



Caring Matters

*East Surrey Carers Support Association
The Newsletter for people caring for others who are ill, disabled or elderly,
- and for recent (within 18 months) former Carers*

Issue 38

May 2010

I'm sitting here hoping for inspiration!

What can we do that hasn't been mentioned before?

We have all battled with the elements, found imaginative ways of coping with the challenges they have thrown at us along with our daily activities and the Caring role.

That's it!

Why not just take time out & enjoy the many signs of spring and I don't mean the torrential rain that is now spoiling my view

We give you permission to just sit, watch your favourite TV programme, potter round the garden even if it is someone else's. Arrange to meet up with a friend for coffee or lunch. The list could be endless but what is vital is that you treat yourself and as the saying goes

"Recharge the batteries and have as many treats as you can afford, however small."

STOP PRESS



Day Trip For Carers to Brighton



There will be a carers day trip to Brighton this year on Tuesday September 7th.

We will be leaving Betchingley at 10am and should be back around 5pm.

As in previous years we expect this trip to be very popular so please ring the office on 01883 745057 if you would like to book a place.

Bereavement Group

The first meeting of the Bereavement Group for carers who have recently lost the person they were caring for was held on 2nd March, those who came agreed that it was helpful to talk to others about their experiences and feelings. It also seemed important to recognise the differences in how people feel and react when someone they have been caring for dies.

The meetings will be held on the last Monday of the month except Bank Holidays at 10am.

The next meeting dates are: **24 May, 28 June, 26 July, 23 Aug, 27 Sept**

The meetings will be held at our offices in Betchingley. These details are also shown on our Carers Group blue sheet.

If you are interested in coming to the meeting please do ring the office if you would like to have a chat first.

WIN A £25 VOUCHER FOR A COURSE OF YOUR CHOICE*

With Action for Carers and Employment

ACE provides information and support on employment issues, rights and job applications plus sourcing free or discounted courses or help with funding.

This service is available to all carers and former carers.

So if you are interested in Yoga, Jewellery Making, French, Ballroom dancing, playing the Guitar or anything else all you need to do to enter our free prize draw is simply call 01737 244220 or 01483 565874 and leave your name and telephone number and we will contact you with further details.

Closing date 31.05.10

*courses run through the WEA or ACL



Face2Face

If you are a parent/carer of a child with special needs, Face2Face is here to help. Face2Face is a group of parents who have a child with a disability. They have formed a network of befrienders who are there to offer friendship and support to other parents of children with special or additional needs. All our befrienders are trained to enable them to give the best possible support to other parents. They can remember how they wanted to talk to someone who could understand what they were feeling at the time.

The following is a quote from someone who has used the Face2Face service:

"When we met our befriender, it was clear she had been through something very similar. We suddenly felt here's someone who understands".

The Face2Face service offers time to talk and be listened to. Understanding from someone who has been through a similar experience. Reassurance that what you are feeling is OK. A positive view about the future of your child.

Parents and carers can speak in confidence and can be reassured that they will be treated with empathy and respect. The service is informal, flexible and free and can be accessed directly by parents.

In addition to the one 2 one befriending service, Face2Face also offer weekly coffee mornings at the new parents room within the grounds of Brooklands School, 27 Wray Park Road, Reigate RH2 0DF every Friday 9.30 -12 noon term time and also monthly at the YMCA, Princes Road, Redhill RH1 6JJ. These are informal and offer both support and friendly chat. Refreshments are provided.

All enquiries for both venues and the befriending service can be made to our co-ordinator Chris Braidwood on 07947 254416, via the YMCA on 01737 779979 or by email face2face@ymcaredhill.com.

www.face2facenetwork.org.uk

www.ymcaredhill.com

Just a thought.....

The Images of A Mum

- 4 YEARS OF AGE ❖ My Mummy can do anything!
- 8 YEARS OF AGE ❖ My Mum knows a lot! A whole lot!
- 12 YEARS OF AGE ❖ My Mother doesn't really know quite everything.
- 14 YEARS OF AGE ❖ Naturally, Mother doesn't know that, either!
- 16 YEARS OF AGE ❖ Mother? She's hopelessly old-fashioned.
- 18 YEARS OF AGE ❖ That old woman? She's way out of date!
- 25 YEARS OF AGE ❖ Well, she might know a little bit about it.
- 35 YEARS OF AGE ❖ Before we decide, let's get Mum's opinion.
- 45 YEARS OF AGE ❖ Wonder what Mum would have thought about it?
- 65 YEARS OF AGE ❖ Wish I could talk it over with Mum.



Do you want to influence health and social care services?

Sometimes the people who use services feel that they don't have a strong enough voice to change aspects of their health or social care. The introductions of Local Involvement Networks (LINKs) is part of a wider process to help the community have a stronger local voice. A LINK's role is to:

- ask local people what they think about local healthcare and social care services
- provide a chance for them to suggest ideas to help improve services
- investigate specific issues of concern to the community
- use its powers to hold services to account and get results
- ask for information and get a positive answer quickly
- be able to carry out spot-checks to see if services are working well
- make reports and recommendations and receive a response
- refer issues to the local 'Overview and Scrutiny Committee'

Although East Surrey Carers Support Association does a lot to represent Carers' concerns at all levels, we can do more. ESCSA is represented on LINKs, via your Chairman Richard Storey, who sits on the LINKs local group but he needs to ensure that he is speaking for you, so please consider joining LINKs. It's free and simple see below. We all need to give our local citizens a stronger voice in how their health and social care services are delivered. Run by local individuals and groups and independently supported - the role of LINKs is to find out what people want, monitor local services and to use their powers to hold them to account. We'll keep you updated about what LINKs achieves for you, either as a Carer or on an individual basis.

For more information on LINKs, please visit the NHS website.

You can join Surrey LINK by emailing surreylink@surreycc.gov.uk, telephoning 020 8541 8593 or completing the online registration form,

Have you ever worked in the NHS or related services?



Reg Charity No 287936
PATRON: Ken Jarrold CBE

If you have and are now retired or are about to retire why not join the NHS Retirement Fellowship.

We meet on the second Tuesday of every month in the Red Cross Hall, Maple Road, Redhill at 10.00am

For more information please contact Joan on 01293 775565 or see the national web site www.nhsrf.org.uk

SURREY POLICE

Advice When Dealing With Callers

When at home or away keep all doors locked and when you answer the door:

Stop and think; are you expecting anybody? Do they have an appointment?

Chain the door. Secure the door bar or chain before opening the door.

Check and double check the callers ID.



**SURREY
POLICE**
*With you, making
Surrey safer*
www.surrey.police.uk

Door bars or chains are really useful in dealing with callers. A chain allows you to open the door wide enough to be able to see the person or people outside. You can talk to them and if they have an identity card, they can hand it to you. When you use one it means that that a caller cannot easily push their way in. While checking an identity card the door should be closed, it is not rude or unfriendly to do this, genuine callers will understand.

If in any doubt at all about the caller **DO NOT LET THEM IN** and contact the police straight away by 999

News Bites

Public Transport to St Georges Hospital

If you are attending or visiting St Georges Hospital in Tooting and need to get there by public transport it is worth remembering that you can get a train from Caterham or East Croydon to Balham which is also on the Northern line tube, two stops to Tooting Broadway which is very near to the hospital.

The East Surrey Cardiac Support Group

The purpose of this group is to help anyone who has had heart problems or is anxious about pending surgery to come to terms with problem and to show that life need not come to a standstill. For further information about the group Ring 01883 345899

The future for funding for care at home or in a care home

You may have heard a lot of proposals and ideas about how to fund people's care in the future. With the election looming all the parties are very aware that this is an important issue for most people. One thing they all seem to agree on (unusual I know..!) is that the current system needs looking at and the people are very worried about having to sell their homes to pay for care. This looks to us to be very confusing, but it seems clear that nothing will happen until 2014, and that any change in benefits like Attendance Allowance or Disability Living Allowance will not affect those of you already receiving these payments. The main option being discussed is a way of people paying by a lump sum or instalments for their care if and when they need it, ie an insurance scheme of some kind. The finer details, voluntary or compulsory, etc will no doubt be the subject of much debate in the next few years....

'Someone to watch over me' - invitation to attend a Vulnerable Adults event

This is an interactive drama production, by SunnyArts, to raise awareness of adult abuse during Stop Adult Abuse Week 7-11 June 2010. The performance will be held at Bletchingley Village Hall, Bletchingley on Friday 11th June 2010 from 12.15 - 13.30.

Claridge House

Claridge House is a Quaker Healing Centre in Dormansland near Lingfield, open to those of any faith or none. The house stands in two acres of beautiful gardens with many fine trees. They offer restful residential stays in a peaceful supportive atmosphere, with mid-week breaks in particular at very reasonable rates.

Breaks, or courses about healing, well-being, and creativity are available to carers through the year, or come on the Carers Break from 5th - 9th July at a cost of £225. They also offer day retreats by arrangement, from 9.30-5pm for £25 including lunch. The food is all vegetarian and freshly prepared. If you would like to find out more, you can contact Claridge House on 01342 832150 or 0845 345 7281 or email welcome@claridgehousequaker.org.uk Their website is www.claridgehousequaker.org.uk

Carers Week

This year Carers Week is from 14 to 20th June 2010

Do you know of anyone who is a carer and would like a copy of Caring Matters sent to them? If so please ring or write to us at:

East Surrey Carers Support Association, 78a High Street, Bletchingley, Surrey RH1 4PA

01883 745057 24hour answerphone 01883 745039 fax

e-mail info@escsa.demon.co.uk www.escsa.org.uk www.carersnet.org.uk

Registered Charity Number 1094813

If more convenient Caring Matters is also available on The Talking Newspaper for people with visual impairment. Please contact us for further details. If you no longer wish to receive this newsletter please contact the office.

Please note we have made every effort to verify all the facts contained in this publication.
We cannot be held liable for any incorrect information we have inadvertently published.

Carers Groups

Please come along



**As ever ALL groups and outings are open to Carers
The groups tend to be mutual support for carers.**

If you would like details concerning these groups
please contact us on - **01883 745057**.

Caterham Carers Support Group

Meets at The Lounge,
Rosedale, Park Road,
Caterham on the following
Monday afternoons from
1.30pm until 3.30pm

17 May
21 June
19 July
16 Aug
20 Sept

Oxted Carers Support Group

Meets at the Community Room,
Eastlands Close, off Eastlands
Way, Oxted on the following
Tuesday mornings from
10.30am until 12.00 noon.

11 May
8 June
13 July
10 Aug
14 Sept

Horley Carers Group

Meets at the Methodist Hall, Victoria
Road, Horley on the last Thursday
morning of the month 10.00am until
12.00 noon.

27 May
24 June
29 July
26 Aug
30 Sept

Lingfield Carers Support Group

Meets at the Community
Room, Gunpit Road,
Lingfield on the following
Thursday afternoons from
1.30pm until 3.00pm.

13 May
10 June
8 July
12 Aug
9 Sept

Reigate and Redhill Carers Support Group

Meets at The Methodist
Church, Gloucester Road,
Redhill last Tuesday in the
month, from 10.30am until
12.30pm.

25 May
29 June
27 July
31 Aug
28 Sept

**If you are attending
any of the groups for
the first time and
would like some
support please phone
our office**

Bereavement Support Group for recent former Carers

As mentioned on the front page this new
group will meet on the last monday of the
month except Bank Holidays at 10am

24 May 28 June 26 July
23 Aug 27 Sept

at East Surrey Carers Support
Association's office
78a High Street, Bletchingley
01883 745057

Men's Group

Men Carers, yes this means you if you are
involved in looking after someone with an illness
or disability, maybe your wife, partner, a parent
or a child.

The next meeting will be on;

Tuesday 15th June

at The Plough, Bletchingley, 7pm onwards.

They are intended to be an informal get
together for a chat and a chance to talk about
what kind of things you might be interested in
doing in the future.

Like our other meetings this is intended to be a
chance to have an evening out as a break as much
as a chance to talk about problems.

We often do both on the same evening! You'll
have to come along to find out!

If transport is difficult, do contact the office and we will help

The Association wishes Carers to feel safe and comfortable in group settings. Of paramount importance is the issue of confidentiality. It is important that whatever group members talk about or listen to remains confidential and is not discussed outside of the group.

PTO for details of Nomadic Events



Nomadic Events



Nomads is a social meeting for Carers and recent former carers in the Tandridge, Redhill, Reigate and Horley area.

If you would like to join us for any (or all) of the events listed below please contact the office to book your place 01883 745057.

VISIT TO POLHILL GARDEN CENTRE

Come and join us for a visit to Polhill Garden Centre, Badgers Mount, near Sevenoaks where you can have lunch (at your own expense), shop or stroll amongst the plants.

Please book your seat by 26th April. We should be returning around 3.00pm.

DATE	TIME	MEETING POINT
Wednesday May 5th	11.00am	The Village Hall car park, Bletchingley

SQUERRYES COURT

Come & enjoy a peaceful afternoon looking around this beautiful 17th century manor house followed by afternoon tea in the conservatory. There is an added treat of an exhibition of the costumes used by the BBC's production of Jane Austen's "Emma" Please book your seat by 25th May. A donation of £5 per person is required towards the cost of this trip. We should be returning around 5.00pm.

DATE	TIME	MEETING POINT
Monday June 14th	1.00pm	The Village Hall car park, Bletchingley

RIVER BOAT TRIP

Float down the River Wey and enjoy an afternoon cream tea. Limited number of places so book early! We will travel to Godalming and board the Iona which will be pulled by a heavy horse. Enjoy a cream tea as we float down the river and canal. A donation of £5 per person is required towards the cost of this trip. We should be returning around 5.00pm. Please book your seat by 16th June.

DATE	TIME	MEETING POINT
Friday June 25th	1.00pm	The Village Hall car park, Bletchingley

EVENING SOCIAL

Join us for a summer evening drink on us! You can also have a meal, although the cost of this will not be met by the Association.

DATE	TIME	MEETING POINT
Wednesday July 7th	7.00pm	The Plough, Bletchingley

SUMMER TEA PARTY

Join us for a free Afternoon Tea at The Plough, Bletchingley. Have a relaxing time sunning yourself in the garden or sit in the shade what ever you wish. Book your seat so your refreshments can be ordered!

DATE	TIME	MEETING POINT
Tuesday August 24th	3.00pm onwards	The Plough, Bletchingley

COME AND JOIN US FOR A WALK AND/OR PUB LUNCH

Come and join us for a walk and/or pub lunch. For the more energetic a gentle walk around the countryside to Tandridge or just meet us at The Barley Mow, Tandridge Lane, Tandridge RH8 9NJ from 12.30pm onwards for lunch (at your own expense). Please ring 01883 745057 to book your place.

DATE	TIME	MEETING POINT
Thursday September 23rd	11.00am	Car park Godstone Green