbridge carers by funding activities, trips and respite.

Well done to our fantastic volunteers, carers and staff for smashing the carers walk!
Watch this space for future fundraising events and join us!



Spare Tyre Trip



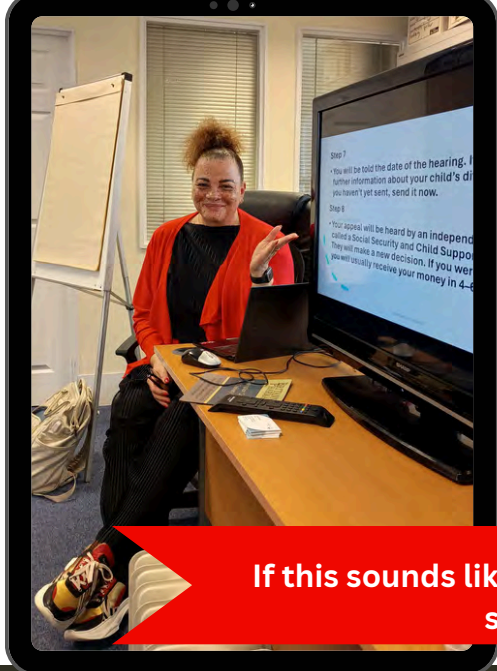
On the 18th April, Spare Tyre put on a wonderful sensory show called On the Beach. It explored the myth, magic of the beach and its rich history as a working space.

The show is inspired by the history of beaches as a working environment, the stories and practical skills from net-mending to boatbuilding, varnishing, fish mongering, sail-mending, knitting and gutting.



Giving Carers a Voice

For the first time, our carers and staff representatives were given an opportunity to be heard in a recent Redbridge Health and Wellbeing Board Meeting. Carers shared their experiences and challenges, around support, respite, assessments, navigating through services and systems.



We ran a 5 week workshop which was delivered by Shirley Barber of Appletree Consultants. The workshop was well attended by Parent Carers who care for children with special needs.

We would like to follow-up on the success of the workshop and will be setting up a pilot a Peer-led monthly support group for all Parent Carers with young and adult children with special needs.

If this sounds like something you would be interested in, then please email: s.williams@rcss.org.uk or call 020 8514 6251

Support Groups

Our support groups are a place you can meet other carers for mutual support, to make friends and have a break

BARKINGSIDE

First Friday of every month
1:30pm – 3:30pm.

Hainault Room, Fullwell Cross
Library, IG6 2EA

Contact the office on 020 8514 6251

ILFORD

Third Wednesday of every month
10am – 12noon The Best Western Hotel,
60 Cranbrook Rd, Ilford, IG1 4HN
Contact Jahan McCready on
074 9883 9343

Dementia Carers Support Group

2nd Wednesday of every month
10:30am - 12:30pm
IRDSA Hall,
Craven Gardens
Barkingside, Ilford IG6 1PS
Contact Marie-Anne Roy on 074 9883
9321

English Conversation Club

Second Monday of every month
10am-12noon. Ilford Central
Library,
Clements Road, IG1 1EA.
Contact Office on 020 8514 6251



The Mental Health and Wellbeing Support Group

2nd Tuesday of every month
10 am – 12 pm
Redbridge Carers Support Service Office
12 Clements Court, Clements Lane,
Ilford IG1 2QY.
Contact Leah Bulka on 079 3146 8811

Do you need 1:1 expert advice from one of our Community Support Officers? Please call 020 8514 6251 or email office@rcss.org.uk to arrange an appointment.

Carers Activities: Get Fit & Have fun

Our activities are open to all carers registered with RCSS, irrespective of age or fitness levels.

Why not have a look at the list below and choose something new to try out. For more information contact the office on 020 8514 6251. We appreciate a voluntary contribution of £3 per session towards our activities and you can also make your donation online via our website - www.rcss.org.uk. We are very grateful for your continued support and all welcomed donations go towards our support for carers.

Zumba: Zoom video sessions with Carlos. Wednesdays 11am – 12 noon.

Chair-Based Exercise: Zoom video sessions with Keeley. Thursdays 12 noon – 1pm.

Yoga: Zoom video sessions with Kay. Tuesdays 11am - 12noon.

Reflexology: Zoom video sessions with Michelle. Fridays 11am – 12 noon

To attend any of the above sessions and receive joining details, please call the office on
020 8514 6251



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