

# Carers Count

## CARERS SUPPORT SPELTHORNE NEWSLETTER

WWW.CARERSUPPORTSPELTHORNE.CO.UK

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Issue No. 43

### SEASONS GREETINGS

FROM THE STAFF AND TRUSTEES  
OF CARERS SUPPORT SPELTHORNE



WE WOULD LIKE TO WISH ALL OUR READERS  
A VERY HAPPY CHRISTMAS  
AND A PEACEFUL NEW YEAR

**REMINDER—Emergency Numbers  
over the Christmas &  
New Year Period**

**Social Services (Adults)  
03456 009 009**

**Social Services (Children)  
01483 517898**

**NHS DIRECT  
0845 4647**



Don't find yourself having to run to the post box as you forgot to post your Christmas Cards. Remember the last posting dates and you'll be OK.

**Last Post for Parcels  
Wednesday 15th December**

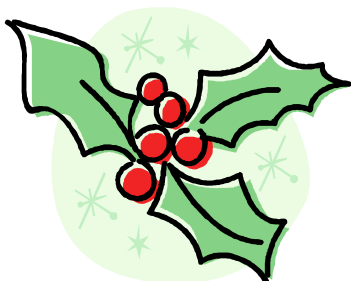
**Last Post for 2nd Class  
Saturday 18th December**

**Last Post for 1st Class  
Tuesday 21st December**



### **XMAS ROTARY COLLECTION — FRIDAY 17TH DECEMBER**

We are once again joining the Shepperton Rotary Club on one of their Xmas Collection Evenings. This will begin at 6pm and finish around 8:30pm. If anybody is interested in joining us on this evening please contact the CSS office on 01784 446234 for more details.



### **CHRISTMAS CLOSURE**

**The CSS Office will close at 2pm  
On Thursday 23rd December 2010  
And will re-open again  
On Tuesday 4th January 2011**



# INFORMATION

## TELECARE SCHEME

The Telecare Scheme is provided by Surrey County Council in partnership with Mole Valley District Council, Elmbridge Borough Council and Spelthorne Borough Council.

The project will assist individuals suffering from dementia by providing a range of Telecare Support with the aims of how best the equipment and services can support them and their carers in the home environment and reduce admission into residential care. The scheme will be evaluated and monitored and consent will be required from both the Carer and cared for.

If you have any queries or would like to get involved with the project, please contact:  
Andrea Cannon - 01372 832987 or Stuart Deacon - 020 8541 7270

## SELF DIRECTED SUPPORT

Self Directed Support (SDS) is where people are given money directly for the care and support they need. People can use this money to organise their own services. People can have help to do this.

### Why people choose Self Directed Support:

- ◆ More control—you decide who supports you. Many people employ their own personal assistant.
- ◆ More choice—you could go to college, get a job, try new activities.
- ◆ Involving family carers—family carers are included in the planning.

### How Self Directed Support works

Step 1 - Self Assessment. With help you fill in a questionnaire to say what support you need.

Step 2 - Agreeing your personal budget. The money you need for your support is worked out.

Step 3 - Planning and organising support. With help you write a plan of the support you need.

Step 4 - Monitor and review. Checking that things are working well.

There is a lot of support to help people. Self Directed Support can work for many people, including people who need a lot of support to understand information and make choices.

### Involving family carers

The new self assessment has a carers section, which can also be used on its own. We ask carers about what they do, how they feel and if they are able to continue with the support they give. We also ask them about their own needs and if they need any additional support.

Carers can develop their own support plan and have a personal budget themselves. It is important that carers are able to do their section of the assessment in private if they wish.

### Support Brokers

Support brokers are people whose job it is to help you get the services and support they need. They work alongside you to help them understand the different types of services and support that are available. They can help negotiate services and costs, purchase and organise the support needed and sort out the best way to pay for services and support.

Brokers are independent. At the moment Just Advocacy, Advocacy Partners and the Surrey Independent Living Councils are brokers. They are funded by Surrey County Council so do not charge the service user.

For more information about Self Directed Support contact John Woods, Head of Transformation for Adults Social Care. Email: [john.woods@surreycc.gov.uk](mailto:john.woods@surreycc.gov.uk) Tel: 07968 832804

# Advent Word Search Puzzle



See if you can find the Advent words in the puzzle below!

s	b	c	v	c	a	d	v	e	n	t	g
h	n	a	c	a	r	o	l	s	z	z	u
o	n	r	b	a	x	g	i	f	t	s	r
p	i	d	u	e	l	s	q	v	b	c	d
p	s	s	d	d	l	e	a	u	m	v	e
i	c	t	k	l	u	l	n	n	y	e	c
n	c	o	o	k	i	e	s	d	t	h	o
g	c	o	o	k	i	n	g	m	a	a	r
x	y	l	i	g	h	t	s	m	v	r	a
f	r	i	e	n	d	s	y	q	l	x	t
s	n	o	w	m	a	n	t	r	e	e	e
h	i	c	h	r	i	s	t	m	a	s	h

advent

christmas

gifts

calendar

decorate

cards

shopping

cooking

cookies

friends

snowman

santa

tree

lights

bells

carols

## 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 all held in the Community Link Meeting Room 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, Cerebral Palsy/Physical Disability & Downs Syndrome

These support groups are open to everyone

Please note that the Carers Together Support Group will be reduced to 4 meetings a year in 2011. We would also like to take this opportunity to point out that **this support group is for existing carers only** and is not an ex-carers group.

## 2011 FORUMS

### Spelthorne Older People

Tuesday 25th January - 12:30pm - Education Centre, Ashford

Tuesday 19th April - 12 noon - Council Chambers, Knowle Green, Staines

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

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

### SCAN / Spelthorne Physical & Sensory Disabilities

Wednesday 19th January - 12 noon

Wednesday 30th March - 12 noon

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 10th January 2011 - 12 noon

This meeting is held in The Goddard Room, Council Offices, Knowle Green, Staines

### North West Surrey Carers Strategy Forum

In October the first NW Carers Strategy Forum was held at the Holiday Inn, Woking. As this was not too far to travel I decided to attend. The venue was easily accessible and we were welcomed with tea, coffee and croissants. There were 4 speakers to discuss the new National Carers Strategy launched by the Prime Minister which included Carers assessments and focussing GP surgeries on Carers. It was stressed how important it was to make sure you are registered with your GP as a Carer. We then went into separate groups for Q&A sessions. This was a very worthwhile and enjoyable day and which ended with a lovely lunch in the Holiday Inn restaurant.

*Val Lambert*

Staff and Trustees of Carers Support would like to express their thanks to all those Carers and Ex-Carers that made the effort to attend and support us at our recent Awareness Day event which was held at The Thames Club, Staines on Tuesday 5th October.

# TAKING-A-BREAK ACTIVITIES



## CAKE SALE

We were astounded by the response to our request for people to donate cakes for our Coffee 'n Cake sale that we held in the Community Link meeting room in September. It's a wonder that the table did not buckle under the sheer weight of all the delights on offer as there were so many varieties to choose from. We managed to sell most of the cakes and the few that we had remaining we did a 'trolley dolly dash' around the Council Offices and offered a personal desk delivery service.

Our heartfelt thanks to everybody that donated items and also came along to have a coffee and cake with us. All in all the day was a huge success and we managed to raise £210 for Carers Support.



## DUNELM MILL / EASTBOURNE

Dunelm Mill offered all kinds of homewares from cutlery and crockery to curtains and bedding and judging by the many bags of purchased items that nearly filled the boot of the coach there were lots of bargains had!




Luckily everybody wasn't too tired after a spot of retail therapy to head for the seafront for a wander, a nice cuppa, fish and chips or all three!



The weather was very kind to us and the sun was out all day. A good time was had by all.

It is with heavy heart that we said goodbye to Claire Smith at the end of October as she left us for pastures new. However, we are delighted to welcome Nicole Williams who has temporarily stepped in to cover the Take-a-Break Outings. We are sure you will join us in making her feel welcome.

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

<b>Dates for your Diary</b>	<b>Carers Support Spelthorne</b>	<b>Useful Numbers</b>
<p><b>November</b>  03 ASD Support Group  10-12 Community Link  05 Male Carers Network  11am-1pm Comm. Link  09 Aspergers Support Group  10-12 Community Link  11 ADHD/ADD Support Group  10-12 Community Link  23 Carers Together  11am-1pm Comm.Link  24 Downs Syn Support Group  10-12 Community Link  26 Cerebral Palsy &amp; Physical  Disability Support Group  10-12 Community Link</p> <p><b>December</b>  08 ASD Support Group  10-12 Community Link  09 ADHD/ADD Support Group  10-12 Community Link  14 Aspergers Support Group  10-12 Community Link</p> <p><b>January 2011</b>  10 Children with Disability  Forum 9:45-12:30  11 Aspergers Support Group  10:00-12:00  13 ADHD/ADD Support Group  10:00-12:00  19 ASD Support Group  10:00-12:00</p> <p><b>February</b>  01 Male Carers Network Group  11:00am-1:00pm  07 Carers Together  11:00am-1:00pm  08 Aspergers Support Group  10:00-12:00  09 Downs Syn. Support Group  10:00-12:00  10 ADHD/ADD Support Group  10:00-12:00  16 ASD Support Group  10:00-12:00</p> <p><b>March</b>  01 Aspergers Support Group  10:00-12:00  10 ADHD/ADD Support Group  10:00-12:00  16 ASD Support Group  10:00-12:00</p>	<p><i>'Independent advice, support and information for Carers and Parent Carers'</i></p> <p><b>A 'Listening ear' and support for individual Carers.</b></p> <p><b>Information about services and benefits.</b></p> <p><b>Assistance with form filling, letter writing, telephone calls.</b></p> <p><b>Advocacy.</b></p> <p><b>Support groups and workshops on a variety of topics.</b></p> <p><b>Special events and outings.</b></p> <p><b>The service provided is confidential.</b></p> <p><b>For more information Contact:</b></p> <p><b>Team Leader / Parent Carers Support Worker</b>  <b>Jacqui MacLean</b>  <b>01784 444233</b></p> <p><b>Carers Support Workers</b>  <b>Celia MacKay</b>  <b>01784 446234</b>  <b>Rayner Ward</b>  <b>01784 444229</b></p>  <p><b>Carers Support Spelthorne</b>  <b>Community Link</b>  <b>Knowle Green Staines</b>  <b>Middx TW18 1XA</b>  Registered Charity No. 1061488</p> <p><a href="http://www.CarersSupportSpelthorne.co.uk">www.CarersSupportSpelthorne.co.uk</a></p>	<p><b>Action for Carers &amp; Employment:</b>  01483 565874  <b>Age Concern:</b>  01784 444200  <b>Alzheimers Society:</b>  Local Group 01784 444214  National Helpline 0845 300 0336  <b>Carers Direct:</b>  0808 802 02 02 (7 days a week)  <b>Carers' Helpline (Carers UK):</b>  0808 808 7777  <b>Carers Net:</b>  <a href="http://www.carersnet.org.uk">www.carersnet.org.uk</a>  <b>Children with Complex Needs East Surrey:</b>  01737 737828  <b>Citizen's Advice Bureau:</b>  01784 444220  <b>Contact a Family Helpline</b>  01784 460842  <b>Crossroads:</b>  01784 446294  <b>Disability Info. Service Surrey:</b>  01306 875156  <b>Good Neighbours Schemes:</b>  Ashford 01784 423222  Shepperton 01932 254604  Stanwell 01784 250837  Sunbury 01932 779867  <b>Hope Club:</b>  01932 223511  <b>Link Leisure:</b>  01483 770037  <b>Local Radio:</b>  <a href="http://www.aceradio.org">www.aceradio.org</a>  <b>Multiple Sclerosis Society:</b>  01932 569320  <b>Neighbourhood Watch</b>  01784 446420  <b>National Autistic Society:</b>  0207 833 2299  <b>NHS Direct</b>  0845 46 47  <b>Partnership with Parents</b>  01737 737300  <b>Samaritans:</b>  01932 844444  <b>Spelthorne Shopmobility:</b>  01784 459416  <b>Spelthorne Social Care Team:</b>  08456 009 009  <b>Voluntary Action in Spelthorne:</b>  01784 446358</p>