

Carers Count

CARERS SUPPORT SPELTHORNE NEWSLETTER

WWW.CARERSUPPORTSPELTHORNE.CO.UK

September 2011

CARERS SUPPORT SPELTHORNE

Registered Charity No. 1061488

Take pleasure in inviting you to the

ANNUAL GENERAL MEETING

10.00 a.m.

Friday 23rd September 2011

The Goddard Room, Spelthorne Borough Council Office, Knowle Green

Light refreshments will be available after the meeting

A G E N D A

Welcome from the Chairman

Reports

Election of Officers (Nominations welcome now!)

Presentation from CSS Staff

Address by The Mayor – Cllr Sam Budd

Copies of Minutes of last AGM will be available at the meeting or in advance from CSS office.

If you would like to attend our AGM, please call CSS on 01784 446234. If you do expect to come along could you please call us as this will help us with our catering requirements.

Everyone is welcome.

Spelthorne Together Assembly Invitation

This Assembly is taking place at Kempton Park Race Course on Monday 26th September 2011 beginning at 9:30am. This year's focus will be on older people (and younger people).

There are several workshops taking place:

1. Safer Stronger
2. Children & Young People
3. Health & Well Being
4. Economic Development
5. Housing, Infrastructure & Environment

To apply for a place at the 2011 Assembly, complete the online form at www.spelweb.com search Assembly Booking Form and ensure you get an application code number starting AF**** after pressing submit. Alternatively, contact Joanne Jones on 01784 446421 to apply. The deadline for applications is 12th September. Anyone arriving without a confirmed booking will only be admitted if there are cancellations on the day.



DON'T FORGET THE CLOCKS GO BACK

SATURDAY 29TH OCTOBER

Enjoy a lazy Sunday with an extra hour's sleep!

INFORMATION

HOME VISITING FOOTCARE SERVICE



Surrey Disabled People's Partnership (SDPP) has extended their existing home visiting foot care scheme to cover the whole of Surrey. This new service is for disabled adults who have difficulty accessing basic foot care and will be provided in people's homes. The trained Foot Care Worker will provide toe nail cutting and removal of hard skin. The cost to those who use the service is £30 for the first appointment (including a foot care kit, which you keep) and £12 for further appointments.

For more information:

Tel/Text: 01483 750973 Email: home@sdpp.org.uk Website: www.sdpp.org.uk

Address: Provincial House, 26 Commercial Way, Woking, GU21 6EN

BLUE BADGE MAP ON YOUR MOBILE

You can use the Blue Badge map on your mobile to find the following:

- ◆ Blue Badge parking bays in over 100 towns and cities across the UK
- ◆ Public toilets with accessibility info in over 100 UK towns and cities
- ◆ Petrol stations and their service facilities on major routes in the UK
- ◆ Local council parking rules across the UK



From your mobile phone Text BLUE to 83377. The cost is the same as a normal text message and messages received from Directgov are free. You will receive 2 messages:

1. A confirmation that your text was received
2. A link to the Blue Badge map service, plus brief instructions on how to use it.

Never use your mobile phone while driving. Always stop in a safe place and switch off the engine before using your mobile phone.

NB. The cost of a Blue Badge is increasing to £10 from January 2012.

FREE WORKSHOPS FOR CARERS

Action for Carers and Employment (ACE) Surrey offer a variety of free workshops for Carers. Topics include Confidence/Self Esteem, Interview Skills, IT Skills to name but a few. If you would like more information or to book a place please ring 01483 565874 or email yvonne.ace@actionforcarers.org.uk

HERON LAKE — WATER ACTIVITY DAY

We arrived at Heron Lake to cloudy skies, but by mid-morning the sun had made it's welcome appearance. Carers and their families squeezed themselves into the wet suits before being towed around the lake in an inflatable doughnut or on the ever popular banana boat. It made amusing viewing watching people who had come off the banana boat trying to clamber back on!!

Children and adults alike enjoyed gliding down the waterslide, whilst others paddled around in small canoes. As if that wasn't enough they still found enough energy to have a go on the dance mats, provided by Leisure Services, working up a sweat competing against each other for the top spot. We provided a BBQ lunch which went down extremely well. A fantastic day was enjoyed by everybody who came along.

INFORMATION

DATA PROTECTION



As an organisation we take Data Protection and the security of your personal information very seriously. You may have heard of a particular fraud called "phishing" which is on the increase. This is where emails are sent by fraudsters which appear to be from genuine companies, such as banks or credit card companies and which ask you to provide personal details such as user names, passwords, security codes, credit card details etc. The email may contain a link to a fraudulent website.

We would like to remind you of the need to treat any emails asking you to supply personal details with extreme caution. The same applies to emails which contain links to websites which ask you to enter personal details.

CSS will never ask you for confidential information or to confirm you security details via a link in an email. If you receive an email that asks you to do this or if you are unsure about an email you receive which claims to be from our organisation ignore it and ring us to investigate further. We will also never ask you to enter any security information via a pop up screen on any of our websites, if you see one it is almost certainly a scam. Often the email, linked website or pop up screen will appear to be authentic and convincing.

Taking the following basic steps will help to keep your personal information safe and reduce the risk of being a victim of fraud:

- ◆ You should make it a habit to access banking, shopping, auction or financial transaction websites by typing in the website address yourself and not rely on displayed links, especially if you have to input security information.
- ◆ Make sure your computer has up-to-date antivirus software and a firewall installed. Consider using anti-spy software. Download the latest security updates for your browser.
- ◆ Consider installing a web browser toolbar to help protect you from known fraudulent websites and ensure your browser is set to the highest level of security notification and monitoring.
- ◆ Regularly check you home shopping, bank, credit/debit card statements to ensure that all transactions are legitimate and regularly log into your online accounts.
- ◆ When you shop with any retailer or bank online ensure that the locked padlock or unbroken key symbol is showing in your browser. The internet address will change from "http" to "https" when a connection is secure.



Do you care for a partner that receives a personal budget?

If the answer is yes, then our colleagues at Carers Federation would like to speak to Carers that are married to or living with a partner who has a physical disability, and whose partner is in receipt of a personal budget to help pay for their social care costs. The aim of the research project is to find out how the lives of Carers may be changing as the personalisation agenda progresses. **All participants receive a £10 High Street voucher.**

For further information, please call Dr. Emma Richardson, Research Development Worker on 0115 962 9328, email research@carersfederation.co.uk or visit <http://www.carersfederation.co.uk/researchopportunities/>

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

Carers Forum

Monday 3rd October - 10am - The Trevor Baker Room, Council Offices, Knowle Green

This will be the last Carers Forum due to low attendance numbers. We will of course continue to listen and take forward your concerns on issues regarding caring responsibilities.

Children With Disability Forum

Monday 10th October - 09:45am - Venue to be confirmed

SCAN / Spelthorne Physical & Sensory Disabilities

Wednesday 12th October - 12 noon - The Goddard Room, Council Offices, Knowle Green

North West Surrey Carers Forum

Thursday 13th October - 10am - The Holiday Inn, Victoria Way, Woking

Spelthorne Older People

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

Laughter Therapy

We held a Laughter Therapy event earlier this year in June for our Carers. We were unsure ourselves of exactly what this would entail and how those attending would react, but from the couple of comments below you can see what a successful day this was. We were pleasantly surprised at how Laughing Out Loud (LOL) can make a difference.

The Laughter Therapy was definitely a "spirit lifting" experience. It didn't take long before the whole group relaxed and lost any awkwardness they felt or shy tendencies. It served its purpose well and made me feel good for the rest of the day. I highly recommend this therapy and feel it should be a weekly event :-)
Nicole

I recently attended this session and was very apprehensive about going but thought I must try all things different. On arrival we sat in the room and everyone was a bit quiet not knowing what to expect. Our trainer introduced herself and began throwing a ball to everyone and then doing little exercises to get us all moving and gently laughing. By the end of our session of jokes, exercises and various silly games we had all got to know each other very well and had had a very enjoyable morning. We had been laughing so loud we could be heard outside of the room!!
Valerie

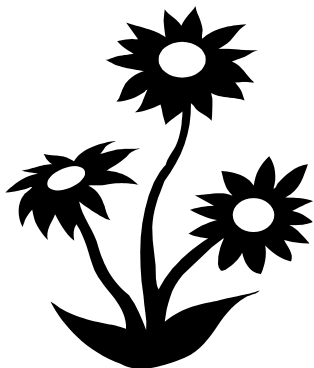


TAKING-A-BREAK ACTIVITIES



HAMPTON COURT FLOWER SHOW

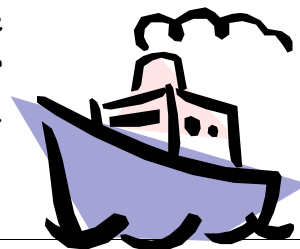
The Hampton Court Palace Flower Show was a packed day out. The traffic wasn't too bad on the way there or on the way back which, which was a bonus. The show was crammed with nearly every flower you can think of. You were able to talk to the experts to ask them questions about any gardening problems you may have encountered, or even just to get a few tips on how to make you garden look a little bit brighter. Although the weather could have been a little kinder there were several dry spells.



There were lots of flowers and plants purchased which made the coach smell lovely on the return journey.

RIVER THAMES BOAT TRIP

We were very lucky with the lovely weather we had for the boat trip as it had been awful the day before. Tea, coffee and biscuits were enjoyed on the way there and it was very relaxing cruising up the river watching the lovely scenery and all the wildlife. There was lots to do in Windsor too, shopping, lunch, tea or coffee in one of the many eateries and of course, Windsor Castle. Some of the braver and more adventurous had a ride on The Royal Windsor Wheel next to the river. A good day out was had by all.



EASYFUNDRAISING


Thank you to everybody that has registered us as their Charity on the Easyfundraising website. To date you have helped Carers Support Spelthorne raise over £130. Please continue to make your on-line purchases (where possible) through this site. If you would like to register please go to www.easyfundraising.org.uk/causes/css and follow the easy registration instructions to help us to continue to receive these donations. Once again Thank You.

Forthcoming Outing



Some of our Carers are joining us on a visit to Arundel Castle and then going onto Littlehampton where we hope we will be able to enjoy an ice cream in the sunshine on Friday, 30th September so keep an eye out for the write up on this day out in our next newsletter. Let's hope for good weather!!

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

Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<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 11am-1pm</p> <p>Oct 10 Children with Disability Forum 9:45-12:30 11 Aspergers Support Group 10-12 12 ASD Support Group 10-12 13 ADHD/ADD Support Group 10-12</p> <p>Nov 08 Aspergers Support Group 10-12 09 ASD Support Group 10-12 10 ADHD/ADD Support Group 10-12 29 Carers Together 11am-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, Spel. Borough 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>