Throughout November and December we’ll be holding Festive activities and fundraisers. Come and join us at our traditional Festive Lunch on Thursday 5th December, see page 6 of this newsletter. At all our forthcoming events The Team and Trustees will be encouraging you to take part in our local Festive fundraisers! We need you to bring along a few extra £s so you can pick up a bargain or two.

If you are unable to attend any of the events do give us a ring at the office to chat through what is on offer 01883 745057

Our Annual AGM

We wish to personally Thank all 71 Carers, former carers, professionals and supporters who attended our lively September AGM.

Information was exchanged through our traditional variety of stall holders.

The ESCSA Fund Raising Group and Trustees were with us throughout the day assisting with lunch, the raffle and setting up the hall.

A special Thanks goes to the Guest Speaker David Strudwick, of the South East Coast Ambulance Service.

David presented us with an informative insight as to how the ambulance service takes the 999 calls and what Carers can do to prepare for their essential home visit.

East Surrey - Reigate & Redhill Live at Home

What is a Live at Home Scheme? It isn’t hard to identify the things that help most of us feel content. We want to be able to get around, live securely and have company when we feel like it. Most often those needs can be met while we continue to live in our home, even as we grow older. That’s what MHA’s Live at Home Schemes are for.

Live at Home Schemes offer services and support to help older people lead independent, active and fulfilled lives, and to live securely.

They aim to help you maintain your independence while offering opportunities for companionship, trusted support, and advice when you need it. They have services to support you in your home, as well as group activities in a place where you can be welcomed, and be among friends.

Above all, you will know that there is always someone to turn to for help, advice or simply a chat.

The Scheme offers services in Reigate, Redhill, Merstham & Horley areas.

The services include:
- Monthly coffee morning
- Monthly shopping trip
- Gentlemans Club
- Outings
- Holidays
- Newsletter
- Merstham, Redhill, Horley day clubs
- Ladies that do lunch
- Telephone support
- Decaf Club (Dementia Club)

Charges are made for activities to help towards costs.

They can be contacted on 01737 780610 EastSurreyReigate&Redhill.LiveatHome@mha.org.uk

We now have our very own Facebook & Twitter page. So please go ahead and start following & start liking our page.
Summary Care Record

Summary Care Record (SCR) is a copy of key information held in your GP record. It provides authorised healthcare staff with faster secure access to essential information about you and is used when you need unplanned care or when your GP Practice is closed.

Your SCR contains information on medicines you are taking, any allergies you suffer from and any bad reactions to medicines that you have previously experienced. Essential details about your healthcare can be very difficult to remember, particularly when you are unwell. If you choose to add more information to your SCR it means that when you need healthcare, you will be helped to recall this vital information.

What other information can be added to my Summary Care Record?

**Your long term health conditions** - such as asthma, diabetes, heart problems or rare medical conditions

**Your relevant medical history** - clinical procedures that you have had, why you need particular medicine, the care you are currently receiving and clinical advice to support your future care.

**Your health care preferences** - you may have your own care preferences which will make caring for you more in line with your needs, such as special dietary requirements.

**Your personal preferences** - you may have personal preferences, such as religious beliefs or legal decisions that you would like to be known.

**Immunisations** - details of previous vaccinations, such as tetanus and routine jabs.

How do I add more information to my Summary Care Record? - Ask your GP Practice to add additional information to your record.

**Summary Care Records for children** - If you are the parent or guardian of a child under 16 and believe they may benefit from additional information in their SCR, you can discuss this with your GP Practice.

**Vulnerable patients and Carers** - Certain vulnerable patient groups such as frail elderly people or those with detailed and complex health problems can particularly benefit from additional information in their SCR.

If you are a Carer for another person and believe that they may benefit from additional information in their SCR, then you can discuss this with them and their GP practice.

For more information about Summary Care Records you can

Talk to the staff at your GP practice
Visit www.digital.nhs.uk/scr
Phone NHS Digital enquires on 0300 303 5678

We would like to thank our friends at the Air Ambulance who supported us at our AGM. Many visiting their stall were informed of all the great work they do for those in times of crisis.

If you are a member of a local group, club or society, then you can book a talk with them - free of charge. Their volunteer speaker will talk about how they work, innovate and save lives. It promises to be an interesting and inspiring meeting for your members whilst enabling them to raise vital awareness of their charity.

If you would like to hear more about them, then they would love to hear from you. Get in touch with them to book a talk at a time and place to suit you.

01634 471 900 or email talks@akss.org.uk
The Breakfast Club
Take time out to meet fellow Parent Carers who care for children under 21 years. Do come and join us for breakfast whilst developing your knowledge and finding ways of managing your Caring challenges. See page 7 for more information.

MMR Vaccination

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses - measles, mumps and rubella (German measles) - in a single injection. The full course of MMR vaccination requires 2 doses. Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis) and deafness. They can also lead to complications in pregnancy that affect the unborn baby, and can lead to miscarriage. Since the MMR vaccine was introduced in 1988, it's rare for children in the UK to develop these serious conditions. But outbreaks happen and there have been cases of measles in recent years, so it's important to make sure that you and your children are up-to-date with the MMR vaccination. Who should have the vaccine? - young children and anyone who has not previously had the MMR vaccine especially women of child bearing age - prior to becoming pregnant. People born or brought up abroad may also need it. If you would like the vaccination or to discuss it further contact your GP.

Drive for More Men in Childcare

More men are to be encouraged into careers in nurseries and early years’ setting, in a new project to provide more diverse role models for children before they start school. With men making up just 3% of early years staff in England, the project aims to breakdown the barriers that prevent men entering careers in children’s early education, including the myth that men are less suited to caring roles. The project will be run by the Fatherhood Institute, and will spearhead an innovative recruitment drive that highlights the positive roles men can play in the crucial first years of a child’s education. It will provide practical resources like myth busters, ‘how-to’ guides and online content to support male recruitment into the profession, as well as online peer support for men already working in the sector. More info at www.fatherhoodinstitute.org
**NEWSBITES**

**Flu**
It's too big to ignore. If you haven't already had your annual flu vaccination then please contact your GP surgery for an appointment. Many surgeries offer Carers a free vaccine to help protect those you care for as well as yourselves.

Your local pharmacy will also have the vaccine, but they may make a charge. Each pharmacy will charge different amounts if they are unable to offer NHS vaccinations. Do make sure you know how much you will be charged before booking your appointment.

**Activity Resource Centre**
New activity centre for people with learning disabilities. It offers a wide choice of activities and more opportunities for a better quality of life. For more information call 01293 344620 or email info@arc-crawley.com Website www.arc-crawley.com

**Mental Health Crisis Helpline: 0800 915 4644**
24 hour support for people in Surrey and North East Hampshire experiencing a mental health crisis. If you have speech or hearing difficulties, you can contact them through SMS text: 07717 989024. The Next Generation Text Service by dialling 18001 0800 915 4644 from your text phone or smartphone app. More information at www.nqts.org.uk

The Mental Health Crisis Helpline is a telephone service offering support to anyone in Surrey and North East Hampshire experiencing a mental health crisis. Lines are open 24 hours, 7 days a week. You don't need to book an appointment and calls are free of charge.

Your care co-ordinator, if you have one, will be best placed to advise on your care and support. If you're able to, please contact them during normal office hours if you are already accessing their services and feel your mental health has deteriorated or you need support.


**Shingles Vaccination**
If you're in your seventies you may be eligible to receive a free shingles vaccination under the national programme. Ask your GP or practice nurse for more information. The national shingles immunisation programme is recommended for people aged 70-79 but is being introduced in phases.

**How likely am I to get shingles?** It is estimated around 1 in 4 people will have at least one episode of shingles during their life. As we get older, we are much more likely to develop shingles due to changes and natural weakening of the immune system.

Before deciding whether to have the vaccination in your case you can visit NHS Choices at www.nhs.uk/conditions/shingles or simply contact your GP surgery for advice.

**Suspension Files**
We have a quantity of used suspension files available, in large or small quantities, all for a donation to ESCSA. Please ring the office 01883 745057 for more information.

**Newsletter**
If you have an email address and would be happy to receive this newsletter by email in future please contact us at info@escsa.demon.co.uk giving us your postal as well as email address.

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
Tel/Fax: 01883 745057 24hour answerphone
e-mail info@escsa.demon.co.uk www.escsa.org.uk
Company No: 07785192 Registered in England & Wales. A Company Limited by Guarantee with Charitable Status
Registered Charity Number 1145878
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.
If transport is difficult, do contact the office & we will help.

**Caterham Carers Support Group**
Meets at the Lounge, Rosedale, Park Road, Caterham, on the third Monday of the month.
From 1.30pm - 3.30pm
18 Nov 2019
16 Dec
20 Jan 2020
17 Feb

**Lingfield Carers Support Group**
Meets at the Community Room, Gunpit Road, Lingfield, on the second Thursday of the month.
From 2pm - 3.30pm
14 Nov 2019
12 Dec
9 Jan 2020
13 Feb

**Oxted Carers Support Group**
Meets at the Community Room, Eastlands Way, Oxted on the second Tuesday of the month.
From 10.30am - 12pm noon.
10 Dec 2019
14 Jan 2020
11 Feb

**Horley Carers Support Group**
Meets at the Methodist Hall, Victoria Road, Horley, on the last Thursday of the month.
From 10.30am - 12pm noon
28 Nov 2019
19 Dec **Note change of date due to Christmas**
30 Jan 2020
27 Feb

**Men’s Group**
Men Carers, yes that means you if you are caring for someone with an illness or disability, maybe your wife, partner, a parent or child

7pm onwards
The last Thursday of the month
Toby Carvery, 2 Redstone Hill, Redhill RH1 4BL
Note change of venue
28 Nov
No meeting in December
30th Jan 2020
27th Feb
This is a social evening to have a break from caring. You can ring the office on 01883 745057 for more information

**Dementia Carers Support Group**
This group is for anyone caring for or supporting someone with issues with memory loss or being confused. They don’t need a formal diagnosis of dementia for you to come to this group.
This group meets on the second Wednesday of the month
13 Nov 2019
11 Dec
8 Jan 2020
12 Feb
10.30am - 12.30pm
At Holy Trinity Church, Carlton Road, Redhill, RH1 2BX

The Association wishes Carers to feel safe & 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 & is not discussed outside of the group.

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

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. Booking is essential as the college will not provide a pampering session for anyone who just turns up! When booking please state the treatment you wish to receive; a list will be available when you book, different treatments will be available on different days. Closing date for you to book is 15th November. Please note the treatments are only available to women.

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Tuesday 19th November</td>
<td>Treatment</td>
<td>East Surrey College, Redhill - main reception</td>
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<tr>
<td>Friday 29th November</td>
<td>Time</td>
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To book your appointment call the Office 01883 745057

PRE CHRISTMAS LUNCH

A Christmas treat for our Carers! Come & relax for a couple of hours in the company of friends and other carers at The Lakers, Toby Carvery, Redstone Hill, Redhill RH1 4BL. Enjoy a two course meal from the set 'Christmas Menu' and you don’t have to cook or wash up! We will need a donation of £7 from you to cover the cost of your meal and the tip. Any drinks you order will be at your own expense. Please ring the office 01883 745057 to book your place by 23rd November. When booking your place you will also have to confirm your choice of order for your main and dessert courses.

The car park machine is in place for those who park in the Carvery car park “you must enter your number plate into the unit by the bar or booking table inside the Carvery”. You do not have to re-enter it within a set time frame.

Please note numbers are limited on this event

The Festive Raffle will be on offer so bring a few extra £’s

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<tr>
<td>Thursday 5th December</td>
<td>12.30pm</td>
<td>The Lakers, Toby Carvery, RH1 4BL</td>
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There will not be a Nomadic social in January 2020 due to the potential weather demands of the New Year and office commitments.

LUNCH & CHAT

Join us again for lunch (at your own expense) and a chat at Lakers, Toby Carvery, Redstone Hill, Redhill, RH1 4BL. The first drink is on us!

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<tr>
<td>Tuesday 4th February</td>
<td>12.30pm</td>
<td>The Lakers, Toby Carvery, RH1 4BL</td>
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Time For you with new skills  
“Training with ESCSA”

The Breakfast Club
Take time out to meet fellow Parent Carers who care for children under 21 years
Do come and join us for breakfast whilst developing your knowledge and finding ways of managing your Caring challenges.

On arrival please buy your drink first and then we will treat you to Breakfast!
Venue The Toby Carvery Redhill - 9.30am - 11am.
Thursday 21st November
Thursday 13th February
Thursday 19th March

The Westway community café and wellbeing centre
Have you tried the newly named “The Westway community café and wellbeing centre” in Chaldon Road, Caterham on the Hill?
The Westway is expanding their services to the local community with opening times: Monday - Friday 9am - 5pm.
Each day offers a variety of activities to keep you socially active, enable you to maintain old and new hobbies and make new friends.
The Community Café is open to everyone so bring the family along for a bite to eat or just a cuppa!
Monthly Sunday Lunches are planned for the beginning of each month. Make sure you book a place to avoid disappointment.
Christmas Lunch Days - please request more information directly through the staff on 01883 347230.

Men in the Shed
Men in the Shed Caterham
Men in the Shed Caterham is located at The Westway community café and wellbeing centre. It is open every morning. New volunteers and interested people are always welcome, so whether you have good DIY skills or a beginner - come and have a look around the Shed and see what the 'Shedders' are making.
Everyone is welcome to join in with any activity.
For more information contact their Office on 01883 347230.

East Surrey has two more Men in the Shed locations;
Men in Sheds, Merstham - based at the Merstham Centre in Weldon Way. The shed is open on Tuesdays, Wednesdays, Thursdays and Fridays from 9am - 4pm.
For further information or to arrange a time to come and visit the shed ring 01737 645636 or email enquiries@ageconcernmrr.org.uk
Men in Sheds, Oxted - is based at the Woodhouse Centre, Hoskins Road, Oxted RH8 9HT. For more information contact either Dee or Sarah on 01883 715189 or email them at thewoodhousecentre@gmail.com
Help us to raise funds with Tandridge District Council

We also now have a Tandridge Together Lottery page!
Support local causes and win prizes of up to £25,000!
50% of all tickets sold from our page go to us!
PLUS 10% goes to other good causes in Tandridge District!
Tickets only cost £1 per week!
Support us and win prizes - WIN WIN!

To start supporting visit www.TandridgeLottery.co.uk and search for East Surrey Carers or use the direct link www.tandridgelottery.co.uk/support/east-surrey-carers-support-association

Café Connect

Every month volunteers hold a coffee morning in Godstone called Café Connect. Where everyone is invited to take an hour or two to relax over a hot drink and homemade cakes. We have now been given a regular stall to raise money for our work.

Do come and join us at
St Nicholas Youth Centre, Bay Path, High Street, Godstone, RH9 8DT between 10.30am - 12 noon on 7th December & 1st February

Free Parking,
Free Entry, Disabled access and facilities
They are offering any ESCSA members a free cup of tea or coffee

You can now donate to us directly, please email us at info@escsa.demon.co.uk for the details.
Alternatively are registered with easyfundraising https://www.easyfundraising.org.uk/causes/escsa/
It’s easy to use and you can join for free. There are no catches or hidden charges and we at East Surrey Carers Support Association will be really grateful for your donations.

Horley Coffee Morning

Calling everyone especially, all our Horley Carers, come and join us for Morning Coffee and hear what we are doing in your area. This is event is ‘Open to Everyone’ so do bring friends and relatives as it is a fundraising event for us.

Saturday 21st March
10.30am - 12.30pm
Methodist Hall, Victoria Road, Horley RH6 7AS

Thanks to our Supporters

All those who attended our AGM in September
Bletchingley Parish Council
Café Connect Committee
Goodwills - sponsorship of AGM
Holland Junior School
Nationwide Building Society - Redhill
Tandridge Together Community Fund
Waitrose Limited - Oxted

All our Carers and Former Carers who have given us their personal support