
February 2006



Newsletter

Carers Support Waverley

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

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

Welcome once again to our Newsletter, Happy New Year to you all and now that Christmas is well and truly over, we can look forward to the spring and warmer weather - good news!!

More good news to follow, so read on.....

Carers Support Waverley is celebrating after scooping up a £5,000 grant from the Lottery distributor Awards For All. The grant is being used to provide 5 relaxation days for Carers across Guildford and Waverley during 2006. Carers will be able to enjoy therapies such as reflexology, head and shoulder massage, facials, manicures and many other techniques that help to reduce stress. Refreshments including lunch are included at no cost to the Carer. All this in the beautiful and relaxing setting of the Ladywell Convent in Godalming.

The days offer Carers a chance to relax away from their caring responsibilities where they can

just take the opportunity to be quiet or to read or if they prefer to take part in other activities such as yoga, relaxation exercises or quizzes.

Carers often find it hard to find time for themselves so these days are a great opportunity to take a little time out from what can sometimes be a demanding role. These days are always popular so please call Carers Support Waverley on 01252 718166 for information or if you wish to book a place. Priority is always given to new Carers.

Remaining dates in 2006:-

27th June

19th September

14th November



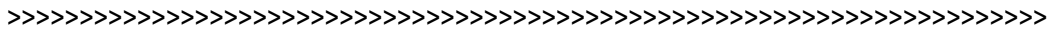
Information for Parent Carers with Children with an ASD

National Autistic Society have organised a meeting on
Tuesday 21st March,
Christ Church, Church Street East, Woking.

The speaker is **Anita Hughes** an Educational Psychologist who will be discussing

"Making Friends" - Helping children who have autistic spectrum disorders with social interaction.

The Meeting starts at 8pm, but door will be open from 7:45pm for coffee. There is no entrance fee, but donations are encouraged. For more information please contact Sara Truman on 01483 822630.

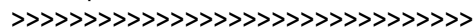


Asperger Support, Signposting and Information Services Team (ASSIST) is a new project in Godalming for people aged 16 and over affected by Asperger Syndrome. The service offers:

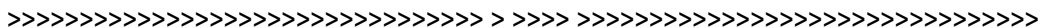
- Individual support sessions, including post diagnosis support
- Advice on local services
- Access to resources including web-based information
- Advice on benefits, housing, social relationships and employment
- Workshops for people affected by Aspergers Syndrome, their families and Carers and other professionals

This service is provided by the National Autistic Society, for more details or to book an appointment call 07899 93 55 18 or email: bettina.stott@nas.org.uk

Summer activities for children and teens – Disability Challengers runs activity and play schemes for children and teenagers with disabilities. The schemes are funded by Surrey County Council. To book for the summer holiday scheme please call 01483 230 939 between 2nd – 12th May 06. Lines are open from 9:30am to 5:00pm.



The National Autistic Society has founded a youth club in Guildford for young people aged 13-17 years affected by Asperger Syndrome. It offers teenagers a chance to meet others who also have Aspergers and to have fun and relax. It also offers advice about employment and a chance to talk to somebody in confidence about their Aspergers. Application forms are available via school SENCOs or by phoning Bettina Stott on Tel: 07747 460 621



Godalming Superstars is a social club in Godalming for children aged 7 -13yrs on the autistic spectrum. The club is run by the NAS and funded by the Children's fund and they currently have two places available. For more information please contact Gill Brennan on 07747 460527

equipment to health or social services. For more information or if

you would like to arrange a visit, you can contact Sarah on 01483 533645.

Carers Boosting their Pension

The Department for Work and Pensions (DWP) have released new information for carers on boosting their pension. The Minister for Pensions Reform, Stephen Timms has said "It is important that Carers are aware of their entitlements and take the steps to receive the maximum benefit. The reforms, which the Government has introduced, ensure that carers and people with long-term illnesses can benefit from building a larger pension. We want people to act now and not miss out. Many Carers and parents will receive their additional State Pension automatically – for example, if they are entitled to a relevant benefit such as Carers Allowance, Income Support as a Carer, or Child Benefit for a child under 6; however, it is still important for people to make sure. If a carer is not entitled to a relevant benefit then the Government doesn't know about their caring responsibilities. These carers may need to act to ensure they start to build up State Second Pension. For example, some carers may need to make a claim for Home Responsibilities Protection (HRP) and there are time limits for doing this.

To receive a copy of the information leaflet "State Pensions for carers and parents – Your guide (PM9)" call 0845 731 32 33. The leaflet will also be available in doctor's surgeries, Jobcentre Plus offices and local

Pension Centres. It can also be downloaded from www.thepensionservice.gov.uk



RADAR KEY

At the Farnham Carers Group last month a discussion was held regarding the various problems with toileting facilities when out and about. Carers found the doors too heavy, not enough room to manoeuvre and, most commonly, unable to go into a toilet for the opposite sex.

A couple of the Carers who attend the group regularly advised that it is fairly easy to obtain a RADAR Key which unlocks all disabled toilets across the country.

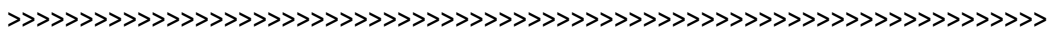
You can purchase a key from your local Council Offices for £3 – you will just need to show proof of disability eg, blue badge, or Attendance Allowance/Disability Living Allowance confirmation.

For more information you can call Waverley Borough Council on 01483 523333.



Information on caring for the terminally ill

The Surrey Welfare Rights Unit has released a factsheet on "benefits for the terminally ill; we also have a factsheet with information on Caring for someone who is terminally ill. If you would like a copy of either of these, please call us 01252 718166.



Carers Support Groups in Waverley

Godalming and Cranleigh - Marian Weatherley - 01252 718166

Farnham and Haslemere - Sally Burton - 01252 718166