

November 2005

Carers Support Waverley

Christmas Newsletter

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

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



Well, here we are again with another festive newsletter!! It doesn't seem like five minutes ago that we sent out last years Christmas edition. I know November is a little early to start thinking about Christmas for some people, so apologies to those who aren't ready for festivities yet!!

As usual we have lots of information for you which we hope you will find interesting and details of our forthcoming events, so please call and reserve your place as soon as possible because we are as ever limited in numbers – we hate turning people down, so if you want to attend any of the trips, lunches or training days then please get in there first!!



We would like to start this newsletter by saying....

“CONGRATULATIONS”

John and Veronica Motchman

on your Golden Wedding Anniversary!!!

John and Veronica have recently celebrated 50 years of marriage and as a change from the normal practice of giving presents, family and friends gave funds for some of the organisations that John and Veronica feel support Carers and those which have provided help to them over the past few years. On behalf of the committee Marian and Sally wish to take this opportunity of saying a big “THANK YOU” to John and Veronica for their kind donation to Carers Support Waverley.

Next up is a plea for your help.....Carers Identification Register!!!

We are doing a lot of work with G.P surgeries at the moment to highlight Carers needs. We are trying to encourage the surgeries to use the systems in place to note on the patient's file that they are caring for someone in the hope that Carers will be signposted to services that can support them.

We have been invited to talk to a number of surgeries across Waverley and the response has been very positive so far. However we realise that G.P's and their staff are very busy and all too soon knowledge of our project and other support services fade and become a distant memory.

This is where you can help!! - by the use of prompts which will draw attention to the avenues of support.

For example:

- **Check with G.P/Receptionists that you are registered as a Carer.**
- **Ask to see the Carers Information File.**
- **Mention that you are in contact with Carers Support Waverley.**

Use whatever you feel is the most appropriate prompt and/or anything else you think will help. Hopefully this combined effort will help to keep Carers needs on the agenda.



Help the Aged has published a series of booklets on a variety of useful subjects covering financial advice, housing and home safety and health advice. We have a small selection at the office, but for your own free copy or a list of the booklets (and audio tapes) on offer you can ring **0207 278 1114**.

Holidays

Family and Carers Trust is a charity that has 2 caravans located at Haven holiday parks in Somerset and Yorkshire. They are let to people with disabilities and their Carers free of charge for holidays. You can contact them via their Secretary, Stewart Foulds at, Family and Carers Trust, 3 Larch Walk, Torquay, TQ2 7HG.

Holiday Endeavour for Lone Parents is a charity run by people who are or have been lone parents. They provide high quality, low cost holidays for lone parents enabling them to enjoy family holidays regardless of income. For a brochure and further details write to H.E.L.P. 5 Wallend Road, East Ham, London, E6 2NP and enclose a 9"x 6" 29p stamped addressed envelope.

Dates for your Diary:

Thursday 8th December - *Christmas Lunch at the Woolpack, Elstead*

For more information please see enclosed flyer.

Monday 19th December 2005 - *Christmas Lunch at Dunford House, Midhurst.*

This is an all day event with a traditional lunch, carols and entertainment, a thoroughly enjoyable day guaranteed to get you in the Christmas spirit.

Monday 17th January 2006 - *The National Autistic Society, "Education in Surrey for Children with Autistic Spectrum Disorders"*

This is an evening event with an Educational Psychologist (Seamus Gallagher) speaking about plans to improve provision for pupils with ASDs. The meeting will be held at St Saviours Church, Woodbridge Road, Guildford. Doors open at 7:45pm for coffee and the meeting begins at 8pm. There is no entrance fee, although a donation will be encouraged. For more information, please contact Sarah Truman on 01483 822630.

Thursday 20th January 2006 - *"Ways of managing Children with Challenging Behaviour"*

For parent Carers of children/teenagers who have behavioural problems as a result of any condition. The training will be held at St Johns Centre, Mellow, Guildford at 10.00 am to 3.00 pm. For more details or to book a place, please contact us on 01252 718166.

Ladywell Stressbusting Days:

Once again we are able to offer these very popular days where you can enjoy a time of relaxation and therapies in the beautiful and tranquil setting of the Ladywell Convent in Godalming. The dates are as follows:

January 17th
April 26th
June 27th

September 19th
November 14th

If you would like to reserve a place on one of the above dates please contact Sally or Marian on 01252 718166. (As always we can help with transport and care cover if necessary.)

Physiotherapy Groups for people with Parkinson's Disease

Jane Allen is a chartered Physiotherapist who runs regular gentle exercise sessions specifically designed for people with PD. There is a £5 fee and the meetings are:

- Mondays:** Haslemere 12:15pm – 1:15pm, **Merrow** 1:30pm – 3:30pm,
Weds: **Stoughton Road, Guildford** 1:30pm – 3:30pm,
Fridays: **Badshot Lea, Farnham** 10:30am – 12:30pm,



Your input please...!?

For those who live in and around Haslemere you will be pleased to know that there will soon be a monthly support group set up for you to attend. There are already very successful and popular groups running in Cranleigh, Godalming and Farnham and we hope that with your help we can make a success of the Haslemere Carers Group. A venue is yet to be confirmed, but we invite all those Carers and former Carers of all ages from the Haslemere area to come forward and contact Sally with any ideas you may have for a yearly programme eg, speakers, discussion topics, etc . Also a rough idea of numbers would be beneficial so if you are interested in attending the Haslemere Carers Group (regularly or not) please let Sally know.



Useful Phone Numbers

Carers Support Groups in Waverley

Godalming and Cranleigh - Marian Weatherley 01252 718166

Farnham and Haslemere - Sally Burton 01252 718166



Merry Christmas and Happy New Year!