

Local Services that may be able to help

There are many services which may be able to help you care, and Social Care Teams across Surrey are one of the key organisations to contact as soon as possible in order to help.

In the first instance call the Surrey County Council Contact Centre on 0300 200 1005.

Carers Support Elmbridge - Provides support to Carers across the borough in a number of different ways such as advocacy, information etc

For further information : Case House, 85-89 High Street, Walton On Thames, Surrey KT12 1DZ Telephone: 01932 235770

Age Concern Surrey - Age Concern Surrey is an independent registered charity that provides pro active outreach services and practical support to enable older people to remain living in their own home.

For further information Age Concern Surrey ,Rex House,William Road, Guildford,Surrey GU1 4QZ Telephone: 01483 503414

Citizens Advice Bureau - The Citizens Advice service is independent and provides free, confidential and impartial advice to everybody regardless of race, gender, disability, sexual orientation, nationality, religion or age.

For further information:

Hersham - The Day Centre, Queens Road, Hersham, Surrey, KT13 8DB

Walton Weybridge & Hersham Citizens Advice Bureau, Elm Grove, Hersham Road, Walton-On-Thames Surrey,KT12 1LH T 01932 248660

Weybridge - The Day Centre, Churchfield Road, Weybridge, Surrey KT12 4AB

Cobham - The Day Centre, Oakdene Road,COBHAM, KT11 2LY

Joseph Palmer Centre, 319 Walton Road, MOLESEY, KT8 1QG

Esher & District Citizens Advice Bureau, Harry Fletcher House, High Street Esher, Surrey, KT10 9RN Telephone 01372 464770

The Spelthorne and West Elmbridge Alzheimer's Society is a branch of The Alzheimer's Society, the UK's leading care and research charity in the field of dementia. We use our commitment and creativity to improve the quality of life for people with dementia, their families and their carers.

For further information: Alzheimer's Society, Community Link, Knowle Green, Staines, Middlesex TW18 1XA Telephone: 01784 444214

Centres for Older People

There are 7 centres run by Community Support Services which are open to all retired people. The Centres aim to promote an active and full life for retired people living in Elmbridge, offering a range of leisure activities, opportunities for learning new skills and services including showering/bathing facilities and information and advice. The Centres offer an innovative programmes of activities, three course meals and comprehensive coffee bar facilities. Activities include arts and crafts classes, computer classes, exercise classes, alternative therapies and beauty treatments, reflexology, aromatherapy, reiki, snooker and darts, outings and theatre trips, health promotion and information, bathing and showering.

All centres are managed by Elmbridge Borough Council for further details:

Elmbridge Borough Council, Civic Centre, High Street, Esher, Surrey, KT10 9SD

Telephone: 01372 474552

Website: www.elmbridge.gov.uk

Centre Contact Details

The Cobham Centre for Retired People, Oakdene Road, Cobham, Surrey, KT11 2LY

Telephone: 01932 596031

The Claygate Centre for Retired People, Elm Road, Claygate, Surrey, KT10 0EH

Telephone: 01372 463476

The Hersham Centre for Retired People, Queens Road, Hersham, Surrey, KT12 5LU

Telephone: 01932 246267

The Molesey Centre for Retired People, Molesey Centre, School Road, East Molesey, Surrey, KT8 2PB

Telephone: 020 8979 5773

The Walton Centre for Retired People, Manor Road, Walton on Thames, Surrey KT12 2PB

Telephone: 01932 247549

Thames Ditton Centre, Mercer Close, Thames Ditton, Surrey KT7 0BS

Telephone 0208 398 5921

The Weybridge Centre for Retired People, Churchfield Place, Off Churchfield Road, Weybridge, Surrey KT13 8DB

Telephone: 01932 844391

In an emergency**Community Alarms**

By pressing the pendant, the alarm is activated and a call is automatically made to a care centre, this is staffed 24 hours a day, every day of the year. Without having to get to the phone, the caller can then speak to a specially trained operator, who will respond to their needs and organise appropriate assistance. There is a charge for this service which can either be paid weekly or quarterly. However there are some exemptions for this charge. The Community Alarm Service can also help with falls prevention by providing falls sensors and with home safety through smoke and flood alarms linked to the main community alarm system. The Community Alarm service is working in partnership with Surrey County Council and other Borough and District Councils to provide a community alarm free of charge to people aged 65 and over on discharge from hospital. The service is offered for a 12 week

recuperative period. After the 12 week period the normal weekly fee as charged by the Council becomes payable. There is no obligation to keep the alarm after this free period and if it is not wanted then it will be uninstalled at no cost to the user.

For further details contact the Community Alarm Team 01372 474560

Website: www.elmbridge.gov.uk

Carers Emergency Registration & Carers Emergency Card – There is a Carer Emergency Registration System which operates in Surrey by Surrey County Council. The 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 because of family emergencies. This means that if an emergency happened, the council will then be able to respond to the emergency in a decisive and effective way. A Surrey-wide Emergency Card is available for Carers who are in Surrey. This 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.

For further information telephone 0300 200 1005

Useful Equipment

There are a multitude of different pieces of equipment that may be able to help both the person you care for and you as a Carer.

If you need the equipment for just a few months – some items can be borrowed for a maximum of twelve weeks. These pieces of equipment can include bed blocks, bed cradles, back rests, commodes, wheelchairs, bed pans and urinals etc. This equipment and other pieces can be borrowed from:

Red Cross Medical Loan Office – Telephone 01932 254739

Website: www.redcross.org.uk

Voluntary Association of Surrey Disabled – Offers equipment on short term loan or purchase. For further information: **Telephone 01306 741500**

Website: www.vasd.org.uk

If you need long term use - these items can vary from the very small, such as specially shaped cutlery or pens for people suffering from various conditions to lifts, hoists or special beds. Some of these items are expensive so before purchasing the items yourself it is wise to

get proper independent advice about the most appropriate equipment for your needs. Some of this equipment may also be available from statutory authorities for free.

Who can help to advise you? – There are many people who may be able to advise you on the best type of equipment which is best for your situation:

Occupational Therapist – contact this person through your local social care team or through the **Surrey County Council Contact Centre telephone 0300 200 1005**

District Nurse - this person is based within your GP surgery and can be useful to give advice on nursing aids etc

Physiotherapist - This person can be contacted through your GP Surgery and gives advice on mobility and recommended aids as well as treatment.

Back Care – Back Care Advisors provide information and advice and training to Carers on all aspects of moving and handling.

For further details **Telephone 01932 577993 or 01932 577992 or 01372 729947 (East Elmbridge)**

Carer Support Groups

Carers Support – aims to help Carers in the local area. They provide information, Advocacy, emotional support, training, support groups and social events as well as regular newsletters and help obtaining services. **For further information telephone 01932 235770**

There are a number of Carer Support Groups which you can attend if you wish too. The groups provide mutual support to Carers who attend and are a good place to talk to Carers who may be in a similar situation as you may find yourself in.

For further information about these groups contact

Carers Support Elmbridge on 01932 235770

Website: www.carersupportelmbridge.org.uk

Molesey Group – The group takes place on the first Wednesday of the month from 11am to 12 noon at The Poyntz Arms, 85 Walton Road, East Molesey

Walton – The group takes place on the first Tuesday of the month from 11am to midday at The Nobel Vine, Walton High Street (opposite Clintons)

Evening Social Group for Carers and Former Carers – The Group takes place on the second Monday of the month from 7:30pm until 9:30pm at the Ashley Park Hotel Bar (opposite Walton Train Station)

Elmbridge Parents Support Group (For parents of children with disabilities) – Held on the second Tuesday of the month 10am until midday at The Burhill Childrens Centre, Pleasant Place (entrance via New Berry Road) Hersham

Elmbridge Carers Rethink Group – RETHINK is the leading national mental health charity. The group meets at The Leatherhead Clubhouse, 23 The Crescent, Leatherhead at 7:45pm every other month on a Monday. For further details call Marjorie Hudson on 01306 888281 or Alicia Makin on 01372 843516

Housing

Care and repair - If you live in Elmbridge and own your home or rent from a private landlord and: you are living on a low income, receiving a means tested benefit, or you have a physical or mental disability, or you are aged 70 or over and in need of repairs or adaptations to your home, Care and Repair Elmbridge can assist you. The service can repair or adapt your home including specifying work and technically supervising it to completion by providing advice, information, advocacy and assistance by helping to access funding through grants, loans, charities and equity release or by self funding by helping to find building contractors, by helping to improve the security of your home, by helping to improve the energy efficiency of your home, by helping via our Handyperson Scheme, by helping to apply for disability and means tested benefits. Some of their services are provided free of charge to you. All advice is free.

For further information telephone 01372 474645

Website: www.elmbridge.gov.uk

Disabled Facilities Grant - A Disabled Facilities Grant is a local council grant to help towards the cost of adapting your home to enable a person with disabilities continue to live there. A grant is paid when the council considers that changes are necessary to meet your needs, and that the work is reasonable and practical. You, or the person on whose behalf you are applying, are either the owner or tenant (including licensees) of the property you can certify that you, or the person on whose behalf you are applying, intend to occupy the property as your/their only or main residence throughout the grant period - currently five years.

For further information telephone 01372 474474

Website: www.elmbridge.gov.uk

Reduction of Council Tax - You may be entitled to a reduction in your Council Tax if you are caring for a disabled person. If you and the person you are caring for live in the same property. You may also be entitled to a Council Tax reduction if you provide at least 35 hours a week of care. Also, the person you care for must have one of the following: higher rate of the care component of Disability Living Allowance, higher rate of Attendance Allowance, an increased Disablement Pension, an increased Constant Attendance Allowance. The person you are caring for can't be your spouse, partner or child under 18 years old. If you leave your own property to care for someone and you move to live with the person you are caring for you may be exempt from paying Council Tax.

For further information telephone 01372 474474

Website: www.elmbridge.gov.uk

Meals on Wheels

The Meals-on-Wheels service provides hot meals to older and disabled people in the community who are unable to prepare meals or to heat frozen meals. Referrals for the service can only be accepted from Health and Adult and Community Care professionals including: GPs, district nurses, hospital discharge co-ordinators. There is a cost for the meals, the cost will depend if a person just has a main course or a dessert as well.

For further information telephone 01372 474552

Frozen Meals Service

A complete Frozen Meal delivery service is available for older and disabled people living within Elmbridge. The service provides quality frozen meals and desserts delivered to your door. You decide when and what you would like to eat by choosing from an extensive menu. Simply choose your order - there is a wide range of meals available from 3 different ranges and a wide choice of hot and cold desserts. The meals range in price depending what you choose. The meals are cooked straight from the freezer either in the oven or microwave. Elmbridge Borough Council will refer residents to a frozen meal service which is provided by Wiltshire Farm Foods.

For further information telephone 01372 474552

Short Term Breaks

Crossroads – A Crossroads Service is about giving time – improving the lives of carers by giving them a break from their caring responsibilities. The aim is to provide a reliable tailored service for each carer and the person they care for. The local scheme provides practical support where and when it is most needed – usually in the home. A trained Carer Worker will take over from the carer to give them ‘time to be themselves’..

For further details contact 01372 469942

Website: www.elmbridge-crossroads.org.uk

Elmbridge Relief Carers Scheme - The Scheme offers counselling on everyday problems including emotional support. Advice on obtaining benefits, entry to special care homes and other services available. A paid Sitting Service to provide regular breaks is available to those suffering from any disability or frailty and day care for those with a dementing illness is available in local Centres for Retired People. For those with a dementing illness the scheme offers day care in small, friendly groups in an informal setting at various local venues in Elmbridge under the guidance of trained staff.

For further information contact 01372 474547

Transport

Elmbridge Dial-a-Ride is a door-to-door Transport Service using specially adapted vehicles for people of any age with limited mobility who are unable to use conventional public transport and are residents in Elmbridge. The service operates in and around the borough. The dial a ride service will not accept booking for people needing to go to hospital or doctor appointment. To become a Dial-a-Ride member there is an annual membership fee and a fare for each journey undertaken. Dial-a-Ride buses operate between 08.30 and 17.00, Monday - Friday and bookings are accepted up to two weeks in advance on a first-come, first-served basis.

For further details contact the dial a ride service on 01372 474551 lines are open 9.30am until 1:30pm

Website: www.elmbridge.gov.uk

Care in Walton & Hershaw - Residents of Walton-On-Thames and Hershaw who are unable to use public transport and are not eligible for hospital transport may use the service. The Volunteer Drivers will take people to medical appointments and occasional shopping etc.. People who use the service can make donations.

For further information telephone 07570 919 883

Oxshott Care – Anyone in need who lives in Oxshott can use this service. Transport is provided for people who have to go to hospital, Gp's, day clubs, shopping etc. People who use the service can make a donation

For further information telephone 07950 478 329

Motability - is a national charity to assist disabled people with their mobility needs. The scheme enables disabled people to obtain cars, powered wheelchairs, scooters simply by using their government funded mobility allowance.

For further information contact:

minicom 0845 675 0009

telephone 0845 456 4566

website www.motability.co.uk

Blue Badge Scheme - Surrey County Council operates a blue badge scheme. The badge helps registered blind people and people with certain disabilities park closer to shops etc. The badge applies whether they are a driver or a passenger in the vehicle.

For further details telephone 0300 200 1005

Disabled Persons Bus Pass - To qualify for a disabled person's bus pass the person must be aged 5 or over and live in the county of Surrey. The person must be: blind or partially sighted or; profoundly or severely deaf or; without speech or; suffering from a permanent disability or injury, which has a substantial and long term adverse effect on the ability to walk or; without the use of both arms or; have a learning disability as defined in the Transport Act 2000 or; refused or likely to be refused a driving licence on medical grounds;

For further details telephone 0300 200 1005

Companion Permit - If the person you care for has difficulty travelling they could be entitled to travel with a companion. To get a Companion Permit (identified by a C+ on your own pass) they will need to provide a letter from the local Social Care Team stating that they require assistance in order to travel. This pass entitles you and your companion to travel free within Surrey. If you travel outside Surrey the companion may be asked to pay.

For further details telephone 0300 200 1005

Website: www.surreycc.gov.uk

The Queen Elizabeth Foundation Mobility Centre – Based in Carshalton provides driving tuition for those returning to driving after a break or people changing to a different method of vehicle control. They also offer driving assessments, practical advice and information on the selection and use of scooters and wheelchairs and other equipment for disabled drivers and their passengers. They can also advise on the fitting of car adaptations for both drivers and passengers with disabilities.

For further information telephone 01372 841100

Website: www.qefd.org.uk

While you are out - RADAR is the UK's largest disability campaigning organisation, with a membership of over 800 disability organisations and individual campaigners. They run a national key scheme for toilets for disabled people. Usually standard locks are fitted and keys to these locks can be obtained from RADAR for a small fee. There is also a booklet available which will list the disabled toilets which operate across the UK.

For further information telephone 0207 250 3222

Website www.radar.org.uk

Disabled Persons Rail Card – If the person you care for finds it difficult to travel by train because of a disability they might qualify for a Disabled Persons Railcard. The card allows them to get a third off of most rail fares throughout Great Britain. If you as the Carer travel with the person you also get the same discount. There is a cost for a railcard

For further information telephone 0845 605 0525

Website: www.disabledpersons-railcard.co.uk