

# Carers Count

## CARERS SUPPORT SPELTHORNE NEWSLETTER

www.CarersSupportSpelthorne.co.uk

December 2011

Issue No. 47

### 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, 14th December**

**Last Post for 2nd Class  
Saturday, 17th December**

**Last Post for 1st Class  
Tuesday, 20th December**



### **XMAS ROTARY COLLECTION — THURSDAY 15TH DECEMBER**

We are once again joining the Shepperton Rotary Club on one of their Xmas Collection Evenings. This will begin at 5:30pm 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 on 12 noon  
on Friday 23rd December 2011  
and will re-open again  
on Tuesday 3rd January 2012



# INFORMATION

## PROPOSED CHANGES TO DIRECT PAYMENTS

From April 2012 there are proposed changes which are intended to help individuals who receive Direct Payments and also help the administrators to manage the process payment more effectively. For your information, we have listed these proposals below:



### **Making payments net of your assessed financial contribution**

Propose to change from paying Direct Payments gross, to paying them net of your assessed financial contribution. This means that if you pay a financial contribution to the council for your support, your payment will be made net of the charge. For example, your Direct Payment is £200 per week and you are assessed to pay £50 per week, you will receive £150. This is instead of paying you £200 and then charging you £50 as is currently done.

This change is being proposed for two reasons: they have received feedback that many people would find this easier and also it helps to reduce their costs. Reducing costs means they have more money to spend on direct support to people.

### **Paying monthly not quarterly**

They propose to change from quarterly payments to paying them every four or five weeks. This is because they think it will make Direct Payments easier for people to manage. Feedback has shown that some people find quarterly payments difficult to manage and many have asked for this change.

### **Reducing the contingency amount to four weeks**

They propose to reduce the amount people can keep in their account as a contingency from 13 weeks to 4 weeks. This is because some people build up very large balances, which then need to be reclaimed at the end of each financial year. They want people to have an appropriate level of contingency to ensure they can meet their needs, but they believe that 13 weeks contingency is too large. If this change is made you would still be able to budget for large items you might need later in the year and this wouldn't be counted for as part of your contingency amount.

## MORE GRANTS ARE NOW AVAILABLE FOR CARERS

1. You can access a grant of up to £500 through your GP for any health and wellbeing needs. You have to be registered as a Carer with your GP Surgery carrying out a substantial and regular amount of care. The money can go towards you as a Carer getting a break, which may mean the grant could contribute to homecare, nursing care or a piece of equipment which will help you continue to care or simply enable you to pursue leisure activities.
2. Through CSS you can also access a grant of up to £500, which can help you continue to care. You have to be registered with CSS. The funding is part of the preventative approach to support Carers who need something such as driving lessons, a basic mobile phone, training or education fees or some other contained support to enable the care to continue carinf or facilitate a life outside caring. There is no definitive list of what you can or cannot have although limitations do exist although this funding **cannot** be used to provide personal care to the person you care for.

If you think that a small sum of money could help solve a niggle or a prbloem please talk to your Carers Support Worker to see if these funds culd be used to help. Currently Parent Carers are eligible for the GP Health & Wellbeing funding only.

## SOME FESTIVE FUN

### Santas and Heavenly Angels

Sugar cookies may come in all shapes and sizes, but nothing says Christmas more than cookies dressed up like Santa or a heavenly angel.

#### Ingredients

- 3 1/2 cups all-purpose flour
- 1/2 tsp. salt
- 1 cup unsalted butter, softened
- 2/3 cup sugar
- 1 large egg
- 1 tbsp. light corn syrup
- 1 tbsp. vanilla extract
- Santa and angel cookie cutters
- Tubes of white decorator's frosting
- Red and yellow sugar sprinkles
- M & M's or Skittles
- Fruit leather / strawberry laces
- Yellow gumdrops
- Tiny white sweets
- Blue and red gel icing



#### Instructions

In a medium-sized bowl, mix the flour and salt. In a large bowl, cream the butter and sugar, and stir in the egg, corn syrup and vanilla extract. One third at a time, stir in the flour mixture.

Pat the dough into two disks, wrap in plastic and refrigerate for 1 to 2 hours.

Preheat the oven to 375 degrees. Roll out the dough to a 1/4-inch thickness between two pieces of waxed paper and cut into Santas or angels.

Bake on an ungreased cookie sheet for 8 to 10 minutes, or until the edges begin to brown. Let them sit for a few minutes, then transfer to a rack to cool.

To decorate the Santas, pipe the frosting into a beard and a hat. Sprinkle the stocking hat with red sugar, leaving the trim and pom-pom white. Use frosting to add an M & M nose and eyes and a fruit leather mouth.

To decorate the angels, pipe the frosting into lines on each angel's gown and collar. Frost the wings, then add yellow sugar. Slice a yellow gumdrop into a halo and attach it with frosting. For the angel's buttons, attach white candy balls with frosting. For eyes, use blue gel icing. Finally, add a red icing smile.

Makes 20 to 60 cookies, depending on their size.

## 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,**

These support groups are open to everyone

## 2012 FORUMS

### **Carers Forum**

Due to low attendance numbers the last meeting was held in October and people are now being encouraged to attend the Older People's Forum (see below for details).

### **Children With Disability Forum**

Monday 9 January  
Monday 14 May  
Monday 16 July  
Monday 8 October

*These meetings are to be held in the Spelthorne Council Offices, Room 201, Knowle Green, Staines TW18 1XA and begin at 09:45am.*

### **SCAN / Spelthorne Physical & Sensory Disabilities**

Wednesday 18 January Ground Floor Hall, Ashford Clinic, 66 Stanwell Road - 12 noon  
Wednesday 25 April Goddard Room, Council Offices, Knowle Green - 12 noon  
Wednesday 25 July Goddard Room, Council Offices, Knowle Green - 12 noon  
Wednesday 31 October Goddard Room, Council Offices, Knowle Green - 12 noon

### **Spelthorne Older People**

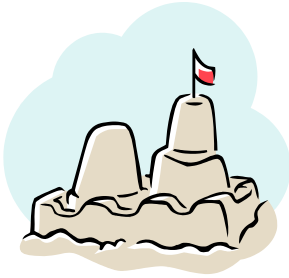
Tuesday 24 January Education Centre, Ashford Hospital - 12:30pm  
Tuesday 24 April Goddard Room, Council Offices, Knowle Green - 12 noon  
Tuesday 17 July Education Centre, Ashford Hospital - 12:30pm  
Tuesday 30 October Goddard Room, Council Offices, Knowle Green - 12 noon

## TAKING-A-BREAK ACTIVITIES



### ARUNDEL CASTLE & LITTLEHAMPTON

The trip to Arundel Castle and Littlehampton seafront was a wonderful day out—and a bonus we had glorious weather.



The Castle was extremely interesting and we were lucky to have a very good tour guide, John, who definitely knew his stuff.

We then went onto Littlehampton seafront for lunch and an opportunity to sit on the beach enjoying the lovely sunshine. It actually turned out to be the hottest day in September since records had begun!

### XMAS SHOPPING AT BLUEWATER

It was a long day and the economy has had a major boost with all the money we spent! Some of us were a little disappointed in the range of shops as a lot of the popular High Street stores were missing. However, it was great for window shopping and getting ideas for Christmas presents and lots of places to have a coffee—and of course McDonalds!!



### FORTHCOMING EVENT

Please watch this space for details in our next newsletter about our Well Being Event that we will be holding on Monday 19th March.



This will be a re-vamped version of our previous ever popular Pamber Day.


Full details will be sent out with our next newsletter early next year.

### THINK OF US.....

.....if you have any unwanted gifts over the Christmas Period. We are hosting a stall at the Shepperton Fair in June next year and with this in mind we will be doing a Tombola. So if you happen to have any items between now and June that you would like to donate for us to use, then please let us know. Thank you.



**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>December</b></p> <p>06 Male Carers Network Group 11-1pm</p> <p>07 ASD Support Group 10-12</p> <p>08 ADHD/ADD Support Group 10-12</p> <p>13 Aspergers Support Group 10-12</p> <p><b>January 2012</b></p> <p>10 Aspergers Support Group 10-12</p> <p>11 ASD Support Group 10-12</p> <p>12 ADHD/ADD Support Group 10-12</p> <p><b>February</b></p> <p>06 Male Carers Network Group 11-1pm</p> <p>07 Aspergers Support Group 10-12</p> <p>08 ASD Support Group 10-12</p> <p>09 ADHD/ADD Support Group 10-12</p> <p>13 Carers Together 11-1pm</p> <p><b>March</b></p> <p>06 Aspergers Support Group 10-12</p> <p>14 ASD Support Group 10-12</p> <p>15 ADHD/ADD Support Group 10-12</p> <p><b>PLEASE CALL THE CSS OFFICE TO CONFIRM VENUE FOR THE ABOVE MEETINGS</b></p>	<p><b>'Independent advice, support and information for Carers and Parent Carers'</b></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> Spelthorne Borough Council Room 241 Knowle Green Staines Middx TW18 1XA 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</p> <p><b>Age Concern:</b> 01784 444200</p> <p><b>Alzheimers Society:</b> Local Group 01784 444214 National Helpline 0845 300 0336</p> <p><b>Carers Direct:</b> 0808 802 02 02 (7 days a week)</p> <p><b>Carers' Helpline (Carers UK):</b> 0808 808 7777</p> <p><b>Carers Net:</b> <a href="http://www.carersnet.org.uk">www.carersnet.org.uk</a></p> <p><b>Children with Complex Needs East Surrey:</b> 01737 737828</p> <p><b>Citizen's Advice Bureau:</b> 01932 827187</p> <p><b>Contact a Family Helpline</b> 01784 460842</p> <p><b>Crossroads:</b> 01784 446294</p> <p><b>Disability Info. Service Surrey:</b> 01306 875156</p> <p><b>Good Neighbours Schemes:</b> Ashford 01784 423222 Shepperton 01932 254604 Stanwell 01784 250837 Sunbury 01932 779867</p> <p><b>Hope Club:</b> 01932 223511</p> <p><b>Link Leisure:</b> 01483 770037</p> <p><b>Local Radio:</b> <a href="http://www.aceradio.org">www.aceradio.org</a></p> <p><b>Multiple Sclerosis Society:</b> 01932 569320</p> <p><b>Neighbourhood Watch</b> 01784 446420</p> <p><b>National Autistic Society:</b> 0207 833 2299</p> <p><b>NHS Direct</b> 0845 46 47</p> <p><b>Partnership with Parents</b> 01737 737300</p> <p><b>Samaritans:</b> 01932 844444</p> <p><b>Spelthorne Shopmobility:</b> 01784 459416</p> <p><b>Spelthorne Social Care Team:</b> 08456 009 009</p> <p><b>Voluntary Action in Spelthorne:</b> 01784 446358</p>

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