



August 2006

# Newsletter

## Carers Support Waverley

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*We would like to start this month's newsletter by saying a **HUGE** thanks to Chris Todman our Admin Support Worker as she has decided to leave us after two years hard work and support. She will be greatly missed, although we will be calling on her still to sort out any IT problems we may encounter. Chris really has been an asset to the office and so I'm sure you will all join us in wishing her the very best of luck for the future.*

And on that note, we would like to welcome Jo Wrigley to the Carers Support Team as she will be taking over Chris' role in the office. As an experienced secretary and administrative assistant Jo will no doubt be able to continue the great work Chris has left behind. Therefore again, please join us in welcoming Jo, she will be in the office from 14<sup>th</sup> August.

### South West Surrey Carers Forum

The forum was held at Godalming Baptist Church on 26<sup>th</sup> July and was well attended. Thank you to all of you who came along and we hope you found it useful. The points and opinions given by carers themselves are the only way to get an accurate account of how things are working and therefore the best way to improve services.

This forum was used as an opportunity to launch the Carers Emergency Card, which is very similar to one that was previously issued by Carers UK (formerly known as Carers National Association), it may therefore look familiar to some of you. We hope that you will find it useful and have enclosed it with this letter.

### Working Group

We are looking to form a carers working group to meet quarterly to review the quality standards for local carers support services. We use these standards to monitor how well the project meets the needs of carers and what we can change to ensure we give the best service possible. If you are interested in joining and having your say, please contact the office.

### **IMPORTANT info for all carers**

We would like to highlight that the Carers Support Workers are not always able to maintain regular, ongoing contact with you as much as they would like. They would therefore like to ask that anybody who feels they need some support due to a change in circumstances can always contact the office.

### **Useful information for all carers**

#### **Claiming Carers Allowance –Carer Premium.**

Just to remind any of you who are caring for someone receiving Attendance Allowance or Disability Living Allowance with the care component at the medium or high rate, you may be entitled to a benefit called Carers Allowance, worth £46.95 per week.

Carers Allowance is known as an “earnings replacement benefit” and is intended to compensate you if you are unable to work full time because you are caring for someone. However, you can earn up to £84 per week and still be eligible for Carers Allowance.

If you are already receiving any of the follow benefits: -

- Contribution-based job seekers allowance
- Incapacity benefit
- Maternity Allowance
- Retirement Pension
- Widow’s pension
- Bereavement Allowance
- Widowed Parent’s Allowance
- Severe Disablement Allowance

The Carers Allowance will overlap as these are also “earning replacements” and therefore you will not actually receive Carers Allowance, but you do still have an entitlement to it.

This underlying entitlement means that you can receive the **Carer Premium** of **£26.35** per week if you are claiming: -

- Income Support
- Housing Benefit
- Council Tax Benefit
- Pension Credit

The calculation for these benefits with the Carer Premium included may mean that you may be eligible for them if you weren’t before. Also, another benefit to claiming Carers Allowance includes National Insurance Contributions towards the additional Second State Pension.

It is always worth seeking expert advice about benefits and so we suggest you contact your local Citizens Advice Bureau for more information.

#### **Assistance when travelling**

If you need help when travelling by train you can contact South West Trains Customer Service Centre on **0845 6000 650** between 6am and 10pm.

#### **Carers Support Group**

The **Alzheimers Society**, based in Haslemere now has a Carers Support Group in Farnham.

The meeting take place at Cobgates Residential Home, Falkner Road, Farnham from 2-4pm on the 3<sup>rd</sup> Thursday of every month.

The Alzheimers Society provides practical support and advice to those who have any form of dementia and to those who act for them.

If you would like any more information on the group please call **Sue Marshall** on **01428 642055**

## **CARERS TRAINING**

We are trying to put together our carers training programme for next year and would like to invite you to put forward any ideas you may have for any useful topics. It was suggested last year that we run a session on coping with bereavement; it was held in May and was found by those who attended to be very helpful.

If, therefore you have any suggestions for training courses you feel you would benefit from, please let us know. These courses are for you and so we want to make sure we are covering the most useful topics.

### **Other training available: -**

#### **Carer's Back Care group**

Training for carers to gain knowledge on how to move and handle the person they care for more safely. The course will cover anatomy basics, body awareness, principles of lifting, relaxation techniques, self-help remedies for pain and more.

Physiotherapist and Back Care Advisor who are facilitating the day.  
The training is free of charge and will be held at Milford Hospital on various dates through August, September, October and November from 2:30-4pm.

This is a chance to meet with other Carer's and gain from their experiences as well as having the chance to ask any specific questions to the

For more details please contact **Sarah Brewster** at:  
Action for Carers (Surrey), Astolat, Coniers Way, Guildford, Surrey, GU4 7HL  
or phone **Sarah** on **01483 533645**.

#### **Experts Patient Programme**

This is a "living well" course which takes place over 2 ½ hours a week for 6 weeks. You can work at your own pace, with the support of others who are facing similar problems

The next course is at Farnham United Reformed Church, south Street, Farhan, GU9 7RP, on Fridays from 8<sup>th</sup> September to 13<sup>th</sup> October 2006, from 1:00 – 3:30pm.

For more details visit [www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk) or call **Laura** on **01252 305855**

#### **The National Autistic Society**

The NAS have two information evenings over the coming months, they are:

Tuesday 19<sup>th</sup> September  
St Saviour's Church, Woodbridge Road,  
Guildford, GU1 4QD  
7.45 for 8.00pm

Tuesday 17<sup>th</sup> October  
Holy Trinity Church, Carlton Road, Redhill,  
RH1 2BS  
7.45 for 8.00pm

**WILLS and TRUSTS**  
**Making financial arrangements when you have a son or daughter with an autistic spectrum disorder**

Speaker: Gabrielle Dell  
Solicitor

**For more information please contact Sara Truman on 01483 822630**

**Interventions for Children with Learning Disabilities and the role of the Community Nurse**

Speaker: Phil Perkins  
Community Nurse for Children with Learning Disabilities

**Partnership with Parents** have a number of training sessions and workshops running through the year on various topics for example:

- The Graduated response – how do schools identify, assess and support children with special or additional educational needs.
- A Statement of SEN – what is it and how do I know what it should contain?
- Annual Reviews for pupils with a statement of Special educational Needs.
- Effective Communication.

- Useful Techniques for Difficult Conversations.
- Transition Workshop for parents/carers of young people leaving school and moving into adult life and services.
- Independent Parental Supporter Training
- Anti-Bullying Workshop

For more dates and venues of any of the above, please contact Partnership with Parents on Tel: 01737 737300.

### **DATES FOR YOU DIARY**

#### **8<sup>TH</sup> October 2006 – National Autistic Society Fun Day**

Farnham Sports Centre has offered the NAS the use of their facilities again this year after a very successful fun day last year. The day will run from 11am-4pm and will allow full use of the sports Hall. There will be a variety of activities throughout the day including the use of the pool, the club room and a TV and video.

All activities are open to all members of the family, adults as well as children and thanks to a generous subsidy by Farnham Sports Centre the NAS are asking for donations of just £2.50 per person or £6 per family. For further information or an application form please contact **Sara Truman** on **01483 822630**

#### **7<sup>th</sup> December 2006 - Christmas Lunch**

We know it is too soon to think about Christmas, so we apologise for mentioning it, but as the next newsletter won't be out until November, we thought we needed to give you sufficient notice of this year's Christmas lunch. As you may know we are no longer able to use Dunford House for our festive get-together and so have found another venue. This year's lunch will be held at:

**Guildford Technical College**  
**£12.95 per person including tea/coffee.**

If you would like to reserve a place, please let us know.

#### **For Sale**

##### **Gowrings Mobility Compact Car Swivel Seat**

2 swivel positions, new £1400, hardly used. Ring 01428 682397, £100.

**Pollock "through the floor" lift**, removal of lift to be paid for by purchaser, quoted £4000 by Pollock, but private builder may be cheaper. Tel: 01428 605622

**Shower/Commode chair** on wheels, in good condition. Free to collector. Tel: 01428 605622