



Newsletter

February 2011

Carers Support Waverley



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

Tel: 01252 718166 Email: carerssupportwaverley@btconnect.com

In to February already!! Well the New Year brings a new Chair to the project. As many of you know, we said goodbye to John Bale in September and so we would like to take this opportunity to welcome **Dr Sue Tresman** as the new Chair of Carers Support Waverley. Sue comes to the project principally due to her role as a Carer and she is keenly aware of the vital role the voluntary and other support agencies play when it comes to supporting families and their loved ones through confusing and difficult situations. In addition to this principal role, Sue has a relevant professional background in special needs and inclusive care and education, as she is Chief Executive Officer and Company Secretary of Grafham Grange Special Educational Trust (GGSET).

We would like to thank Sue for her support so far and know that she will be a valued member of the committee – Welcome aboard Sue!!

Self Directed Support

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**:

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

....and has 7 steps:

Surrey County Council has published two information booklets which explain the SDS process in detail. To get these free booklets, contact **SCC Contact Centre** on **0300 200 1005**.



Carers Emergency Card - A Surrey wide Emergency Card is available. 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.

.....and also..... **Carers Registration** - Carers often worry about what if, at short notice, they are unable to care? The County Council has developed a Carer registration process to help give carers peace of mind. The process entails maintaining a register of details of people who would not be able to manage on their own if their Carer became suddenly incapacitated. Should an emergency happen, the County Council will then be better able to respond as there will be better information available about the case.



To register on the scheme call 03456 009 009.



Lasting Power of Attorney

LPA is a legal document that you (the Donor) make using a special form. It allows you to choose someone now (the attorney) that you trust to make decisions on your behalf about things such as your property and financial affairs or health and welfare at a time in the future when you no longer wish to make those decisions or you may lack the mental capacity to make them yourself. An LPA can only be used after registration with the office of Public Guardian.

There are 2 types of LPA: (i) A Health and Welfare LPA (ii) A Property and Financial LPA

For more information contact the Office of Public Guardian, PO Box 15118, Birmingham B16 6QX Tel: 0300 456 0300, website: www.publicguardian.gov.uk or consult you solicitor.

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.



Riser/Recliner Chair FOR SALE!

A second hand, good condition, cream riser/recliner chair - £250.

Viewing/collection from Elstead, please contact the office if you are interested



Do you find you spend a lot of your time trying to find out how to obtain information to help you support your relative or friend? There's no need to run up a huge telephone bill, scour the internet – just ask SID (Social Information on Disability).

SID's information service is a free, independent service and is on hand to answer enquiries from disabled people, carers, relatives and friends who live or work in Surrey. The information service welcomes enquiries on all topics including leisure and holidays, benefits issues, clubs/support groups, legislation, community services, homecare services, housing, education and employment, special aids and equipment.

SID also runs a second hand disability equipment website which enables people to buy and sell items. Next time you need a scooter, bath seat or walking aid check the website for available equipment. If you do not have access to the internet just call the enquiries line.

Contact **SID** by using our freephone number **0800 0439395** each weekday morning 9.30am to 12.30pm or email at info@asksid.org.uk.

We have recently been told by a carer about a reliable local taxi service with wheelchair accessibility....



DAVID DOODSON TAXI SERVICE offers:

- 8 seater vehicle
- Fully wheelchair accessible
- Private hire
- Airport service
- Outings to London
- Contract hire

'We are an independently run business based in Witley and licensed by Waverley Borough Council. You will get a friendly and dependable driver and the latest in 8 seater technology.'

For more details please contact...

Tel: 01428 683586 or 07771 623395 or Email: info@daiddoodson.co.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 0800 030 4082

HAVE YOUR SAY.....

- We realise there is a great deal of consultation/requests for help currently circulating but this is a plea from **CARERS uk**....



“Your experiences of caring – tell it like it is!”

The past months have brought about changes to the lives of disabled people and their families – cuts to services, large scale reform of benefits, all threaten to have a huge impact on carers’ lives. This is why we need your help to make the case for a better deal for carers.

Carers UK is conducting a major new research survey to examine the State of Caring in the UK. We need evidence on the impact of caring for ill, frail or disabled loved-ones on carers’ health, well being, careers and finances.

Fill in our online survey about your experiences or caring at **www.surveymonkey.com/stateofcaring**

Nearly 1,500 carers have already completed the survey, but we need twice as many to make headlines! Your answers will help give us the evidence to fight for a better deal for carers like you.

Thank you for your support,
Imelda Redmond CBE
Chief Executive of Carers UK

P.S Because we want an in-depth picture of the State of Caring, the survey asks a lot of questions and takes about 20 minutes. If you would prefer not to provide details you can skip certain questions – but it is really important we gather as much information from as many carers as possible so please answer as many as you can.”



If you would like to complete this survey but do not have access to the internet, then please contact us at the office and we can download a copy and send it to you.



There is also a **Carers Week annual survey!!** Every carer in the UK is invited to take part in the annual carers survey, just launched, and the results will form the core of Carers Week 2011, 13th – 19th June.

We have been asked by Carers UK to circulate details of this survey to ‘spread the word’ to ensure that every carer possible has the opportunity to take part , that carers voices are heard loud and clear and that Carers Week 2011 reflects ‘The True Face of Carers’.

To take part in the Survey please go to **www.surveymonkey.com/s/carersweek2011**



PETITION: A FAIRER DEAL FOR CARERS
<http://www.gopetition.com/petition/42195.html>

The CPA petition, in support of our National Local Protest on 20th May 2011 is now available to be signed.

'Without Carers, Social Services and the NHS would be overloaded to the point of collapse, but especially with the economic downturn, Carers themselves are overloaded to the point of collapse. This petition is to raise awareness of the unfairness inherent in the benefit system that continues to keep Carers on a very low income and penalises any attempt at self-improvement'.

The petition will be handed in to 10 Downing Street during Carers Week in June, around 2 weeks after the National Local Protests on 20th May 2011.

The petition is as follows: **We the undersigned call upon the Government to increase Carers' Allowance, for those who provide a minimum of 35 hours a week unpaid care, to a level that allows carers to live with dignity and freedom from financial hardship.**

That Carers' Allowance be paid to all carers regardless of age or overlapping benefits (for example, state pensioners and full-time students), thereby not forcing many carers to self-fund their caring role, leading to debt or low quality of life.

To recognise Carers as unique, being the only group within the benefits system to provide a service, often at considerable personal cost, to those who could not lead independent lives without them, thus saving many billions for the Government, the NHS and the taxpayer.

To sign the online petition visit <http://carerspovertyalliance.com> (*Online is the preferred method of signing the petition.*)

As always, if you would like to sign his petition and don't have access to the internet please contact us at the office we can print out a hard copy for you.

NB: Paper petitions must be returned to **Mr Darren Osborne (CPA), 10 East Crescent, Canvey Island, Essex, SS8 9HL** no later than **Friday 3rd June 2011** or he will *not* be able to include them in the petition and, because every signature counts, please allow plenty of time for it to arrive.

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 re-train or access leisure activities, this website has a wealth of information.

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

Counsel and Care have published a guide to help older people understand their legal rights and entitlements before, during and after a stay in hospital. You can download the guide for free from their website www.counselandcare.org.uk or by phoning **0207 241 8522**

Counsel and care have other guides covering a comprehensive range of issues relating to accessing care and support and are also available to download from the website.



As you all know financially times are hard and we are always looking for new ways to raise funds, particularly for the Ladywell

Stressbusting days. We have been alerted to a website called 'easy fundraising' and it's very simple if you shop online. Just visit www.easyfundraising.org.uk/causes/csw and shop with over 2000 well known retailers like Amazon, Argos, M&S, ebay and many more. With every purchase made, the retailer makes a donation to *Carers Support Waverley*. It won't cost you a penny extra and you can even save money with special offers and vouchers codes. So please remember us next time you shop online!!



Information and Advice Booklets - As many of you know *Age Concern* and *Help the Aged* have recently merged to form **AGE UK**. They now have an extensive list of FREE booklets that can be downloaded from their website www.ageuk.org.uk or by calling **0800 169 6565**. Information guides and factsheets include:

- Help with care at home
- Paying for care and support at home
- Adapting your home
- NHS Continuing Care and NHS funded nursing care
- Arranging for others to make decisions about your finances & welfare



...and more...

Training and Information days.....

Please see enclosed two flyers for our next information/training days. Also note the following program for 2011 (more details to follow):

July 2011 – Wills & Trusts/Benefits
Sept 2011 – Children with Challenging behaviour
Nov 2011 – Dementia

Personal Care

Training/information day for carers



Speaker: **Denise Offield**
Venue: **Godalming Baptist Church**
Date: **Monday 7th March 2011**
Time: **09:30 – 3:30pm**

Denise Offield is a personal care and moving and handling trainer working for Astor Care Agency. Denise is coming to talk about the easiest, safest and most comfortable ways to care for someone (wash, dress, transfer etc)



Denise is happy to answer any specific questions you may have.

09:30 **Registration and coffee**
10:00 **Start**
12:30 – 13:30: **Buffet Lunch**
15:30: **Close**

If you would like to attend please contact **Carers Support Waverley** (if you live in Waverley) on **01252 718166** or **Carers Support Guildford** (if you live in Guildford) on **01483 458123** to reserve a place.



We are happy to provide transport to and from the venue and can help to arrange care cover.



Singing for Fun



Wednesday 18th May 2011
10:00am – 3:00pm
Godalming Baptist Church

10:00am - Registration and Coffee

10:30am - Morning session: **'Laughter Therapy' and more**

12:30pm - Lunch

1:30pm - Afternoon Session:

We will be joined in the afternoon by a group of people who specialise in 'singing therapy'. We will have the opportunity to sing a variety of songs along with the pianist, hear some poetry. FUN FOR ALL!!!

3:00pm - Close

Lunch and refreshments will be provided!

Please contact the **Carers Support Waverley** on Tel: **01252 718166** to reserve a place and let us know whether you require transport and/or need help with care cover.