



Carers Support Waverley

Newsletter – Summer/Autumn 2011

Brightwells Gostrey Centre, Brightwells Road, Farnham,
GU9 7SB Tel: 01252 718166

Email: carerssupportwaverley@btconnect.com

It is with great sadness that we must inform you that our previous Chairman Mr John Bale passed away at the end of July after a long battle with cancer. For those of you who didn't know John he worked tirelessly to try to improve the lives of and create opportunities for carers in Surrey for many years. A former carer himself, he not only gave his time to Carers Support Waverley, but he was also Chair of Action for Carers Surrey, Crossroads, the South West Surrey Carers Strategy Group and more.....



John was highly respected for his knowledge and commitment and he will be greatly missed.



Carers Support Waverley **Annual General Meeting**

Please find enclosed with this newsletter details of our AGM in September, we hope you will be able to attend as not only do we always like to see as many carers there as possible but also we will be saying goodbye to our Line Manager, Mike Harding. Mike, a founder member of Carers Support Waverley, has supported the project since the beginning and he will be missed. However we appreciate all good things must come to an end and thank Mike most sincerely for his continued support over the years. We look forward to seeing you there.





We would like to say a big thank you to all of you who responded to our request for feedback in the last newsletter regarding the quantity of newsletters per year. After reviewing all the forms we received it was evident that some thought 4 times a year was fine but others would be happy for it to be reduced to twice yearly. We have therefore opted for the 'middle ground' and will now be producing our newsletters 3 times a year. For former carers the posting of newsletters will stop after 18 months but there will always be copies available at the carers groups and via email.



We hope this is clear and agreeable to you and again thanks to all of you for the time taken to complete the form.



CARERS SUPPORT WAVERLEY CORE FUNDING -

The way we receive our funding is changing. We are now being asked to 'bid' for funds in accordance to need and demand. All projects across Surrey will be applying or 'bidding' in the same way with a view to a County wide approach with 'local delivery'. We have to provide evidence that we are meeting the needs of carers in Waverley and that our service does make a difference. We have past letters from carers and various evaluation forms from our ongoing training days etc but we thought we would ask for your help. Enclosed with this newsletter is a short 'questionnaire'. We would be most grateful if you could complete it and return it to us so we can include the information in our 'bid' for next year's funds.



Carers Evensong service will take place on **6th October at Guildford Cathedral**. There will be tea served from 3:30pm in the refectory and talks by both Lyn Day (Guildford and Waverley Crossroads) and John Bangs (Surrey County Council). For more information please contact: **01483 790324**.

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15 August 2011

Dear Carer

Annual General Meeting

Your Management Committee of Carers Support Waverley invites you to attend the Annual General Meeting at **The Baptist Church, Queen Street, Godalming, Surrey GU7 1BA**, at **2.00 pm** on **Wednesday 21 September 2011**.

Dr Jonathan Inglesfield has very kindly agreed to come and speak at the AGM. He is a member of the Clinical Commissioning Group (previously known as the GP Consortia), as well as being a GP at Cranleigh Health Centre. Dr Inglesfield will inform the meeting of recent and ongoing changes in services, and how these will affect Carers locally, and there will be an opportunity for a question and answer session following his talk.

The timetable for the afternoon will be:-

- Buffet lunch at **1.15 pm**
- Annual General Meeting at **2.00 pm**, including formal meeting, followed by Speaker
- 3 pm** finish, with tea and cakes.

Over the lunch time period, we are hoping there will be an opportunity for Carers to join in a 'focus group' discussion to highlight any evidence that could be given to support our bid to secure funding and enable the project to continue. It has never been more important for us to hear the voice of Carers across the Waverley area. The focus group would be in addition to the questionnaire currently being circulated with our newsletter, in the hope that we can give as much evidence as possible in support of our bid for funding. We do hope you will be able to come and help us by letting us know any differences we have been able to make for you in your caring role.

To indicate your attendance, so that we can give numbers for room layout and catering purposes, please either telephone the office or return the reply slip below.

We look forward to seeing you on 21 September.

Yours sincerely

Marian Weatherley and Sally Burton - Carers Support Workers
pp Sue Tresman - Chair, Management Committee

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Carers Support Waverley AGM - Wednesday 21 September 2011 at Baptist Church, Godalming

Name (please print): **Date:**

I shall/shall not be able to attend the AGM

Transport needed: Yes/No **Care Cover** needed: Yes/No

I would/would not like a **buffet lunch**. *Please advise of any special dietary requirements:*



Action for Carers and Employment

FREE workshops for Carers - ACE have various workshops available to all carers in Surrey:

- Confidence/Self Esteem
- CV Workshops
- Interview Skills Workshops
- IT Skills - Moving on
- New Beginnings (for women)
- Confidence and Assertiveness (2 days)
- Presentation Skills (2 days)

There are various dates and venues for the above so please contact ACE on Tel:01483 565874 or email yvonne.ace@actionforcarers.org.uk for more details.



CARERS uk - Managing someone else's affairs?

If you look after someone aged 16 or over who may not be able to make decisions for themselves, you can find out more about managing their affairs. Visit CARERSuk's website www.carersuk.org/help-and-advice/practical-help/managing-someones-affairs

They have also produced a booklet 'What every carer needs to know: A guide to mental capacity'. To get a copy call **0845 241 0963** or email: publications@carersuk.org



Grayshott Post Office friends drop-in

Grayshott Post Office Galette Café, Crossways Road.



Wednesdays 2-4pm



For more info call Anna - 01428 717090
or Di - 01428 606308.

INSURANCE – Specialist Insurance Policies for people with a disability



Fish Insurance has launched a travel insurance policy targeted at customers with pre-existing conditions. The specific adaptations for disabled people are:

- The whole process can be completed on line for the majority of applicants with pre-existing conditions.
- They have call centre staff who are specifically trained who can help complete an application for you if required.
- The policy covers replacement of the carer in case of accident or illness.
- Disability equipment is covered and rates are competitive.



For further details www.fishinsurance.co.uk/travel-insurance-details.php or call **0800 088 3275** (option 4 for travel insurance).



Surrey Disabled People's Partnership(SDPP)

are pleased to announce that they have extended their existing foot care service and it is now available to disabled adults across Surrey.

The foot care service provides a 'value' home visiting service where, after a full assessment, a fully trained Foot Care Worker will provide:

- Toe nail cutting
- Removal of hard skin
- Foot care advice
- Referral to podiatry if necessary
- Advice about other community services and groups

First appointment is £30 and includes a foot care kit and on going appointments are then £12 per visit.

For more information either Tel:**01483 750973** Email: home@sdpp.org.uk or visit their website: www.sdpp.org.uk

Carers Survey October 2011

We are gathering information about Carers experience of our Service. We would be very grateful if you could spend a few minutes completing this survey. It will assist us in monitoring the work of the project and help us to identify how we can improve our service. It may also help us in our application for funding which will enable our project to continue.

Your response will be treated in confidence

Carers Name (optional)

1. Who do you care for and what are their illnesses or disabilities?
(eg Husband, Mother, Child etc)

2. How long have you been involved with the project?

Less than 6 months

Longer

6 month - 1 year

3. Which Carers Support services have you used?

Telephone Calls

Advocacy (eg letter writing, support at meetings, phone calls)

Home Visits by Carers Support Worker

Benefit Advice/Form Filling, ie AA/ DLA/Blue Badge etc

Information Pack

Time Out events/trips

Local Support Group

Support with a Carers Assessment

Website

Training/Information Days

Other (Please specify).....

.....

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4. a) Have you been enabled to access and/or remain part of the community through any of the following?

Regular Carers Groups Carers Forums Consultation Meetings Opportunities for Volunteering

Comments.....
.....
.....

b) If yes, how did you benefit from attending any of the above?

Less Isolated More Empowered Gaining Knowledge Felt more understood
Enjoy being with others Sharing/mutual support Able to form friendships

c) If no, what do you feel would enable you to feel more included in the community?
.....
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5. a) Have you been able to have a break from caring?

b) If yes, what form did this take?

Holiday Sitting Service
Day Centre Care Agency

Other.....

(5) c) Did it help you to feel/have:

More relaxed

More able to cope

Part of the community

A better life balance

More time for yourself

Less stressed

Able to spend time
with other members of
the family / maintain relationships

Able to enjoy leisure activities
or hobbies

Do you feel you would benefit from more respite?

6. Did Carers Support signpost and/or refer you to other services that enabled you to have more choice and control over everyday life whilst choosing to continue to care? eg social care teams, crossroads, day centres, groups, gardening or other? If yes, please give details

7. a) Did the information given by Carers Support result in:

Increased knowledge of services More respite opportunities

b) Did that result in you having:

More Choice Better life/care balance

More opportunity More confidence

Ability to carry on caring

8. a) Have Carers Support helped you to maintain your health and well being by offering any of the following?

Ladywell Stressbusting days

Back Care Service

Information Days
eg stress management,
dementia, bereavement

Referral to GP surgery

Carers Assessment

b) How have you benefited from any of the above:

More aware
of my needs

More able to manage
stress

More confident

More relaxed

More able to
manage my caring role

9. How have Carers Support helped you to remain safe:

Info/referral to SCC emergency scheme

Care alarm service

Back care Service

Specific information about safety ie cold calling, fire risks, falls prevention

Other/Comments.....

10. Have you been signposted to services which enable you to remain or return to employment? eg ACE

11. If you have attended any of Carers Support Information Days how did you benefit from them?

More informed

Better equipped to cope

Other.....

If you would like us to contact you, please write your name and address below.

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Thank you for completing the form.

Please post it back in the envelope enclosed by October 10th 2011.

Disabled Parents NETWORK (DPN) have recently produced some really useful publications for parents:

- New Parents
- Express yourself
- Getting the help you need
- Personal Budgets



Details about these can be found at www.disabledparentsnetwork.org.uk/publications or by calling 0300 3300 639



First Steps

Tel: 0808 801 0325
Email: first.steps@nhs.net



Advice on managing stress, anxiety, anger and low mood.

These FREE 2 hour information and advice sessions are run by professionals from First Steps and are open to everyone in the *Surrey area*. They offer a relaxed and friendly discussion of each topic (focusing on common experiences), and help you to understand and cope with:

Anger	05 October 2011
Depression	12 October 2011
Stress	26 October 2011
Self-esteem	02 November 2011
Communication and Assertiveness	09 November 2011

All of the above sessions run from 6:30pm – 8:30pm and will be held in Binscombe, Godalming. For more details on the venue and any other queries please contact First Steps directly on Tel: 0808 801 0325.



Mobile Phone!!

AspectTwo are a company who supply *easy to use* mobile phones. The phones have big, talking keys, have a large digital display, an SOS emergency button, 10 number speed dial and more.

It is contract free and costs £22.99 to buy the handset. You can use any SIM Card.

For more information contact 0844 863 0064 or visit www.aspect-two.com



Dates for your diary:

Parent Carers:

(i) Coping with challenging behaviour (ii) Education and Transition



Speakers: Lisa D'Costa, NAS & other tbc

Venue: Godalming Baptist Church

Date: Wednesday **28th September** 2011

Time: 10:30 - 3pm

Carers Support Waverley AGM



Speaker: Dr Inglesfield - Clinical Commissioning Group (previously GP consortia)

Venue: Godalming Baptist Church

Date: Wednesday **21st September** 2011

Time: 1:15 - 3pm

**** See enclosed invite for further information****

Coping with Dementia



Speaker: Charlotte Drew

Venue: Godalming Baptist Church

Date: Wednesday **9th November** 2011

Time: 10am - 3pm

Carers Christmas Lunch



Venue: Worplesdon Place Hotel

Date: Thursday **8th December** 2011

Time: 12pm - 3pm

Please contact the office to let us know if you would like to attend and we will give you further details of cost, menu choice etc.

Healthy Living



Speaker: Ivan Lawler

Venue: Godalming Baptist Church

Date: **March** 2012

Time: 10am - 3pm

If you are interested in any of the above then please contact us on 01252 718166 to book your place. Lunch will be provided and we can help with transport and finding care cover if necessary.