

Carers Count

CARERS SUPPORT SPELTHORNE NEWSLETTER

WWW.CARERSUPPORTSPELTHORNE.CO.UK

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SCAMS — WATCH OUT!



The Office of Fair Training have published a free booklet entitled 'Scambuster—Your guide to beating the scammers' covering all sort of scams you may receive by post, telephone or email. **To obtain your FREE copy call 0800 389 3158.**

If you think you have been a victim of a scam you should call Consumer Direct for clear, practical consumer advice on 08454 04 05 06.

You can take some simple steps to cut the number of unsolicited offers (namely Junk Mail) you receive by registering for free with the following:

Mailings: Mailing Preference Service—0845 703 4599 or www.mpsonline.org.uk

Telephone Calls, Text/SMS Messages: Telephone Preference Service—0845 070 0707 or www.tpsonline.org.uk

Emails: Visit www.getsafeonline.org and ensure you install anti-spam software and a firewall on your computer.

AUDIO LIBRARY

Calibre Audio Library is a registered charity and provides a free postal lending library of audio books for people with sight loss, dyslexia or a physical disability that prevents them from reading print. With over 8,000 titles to choose which include the latest bestsellers, classic fiction, detective stories, romances and many other topics, and you are able to exchange your books as often as you like. There is also a Young Calibre collection for under-16s.



This a free service — no subscription, no fines, no postage costs and no charge for lost/damaged books.

If you would like to know more, or would like to join the library please phone 01296 432 339 or email enquiries@calibre.org.uk or visit their website www.calibre.org.uk

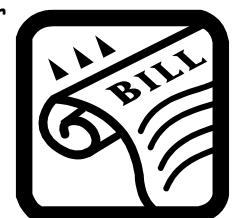
WHO ARE YOU?

Have you ever struggled to prove your identity, or that of an elderly relative, living in a care home who no longer has a passport, driving licence or utility bills? All financial organisations require such proof and whilst it is up to them to decide precisely what information they want they can still be quite difficult when it comes to people who cannot 'tick the boxes'.

If you encounter problems, quote from The Consumer Financial Education Body, a sister organisation of the Financial Services Authority, which has an excellent booklet in its Money Made Clear series called Proving Your Identity, which states: "If you are having difficulty in proving your identity, the member of staff dealing with your application should pass the matter to someone who is authorised to decide in exceptional cases."



For a copy of the booklet, see moneymadeclear.org.uk
or call 0300 500 5000



INFORMATION

SID

Social Information on Disability

Social Information on Disability (SID) Support for Carers

Do you find you spend a lot of your time trying to find out how to obtain information to help you support your relative or friend? There's no need to run up a huge telephone bill, scour the internet or set off for the library - just ask SID.

SID's information service is a free, independent service working alongside other local disability information services and carers support services. SID is on hand to answer enquiries from disabled people, carers, relatives and friends who live or work in Surrey. The service is for all age groups and all disabilities. The information service welcomes enquiries on all topics including leisure and holidays, benefits issues, clubs/support groups, legislation, community services, home-care services, housing, education and employment, special aids and equipment.

Recent enquiries include questions such as: holiday destinations for someone who uses oxygen, how to find a wheelchair accessible taxi, where to purchase a scooter so that a couple can go shopping together and how to register as a disabled person.

Enquiries are treated in confidence by friendly and experienced advisers who have access to a wide range of information resources to help give a comprehensive response to your questions.

SID also runs a second-hand disability equipment website which enables people to buy and sell items. Next time you need a scooter, bath seat or walking aid check the website for available equipment. If you do not have access to the internet just call their enquiries line.

Make your life easier by finding practical solutions to everyday problems as quickly as possible.

Contact SID by using their freephone number 0800 043 9395 each weekday morning 9.30am to 12.30pm or email them at info@asksid.org.uk

LEGAL INFORMATION DAY

We held a legal information day for our Carers on 16th May. Steve Carter and Karen Baylay from local Solicitors Barlow & Robbins came to talk to Carers regarding Wills, Probate, Inheritance Tax, Lasting Power of Attorney etc and answered general queries about legal issues that affect Carers. Their information was given in a relaxed and casual way and it was valued that these experts answered all questions in an understandable manner.

This day was financed from Surrey Joint Training who covered the costs of hiring the venue and enabled us to provide a light lunch. Steve and Karen, through Barlow Robbins, did not charge us for their time.

This event was well attended and everybody that came along said that they had found it very useful and informative.



INFORMATION

Have a FAB time with Family Activities & Breaks for disabled children and young people in Surrey

A new website called FAB - Family Activities & Breaks www.asksid.org.uk/fab to help families with disabled children or young people find out about a wide range of leisure activities and short breaks across Surrey.

Before developing the website SID surveyed a number of parents who care for disabled children and young people and asked what they wanted when it came to arranging time out. This FAB Survey showed overwhelmingly that parents want short breaks with staff who are experienced in caring for disabled children. Also high on their wish list was services that will care for their child while they take a break themselves. Surrey has over 8,000 disabled children and young people age 0-19, and access to short breaks is shown to make a real difference to lives of both the child and their family.

The FAB website has up-to-date information on specialist leisure activities, sports, social clubs, play schemes, childcare and short breaks for disabled children and young people in Surrey. Factsheets on entitlement to breaks, and finding funding and specialist equipment, links to key children's organisations in Surrey and FAQs on taking short breaks, a news and story page and a new downloadable leaflet from SILC - Surrey Independent Living Council on direct payments for children all form part of this new site.

For further information please contact Social Information on Disability (SID)
0800 0439395 www.asksid.org.uk/fab info@asksid.org.uk

GYM MEMBERSHIP

Did you know that as a Carer you can get reduced membership to use both Spelthorne and Sunbury Leisure Centres. For a monthly fee of £30.00 you can make use of the gym, swimming pool, exercise classes etc at any time. To enrol you should contact, Claire Farmer, Spelthorne Leisure Centre on 01784 493493 or call in and see her at the Leisure Centre. To qualify for this reduced rate you will need to be registered with Carers Support Spelthorne. If you are already a member, but not listed under CSS Corporate Membership you should contact Claire and she can transfer your details across.



SUPPORT GROUPS

We would like to invite you along to our Support Groups. You are more than welcome to attend more than one if you wish and they are held in various meeting rooms within Spelthorne Council Offices at Knowle Green, Staines. **Please see back page for all Support Group details and dates.** *We look forward to meeting you.*

Male Carers Network

&

Carers Together Group

These support groups are only for Carers registered on our database



ADHD/ADD, ASD,

Aspergers,

& Downs Syndrome

These support groups are open to everyone

2011 FORUMS

Spelthorne Older People

Tuesday 19th July - 12:30pm - Education Centre, Ashford

Tuesday 18th October - 12 noon - Council Chambers, Knowle Green, Staines

SCAN / Spelthorne Physical & Sensory Disabilities

Wednesday 13th July - 12 noon

Wednesday 12th October - 12 noon

These meetings are held in The Goddard Room, Council Offices, Knowle Green, Staines

Carers Forum

Monday 4th July - 12 noon

This meeting is being held in The Trevor Baker Room, Council Offices, Knowle Green, Staines

North West Surrey Carers Strategy Forum

This meeting will take place towards the end of June, although no date and venue has yet been confirmed. However, please feel free to contact Ron Critcher who will provide the details once available:

Tel: 01483 519146 or Email: ron.critcher@surreycc.gov.uk

MILLENNIUM AFTER SCHOOL CLUB (MASC)

The club provides high quality after school care for children with disabilities and gives children a chance to socialise and make friends outside school. It is often the only chance they get. The club is held on a Monday and Thursday evening at Manor Mead school. Children come from all over Spelthorne and are brought to the club from a variety of schools across Surrey.

MASC are desperately in need of regular parent participation on the committee. If you are interested in joining the Committee, please contact Carole Brooker at White Lodge on 01932 567131 or via email at cbrooker@whitelodgecentre.co.uk.

TAKING-A-BREAK ACTIVITIES



IDEAL HOME EXHIBITION

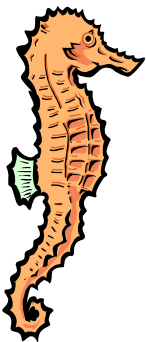
It was the 103rd Ideal Home Show – what a great day.

There was so much to look at, to try and to buy—from Vespa scooters, saunas, henna tattoos, vacuum cleaners, eyebrow threading, toffee vodka—the list goes on. If you were feeling brave enough you could even dip your feet in a tank full of fish for them to nibble at the dead skin!!!



There were food stalls in abundance serving dishes from all over the world and demonstrations from celebrity chefs. It was a thoroughly enjoyable day and we really could have done with two days there to make sure that we got to see everything.

LONDON EYE & SEA LIFE AQUARIUM



This was one amazing day out, at not only one, but two venues.

The views from the London Eye were amazing. It was surprising just how far you could actually see across London and further!


The Sea Life Centre was packed full with aquatic life including fish, turtles, sharks, jellyfish, frogs and penguins. Watching them all swim around was very relaxing and also had a calming effect.

I just wish we had had longer to enjoy these two incredible places!!



Some of our Carers are joining us on a visit to Hampton Court Flower Show on Friday, 8th July so keep an eye out for the write up on this event in our next newsletter. Let's hope for a dry, sunny day!!

To all our Carers, please see the enclosed two invites for forthcoming outings.

Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<p>June 14 Aspergers Support Group Community Link 10-12 15 ASD Support Group Goddard Room 10-12 16 ADHD/ADD Support Group Community Link 10-12 28 Carers Together Community Link 11-1pm</p> <p>July 12 Aspergers Support Group 10-12 13 ASD Support Group 10-12 14 ADHD/ADD Support Group 10-12 18 Children with Disability Forum 9:45-12:30</p> <p>Sept 05 Male Carers Network Group 11-1pm 13 Aspergers Support Group 10-12 14 ASD Support Group 10-12 15 ADHD/ADD Support Group 10-12 27 Carers Together 11-1pm</p> <p>PLEASE CALL THE CSS OFFICE TO CONFIRM VENUE FOR THE ABOVE MEETINGS.</p>	<p><i>'Independent advice, support and information for Carers and Parent Carers'</i></p> <p>A 'Listening ear' and support for individual Carers.</p> <p>Information about services and benefits.</p> <p>Assistance with form filling, letter writing, telephone calls.</p> <p>Advocacy.</p> <p>Support groups and workshops on a variety of topics.</p> <p>Special events and outings.</p> <p>The service provided is confidential.</p> <p>For more information Contact:</p> <p>Team Leader / Parent Carers Support Worker Jacqui MacLean 01784 444233</p> <p>Carers Support Workers Celia MacKay 01784 446234 Rayner Ward 01784 444229</p>  <p>Carers Support Spelthorne Room 241, Spelthorne B.Council Knowle Green Staines Middx TW18 1XA Registered Charity No. 1061488</p> <p>www.CarersSupportSpelthorne.co.uk</p>	<p>Action for Carers & Employment: 01483 565874 Age Concern: 01784 444200 Alzheimers Society: Local Group 01784 444214 National Helpline 0845 300 0336 Carers Direct: 0808 802 02 02 (7 days a week) Carers' Helpline (Carers UK): 0808 808 7777 Carers Net: www.carersnet.org.uk Children with Complex Needs East Surrey: 01737 737828 Citizen's Advice Bureau: 01932 827187 Contact a Family Helpline 01784 460842 Crossroads: 01784 446294 Disability Info. Service Surrey: 01306 875156 Good Neighbours Schemes: Ashford 01784 423222 Shepperton 01932 254604 Stanwell 01784 250837 Sunbury 01932 779867 Hope Club: 01932 223511 Link Leisure: 01483 770037 Local Radio: www.aceradio.org Multiple Sclerosis Society: 01932 569320 Neighbourhood Watch 01784 446420 National Autistic Society: 0207 833 2299 NHS Direct 0845 46 47 Partnership with Parents 01737 737300 Samaritans: 01932 844444 Spelthorne Shopmobility: 01784 459416 Spelthorne Social Care Team: 08456 009 009 Voluntary Action in Spelthorne: 01784 446358</p>