

February 2005

CARERS SUPPORT WAVERLEY

**Brightwells Gostrey Centre, Brightwells Road, Farnham, GU9 7SB
Tel: 01252 718166 Email: carerssupport@workers.fsnet.co.uk**

Welcome to our first newsletter of 2005. We hope you have all settled into the New Year and that you are managing to keep warm through these winter months!

We would firstly like to bring your attention to the questionnaire enclosed with this newsletter, it has been put together to ask for your input into the quality of service you think we as a project provide to Carers throughout Waverley. Your honest feedback and comments will be used to maintain and improve the service we provide at present. The questionnaires can remain anonymous and will be reviewed by committee members and not Carers Support Workers - if you think we can improve, please say how...that way we can! We have included a stamped addressed envelope for you to return the form in and we ask that you complete and return the form if you possibly can as your feedback is essential to the quality of services provided by Carers Support Waverley.

Training Days

As you may know, as a project we are able to offer training days for our Carers to provide information and guidance on what we feel are relevant areas related to a caring role. Our next training day is in March and covers the subject of Hospital Discharge. This is a really informative course and will be of much use to many of you. A flyer with more information is enclosed and so please contact us as soon as possible if you wish to attend. As usual we can help with transport, care cover and expenses if necessary.

CARERS WEEK: 13th – 19th June.

The theme for this year is WORK, REST AND PLAY. The idea is in relation to the 2004 Carers (Equal Opportunities) Act, which is due to be implemented in April. The Act should give carers opportunities to lead a more fulfilling life. It will highlight the rights of carers and ensure that the carers assessment consider leisure, training and work opportunities. It will also give local authorities stronger powers to support carers.

Last year Carers Support Waverley had a day out on a canal boat to celebrate Carers week. A great time was had by all and a picture of that day has even made it onto the Carers Week National newsletter and website. Plans for this year are going ahead – as always, please forward any ideas you may have!!

Partnership with Parents is running a number of courses and workshops over the coming year: -

Could you be a parental Supporter?

A Parental Supporter is someone who will help parents of children with special educational needs express their views, and offer support whenever they need it.

All courses are held over four weekly sessions, from 9:30am – 2:30pm. The courses are being run in March, April/May, June/July and September/October. Venues are to be confirmed. For further details and to reserve a place please contact the Partnership with Parents Team on the number below.

Conciliation Skills

Partnership with parents are offering three free sessions for parents who would like to know more about effective communication skills and how developing these skills can help to prevent disagreements. These sessions are taking place on 26th Feb, 11th June and 1st October.

Please call the number below for more details

A workshop for parents of children between the ages of 3 – 16yrs with **behavioural, emotional & social difficulties** is being held on Saturday 19th March 2005 at the University of Surrey, Guildford from 9:00am – 1:00pm.

For more information on the above information please contact the Partnership with Parents team on 01737 737300 or 737302.

THE EXPERT PATIENTS PROGRAMME

Do you have a long term health condition? The Experts Patients Programme is a self management programme for people who have chronic or long term illness. It consists of two and a half hours a week and runs for 6 weeks. It is run by people who themselves are living with a long term illness and it covers topics such as relaxation, nutrition, communication, anger, fear, fatigue, pain relief, medication and more.

Courses are being held in Haslemere from 5th March and every Saturday for 6 weeks. They are 10:30 – 13:00 at the Hasleway Centre (near Tesco, Lion Green).

For more information or to book a place please call **Donna or Wendy** on tel: **01483 783138, 01483 783100, 01483 783273.**

This award winning self management programme will not conflict with existing programmes or treatment, it is designed to enhance regular treatment and disease specific education.

“BACK ME UP”

This is a campaign to make sure every carer gets the right support if they are faced with an emergency or unplanned event. Back Me Up found that:

- Carers do not know who to contact to organise alternative care
- Emergency social services take too long to respond
- Replacement care services are often not available in an emergency

Carers UK is calling for every carer to have the chance to join a Carer Emergency Scheme. They have produced “*Planning for an emergency: tips for carers*” To order a copy tel: 01207 566 7617

Also, Carers UK has compiled a list of Carer Emergency Schemes. Unfortunately there isn't a scheme yet in Surrey, but to get a copy of the leaflet visit

www.carersuk.org/backmeup or tel: 0207 460 8818.

MESSAGE IN A BOTTLE

The Lions Clubs of South West Surrey have adopted the message in a Bottle Scheme and are supplying bottles to anyone who needs them throughout the area. The scheme is a simple idea designed to encourage people living on their own to keep their basic personal and medical details in a common location where it can be easily found in an emergency. We have a number of bottles and leaflets here which we are more than happy send out, but alternatively they can be obtained from most GP surgeries and pharmacies in Farnham, Godalming, Haslemere and Cranleigh. If you require more information, please call the office on the usual number for details.

BOGUS CALLERS

*Please be aware of telephone fraud! If you receive a call advising you that you have won a holiday or another prize and they then ask you to press 9 to hear further details **do not do it!** If you press 9 you will be connected to a premium rate line that will cost approximately £20.00 per minute. Putting the phone down immediately after pressing 9 will not cut you off and you will stay connected for approximately five minutes with a bill of about £100. These calls are originating outside the UK and therefore BT and other phone companies are relatively powerless to act. **Remember, hang up before the message prompts you to press 9!!***

Farnham Carers Support Group

*This years programme of meetings is not yet complete, but we would like to highlight to everybody that **Charlotte Drew** from the **Alheimers Society** has very kindly agreed to join our March Meeting (on the 1st of the month). She is coming to discuss any issues anybody has and to offer some help and advice. I'm sure she will be glad to hear your past and current experiences good and bad. This will be an informal visit and I'm sure very interesting and we look forward to seeing as many of you there as possible. If there are any queries or for more information, please call Sally on the usual office number.*

INFORMATION UPDATE

Our new factsheets on Support locally for Carers which gives information on a range of subjects such as transport, residential care, etc. will soon be available via www.carersnet.org.uk. There is already a lot of useful information on the website so for those of you able to access the Internet, do try and find some time to take a look.

THINGS TO DO!!

❖ ACCESSIBLE BOATING

This charity provides boats for disabled people.

The largest boat is a canal boat moored at Odiham on the Basingstoke Canal, it can hold seven people three of whom must be able bodied. This cost of a weeks hire is £550.00 The charity also has a smaller boat which is available for hire by the day or the hour and again is fitted to suit disabled people. For more information contact www.accessibleboating.org.uk.

❖ FREE CINEMA TICKETS FOR CARERS

A new national card scheme has been introduced aimed at disabled people. It entitles the holder to a free ticket for the person accompanying them. To apply for the card a person must be in receipt of DLA, be registered blind or hold a disabled persons rail card.

This card is accepted in almost every UK cinema and is valid for 3 years from the issue date. To apply for a card telephone 0151 348 8020 or visit www.ceacard.co.uk.

Useful Phone Numbers

Carers Support Groups in Waverley

Godalming – Marian Weatherley
Tel: 01252 718166

Alzheimers Support Groups

Cranleigh – Marian Weatherley
Tel: 01252 718166

Farnham, Godalming, Cranleigh and
Haslemere
– Outreach Workers
Tel: 01428 642055

Farnham – Sally Burton 01252 718166

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Tel: 01252 718166

Fax: 01252 718707

Email: carerssupport@workers.fsnet.co.uk