



## Carers Support Waverley

# Newsletter – Spring/Summer 2011

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**Welcome to our Spring/Summer newsletter!! As many of you know next month will see the annual celebration of national Carers Week to highlight and raise awareness of Carers. Carers Week 2011 – The True Face of Carers runs from 13<sup>th</sup> – 19<sup>th</sup> June. As always we have organised an outing to mark this occasion.**

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**Carers Week outing to  
Yvonne Arnaud Theatre –  
Thursday 16 June 2011**



We are very grateful to the Yvonne Arnaud Theatre, Guildford, for allocating us excellent seats, at a discounted price, in the stalls for the 2:30pm matinee performance of **'Alarms & Excursions'** which is eight plays in one, looking at the consequences of new technology going wrong! Seats are **£10.50** each (usual price £21.50)

Numbers for the outing are limited – we currently have 16 seats reserved for us at the Yvonne Arnaud Theatre and these will be allocated on a 'first come, first served' basis. To book a place, please telephone in the first instance and your reservation will only be confirmed on receipt of your **cheque for £10.50, made payable to Yvonne Arnaud Theatre**. Cheques must be received by us no later than Wednesday 25 May as we have to pay the theatre on 27 May.

We will travel by minibus with 2 convenient pick up points, exact times to be confirmed but for care cover purposes we will be leaving at approximately 11am and returning by 6pm at the latest

We thought it would be nice to have a bite to eat before the show and so we will head to the theatre café when we arrive at approximately 12:30pm.

For further information on the show go to [www.yvonne-arnaud.co.uk](http://www.yvonne-arnaud.co.uk) or call Tel: 01483 44 00 00

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**Carers Support  
Waverley**



**You will see we have included an additional sheet with this newsletter, asking for some feedback. We hope you will have time to read it and any comments and/or ideas are greatly appreciated.**

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## TheMede - CaringforYou



### DO YOU CARE FOR SOMEONE WITH DEMENTIA?

The Mede is a 3 bedroom bungalow in Topsham Nr Exeter. It offers comfortable accommodation for people with poor mobility and their families and there is care available if needed. If you would like more information on The Mede and the opportunity to get away TOGETHER, have a break and enjoy the beautiful estuary views then please contact **Sallie Rutledge** on

**Tel: 0771 8976072 or 01392 421189 or email [sallie.rutledge@yahoo.co.uk](mailto:sallie.rutledge@yahoo.co.uk)**

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### A Carers Story....

"I spent five days at The Kiloran Trust (caring for Carers) the third week in March. It was very easy to find the House with the travel instructions, and as I stepped through the door I was offered tea, coffee and home made cake. I was shown to my room, which was lovely and clean and bright with a tea and coffee tray, television, and a lovely warm bathroom en suite.

We were five minutes from shops and buses, or ten minutes walk to Hammersmith bus station, and of course the underground. I went to the theatre and saw 'Billy Elliot' which was a real treat. I was free to see any part of London I chose.

The staff at Kiloran couldn't have been more helpful I only had to ask, and nothing was too much trouble. Breakfast was laid out, just to help yourself at any time fresh fruit, cereal, toast and a tray of different spreads. Biscuits, packets of soups if you wished to stay for lunch, just help yourself, and no washing up! The evening meal was at 7pm when staff and visitors enjoyed a lovely meal and company.

The weather was very kind to us, and I sat with coffee and a book in the little garden full of spring flowers. If you need to relax, or enjoy the buzz of London, Kiloran Trust is worth a visit."



*a place of respite for carers*

If you would like to find out more about The Kiloran Trust, contact Sue or Ralph on:

**Tel: 0207 602 7404    Email: [Kiltrust@aol.com](mailto:Kiltrust@aol.com)    Web: [www.kilorantrust.org.uk](http://www.kilorantrust.org.uk)**

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**ANGELUS CARE** is a telephone welfare support service for elderly, disabled or vulnerable people who live alone or have little contact with others. Angelus provides a 10 minute, unscripted call each day at a cost of £2 (+VAT) and provide a friendly and personal chat, at the same time as monitoring any problems or concerns that may arise. All callers are CRB checked.



For further details please go to [www.angeluscare.co.uk](http://www.angeluscare.co.uk) or call **01843 866991 / 07774 619019**

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**Changes to the FREE BUS PASS SCHEME** for pensioners and disabled people.

Due to new Government legislation from **April 2011** selected libraries in Surrey will be the only place you can apply for a concessionary pass, it is no longer provided by Waverley Borough Council. (*Your existing pass is still valid until its expiry date*).

Participating libraries in Waverley are: **Cranleigh, Farnham, Godalming & Haslemere.**

To see if you qualify for a free bus pass and what documentation you need to apply please go to [www.surreycc.gov.uk/freebuspass](http://www.surreycc.gov.uk/freebuspass) or call 03456 009 009.

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**ONLINE STUDY OF CARERS** We have been contacted by Kirstie Chandler, a student undertaking research for her Clinical Psychology doctoral thesis based at the University of Surrey.

This online study is looking at the experiences of adults in the UK who are giving unpaid care to family members with **severe and enduring mental health difficulties**.

If you would like to share your experiences and help Kirstie with her research, please visit [www.fahs.surrey.ac.uk/survey/caring](http://www.fahs.surrey.ac.uk/survey/caring). She hopes to collect the information by mid June 2011.

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Disability Challengers offer a range of schemes to support disabled children and their families, for example:

- Summer Term challengers Scheme
- Sunday 1:1 Play scheme
- After school club (with school pick ups)
- Activity weekends
- Parent Toddler sessions



For general enquiries and further information email [information@disability-challengers.org](mailto:information@disability-challengers.org) or call **01483 579 390**.

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**Action for Carers Surrey** are holding their Carers Forum on Tuesday 24<sup>th</sup> May, from 10 am to 3 pm at Dorking Halls, Dorking. For more information contact Diane on 01483 302748

## Benefits/Concessions:

### Changes to Disability Living Allowance (DLA)

DLA is the benefit claimed by people under 65 years old (at the time of application – those over 65 can apply for Attendance Allowance). It is paid on top of other benefits and is not taxed or means tested. The DLA has 2 parts – The **mobility component** (this helps with travel and getting around) and the **care component** (to help with any extra care needs) The planned changes are as followed:

- **2011**  
People who have a severe visual impairment will now be automatically entitled to DLA higher rate mobility.
- **2012**  
The mobility component is to be withdrawn from people living in residential care. However it is still payable for the days a person is at home (for example, weekends or holiday periods).
- **2013**  
DLA will be changing to a benefit called Personal Independent Payment (PIP) – all current recipients of DLA will have to apply again for the new benefit and may have to have a medical.



A national discount card scheme is available in almost every UK cinema. The **Cinema Exhibitor's Association (CEA) Card** entitles the holder to one free ticket for a person accompanying them to the cinema. To apply for the card a person must be in receipt of Disability Living Allowance or be registered blind. The card is valid for one year and costs £5.50. Application forms are available at participating cinemas or from the Card Network

website: [www.ceacard.co.uk](http://www.ceacard.co.uk). For more details tel: 0845 123 1292 or 0845 123 1295 or write to: CEACARD, PO Box 199, Deeside, CH5 9BW

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### **Carers UK - PENSION ADVICE**

You can now download your own guide on pension's advice and information online at:

[www.carersuk.org/Information/Caringforyourpension](http://www.carersuk.org/Information/Caringforyourpension)





## RESEARCH - Do you want to help?

SYC has recognised a gap in provision for young adult carers transitioning from children's services to adult services. SYC are using donated funds to research and develop local services for young adult carers, aged 16 - 24 in Surrey. Over the next year SYC will be looking at local provision and will produce a report to include recommendations and this will include the views of young adult carers.

If you are a young carer aged between 16 - 24 then SYC would love to hear from you (particularly those over 18!) Contact Lindsay Constable on 07921049053 or email [Lindsay.syc@actionforcarers.org.uk](mailto:Lindsay.syc@actionforcarers.org.uk)

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**Citizens Advice**  
the charity for your community

The **CAB** have launched a website for under 25's - [www.advice4me.org.uk](http://www.advice4me.org.uk) has been launched to particularly address the needs of younger people who sometimes face different issues. It covers subjects such as debt, benefits, employment and housing. There are also information booklets that you can download to advise you of your entitlements.

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**Sat Navs for Disabled Drivers** - BBNav is a satnav system which provides comprehensive information about blue badge and other parking facilities for disabled people and costs around £200.

It provides information about car park accessibility for wheelchair users, gives height restriction details, information about accessible public toilets, accommodation, beaches, etc.



The organisation Ricability gives the verdicts of 5 blue badge holders who tried it out, so if you are considering a possible purchase you may wish to look at their site [www.ricability.org.uk](http://www.ricability.org.uk)



**CARERS in HASLEMERE** (and surrounding areas).

**Carers Café** at Haslemere Methodist Church, Lion Green,

Haslemere . On **1<sup>st</sup> Thursday of every month**. At **10am – 12 noon**

This group encourages carers to take some time for themselves and 'come and chat'.

This is a drop in so 'come as you are able and depart when you wish'

For more information and details of the group please contact **Michael Hydon**, group organiser and former carer – Tel: **01428 651549**.



**Calling all Parent Carers** .....

Are you a parent of a child with special needs, an adolescent with learning difficulties or a child with ASD? Would you like to be in contact with others

parent carers and form your own support group? If so please contact us at the office for an informal chat.

**TRAINING/INFORMATION DAYS** - Please let us know if you wish to attend any of the following.....

**Wills/Trusts & Benefits**



**Speaker:** Steven Howell, Solicitor

**Venue:** Godalming Baptist Church

**Date:** Wednesday 27<sup>th</sup> July 2011

**Time:** 10:30am - 3pm

**Parent Carers:** (i) Coping with challenging behaviour

(ii) Education and Transition



**Speakers:** A representative from NAS and other tbc

**Venue:** Godalming Baptist Church

**Date:** Wednesday 28<sup>th</sup> September 2011 **Time:** 10:30 - 3pm

**Coping with Dementia**



**Speaker:** Charlotte Drew

**Venue:** Godalming Baptist Church

**Date:** Wednesday 9<sup>th</sup> November 2011

**Time:** 10am - 3pm

**FORMER CARERS - How can we best help you?**

Carers Support Waverley aims to provide information, advice and support to former carers to enable them to move on from their caring role. We are looking at the best way to support someone following bereavement and your views about what you found helpful would be welcome. It is always difficult when one is in the midst of a caring situation to think about the future and we thought it may be useful to invite former carers to let us know what was helpful so that we can include this in a section in the newsletter called "Moving on".

For example, some carers have been glad to continue receiving our newsletter for several years and have made comments saying "how good it was to know one is not forgotten". We aim to support former carers for about 18 months, after which we can no longer maintain home visits or offer places at our stress busting and training events but former carers do continue to attend our carers groups. This gives people the opportunity to express their grief and feelings for the future with those they have developed relationships with, in a confidential and safe environment.

However, maybe it should be time limited and we could offer people the opportunity to move into a self run former carers group at the appropriate time? Perhaps it would be more helpful for people to consider joining an existing community group more inline with someone's own interests, such as an art group or the local History Society? Please let us know your ideas.

\*We are not always made aware of someone's bereavement so if you wish to have your name removed from our mailing list please let us know.

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**CARERS FEEDBACK WELCOME....**

As you are aware we are all being affected by the difficulties of the current economic climate – individuals and organisations alike. Carers Support Waverley is trying to provide the same service with a diminishing budget. We have been asked by our management to consider ways of reducing the cost of sending out our newsletter. We understand how busy you are but if you could spare a few moments to consider the following it would be appreciated.

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Please could you indicate if you agree or disagree with each of the following suggestions.

	Agree	Disagree
Reduce the mail out from 4 times to 2 times a year		
To stop sending the newsletter to former carers after 18 months		
To send as many newsletters as possible by e-mail.		

If you have access to the internet and wish to receive your newsletter electronically please let us know your e-mail address:

Do you have any other comments?

**You can return any comments by post, email or phone**  
(please see all contact details at the top of the newsletter).