



# Newsletter

March 2008

## Carers Support Waverley

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

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Welcome to our Spring Newsletter!!

With the year passing so quickly and summer fast approaching we thought we would remind everybody about Carers Week. The theme this year is *"Carers Can't afford to be ill"* and Carers week will focus on the health and wellbeing of Carers and will....

- Recognise and celebrate the contribution made by carers.
- Reach out to 'hidden' carers in every community, ensuring they know where to find support.
- Promote policies and practices that can improve the quality of life of carers.
- Campaign for better support and services for carers.

As always we will be organising a day trip to celebrate Carers Week and hope that you will be able to join us. After the success of our trip to the seaside a couple of years ago we thought we would do it again. We have set aside Thursday 12<sup>th</sup> of June so watch this space for further details.

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### GP registration

Activity within the project has increased over the past few months and this is mainly due to the 'carer awareness' work being done by Alison Brock, GP recognition worker. Alison says,

*"We are now 7 months into the project and already beginning to see changes in the way some practices are identifying their Carers. I have been working with surgeries in Guildford and Waverley to look at ways practices can become more 'Carer friendly'. For example, including information in their newsletter/brochure or a brief message on prescriptions.*

*A practice's commitment to supporting Carers will be reflected in the attitude of its individual staff by demonstrating that they recognise the contribution that Carers make and to encourage Carers to identify themselves and ask for help before they reach crisis. One surgery who has taken that extra step is Dr O'Donnell & Partners in Farnham. Check out their website. They are incorporating a 'Carers' Forum into their website to not only inform Carers but encourage them to self identify".*

If you are not yet registered as a Carer at your GP Surgery then why not ask to be next time you are there!

## National Carers Strategy - February 2008 update

Over the last year Government has been consulting on the New National Carers Strategy. Carers UK has organised a series of events including the National Carers Summit which was attended by more than 200 carers and has made sure that Government knows what carers' priorities are. It was held on 8<sup>th</sup> November 2007 and it followed on from eight previous events held by Carers UK to find out carers views to help shape the National Carers Strategy.

On 11<sup>th</sup> January 2008, the Prime Minister Gordon Brown attended the final consultation event in Leeds organised by Carers UK and the Department of Health. The Prime Minister met more than 60 carers and heard their views on the issues that affect them, including benefits, access to health and social care services, support to remain in work and discrimination against carers.

Ministers are currently considering the results from the consultation and Government publishes the new National Carers Strategy in Spring 2008.

Carers UK did a survey last year of over 3,000 carers to find out what their number one priority for change was. It was found that 'recognition' for carers came out top. It was said that often the worst thing about caring is the constant battle to get access to information, support and services for themselves and the person they care for. It was felt that recognition is critical to their ability to care and have choices in life. This includes being treated with respect but also



understanding that they have needs and rights as individuals.

Carers UK is putting forward the following approach to improve the recognition of carers:

- Consistent use of language to describe Carers: carers provide unpaid care; care workers provide paid care.
- A champion for carers in the Cabinet and in local authorities, NHS trusts and PCTs.
- An overhaul of the benefits system which focuses on the contribution that all carers make, rather than penalising them for not being in paid work.
- Discrimination against carers should be made illegal. This would apply to employment and also the provision of goods and services.
- Carers should be seen as partners in care by professionals. Listening to the views of the carer should be central to the discussions, rather than being seen as a secondary concern.
- Other professionals who have contact with carers, such as those at Jobcentre plus and housing officers should have mandatory carer awareness training.

These ideas are being fed to the National Carers Strategy. This together with a cultural shift will help make our wider society more aware of who carers are and how important they are to our society and our economy.



## Useful Information

Do you live in Farnham?

If you need to go to Frimley Park Hospital, the Farnham Hospital Hoppa is a new service providing a door to door run with a direct link to the main Frimley Park site. If you have transport problems this could be the answer. The Hoppa is wheelchair accessible and you can take a partner or helper. You need to register before you can book a ride. They operate a single fare system of £5 (partners, carers etc £2) For more details and to register please call 01252 727711.



Passport Photo's

Do you or the person the person you care for have difficulty accessing the booths to have passport photographs taken?

"SNAPPY SNAPS" in Godalming High Street offer a solution and can take photos for you using a screen – much easier. For more details see [www.snappysnaps.com](http://www.snappysnaps.com) for information or telephone 01483 428855.

### Can you help?

We have had a request from a Carer about "Talking Books". Does anyone have any they wish to pass on or swap with the "library" she has built up?

If you are interested please email this carer directly at [christinawaters22@btinternet.com](mailto:christinawaters22@btinternet.com)

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### Care Agencies

We have recently learnt of two new Care Agencies in the area and although we are unable to recommend any agency we thought you would appreciate the information:

Eternity Care – Based in Worplesdon, Surrey but cover Farnham, Godalming, Milford, and more. They offer a wide of services including personal care, companionship, respite, shopping and more. For further information or for a copy of their leaflet please call 01483 831516.

Cool2care – This is an agency for children with special needs, they are not yet up and running but hope to be in the next few months. They work in a slightly different way in that they charge a one-off placement fee and the family takes on the employment of the care worker – this will be compatible with Direct Payments.

If you are interested please visit their website – [www.cool2care.co.uk](http://www.cool2care.co.uk) or email them on [info@cool2care.c.o.uk](mailto:info@cool2care.c.o.uk) or telephone them on 0845 123 5484.



## Exercise for strength, balance and mobility

Waverley Borough Council have organised a fun and confidence building 12 week programme to explore ways to improve your balance, flexibility, coordination and strength through exercise.

Classes start in March at Hasleway, Lion Green, Haslemere and to find out more contact Joanna Payne on 01252 718089 or visit [www.waverley.gov.uk](http://www.waverley.gov.uk)

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## Living with a long-term health condition?



This is a FREE self management course for people living with conditions and disabilities such as heart disease, stroke, Parkinson's, asthma, arthritis, diabetes, epilepsy and so on. You will learn new skills to manage your condition better on a daily basis working at your own pace with the support of others who are facing similar problems.

The next course in our area is at Godalming Baptist Church, Queens Street, Godalming, GU7 1BA and will run every Wednesday from 10:30am - 1pm, starting from 5<sup>th</sup> March - 9<sup>th</sup> April 2008.

For more information or to book a place please call 01372 227277 or visit [www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)

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## Easy Access Britain



This is an official guide to accessible accommodation and places to visit in the UK. It has almost 500 entries for accommodation including hotels, B&Bs, guest houses, self-catering homes and camping/caravan parks - all of which have been officially inspected for access and awarded a rating under a National Accessible Scheme, and quality checked. These guides include colour maps and information about places to visit and much more, they are free to members of Tourism for All UK, or £7.50 plus £1 p&p. Please make cheques payable to Tourism for All and send to: TFA UK, C/o Vitalise, Shap Road Industrial Estate, Shap Road, Kendal, Cumbria LA9 6NZ. Tel: 0845 1249973.



## Approaching the Holiday season!!

Here is some information we have received that we thought may be of use to those of you planning a holiday this year.

Holidays with Help is a registered charity for disabled people and their carers and they have 3 holiday dates available this year:

- Sat 31<sup>st</sup> May – Fri 6<sup>th</sup> June at Blackpool Holiday Centre, Lancs. Price from £289 per adult (child prices available)
- Monday 15<sup>th</sup> September - Fri 19<sup>th</sup> Sept at South Downs Holiday Village, near Chichester. Price from £205 per adult
- Friday 28<sup>th</sup> Nov – Mon 1<sup>st</sup> Dec at Seacroft Holiday Village, Hemsby, Norfolk. Prices from £129 per adult.

All holidays include 3 meals a day, entertainment, leisure facilities and trained experienced helpers. For further details and bookings please contact: Rosemary McIntyre, Holidays with Help on 0208 390 9752 or [www.holidayswithhelp.org](http://www.holidayswithhelp.org). or 4 Pebblecombe Adelaide Road, Surbiton, Surrey KT6 4LL

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Holiday Inn install more hoists! Ceiling track hoists have now been introduced at two more hotels: Cardiff City Centre and Birmingham M6 Jct 7. For those of you needing this facility, the Ceiling Hoist Club offers useful website:

[www.chuc.org.uk](http://www.chuc.org.uk). For those of you who may be interested and do not have access to the internet please contact the office and we can send a printout to you.

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“Happy Holidays” provide holidays for Adults with a Learning Disability, and others who need support, fully supported and inclusive except for drinks.

Visit [www.happyholidaysuk.net](http://www.happyholidaysuk.net) or ring Debbie or Mike on 01244 531054

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Cosmic Rainbows Healing Centre is based in East Sussex. They have recently opened up residential accommodation and offer mid week retreats especially for carers. For more information please call 01424 441284 or visit [www.cosmicrainbows.co.uk](http://www.cosmicrainbows.co.uk)

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Dementia Guest House Care in Exeter offers carers of dementia a chance to get away with those they care for. They can come and stay in Devon, a beautiful part of the country, where they will have meals cooked for them, accompanied trips out can be organised and a sit in service is also available. For more information call 01392 421189 or visit

[www.dementiaguesthousecare.co.uk](http://www.dementiaguesthousecare.co.uk)

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The Bond Hotel is a specialist hotel in Blackpool catering solely for guests who are elderly, disabled, have learning disabilities or special needs. The hotel is fully accessible with level showers, grab rails, ceiling hoists, electric beds, raised toilet seats electric hoists and more. The hotel is open all year round and aims to provide affordable value holidays for people with disabilities and their carers.

There is currently some funding available for specific dates in March/April and August. For more details or to book contact Karen Dixon on 01253 341218.



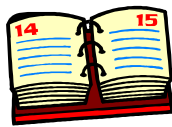
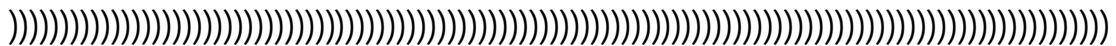
Families and Children with special needs

Spring and Summer Term 2008

This is a group of parents whose children have a wide range of special needs and their aim is to:

- Discuss and share ideas with each other
- Hear what the professionals have to say
- Have fun outings for all the family
- Make caring friendships to help when the going gets tough

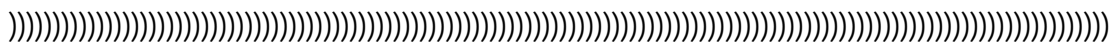
They meet every 2<sup>nd</sup> Tuesday at 9:45am at St Saviours Church Centre, Woodbridge Road, Guildford. For more information and a term-time programme please call Janice Booth on 01483 562521 or Gill Gillard on 01483 859349. (A crèche is also available)



Dates for your diary.....

We are currently working on our training programme for 2008/9 and have enclosed the details with this newsletter.

More details will be made available nearer the time, but should you be interested in attending any of the days please contact us at the office to reserve a place, stating whether you require transport and/or help with care cover.



Carers Support Groups in Waverley

Godalming and Cranleigh - Marian Weatherley - 01252 718166

Farnham - Sally Burton - 01252 718166