



INFORMATION



CARERS ALLOWANCE

Do You Qualify? - Are you entitled to this?

Are you aged over 16? **YES→**

£

Do you pass the UK residence and presence test? **YES→**

Are you spending at least 35 hours a week caring for one person? **YES→**

Is the person you care for in receipt of:

- Attendance Allowance *or*
- Middle Rate Care Component of Disability Living Allowance *or*
- Constant Attendance Allowance?

YES→

You are not in full-time education. **YES→**

Do you earn less than £84 a week after expenses? **YES→**

There is no-one else receiving CA
for looking after the same person that you are looking after. **YES→**

YOU ARE ENTITLED TO CARERS ALLOWANCE
(Occupational and Private pensions do not count as income
but State Pension does (old age pension))

CLAIM IT NOW!!!

- If you have any queries please contact the Carers Allowance Unit: **01772 899729**
- CSS have a crib sheet available to help you complete the form or telephone:
Jacqui, Celia or Rayner: **01784 444233 / 446234 / 444225**

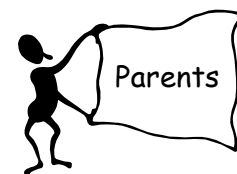


GOING ON HOLIDAY and WANT YOUR MEDICAL CONDITION TRANSLATED INTO ANOTHER LANGUAGE?

This is the *website* for you: www.doctorbabel.com

This website allows people to record their condition along with their medications and other medical details. It can then be translated into any number of languages by simply selecting the relevant language and then printed out. The normal cost to register is £20 for individuals.

INFORMATION FOR PARENTS



ASKABILITY WEBSITE

This website has been designed for children with disabilities and launched by the Children's Society.

It uses a language called Symbol and information can be accessed by pictures rather than words.

Any input by the children is automatically converted to Symbol.



www.askability.org.uk



HELP YOUR CHILDREN TO AVOID PREMIUM-RATE LINES

This website has been specifically aimed at children, who are among the biggest consumers of services such as ringtones, wallpapers, pay-to-receive texts and competitions. Children use mobiles, landlines, TV red buttons, pc's etc. and this site explains the costs of premium-rate lines so they will know how much they are paying and what they will get in return.



www.phonebrain.org.uk

EASTER PLAY SCHEMES

Monday 2nd April - Friday 13th April, (inclusive) *but* excluding weekends and bank holidays.



- ☺ 4 - 12 years - Bucklands School, Berryscroft Road
- ☺ Youth - Shepperton Youth Centre, Shepperton Court Drive

For more information contact Gill Tuck, White Lodge **01932 567131**

AUTISM - FREE LEGAL ADVICE

Free legal advice is available to help parents of children with autism challenge the decisions of local education authorities through Special Educational Needs tribunals. The law firm Addleshaw Goddard will help parents who have contacted the National Autistic Society's Advocacy for Education service.

0845 0704002



UNDERSTAND ABOUT DYSLEXIA

Next Course - 18th May, 2007
9a.m. - 4.30p.m.

Park House, Wick Road, Egham
Topics include:

- ◇ What is Dyslexia - fascinating facts
- ◇ The Home Support Pack
- ◇ Multi-sensory teaching
- ◇ Help at home
- ◇ Maths Review, Workshop, Questions

All places are free, but limited, contact:
Maureen Kent - **01784 222325**



MORE INFORMATION

ANALOGUE to DIGITAL

Tessa Jowell has announced that older people and those with a disability will get help to pay for the switch-over from analogue to digital television. The scheme will provide support to install and use the equipment to convert one television per household.



WATCH THIS SPACE for more information.

SHARE YOUR IDEAS WITH OTHERS

Do you know of any services and information that you think might be useful to others? Please don't assume that CSS knows everything or has all the answers. We'd welcome any ideas that you'd like to share. We'll put them in the newsletter and in return you can get your name in print, if you wish.

Contact **01784 446234**

CHANGES TO REFUSE and RECYCLING COLLECTIONS

From late September or early October 2007, it is proposed that each household be issued with two 240 litre wheelie bins, one dark green for non-recyclable kitchen waste and one light green for dry recyclable waste such as some plastics, cardboard, cans, paper and, hopefully, glass. Each bin will be emptied once a fortnight. Current arrangements for communal collections, such as at flats, will remain in place until new systems are installed.

The new arrangements will be widely publicised and clear and concise information about what can and cannot be recycled will be issued to households in the hope of avoiding "contaminated" loads that will not be accepted at recycling centres.



Larger or smaller bins might be issued to householders, subject to Council analysis of need, but the majority will receive the 240 litre size. We hope to keep you up to date with any new information.



MALE CARERS NETWORK

Next Meeting Date:

Wednesday 6th June, 2007

Community Link Meeting Room

11a.m. - 1p.m.

or

If you are a **Male** Carer or Parent Carer and would like more information please contact:

Rayner 01784 444225

WALKING FRAME WITH WHEELS

FREE TO SOMEONE
WHO CAN GIVE ME A GOOD HOME



Please contact:
Carers Support Spelthorne
01784 446234



TAKING-A-BREAK ACTIVITIES

Christmas Lunch at Bella Vista

The Christmas lunch at Bella Vista was enjoyed by 72 Carers, dependants, Ex Carers and friends and I am sure I speak for all by saying the meal was excellent and Mrs. Lillwall-Smith's talk on Japan afterwards was not only entertaining but down-right risqué.



New Year Party

The party once again was a great success and the raffle and auction raised £129.50. Gary Hymen, our entertainer this year, was very good - I think we must have him back next year.

Theatre Trip

Carousel was such a resounding success that I have been persuaded to organise another theatre trip.

FUTURE EVENTS

With Spring fast approaching I have tried to organise some special trips this year. The first will be a ride on the *Watercress Line* from Arlesford. This should be a really exciting day for the children where Thomas the Tank Engine is visiting with all his friends including The Fat Controller. Our 'young at heart' senior citizens can travel to Ropley and Alton and back and reminisce about 'the good old days of steam trains!' There will be plenty of cafeterias and snack bars, ice cream and pop stalls to keep you all happy.



It's six years since we last visited *Kew Gardens* so I thought a return visit was about due. You must take a ride on the 'train-bus' through the bluebell woods and if we are blessed with a fine day it may even be worth taking a picnic. Following the success of the theatre outing in March, we will be going to see '*Calamity Jane*' in May.


Our annual trip to Sally and Ed Beer's *garden party* will be on Sunday 17th June, always a favourite outing that gets bigger and better every year, and dancing on the lawn does take me back to my youth.

The 'pièce de résistance' will be seeing the *Queen arrive at the Ascot Races* in June. We shall sit along the grass verges of Drakes Lane and wait for Her Majesty to arrive in an open carriage at approximately 2.30p.m. We shall provide a light picnic lunch and soft drinks but **do bear in mind there are no toilets.**

Booking forms for the above are enclosed.

PLEASE return them promptly, it takes quite some time to work out numbers and timings for the coach pick-ups, so help me to make your day out smooth running and hassle free by **filling in your forms straight away** and popping them in the post.

See you all soon, Angela

Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<p>March</p> <p>7 ASD Support Group 10-12 Community Link</p> <p>13 Aspergers Support Group 10-12 Community Link</p> <p>15 ADHD/ADD Support Group 10-12 Community Link</p> <p>28 Alzheimer's Support Group 10-12 Community Link</p> <p>April</p> <p>17 Aspergers Support Group 10-12 Community Link</p> <p>17 Older People's Forum 12 noon Goddard Room</p> <p>25 Alzheimer's Support Group 10-12 Community Link</p> <p>30 Carers Forum 10.15 Community Link</p> <p>May</p> <p>8 Aspergers Support Group 10-12 Community Link</p> <p>9 ASD Support Group 10-12 Community Link</p> <p>10 ADHD/ADD Support Group 10-12 Community Link</p> <p>17 Phys. & Sensory Forum 12 noon Community Link</p> <p>23 Alzheimer's Support Group 10-12 Community Link</p> <p>June</p> <p>7 ADHD/ADD Support Group 10-12 Community Link</p> <p>19 Aspergers Support Group 10-12 Community Link</p> <p>27 Alzheimer's Support Group 10-12 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 444225</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 UK: 0207 490 8818 www.carersuk.demon.co.uk</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.carersnet.org.uk/careadio</p> <p>Multiple Sclerosis Society: 01932 569320</p> <p>National Autistic Society: 0207833 2299</p> <p>NHS Direct 0845 46 47</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>