

Carers Count



CARERS SUPPORT SPELTHORNE NEWSLETTER

WWW.CARERSUPPORTSPELTHORNE.CO.UK

November 2008

Issue No. 35

SEASON'S GREETINGS

CARERS SUPPORT SPELTHORNE

STAFF AND TRUSTEES

WISH OUR READERS A VERY HAPPY CHRISTMAS

AND A PEACEFUL NEW YEAR.



INTRODUCING PENNIE

SUPPORT GROUP CO-ORDINATOR

Hello! My name is Pennie Wolff and I am a 42 year old mother of two. I am a Carer for my 18 year old daughter, with Spina Bifida who is now at college. She uses an electric wheelchair and has a learning disability plus some behavioural problems. My 10 year old son has mild ADD/ASPERGERS and is getting used to the idea that he must soon deal with the BIG WORLD of senior school!

I have recently taken up the newly created role of Support Group Coordinator here at Carers Support Spelthorne. My role is to coordinate the existing support groups, advertise them and helping organize guest speakers when requested. I will also be identifying other areas of need and facilitating new support groups where appropriate. Three new groups will be starting in January. (PLEASE SEE ENCLOSED FLYER)

DON'T FORGET THE PANTO!

Peter Pan - Richmond Theatre - Saturday 10th January - 2p.m.

We still have seats available.

For more information contact the office: **01784 446234**

Deadline - 26th November

CHRISTMAS CLOSURE

The CSS office will close at 1 p.m.
on Wednesday 24th December, 2008
and will reopen on Monday 5th January, 2009.

Social Services Emergency Tel No.

01483 517898 (open 24 hours)





INFORMATION

ARE YOU CARING FOR SOMEONE WHO HAS DEMENTIA / MEMORY LOSS?

The Greeno Centre runs a group that offers an ideal opportunity for those who require some extra care, and can also provide some respite for the Carer. It is a joint programme run with Surrey County Council.

- ⇒ **Participants:** people who are over 50 and have a physical and/or early stages of dementia
- ⇒ **Venue:** The Greeno Centre, Shepperton
- ⇒ **Transport:** dedicated Spelride bus with a Carer to pick up and drop off

Anyone wishing to join the group would require an assessment by the Social Services Department to ensure that they are suitable, and it is what they are looking for.

For further information please contact:

The Greeno Centre **01932 246173**

CARERS FORUM

Tuesday 25th November, 2008

10a.m. - 3p.m.

Leatherhead Leisure Centre

This annual event is hosted by Action for Carers Surrey (ACS). It is an opportunity to meet with other Carers and Support Organisations, and to share your views on a variety of issues of interest to Carers.

- * Choice of workshops on a variety of topics
- * Free buffet lunch
- * Transport can be arranged by ACS (01483 302748)

For more information please contact either:

01483 302748



QUARTERLY LOCAL FORUM MEETINGS 2009

Don't forget you are very welcome to come and have your say at these meetings that are open-house for Users and Carers of local services in Spelthorne. There are 5 separate groups that meet on a regular quarterly basis:

- ◇ Children With Disabilities Forum - *12th January 9.30 Community Link*
- ◇ Carers Forum - *26th January 10.15 The Goddard Room*
- ◇ Learning Disabilities Forum - *next meeting 2008—9th December 12.30 Community Link*
- ◇ Old People's Forum - *20th January 12.30 Ashford Hosp. Education Centre*
- ◇ Physical Disability/SCAN (Spelthorne Committee for Access Now) Forum - *14th January 12 noon The Goddard Room*

Come and make your voice heard, and help make a difference locally in Spelthorne

For more information please contact the CSS office

01784 446234/444233/444229



NEW SUPPORT GROUPS

I feel passionately about the value of support groups to those of us caring for friends or family members. The support and advice of others in similar circumstances has often been invaluable to me in resolving issues. An ear that REALLY UNDERSTANDS can sometimes make all the difference between coping and not coping. I hope that with your input, we at Carers Support Spelthorne can continue to help bring groups of people with similar life circumstances together for mutual support and friendship. I look forward to meeting with some of you over the coming months at our various events and training days. (PLEASE SEE ENCLOSED FLYER)



Pennie Wolff

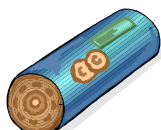
DON'T FORGET OUR EXISTING SUPPORT GROUPS

- ☺ **ADHD/ADD** - Attention Deficit Hyperactivity Disorder/
Attention Deficit Disorder
- ☺ **ASD** - Autistic Spectrum Disorder
- ☺ **Asperger's**

Venue: Community Link Meeting Room, Knowle Green, Staines

Time: 10 - 12 noon

Dates: Please contact the office for 2009 dates (**01784 444233**) and see page 6.



MALE CARERS NETWORK

Come and join other Male Carers to exchange ideas and give support.

Community Link Meeting Room
11a.m. - 1p.m.

For dates and more information:

01784 446234 / 444229



CONGRATULATIONS

Bill Crump and Tony Hathaway are to be congratulated on their award for the plant displays at Ashford House. Well done you green-fingered guys!



SOMETHING SEASONAL

A SEASONAL JOKE

The game show contestant was only 200 points behind the leader and about to answer the final question - worth 500 points!

"To be today's champion," the show's smiling host intoned, "name two of Santa's reindeer."

The contestant, a man in his early thirties, gave a sigh of relief, gratified that he had drawn such an easy question. "Rudolph!" he said confidently, "and, ...Olive!"

The studio audience started to applaud (like the little sign above their heads said to do,) but the clapping quickly faded into mumbling, and the confused host replied, "Yes, we'll accept Rudolph, but could you please explain... 'Olive?!?'"

"You know," the man circled his hand forward impatiently and began to sing, "Rudolph the Red Nosed Reindeer - had a very shiny nose. And if you ever saw it, you would even say it glowed. *Olive,* the other reindeer..."

(www.dezert-rose.com)

RUDOLPH THE RED-HAND REINDEER

Craft Materials:

- Pencil
- Brown felt
- Black marker pen
- Red glitter glue
- Gold sequins
- Glue
- Googly eyes
- Red pom-pom
- Brown pipe cleaner
- Paper clip or clothespeg

Time needed: Under 1 Hour



1. First use a pencil to trace your child's hand onto a piece of brown felt
2. Cut out the shape and add black marker pen to make hooves on the fingertips with black marker pen
3. Next, add a red glitter glue collar with gold sequins for bells; then glue on a googly eye, a red pom-pom nose, and a tail cut from the brown felt
4. For the reindeer's antlers, cut a brown pipe cleaner in half; bend each half in two (slightly off-centre) and curl the ends. Glue together the pipe cleaner pieces, holding them in place with a paper clip or clothespeg until the glue dries.
5. Finally glue the antlers in place on the reindeer.
6. Fill the hand with sweets for a present.

www.familyfun.com

RUDOLPH RUBY SPARKLER

Ingredients:

1 handful seedless red grapes

2 Red plums (de-stoned)

Lemonade

- ◆ Whizz grapes and plums together in blender until puréed
- ◆ Divide into glasses
- ◆ Add ice cubes
- ◆ Top up with lemonade



www.sainsbury.co.uk

TAKING-A-BREAK ACTIVITIES

Rugby Stadium, Twickenham

On a beautiful September day a small group of 11 went to Twickenham the day before the Heroes match. Before the tour started we had an opportunity to wander round the museum and, because of the following day, there was a small details of their citation. The tour Royal Box, Committee Rooms etc., ers were training. However, we met Lawrence Dallaglio who posed for photographs. After wandering round the pitch we went into the shop where Lawrence Dallaglio and Martin Johnson both signed autographs of purchases bought by the group. Afterwards we went to Arthur's by the river at Twickenham for lunch and headed home after a well organised trip with and added bonus of meeting the World Cup Winners.



Margaret Goodgame with Lawrence Dallaglio
don't you wish you'd gone on the outing?

London City Coach Tour

We met up with our Blue Badge Guide at the Victoria and Albert Museum - Diana with her pink umbrella. Having been on the coach since 9a.m. by 10.30 a toilet stop was needed. It was the longest walk of the day to use the facilities at another of the Museums in West Kensington. Once back on the coach we started our journey all around London taking in most of the bridges as we went back and forth over the river Thames. We heard about the river Fleet that runs under London and where Fleet Street gets its name from. We went from Pudding Lane to Pie Lane - the beginning and end of the Great Fire of London. After a stop at Covent Garden for lunch we made our way passed St. James' Palace, noting that the soldiers on duty outside meant that Prince Charles was at home. On to Buckingham Palace and we were very lucky to see the Queen coming back in one of the horse-drawn coaches. We then went on to the Tower of London where we had a short break before making our way home, saying goodbye to Diana at Earls Court.

Bluewater Shopping Trip


An early start ensured plenty of time to shop until we dropped! Bargains galore and plenty of choice to eat at some really good cafés and restaurants.

Roll on next year!



REPLY SLIP

We would like to remind you to remember to send back your request slip for a place on the Taking-a-Break outings as we will no longer be accepting bookings by telephone. This will enable us to manage participating numbers and maintain accurate accounting procedures.

Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<p>November 26 Alzheimer Support Group 10-12 Community Link</p> <p>December 4 ADHD/ADD Support Group 10-12 Community Link 9 Learning Disab. Forum 12.30-2 Community Link 9 Asperger's Support Group 10-12 Community Link</p> <p>2009 January 6 Asperger's Support Group 10-12 Community Link 12 Child. With Disab. Forum 9.30-12.30 Comm. Link 14 Phys. Disab./SCAN Forum 12 The Goddard Room 15 ADHD/ADD Support Group 10-12 Community Link 20 Older People's Forum 12.30 Ash Education Centre 21 ASD Support Group 10-12 Community Link 26 Spelthorne Carers Forum 10.15 The Goddard Room 28 Alzheimer's Support Group 9.45-12 Community Link</p> <p>February 3 Asperger's Support Group 10-12 Community Link 11 ASD Support Group 10-12 Community Link 12 ADHD/ADD Support Group 10-12 Community Link 25 Alzheimer's Support Group 9.45-12 Community Link</p> <p>March 3 Asperger's Support Group 10-12 Community Link 11 ASD Support Group 10-12 Community Link 12 ADHD/ADD Support Group 10-12 Community Link 25 Alzheimer's Support Group 9.45-12 Community Link</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 Community Link Knowle Green Staines Middx TW18 1XA Registered Charity No. 1061488</p> <p>www.CarersSupportSpelthorne.co.uk</p>	<p>Action for Carers & Employment: 01483 565874</p> <p>Age Concern: 01784 444200</p> <p>Alzheimers Society: Local Group 01784 444214 National Helpline 0845 300 0336</p> <p>Carers' Helpline (Carers UK): 0808 808 7777</p> <p>Carers Net: www.carersnet.org.uk</p> <p>Children with Complex Needs East Surrey: 01737 737828</p> <p>Citizen's Advice Bureau: 01784 444220</p> <p>Contact a Family Helpline 01784 460842</p> <p>Crossroads: 01784 446294</p> <p>Disability Info. Service Surrey: 01306 875156</p> <p>Good Neighbours Schemes: Ashford 01784 423222 Shepperton 01932 254604 Stanwell 01784 250837 Sunbury 01932 779867</p> <p>Hope Club: 01932 223511</p> <p>Link Leisure: 01483 770037</p> <p>Local Radio: www.aceradio.org</p> <p>Multiple Sclerosis Society: 01932 569320</p> <p>Neighbourhood Watch 01784 446420</p> <p>National Autistic Society: 0207 833 2299</p> <p>NHS Direct 0845 46 47</p> <p>Partnership with Parents 01737 737300</p> <p>Samaritans: 01932 844444</p> <p>Spelthorne Shopmobility: 01784 459416</p> <p>Spelthorne Social Care Team: 08456 009 009</p> <p>Voluntary Action in Spelthorne: 01784 446358</p>