

Spring Newsletter



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CARERS HEALTH SURVEY 2011

NHS Surrey in partnership with Action for Carers (Surrey) and Surrey County Council have developed a 'Carers health needs survey' to help understand the impact of caring on carers health. (Copy enclosed with this newsletter).

This is a key opportunity to inform and influence future developments in health and care support services in Surrey and we would strongly encourage you to fill in the survey.

The findings will be published on Carersnet and hard copies will be sent to all GP practices and Carers Support Organisations in Surrey.



Natwest Community Fund

As mentioned in the last Newsletter, Carers Support Guildford were one of the nominated charities for the Natwest Community Fund and we were grateful to receive £1,000 towards the Ladywell Days for this year.

A huge Thank You to everyone who voted for us.

Invitation to Join our Committee of Trustees

- If you are a carer or former carer who might be interested in joining our committee of trustees we would love to hear from you. The committee meets every 2 months to manage and monitor the work of the Carers Support Project. It is an opportunity to be involved in maintaining and shaping the work of the project. There is scope for someone who might like to help us out with one particular task if that is preferred. For instance we need someone to update all our policies to make sure that they are right up to date with the latest criteria. If you think you might like to join us, please call 01483 458123 and speak to one of the Carers Support Workers initially.

.Carer Recognition Team – are a resource for GP's Surgeries to help them identify carers within their own practice. Their role includes – helping carers identify themselves in the community, keeping GP's informed and up to date on carers issues and rights, encouraging GP practices to register carers so that they can access services that they really need and helping to raise awareness of carers issues within the Primary Care Teams. If you have any questions about your GP Practice and how it can support you as a carer, contact Pennie Quaile- Pearce on 07850 515456 or speak to Chris, Sylvia or Karer on 01483 458123.

What's New

Self Directed Support Contact Surrey County Council on: 0300 200 1005 for free booklets

As many of you may know Surrey County Council are changing the way in which they deliver services to adults and their carers in Surrey. They have taken a person-centred approach to provide joined up services and better outcomes for people by ensuring that people have a wider choice in how their needs are met. This new provision is referred to as Self Directed Support or SDS and is based on 7 principles.

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|--------------------------------|---|
| 1. Right to independent living | Completing the contact assessment |
| 2. Right to a personal budget | Completing the support self assessment |
| 3. Right to self determination | Calculating your indicative person budget |
| 4. Right to accessibility | Planning your support |
| 5. Right to flexible funding | Agreeing your support plan |
| 6. Accountability principle | Putting your support plan into action |
| 7. Capacity principle | Receiving ongoing support and reviewing |

Eden People – are a Guildford based voluntary group with a focus on well-being, creativity & spirituality. They are running some special events in March and April, which give the opportunity of trying out some great therapies for **free** e.g. reflexology, indian head massage, neck and shoulder massage. For more information Tel: 07866247919 or visit their website: edenpeople@edenpeople.org.uk .



Surrey Doctors at the Leading Edge of NHS

Reform – Nine groups – or consortia – of GP's from Surrey are among the 141 'Pathfinders', who will take the lead in far-reaching changes that aim to put more power in the hands of clinicians.

These reforms will see the primary care trusts abolished and their role of 'commissioning' care will be transferred to family doctors and local authorities from 2013. GP Practices in Guildford and Waverley are among the nine groups in Surrey. Ultimately, the GP consortia will control around 80% of the NHS budget.

Carer's Credit – Up to 250,000 people who care for an ill or disabled friend or relative on an unpaid basis could be missing out on important protection for their State Pension. If you would like to know more call them on

Tel: **0845 608 4321** or **0845 604 5312** or visit '**Caring and your pension**' on the Directgov website.

WHO WHAT WHERE

Action for Carers and Employment (ACE) Surrey

The new Action for Carers & Employment website is now up and running.

If you are juggling work and caring, looking to return to work, or hoping to retrain or access activities, this website has a wealth of information.

access this information go to www.acesurrey.org.uk or call 01483 565874



The Harry Edwards Healing Sanctuary – has set up a Social Carers group at the sanctuary in Peaslake. The group meets on the first Monday and last Friday of each month, in the peaceful setting of the sanctuary surrounded by beautiful grounds. Carers will have the opportunity to have free healing sessions and some free therapies also if they like to. For more information please contact the sanctuary on **Tel: 01483 202054**

Looking for quality and quantity? Give your house an affordable makeover

The Surrey Reuse Network offers a wide range of good quality items at affordable prices. Made up of a group of six charities, the network aims to find new homes for donated furniture and kitchen appliances, as well as offering training and employment opportunities and helping local families in need. To find your nearest reuse showroom call 0800 082 0180 or visit www.surreyreusenetwork.org.uk

Healthcall Optical & Hearing Services offer Home Sight Tests

Anyone who is unable to go out unaccompanied and is:

Aged 60 or over

In receipt of certain benefits

Suffers from or is at risk of Glaucoma

Over 40 with a close relative with Glaucoma

May be entitled to a free NHS sight test in their own home.

For more information or to book an appointment

call Tel: 0800 030 4082



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Carers Groups -

Ash Carers Group meets once a month at the Community Room at the South West Surrey Foundation (Adjoining the Ash Library). It meets generally on the second Thursday of each month between 10.30 am –12.30 pm If you are local, a carer or former carer, you are very welcome to join in. Please contact Sylvia in the office (01483 458123), for more information and a programme or upcoming events.

Carers Group at Fairlands Medical Centre, Worplesdon The group meets every third Thursday in the month between 2pm—4pm. Carers and Former Carers are all welcome. It meets in the upstairs room next to the kitchen, but we often venture out on social trips which are going to include, a boat trip, picnic in a private garden and trip to Wisley. If you would like to find out more, please contact Karen on 01483 458123.

Carers Emergency Card - A Surrey wide Emergency Card is available across Surrey. The card aims to provide peace of mind for both the Carer and the person who is being cared for, in case of the Carer being involved in an accident or becoming ill while they are away from the person they care for. If an incident does occur a member of the emergency services usually will try and find some sort of identification on the person. The Emergency Card first of all tells the Emergency Services that the person who they are attending to is a Carer and there is someone at home who also needs help. If you would like a free Carers Emergency Card, contact the Surrey County Council Contact Centre on 03456 009 009.

Changes to DLA.....

From 11 April 2011, **DLA mobility component** can now be claimed at the **HIGHER RATE** for those who are '**severely visually impaired**'. From April the amount of the component will be £51.40 and claims can be made in advance now. If awarded, higher rate also provides access to the mobility scheme as an option

Further details can be obtained from Disability Living Allowance advice line on:

Tel: 08457 123456



EVENTS

Carers Week will be held on the 13-19th June 2011 – During this week, thousands of events and activities will take place throughout the UK around the theme, 'The True Face of Carers'. The aim of the week is to highlight what life is like for and what types of challenges carers face while caring for their loved ones.

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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