

# **CARERS SUPPORT (GUILDFORD)**

## **NEWSLETTER**

**February 2009**

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### **IMPORTANT NEWS ABOUT THE CARERS SUPPORT PROJECT**

As you are aware, Carers Support (Guildford) is a small organisation made up of four paid staff and managed by a Board of Trustees (the Committee). Without the Trustees the organisation would not legally be able to run. Last year several of the Committee needed to step down due to personal reasons and it proved difficult to recruit new members. One of the obstacles to attracting them was that, as a Charity, the Committee Members were financially liable if anything were to go wrong with the organisation. For this reason it was decided to change the status of the organisation. (Please see enclosed letter which fully explains our reasons for the change in status). There will be absolutely no change to the way we work or the activities which we provide. There is one difference for Carers and that is, you have a choice of being a 'Supporter' of Carers Support (Guildford), which means that your involvement stays exactly as it is, i.e. receiving newsletters, information and input from the Support Workers, or you can become a 'Member' which means you have more of an interest in how the project runs and would like to contribute to how the project meets its service objectives. Being a member means that you have the opportunity to vote at the AGM.

I have enclosed two forms with the newsletter, and a letter officially notifying carers of the change. If you would like your involvement to stay the same, please fill in the Supporters form and if you would like to become a Member, the Membership form and send it back to us in the stamped addressed envelope enclosed. If we do not hear from you by April 30<sup>th</sup> 2009, we will assume that you wish to remain involved with the project as you currently do and register you as a 'Supporter'.

Many Thanks for helping us with this, if you have any questions or concerns, please call the office on Tel: 01483 458123

### **A HUGE THANK YOU**

We would like to say a very big thank you to Graham Piper who retired from the Committee at the end of last year. Graham has worked tirelessly for Carers over the last 25 years. Graham was involved in setting up Carers Support (Guildford) 10 years ago, was our original Chair and stepped into the breach last year as acting Chair. The staff and Committee thank him for his support and dedication.

We would also like to thank Anne Meredith who has kindly agreed to act as our Chair for the next 3 years. This is a time of change for our organisation so Anne will be kept very busy!

### **We are looking for a Treasurer**

Margaret Hellier has been the Treasurer of the Carers Support (Guildford) project for the last ten years and she would now like to relinquish the role, but still stay a member of the Committee. We would like to thank her for all the hard work, dedication and support she has offered in her role, and for her light hearted, warmth and willingness to help whenever we call her.

We are therefore looking to recruit a new Treasurer to start in October. The role of the treasurer is to ensure that the financial assets of the organisation are properly managed. If you have a financial/accounting background and would be interested in finding out more about the role please contact the office Tel: 01483 458123.

## What's New

**Aiming High For Children** – The Government have announced a range of measures to transform services for Severely Disabled Children and their Families. Families identified Short Breaks as a key support to help them in their caring role. From 2009 -2011 significant funding will be available to Surrey County Council and Surrey PCT to develop an increased range of short break provision. If you would like to find out more, there is a Parents and Stakeholders Conference on Monday 2<sup>nd</sup> March – At the Holiday Inn, Egerton Road, Guildford GU2 7XZ – From 10am – 2.30 pm Childcare places available at Disability Challengers for Children with Special Needs. Please contact – Carole Jones on 01372 – 833073 or email [carole.jones@surreycc.gov.uk](mailto:carole.jones@surreycc.gov.uk) to reserve a place.

**GP Website** – Have you registered with your GP that you are a carer? If not there is a new GP Carers information website [www.gpcarersinfo.co.uk](http://www.gpcarersinfo.co.uk) you can download a form from here and find out how your GP can best support you as a carer.



**Surrey Companion Permits** – If a bus permit is endorsed 'C' and 'Surrey Scheme', a companion may travel free of charge on bus services anywhere within Surrey or commencing in Surrey and crossing into another district. The companion may have to pay for the return journey on such services. Surrey Companion's Permits are not generally valid outside Surrey. A letter from Social Care is needed to qualify for a Companion Permit. Please contact your local Social Care Team (Guildford) 01483 517262 for more information.

### We're Going 4 It, Surrey

Is a new social group for people living in South West Surrey with physical disabilities. The group is held twice a month and will have different activities, including trips out. Venue – The Meath, West Brook Road, Godalming, Surrey, GU7 2QH, Call Paul Harris on Tel: 01252 501948 to find out more.

### Enabling Carers 2009 Free Workshops for Carers in Surrey

**Action for Carers and Employment** - is offering free training and development opportunities to Carers who would like to become more involved in Carer issues and who would also like to enhance their communication and presentation skills to increase confidence in their caring situations. Education and training are key elements in the awareness-raising programme which ACS offer to County Council services, NHS and local PCT representatives and service providers to promote recognition of Carers rights and highlight the value of their contribution. Carers have traditionally played a very active role in designing and delivering the Carer-awareness training in Surrey. If you would like to have the opportunity to get involved and take part in the workshops contact Alex Aebischer, on  
Tel: 01483 – 565874

**If you are in receipt of Carers Allowance you can qualify for a 50% Discount on courses run by Surrey Adult and Community Learning Centres. Brochures can be found at libraries, council offices, local adult learning centres and on the Surrey County Council website.**

[www.surreycc.gov.uk/adultlearning](http://www.surreycc.gov.uk/adultlearning)

**Evidence to Achieve Change** – The Citizens Advice Bureau has a system of reporting issues that affect clients to its Head Office. These are then used nationally to lobby for changes in legislation which is not working as effectively as it should. Voluntary Action South West Surrey is now working with local CABs to help collect evidence from clients/users of other voluntary organisations in a similar way. This will mean that there is a mechanism for all voluntary organisations to use evidence from people they come in contact with to complain against unfair practice. If you have come across a situation where you feel someone has been treated unfairly by the system and would like to put forward your evidence to achieve change, please phone the Carers Support (Guildford) office for more information and a form. Tel: 01483 458123



### **Carers Corner**

**The following piece was kindly donated by Daisy Moran**

**A 'Stressbusting Day at Ladywell Convent'. Just what I needed. The demands of being a carer can be as challenging as that of a surgeon or a pilot. Like them, we take responsibility for another's life. You can't make a mistake. Carer's contributions often seem invisible to others. But the stress we endure is very real; even if insignificant compared to the needs of those that we care for.**

**Since joining Carer's Support things have begun to change for me. Slowly guilt has been replaced by pride and helplessness by empowerment. More than anything, I no longer feel alone. Just talking made me realise that it was the things that I could do that count more than what was not possible. After all, I'm doing the best that I can with an imperfect situation. Stress may be part of the price we pay to do the most important job there is.....being a carer.**

### **Who What Where**

**The Pensions Service offer Free Benefits Checks** -for people over 60 and their Carers. The Surrey Pensions Service will undertake a full benefits check and offer support in filling in claim forms. Whatever your income or circumstances there may be extra cash benefits that you can claim. Contact – Tel: 01483 442442 to find out more, or contact Surrey County Council on Tel: 03456 009 009

**Contact - Home Heat Helpline** – Phone this helpline if you are a disabled person and are worried about your heating bills or if you are having problems staying warm or paying your gas or electricity bills The Helpline is staffed by experts who can put you in touch with somebody who can help and also give information on grants to insulate your home and/or install new heating. The Free Phone Number is available from 9am – 8pm, Monday-Friday and 10am-2pm on Saturday. CALL – 0800 33 66 99.

Many older people would like to have more information about the internet and how to use it, but do not know where to start the learning process. A book which explains what the internet is, how to get started and much more, titled 'How to be a Silver Surfer' is available for £7.99 from Age Concern. To obtain a copy contact your local Age Concern office Guildford on 01483 503414 or go to [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

**The Expert Patient Programme** - 27<sup>th</sup> February 09 - 3<sup>rd</sup> April 09 every Friday at The Waterside Centre, Riverside, Guildford, GU1 1LW. If you are living with a long term condition such as diabetes, arthritis, MS Etc the Expert Patients Programme could be for you. It is a free course running over 6 weeks. Issues covered will include how to use your skills and knowledge to lead a full life, communicating effectively with health care professionals, and building confidence and taking control of your life. For more information or to reserve a place call 01372 – 201709

## Events

**Carers Direct Payment Workshop -What are they and how to use them**  
Wednesday 1<sup>st</sup> April at Park House, Randall's Road, Leatherhead, KT22 0AH from 10am – 2.30 pm  
for more information or to book a place contact. Action for Carers and Employment and speak with Yvonne or Dreen on Tel: 01737 244220.

**Parent Carer Forum** –Friday May 8<sup>th</sup> Venue Emmanuel Church, Stoughton, - Following the popularity of last years event Carers Support (Guildford) together with support from Anne Milton and local Children's Services are arranging another opportunity for Parent Carers to find out about local services and meet with service providers and to take part in information sessions relevant to parents and their caring role. To find out more contact Maria Hewson on 01483 458123

**Carers Rights Training Day** - Tuesday 17<sup>th</sup> March at Godalming Baptist Church, Queen Street, Godalming, GU7 1BA - Organised by Carers Support (Guildford) and Carers Support (Waverley) – You are invited to join us to find out more about topics such as Carers Assessments, Hospital Discharge, Carers and Employment and more. From 10 am – 3 pm, Refreshments and a light lunch provided.  
We are happy to offer transport and assistance with care cover. Please call the office on 01483 458123 to reserve a place.

**'New Developments in the planning and Delivery of social care and support for Carers, what they mean for Carers and how Carers can influence the changes – continued'**. Following the events at Leatherhead and Christ Church Woking, you are invited to a meeting at Godalming Baptist Church, Queen St., Godalming, where you will have the opportunity to find out more about Self Directed Support and to give your views in discussion groups. **Thursday 12th March 10.30am – 3pm** Lunch provided **Contact Tel: 0208 541 7743 for more information**

**Fairlands Carer Group** - Meets Monthly on Thursdays at Fairlands Medical Practice, From 2 -4 pm. If you would like to come along call Karen at the office on 01483 458123  
Next Meeting Dates: February 26<sup>th</sup> – Relaxation Session, March 26<sup>th</sup> – Talk from GP – Dr McKendry, April 30<sup>th</sup> (to be held at Emmanuel Church Stoughton – Singing with Mrs Lynne Riley – May 28<sup>th</sup> Trip to Wisley Gardens, June 25<sup>th</sup> Picnic Newlands Corner.

**Ash Carers Group** - Meets at the community room (Ash Library), Ash Street, GU12 6LF  
Dates: March 12<sup>th</sup> , April 9<sup>th</sup> Outing to Badshot Lea, May 14<sup>th</sup> , June 11<sup>th</sup>, July 9<sup>th</sup>,  
**Call Sylvia on 01483 458123 for more information.**



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