

Newsletter

February 2007

Carers Support Waverley

Brightwells Gostrey Centre, Brightwells Road, Farnham, GU9 7SB

Tel: 01252 718166 Email: carerssupport@workers.fsnet.co.uk

HAPPY NEW YEAR TO YOU ALL!!

Welcome to the first Newsletter of 2007.

We would like to start by welcoming Lisa Arnold to the Carers Support Team, many of you may have spoken to her already as she has been here now for a couple of months. Lisa took over from Jo who unfortunately didn't stay with us for long. She has however taught Lisa well and we hope you get to speak to her soon. Lisa brings a cheerful and positive attitude to the office which I'm sure we will all benefit from.

We have begun organising our training programme for the coming year (April 07-March 08) and have put together only a rough programme so far as not all dates and venues have been confirmed. We work together with Carers Support Guildford in arranging these training days for Carers and try hard to meet the needs of everyone. If you have any suggestions regarding possible subject areas then please always let us know – these days are for you and we want to make sure we get it right!!

The first three days are on the back page of this newsletter and If you would like to attend please let us know as soon as possible so we can get an idea of numbers. As usual we can help with transport and care cover costs.

We need Committee Members - can you help?

As a voluntary organisation we are run by volunteer Committee members (some are carers or former carers themselves) who kindly give up their time to support and guide us in running a successful service for Carers in Waverley. However we are always looking for more people to join. You will not be required to do anything other than join us at our meetings four times a year and put across any thoughts, ideas or problems you think carers may have. We are guided by a wealth of knowledge in our Trustees and need the voices of Carer's to compliment this.

If you are interested or would like some more information, please contact the office on the usual number.



CARERS ASSESSMENT – What's in it for you?

Caring for and supporting a family member/friend/neighbour can be a difficult and long term experience. It is therefore important to have your needs recognised to help you have a life outside of your caring role.

These assessments are meant to make positive changes and will in no way criticise your coping skills. The aim is to:

- Identify the best possible support for you and the person you care for.
- Find out how to help you maintain your own health and well-being.
- Find out how caring affects other opportunities in your life, such as work, education, social life, leisure time etc.
- Find out what help you need in order to continue providing a level of care that you are happy with.

If you have a Care Manager from Social Services, ask them for a Carers Assessment. If you don't then you can contact Surrey County Council on 08456 009 009 who will put you in touch with an Advisory Officer in your area and will arrange for a Care Manager to visit you to discuss your situation.

Surrey County Council is currently being monitored to check how well they are doing Carer's Assessments and whether they are making a difference to carers lives.



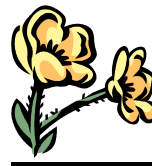
CARERS WEEK 11TH - 17TH June 2007

Time out event

We thought it would be nice to organise a day out during Carers Week like we have done in previous years. They have always been a great success and we hope this year won't be any different.

Possible ideas so far include:

- Visit to West Dean Gardens (near Chichester)
- A trip to the coast (possibly Southsea)



We would very much welcome any other suggestions so please let us know any ideas you may have.

Carers Back Care Group

Four week Courses for Carers facilitated by Sarah Brewster, Carers Back Care Advisor and Elizabeth Gradwell, Physiotherapist.

Guildford Thursdays
10.30 – 12.00 Feb 8th 15th
22nd & March 1st

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For Your Information.....

Surrey and Borders NHS Trust has released a Consultation Document. This document..

“seeks views on plans to continue development of services and organisation and to achieve NHS Foundation Trust Status in November 2007”.

If you would like to see this document it can be viewed at www.carersnet.org.uk or you can call Janet Haynes on Tel: 01372 204053

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**Are you juggling work and care?**

If the answer is yes then Action for Carers and Employment (ACE) Surrey would like to hear from you!!

ACE is working to help Carers return or remain in employment and they believe your experiences could help other Carers and may influence future legislation.

You will make a difference and so they ask that you take part in one of the following activities:

- Answer 6 questions by speaking to an ACE Project Worker on 01483 565874 or 01737 244220 (they can call you back at a time to suit)

- Answer 6 questions online at [www.carersnet.org.uk](http://www.carersnet.org.uk)
- Attend a local focus group with other working Carers:  
Reigate-Thurs 8<sup>th</sup> March (evening)  
Guildford - Sat 10<sup>th</sup> March(morn)  
(Travel expenses will be reimbursed)

Your views are important and will ensure that Carers have a voice and a right to a ‘life beyond caring’.

*Please reply by 28<sup>th</sup> February 2007*

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Carers Christian Fellowship

This is a national interdenominational charity which provides support and encouragement for carers.

Various local groups meet together for prayer and fellowship, and Quiet Days and Fellowship Days are arranged.

For more information please contact Sue Jones (Co-ordinator) on Tel: 01793 887068 or telephone us at the office and we can send you a leaflet.

Experts Patients Programme

An Experts Patients Programme course will be taking place at

St Marks Community Centre, Godalming
from 1:30 – 4pm. The course starts on 7th February, and will run weekly every Wednesday for 6 weeks (until 14 March).

This course is for people living with a long-term health condition and it helps them to take control over their health by understanding and managing their conditions, leading to an improved quality of life.

Expert Patients....

- Feel confident and in control of their lives
- Aim to manage their condition and its treatment in partnership with health care professionals
- Communicate effectively with professionals and are willing to share responsibility on treatment
- Are realistic about the impact of their disease on themselves and their family
- Use their skills and knowledge to lead full lives.

For further details on this course please contact Laura Dennett on Tel: 01252 305855

The Princes Royal Trust
for Carers

LONDON THAMES WALK 2007

Following the success of last year's pilot London Thames Walk, the PRTC are organising it again, only bigger and better!

The walk will take place on Sunday 10th June 2007 to mark the start of Carers Week and is organised by a group of Carers and Carers Centre chairs and is supported by the trust. The walk is to raise funds and awareness for your centre - Action for Carer (Surrey).

If you would like to take part or would like further details please contact Action for Carers Surrey on Tel: 01483 302748

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## **Kidz South**

Thursday 15<sup>th</sup> March 2007

9:30 - 5:00pm

Rivermead Leisure Complex,

Richfield Avenue, Reading.

One of two exhibitions totally dedicated to disabled children, their families, and the professionals who work with them.

*\*Entry is free\**

For more information please contact Sarah Brewster on  
Tel: 01483 533645

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DATES FOR YOU DIARY - Carers Training Programme 2006/07

Planning for our training days for the next 12 months are underway, but here is what is coming up over the next few months.....

Feb 19th 2007 - Pilates and Dance

St Johns Church, Merrow: 10am-3pm

10.00 – 10.30 Registration and Coffee
10.30 –12.00 Pilates (with Sarah Brewster, Back Care Advisor for Guildford and Waverley)
12.00 - 13.00 Lunch
13.00 –14.30 Dance Session (line dancing/jive/salsa)
14.30 – 15.00 Close

PLACES STILL AVAILABLE – *this will be a day of fun and a chance to let your hair down, come and join us!!*

March 14th 2007 - Managing Change

Speaker - Jenny Hattesley
Wey Court Sheltered Housing, Farncombe
9:30am – 2:30pm

April 16th 2007 - Coping with People with Confusion

Godalming Baptist Church, Queens Street, Godalming
Charlotte Drew from the Alzheimers Society will talk to us about ways of coping with difficult situations and challenging behaviour.

June 2007 – CARERS WEEK

The theme this year for Carers Week is; **“My Life as a Carer”**.....This theme will promote and highlight various aspects of caring, including:

- ***Financial***
- ***Career***
- ***Social Life / Relationships***
- ***Health***

During this week we will be organising an information day to incorporate all the above aspects of Caring. We hope to have a speaker for all 4 subjects and ask that you choose two of the

areas of most relevance/importance/interest to you. We will divide the day into a morning and an afternoon session and as always, lunch will be provided.

We hope you will join us on this day to support Carers Week and to have the opportunity to ask any questions you may have regarding each of the above subjects. (More information will be available on the next newsletter).

**GIVING HEALTH TO CARERS TRAINING DAYS ARE FUNDED BY SOUTH WEST SURREY
JOINT TRAINING STRATEGY GROUP**