

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 42

Nov 2011

AGM Update

Many thanks to those of you who were able to attend our very successful AGM on 26th September which was attended by over 80 Carers and professionals, who enjoyed refreshments, mainly sandwiches purchased from Waitrose, who very kindly gave us a donation towards their cost. At the meeting the Resolution to transfer the Association into an incorporated organisation was passed. In the next newsletter we will give you more information concerning this process. We also had a very interesting and informative presentation from CAAP - Community Aphasia Awareness Project. At this meeting we also said good bye to two of our Trustees - Rita Fitzgerald who has been very involved with our support groups and Nomads and Michelle Wise. We'd like to thank them for their support. We also welcomed a new Trustee - Joan Robinson.

Foot Care Service

Surrey Disabled People's Partnership (SDPP) is pleased to announce that their existing foot care service has been extended and is now available to disabled adults across Surrey.

What does the foot care service provide?

They provide a great value, home visiting foot care service for disabled adults. After an initial assessment, their fully trained Foot Care Worker will provide:

- toe nail cutting
- removal of hard skin
- foot care advice and, if required, referral to the podiatry service or GP

Their Foot Care Worker can also give information about a wide range of services and groups in the community

How much will the basic foot care service cost?

First Appointment: £30 (including a foot care kit which you keep)

Ongoing appointments: £12 per visit

We are able to provide a low cost scheme as SDPP is a not for profit organisation and has the support of an £8,000 grant from Surrey County Council.

Many people take cutting their own toe nails for granted. However, there are many disabled people who are unable to do this and cannot access existing services. I would be grateful if you could promote our home visiting foot care service to disabled people, carers and others across Surrey.

For more information;

Telephone/Text:

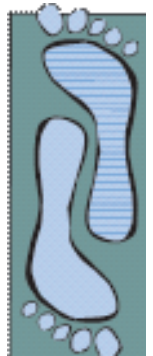
01483 750973

Email:

home@sdpp.org.uk

Visit their website:

www.sdpp.org.uk



Registering a death? Tell Us Once

From June '11 the new "Tell Us Once" service will make it easier for you to tell all council and government departments when someone dies.

Any death that takes place in Surrey must be formally registered with the local registrar. In addition to registering the death, the Registrar will also be able to offer the "Tell Us Once" service at their offices across the county to relatives.

With your permission we will be able to contact the council services that need to know. We hope that the "Tell Us Once" service will make things easier and take away some of the stress for the bereaved.

This free service will inform the following services:

- ❖ Council tax
- ❖ Adult Social Services
- ❖ Blue badge
- ❖ Electrical register
- ❖ Housing and council tax benefit
- ❖ Libraries
- ❖ DWP (State pensions & benefits)
- ❖ HMRC (Tax credits)
- ❖ Identity & Passport Service
- ❖ DVLA (driving licence)

Registrars are available by *appointment only* for the registration of deaths at Leatherhead Register Office or Caterham Library.

More information will be available from council offices, libraries and registration offices from June onwards.

Please telephone 0300 200 1002 to make an appointment.

At East Surrey Carers Support Association we continue to support known Former Carers through their bereavement and run a monthly Bereavement Group (see the blue sheet for more information). Please feel free to attend these sessions or phone us 01883 745057 to arrange a private meeting with Tom or Theresa.



interAKtive is an independent charity with around 170 member families, all of whom have a child (or children) on the autism spectrum, or a child with a similar communication difficulty. The group enables children to experience a range of activities that may, in the normal course of events, be difficult for them to access. It also provides opportunities for members to enjoy outings as a whole family. Parents and carers all face common difficulties, but sharing experiences can be invaluable. interAKtive has been operating since 1994 and has strong links with professionals in the fields of medicine and education, and with local specialist schools.

For more information they can be contacted by:

post: PO Box 55, Banstead, Surrey SM7 1WW

phone: 07876 762178

email: info@interaktive.org.uk

They also have a website www.interaktive.org.uk

Hometime and now Gardening.



Age UK run a local service known as Hometime which offers the Domestic help you need.

- ◆ Housework
- ◆ Laundry
- ◆ Shopping
- ◆ Prescription collection
- ◆ Preparation of light snacks

AGE UK's Gardeners are vetted, CRB checked, trusted gardeners who can do a minimum of 1 hour of work upwards. The work undertaken can include grass cutting, weeding, pruning, path clearing or tub/pot maintenance and all at affordable prices so that you can enjoy the Summer months in your garden.

If you would like to have more information on either this Gardening Service or Hometime and the related costs please call 01737 767706 or 01883 343095

Action for Carers (Surrey) (ACS)

ACS's main aim is to raise awareness of carers' needs and concerns through their **Giving Carers a Voice** service. Working in partnership with statutory and voluntary organisations, they promote the needs of carers and how these can best be met, in order to help achieve equitable services and support for carers throughout Surrey, including a specific service to encourage carer registration with their GP. ACS also run the following free services for carers: Action for Carers and Employment, Moving and Handling Back Care and Surrey Young Carers.

Local Carers Support Schemes:

Action for Carers (Surrey) works closely with the 10 local Carers Support Schemes in Surrey of which East Surrey Carers Support Association is one and all work closely with statutory and voluntary organisations to ensure that they highlight the needs and concerns of carers in Surrey and to help develop joint policies and practice in carers' issues.

For more information about ACS's services please contact

Tel: 01483 302748,

e-mail: acs@actionforcarers.org.uk or

visit the ACS website - www.actionforcarers.org.uk

For information on all of the local carers Support Schemes visit www.carersnet.org.uk.

How to reduce junk mail

Addressed junk mail

Contact the Mailing Preference Service and register to stop receiving and junk mail. By supplying your name & address you will gradually receive less addressed junk mail. You will still receive mail from companies that you have done business with in the past, such as catalogue companies.

- Online: www.mpsonline.org.uk
- By e-mail: mps@dma.org.uk
- By phone: 08457034599

Unaddressed junk mail

Register with Royal mail's Door to Door Opt Out service by sending your name & address to them. By using this service, however, you will also no longer receive local magazines which you may find interesting and informative.

- By post: Freepost RRBT-ZBXB-TTTS,
Royal Mail Door to Door Opt Outs,
Kingsmead House, Oxpens Rd
Oxford, OX1 1RX
- By e-mail: optout@royalmail.com



News Bites

Support group for parents of children on the autistic spectrum or with ADHD

Tom will be at the parents' meeting at CAHMS Kingsfield Centre Philanthropic Road Redhill on 9th November 9.30am - 11.30am to talk about Carer Support and Disability Living Allowance for children. If you are the parent of a child on the autistic spectrum or with ADHD this might be of interest to you.

Get a free fire safety check in your home

Can you spot the potential fire dangers in your home?

You can make an appointment for your local fire fighters to visit your home to complete a free Home Fire Risk assessment a simple fire safety checklist. It covers kitchen safety, electrical, fires, child fire play, naked lights and smoking materials. They will look to see if at least one working smoke alarm is in place and if not may be able to fit one free of charge. Fire fighters will encourage home owners to carry out bedtime checks such as shutting all doors and switching off electrical appliances to minimise the risk of a fire. It is paramount that in the event of fire, all members of a household know what to do and are aware of an escape route and where to find door and window keys.

To book your free fire risk check, call 0800 085 0767 or visit your local community fire station.

For more advice visit www.surrey-fire.gov.uk

Horley Late-Night Pharmacy

This local independent pharmacy is open: Monday to Friday: 8am to 9.30pm; Saturday: 9am - 9am (24 hours) and Sunday: 9am - 5.30pm. They offer free repeat prescription; diabetic testing; blood pressure monitoring; stop smoking service together with pharmacist's advice.

125 Victoria Road, Horley RH6 7AS Telephone: 01239 776616

www.horleylatenightpharmacy.co.uk

Do you know of any other pharmacies who say open like the Late Night Pharmacy? Do let us know so we can spread the word.

Prescription Charges

Do you qualify for a Prescription Pre payment Certificates - PPC? Do you need more than 4 prescription items in 3 - 4 months or 14 in 12 months? Then you may find you will save money by buying a PPC. Most chemists will have an FP95 application form for your reference and completion. When completed and applied for it will take up to a month to process before it can help you with the heavy cost of prescription charges. Alternatively you can apply by phone 0845 850 0030, you must have the details of the account you are intending to use to pay for it, or you can purchase it online <https://www.ppa.org.uk/ppa/ppcdd/patient.do>

Respite/Sitting Services

We have a small amount of funding available to cover respite/sitting services for Carers who want to come to any of our meetings or outings but have difficulty arranging cover any for the person they care for. If you are in this situation we are happy to talk to you about how we might be able to help.

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

21 Nov
19 Dec
16 Jan 2012
20 Feb

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.

8 Nov
13 Dec
10 Jan 2012
14 Feb

Lingfield Carers Support Group

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

**Please Note from the New Year
the timing of this group is
changing to 2pm until 3.30pm**

10 Nov
8 Dec
12 Jan 2012) **Note new time**
9 Feb) **2pm until 3.30pm**

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.

29 Nov
20 Dec **Note date due to Xmas**
31 Jan 2012
28 Feb

Horley Carers Support Group

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

24 Nov
15 Dec **Note date due to Xmas**
26 Jan 2012
23 Feb

**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

Meets on the last Monday of the month
except Bank Holidays at 10am

28 Nov
19 Dec **Note date due to Xmas**
30 Jan 2012
27 Feb

at the 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 meetings will be on;

Thursday 10th November
at **The Whyte Harte, Bletchingley, 7pm onwards.**
Please note change of venue

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.

Can we 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.

PAMPERING SESSION

Join us again for a free pampering session at East Surrey College followed at 12.30pm by lunch and a drink or two (at your own expense) at the Lakers, Toby Carvery, Redstone Hill. Transport between the college and the Lakers will be provided. **Booking is essential the college will not provide a pampering session for any one who just turns up!** Bookings will be taken from the beginning of November. When booking please state the treatment you wish to receive; a list will be available when you book. **Closing date for you to book is 7th November.** If you think you may be late for your 9.30am appointment please let us know at time of booking.

DATE	TIME	MEETING POINT
Tuesday November 15th	9.30am	East Surrey College, Redhill - main reception

NB The visitor/student car park (South Car Park) is the one we use to use before the new college was built. It is accessed via Claremont Road off A23.
Please do not use the new car park.

PRE CHRISTMAS LUNCH

A Christmas treat for our Carers! Come & relax for two or three hours in the company of friends and other carers. Enjoy a two course meal from the set 'Christmas Menu' and a drink for £10, to be paid in advance, and you don't have to cook or wash up! **Please note this function has proved to take longer than our other lunches - please take this into consideration before booking.** If you do have a time constraint then please let Tom or Theresa know when you arrive.

DATE	TIME	MEETING POINT
Wednesday December 7th	12.15pm onwards	The Barley Mow, Tandridge Lane, Tandridge RH8 9NJ

NEW YEAR LUNCH

Come and join us for a celebration of the "New Year", at The White Hart Beefeater, Godstone, 12.30pm to 3pm. The first drink is on us!

Please contact the office to book your place 01883 745057

DATE	TIME	MEETING POINT
Wednesday January 18th <u>2012</u>	12.30pm	The White Hart Beefeater, Godstone

LUNCH & A CHAT

Join us again for lunch (at your own expense) and a chat at Lakers, Toby Carvery, Redstone Hill. The first drink is on us!

DATE	TIME	MEETING POINT
Thursday February 16th	12.30pm	Lakers, Toby Carvery, Redstone Hill