

CARERS SUPPORT (GUILDFORD)

NEWSLETTER MARCH 2010

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News from the Project

This is the first newsletter of the year. We wish you a very happy and healthy 2010 and hope that you will be able to join us on some of the events which we are organising over the coming months. Please find enclosed, a programme of our activities.

Changes to the Committee Membership

Since the last newsletter, February 2009, there have been several changes to the membership of the Carers Support Committee.

We would like to welcome Steve Hull, who took over from Margaret Hellier as Treasurer of the project, in November 2009. Welcome also to Maria Zealey, and Colin Woodhead, who have offered to join as Committee Members and to Jenny Jordan who has joined as an advisor to the Project.

A very big thank you to Joan Vincent, who has stepped down as Vice Chair and as a Trustee, who showed so much dedication during her time with us. Many thanks also to Val Bywater for her support as a Committee Member and who stepped down from the Committee to move to a different location.

We are still looking to strengthen the Committee, particularly with Carers and Former Carers who can offer such a relevant contribution to the operation of a Carers Project such as ours. If you would like to make a positive difference and can spare a few hours every other month, please call the office on 01483 458123 to find out more.

Ladywell Stressbusting Days

As many of you are aware, these Stressbusting days are an opportunity for Carers to enjoy a relaxing day of pampering and choose from a variety of different Therapies such as Head Neck and Shoulder Massage, Reflexology and Indian Head Massage, among others.

Raising funding for these days is becoming increasingly challenging in the current economic climate.

We would therefore like to express our gratitude to the various organisations and individuals who have made donations towards the Ladywell Days this year and made it

possible for us to offer this much appreciated programme of pamper days. We extend our thanks to the Rotary Club who donated £500, to local county councillors who donated £1,539, to the Guildford and Waverley Voluntary Grants Panels, who donated £3,319 between them and a special thank you to the individual Carers who have also made extremely generous donations.. Without these donations, we would not be able to carry on organising the Ladywell Days, or subsidise some of our Time Out events. If you feel that you would like to offer some financial support, however small, please call the office and speak to Sylvia, Maria or Karen.

As far as this year's Ladywell Days go, there are some spaces on Wednesday September 15th and Friday November 26th. As you are probably very aware, these days are extremely popular. We do try and offer places to people who have not enjoyed one before, where possible. If you are interested in a place, please contact the office on 01483 458123.

Who What Where

Carers Direct Helpline – is a free confidential information and advice service for Carers. If you need some support with your caring role and want to talk to someone about what options are available to you, call Tel: 0808 802 0202

Caring with confidence – is a free programme aimed at improving support for carers aged 18 and over in England. You can develop your caring knowledge and skills by taking part in local group sessions, completing self-study workbooks or accessing online sessions. Sessions focus on issues such as your health and caring, caring for someone day to day, (from medication to emergencies at home), caring and resources, juggling competing demands, and communicating with professionals and service providers, among others. For more information contact:

General Inquiries – 0800 849 2349 - (carers information line)
Tel: 0113 385 4491

www.caringwithconfidence.net



Carers Emergency Registration Scheme - Surrey County Council can register details of people who would not be able to manage on their own if their carer became suddenly incapacitated or unable to care due to family emergencies. This is known as a 'Carer Registration'. Should an emergency happen, they will then be able to respond to the emergency in a decisive and effective way. Wherever possible, help in an emergency will be given within the person's home. If you would like to register your details and that of the person you care for, call the Surrey County Council Contact Centre on 03456 009

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Work Focused Support For Carers - is a voluntary scheme to help people who wish to combine paid work with their role of caring for someone. You can choose to take part and stop taking part when you like. The scheme is available for Carers who:

- Do not work or work less than 16 hours a week
 - Are aged 18 or over
- Are not able to get help from any of the other Jobcentre Plus employment support programmes such as New Deal or Pathways to Work

If you would like to find out more, contact your nearest Jobcentre or visit www.direct.gov.uk/carersemployment

CARERS CORNER

by Mrs Helen Doidge

A CUP OF TEA

Where are you?
I have lost you,
I can't find you.

Slowly and imperceptibly
Parts of you go I know not
where.

Sometimes I adore you,
Sometimes I hate you,
Sometimes I am angry with
you

I don't want to be near you,
Then I feel sad
Sad for you and sad for me.

Early in the morning
Always you come and see me

—
“I feel very muddled
What day is it?
What is the routine?
I need you to guide me,
Then I'll get you a cup of tea”
A habit of a lifetime
But very special –
Something you do for me

Events

Expert Patients Programme - Living well is a free course for people with conditions such as multiple sclerosis, Parkinson's, asthma, arthritis, diabetes and heart disease. It is an opportunity to learn new skills to help manage your condition.

To find out more and book a place call 01372 201723.
The next course will be held at: Farnham Maltings, Bridge Square, Farnham, Surrey, GU9 7QR from 22nd April – 27th May 2010 – 10.30 am – 1 pm. Every Thursday.

Action For Carers Forum - Will be held on Tuesday, May 25th from 10 am – 3pm at the Leatherhead Leisure Centre.

**For more information contact Diane Cotton on
Tel: 01483 - 302748**

Parent Carer's Forum - 1st October 2010

We are organising another Parent Carer's Forum in conjunction with Anne Milton MP for Guildford. The day is FREE and will be held at Emmanuel Church Centre from 10 am – 4 pm.

There will be a choice of workshops, i.e, Carers Rights and Carers Benefits. Over lunch you will have the opportunity to meet other Carers and Professionals, who are involved in a wide range of services for children with disabilities and their families.

To reserve a place call 01483 458123. A flyer will be sent out nearer the time.

Pontin's - are offering up to 50 Classic self-catering apartments at their Spring breaks, between 26th March and the 2nd of April. Each apartment contains a bedroom, lounge with TV, bathroom and kitchenette with full size cooker and fridge. Each sleeps up to 4 people – 2 in the bedroom and two on a bed settee, in the lounge. The free breaks are on a 'first come, first served' basis. Carers must be able to self manage all care and childcare.

Suitability of apartments for those with mobility issues will depend on specific requirements. If you are interested in finding out more please contact the office on 01483 458123.

Carers Week 14th – 20th June 2010 - The theme this year is 'A Life of My Own'

Events held this week will highlight

- Why supporting carers is crucial
- How Carers miss out on things we take for granted
 - What needs to be changed

Lloyds Pharmacy will be offering free health checks to Carers during Carers Week.

"Hidden Carers" to have pensions boost from April - For the first time, it will be possible for an unpaid carer looking after a loved one to build up a full basic State Pension based entirely on National Insurance credits.

If you are caring for someone for 20 hours or more a week you could get the new Carer's Credit that will count towards your State Pension. For more information call Tel: 0800 678 1132 or visit www.direct.gov.uk/pensions.

Guildford Baptist Church, Millmead – invite all Carers and the person they care for to lunch, followed by entertainment and then tea, 3 times a year on a Saturday from 12.30pm to 4.30 pm. Transport can be arranged if needed. If you would like to take part or want to know more, please contact John or Frances Selves on 01483 577444

On May 8th Maria Hewson will be taking part in a 20 mile walk for Breast Cancer, with her sister, daughter and niece. Both Maria's mother and grandmother died from this disease. If you would like to sponsor Maria please contact the office on 01483 458123.



INFORMATION ON SERVICES THAT ARE MADE AVAILABLE TO CARERS ARE NOT AN ENDORSEMENT BY CARERS SUPPORT GUILDFORD, IT'S STAFF OR TRUSTEES.

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