

August 2005

Newsletter - Carers Support Waverley

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

Hello and welcome! This month's newsletter has lots of information on how you can get more involved in the project and our local groups, should you want to, so read on for more details

We would like to start by saying that due to increasing workload we are not always able to maintain regular contact with you however much we want to. We are therefore taking this opportunity to ask that anybody who hasn't had contact with us for a while and would like a visit to please get in touch.

Also, a big thank you to everyone who responded to our recent questionnaire "Having a Voice". The response was pleasing and the feedback received helps us to monitor the work we are doing in relation to evaluating quality standards for carer's services.

We have so far had a great summer, with some very successful outings, and as always there is information on upcoming events, so read on if you want to know more. Firstly though, for those of you who weren't able to go, we thought we would tell you about our most recent days out.....

...Goring-on-Sea

We had a good turn out for our trip to Goring-on-Sea during Carers Week in June and we all thoroughly enjoyed it - even the weather played ball! The theme for Carers Week this year was 'Work, Rest and Play'....and we certainly did. We played bowls, flew a kite, walked along the beach, had a quiz and a raffle, ate a wonderful lunch and then had ice cream to finish it off.

After a thoroughly enjoyable day we climbed back onto the bus to come home - tired but happy!!

...Summer Picnic

On a sunny day in July, we were invited to join Carers Support Guildford for a summer picnic in the grounds of a carer's home in Jacobs Well. We all brought a plate of food and shared a wonderful spread. There was plenty to go around and even some leftovers! We were then given a tour around the beautiful garden which enabled us walk off our lunch and marvel at the wonderful flowers and plants. It really was a fantastic afternoon.

We are always pleased to welcome any new or former carers along on our 'Time out' events so please keep an eye out for upcoming trips and let us know if you would like to come - as always we can help with transport and care cover costs.

DATES FOR YOU DIARY: - "Time Out", Training Days and AGM.

- **Wednesday 14th September - "The Role of your Pharmacist"**
(St Johns Church Centre, Merrow, 10.30am - 3.00pm)
The role of community pharmacists is expanding. This training is an opportunity to find out about the new services that pharmacists are offering. There will be a talk by an experienced pharmacist. Issues such as ways of administering drugs, side effects and missing dosages, overlapping drugs and the drug card scheme will be discussed. A light lunch will be provided.
- **Friday 16th September - Carers Support Waverley AGM**
Our annual AGM will be held on at Godalming Baptist Church, Church Street. We have a speaker – John Bangs who is going to tell us about the Equal Opportunities Act 2004 and its relationship to Carers issues. A map and the AGM agenda are enclosed - we hope to see as many of you there as possible.
- **Tuesday 1st November - Techniques on how to massage.**
(St Johns Church Centre, Merrow)
- **19th December - Dunsford House**, near Midhurst, we have been invited once again to join in the Christmas festivities with a Christmas Dinner and carols. This day is highly recommended to get you in the Christmas spirit!



Carers Support (Waverley) Committee

The committee are looking for additional committee members to represent the interests off Carers. If anyone is interested, please contact Marian or Sally for an informal discussion, and possibly to attend the next Committee Meeting as an observer.

Also

Action for Carers (Surrey) is looking for Trustees. If you are interested in volunteering for this, please contact John Bale or Geraldine Willis at Action for Carers, tel: 01483 302748, to arrange a meeting.

Carers Groups - Cranleigh, Farnham and Haslemere

We are looking for volunteers to either run your local Carers Group or take on the planning of your local Carer Group events - or both! We know that most of you have commitments but maybe some of you have a little more time on your hands and would enjoy interacting with the others in your group to arrange a popular annual programme. There is already a very successful self-run group in Godalming which only requires minimal input from the project, so we know it can work!! If you think you would like to take the plunge and give it a try, please let us know - come on, don't be shy!!

As some of you know there isn't currently a Carers Group in Haslemere, however we have been offered a location in which to hold it but we need you to help organise the meetings - please come forward if you are willing!

ACTION FOR CARERS (SURREY) - Opportunity to take up free introductory membership of Carers UK

Carers UK are currently promoting an opportunity to take up free membership of Carers UK and receive copies of 'Caring Magazine'. They are also offering everyone the opportunity to receive information about carers' issues. This will include the excellent free 'Benefits Guide for Carers' produced by Surrey

Welfare Rights Unit. Both are free and you can take up either or both. You can also get free online information from www.carersnet.org.uk.

We enclose a leaflet produced by Carers UK about this which has a coupon to be returned to them if you are interested.

Computers a mystery?

Internet addresses (those beginning with www.) are mentioned everywhere - there are certainly one or two in this newsletter, to enable you to get information quickly and easily. But what if you don't have a computer or you don't know how to get on the internet?

Do not fear, now you can go to the library for some free lessons. Farnham, Godalming and Guildford libraries have specialist equipment and facilities for the disabled.

Also...

'Tech IT up?' is an organisation offering 3 hours of computer training *Free*. They have a mobile road show which travels around Surrey, and as well as individual tuition they will come to a venue and train up to 10 people in a group. It could be good fun. The person to contact is Allison Eneche at Surrey Community Action on 01483 459292 x 228.

Ask SID

Social Information on Disability (SID) offers an information service for disabled people, carers, friends and relatives who live and work in Surrey. This FREE, independent service answers enquiries on anything to do with living with a disability and is for all ages and all disabilities.

The disability information service has been developed to complement SID's "disability equipment" website www.asksid.org.uk that enables people in Surrey who wish to buy and sell disability equipment, to be put in touch with one another.

For further information contact: Karen Lucey, Freephone 0800 0439395

****Carer Aware Awards****

The HSA Carer Aware Awards have been launched again and this is your opportunity to say thank you to your GP. If you think your GP has supported you as a carer and gone beyond the call of duty to help The Princess Royal Trust for Carers wants to hear from you. Please write a letter to HSA Carer Aware Awards outlining why you are nominating your GP (remembering to include your contact details and the contact details of your GP). Once it is written please send it through to HSA Carer Aware Awards, The Princess Royal Trust for Carers, 142 Minories, London, EC3N 1LB. The closing date for these awards is the 3rd December 2005 so you have plenty of time!

Useful Phone Numbers

Carers Support Groups in Waverley

**Godalming -
Marian Weatherley
01252 718166**

**Cranleigh -
Marian Weatherley
01252 718166**

**Farnham -
Sally Burton
01252 718166**

Alzheimers Support Groups

**Farnham, Godalming, Cranleigh and Haslemere
Outreach Workers - 01428 642055**

