



Newsletter

October 2010



Carers Support Waverley

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

Tel: 01252 718166 Email: carerssupportwaverley@btconnect.com

Autumn is upon us which means it will soon be Christmas.....Therefore we bring your attention to the details of our Carers Christmas Lunch which we hope you will join us for.



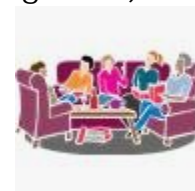
There is a choice of 2 courses (£10) or 3 courses (£13) and a selection of dishes to choose from. We will need a £5 deposit together with your menu choices by **MONDAY 15th November 2010.**



Please see enclosed menu & letter for further information

Attention!! CARERS in HASLEMERE (and surrounding areas).

Starting Thursday 4th November at Haslemere Methodist Church, Lion Green, Haslemere will be a Carers Support Group. Both Sally and Pennie Pearce (GP link Worker) have been in discussions with the organiser of this group and we aim to help where we can attending the group whenever possible.



The group will run from 10:30am – 11:30am but tea, coffee and biscuits are available from 10am where carers are encouraged to come and 'chat'.

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



Carers of Waverley WE NEED YOUR VOTES!!!

As many of you know, the **Ladywell Stressbusting Days** are very popular and together with **Carers Support Guildford** we are able to organise 5 days a year but are reliant on outside funding. Today's financial climate means it is getting more and more difficult to find funding sources and so we are always on the look out.

Carers Support Guildford has found a new avenue and has been nominated for the **NatWest Community Fund**. However, the chosen 3 projects to share the £5,000 are determined by public vote and so we *urge* you to go onto communityfund.natwest.com and vote for **Carers Support Guildford**. Unfortunately voting can only be done online but ask your friends and family to vote and let's see if we can be one of the top three charities/organisations successful for a contribution.





Download Audio books for free!!

'Listening Books' have a new audiobook download service called "Downloadable". It is a free service to all members and offers a choice of over 1000 audiobooks to download to any PC, iPod or other portable device. For more information visit www.listening-books.org.uk/downloadable.

Also....



Surrey Libraries now have available free eBooks and eAudiobooks for downloading whenever you like. They can be downloaded to PC's Apple Macs, e-readers and some mobile phones. There is a wide variety of titles to choose from. Go to www.surreycc.gov.uk/elibrary for more details

Alternatively....

"A new concept in Audio books" - Have you joined a postal DVD service? Love Film or Blockbuster? If so, you can now do the same with audio books. Audiobooksonline.co.uk utilise The Mi-Vox player, which is a brand new alternative format preloaded audio book. It comes in the form of a tiny player, preloaded with the audio book of your choice and a battery. You simply pop in your headphones and listen. It saves the 'hassle' of CD's and downloading books onto an MP3 player. You simply build a 'wish list' online and wait for your first book to arrive.



Finally....

SIGHT AND SOUND TECHNOLOGY,

in association with SAVI have organised an exhibition
Thurs 28th Oct 2010
10am - 3pm

Oxted Community Hall, Church Lane, Oxted Surrey, RH8 9NB

"Sight and Sound Technology has been providing solutions for people who are visually impaired for over 30 years.

We supply uncomplicated, innovative equipment and software, and will be showing a wide range of the latest solutions."

If you are unable to attend the exhibition you can call Sight and Sound for more information or to arrange a free, no obligation equipment demonstration on:
0845 634 7979.



Tripmobility is a UK company which can provide equipment such as hoists, profile beds, wheelchairs, commodes and many other items throughout the UK from a single day or long term hire.

The service is especially useful if you are going on holiday and do not want to have the problems associated with getting equipment into your vehicle along with your suitcases or if you wish to offer a disabled guest disabled facilities when they are staying with you **Tel: 01977 618043** or visit **www.Tripmobility.co.uk**

ALSO.....

The **British Red Cross** provides wheelchair hire and short-term loans of equipment in almost 1000 outlets in the UK, helping tens of thousands of people every year.

To find the outlet nearest to your holiday destination visit **www.redcross.org.uk** and put in the postcode to obtain the local office. As always, if you are not able to access the internet then please contact us and we will do the search for you.

ADVERT from a carer in Waverley.....



Car swivel seat on ratchet (original cost over £1000) available **FREE**; New owner to collect. Seat would need fitting into co-drivers space in place of installed seat. Please call if you are interested – **01428 682397**. The previous owner of this seat had it fitted into a VW Beetle, if you are unsure how it will fit into your vehicle the following organisation may be of use to you.....

.....**REMAP** is an established national charity which provides one-off pieces of equipment for people with disabilities. Each year **Remap** helps about 3,500 people in this way, helping them to lead more fulfilling and independent lives. Each client is fully consulted about their needs and a piece of equipment is then designed and made to solve their specific problem.

For more information please call **0845 1300 456** or visit **www.remap.org.uk**

The Loss of a pet can be a very painful time and so **Companion Animal Loss Listening Line (C.A.L.L.L)** is an organization that cares and understands. It provides somebody to talk to and offers support at a time of sorrow.



Telephone **0115 8402737** or visit their website **www.calll.co.uk**



British Telecom is now providing accessible means of paying bills. They are now supplying information in Braille, large print and audio CD which also contains MP3 file and a text data-file that can be accessed from a PC. Customers can request whichever format suits them best by simply calling **freephone 0800 800 150** or email tbyb.support@bt.com



ACTION FOR CARERS AND EMPLOYMENT (SURREY)

ACE are an organisation set up to not only help carers who would like to return to work but also to support them in decision making, training and leisure opportunities. If you would like to hear more about how they can help and support you please contact them on Tel: 01483 565874 or email ace.actionforcarers.org.uk

New Carers Credit....Could it help you? If you are caring for someone for 20 hours or more a week but DON'T get Carers Allowance or Income Support as a carer, you could qualify for new National Insurance credits to protect your state pension. Carers Credit is for people who look after family and friends and may be missing out on National Insurance contributions towards their State Pension due to working less or leaving work altogether as a result of caring.

According to the Daily Mail, Government figures show that only 1,000 carers are claiming this since it was introduced in April 2010.

Carer's Credit helps protect a carer's State Pension so that it is not reduced because of their caring responsibility. To find out more and how to apply contact www.direct.gov.uk/carers or phone 0845 608 4321.

Surrey County Council Contact Centre are the first point of contact for social care and other council enquiries, to make life a little easier SCC have introduced a text message system which allows you to TEXT your query from your mobile phone to the Contact Centre and they will reply directly, by text to your phone. This service is particularly helpful to those who are deaf, hard of hearing or just short of time and find texting more convenient. The Contact Centre SMS number is: 07527 182 861



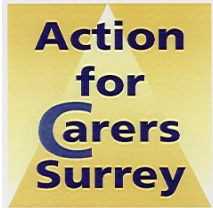
Non emergency police contact number



For an emergency we all know to call 999, but if you need to report an incident that is not an emergency call or text Surrey Police on 0845 125 2222.



Dates for your Diary.....



Invitation to our **CARERS' FORUM**



THURSDAY 4th NOVEMBER 2010 10am-3pm

At the Leatherhead Leisure Centre, Guildford Road, Leatherhead,
KT22 9BL

For further details or to book your place, please contact:
DIANE COTTON, ACTION FOR CARERS (SURREY) TEL NO: 01483 302748

National Autistic Society



'Transition to Adult Social Carer'
Speaker – Kim Foster
(Surrey County Transition Team)

Wednesday 17th November 2010
Christ Church, Town Square, Woking, GU21 1YG

Transition to adult services can be a very worrying time for parents with decisions to be made about where their son or daughter will live as an adult and what support they will need.

For more information contact **Sara Truman** on Tel: **01483 822630** or email
nas@mugsy.org

There is no entrance fee but donations will be welcomed.



South West Surrey Carers Forum

17th November 2010 at Holiday Inn, Guildford

****FOR MORE INFORMATION PLEASE SEE ENCLOSED INVITATION****

Carers Support Waverley Training / Information Days

(Transport and help with care cover can be arranged if needed)



DEMENTIA – Coping with Challenging Behaviour

Charlotte Drew formerly from the Alzheimer's Society will be facilitating the day. She will explore the common concerns and difficulties in caring for somebody with dementia and will answer any specific questions you may have.

Date: 11th November 2010 Time: 10am -3pm Venue: Godalming Baptist Church



STRESS MANAGEMENT

Our Speaker is Ivan Lawler MBE, D.O (who trained under Osteopath Olympic Team), he will explain to us the fundamental importance of leading a healthy lifestyle, how to reduce stress levels and cope more effectively in today's busy world.

Date: 19th January 2011 Time: 10am -3pm Venue: Godalming Baptist Church



CARING FOR SOMEONE WITH PERSONAL CARE NEEDS

It isn't easy to assist another person to wash/dress/transfer etc and often these are the tasks carers find themselves doing time after time. If you feel you would like some guidance on the best ways to tackle these tasks or even refresh your skills from previous training or experience then this is the day for you.

Date: March 2011 Time: To be confirmed Venue: To be confirmed

LADYWELL - Dates for 2011

Tues 8th February
Wednesday 30th March
Wednesday 8th June



Thursday 22nd September
Friday 25th November

Our 'Ladywell Stressbusting' days are a chance to relax and enjoy the peaceful surroundings of Ladywell Convent as well as enjoying two therapies of your choice and a cooked lunch. These days are very popular and therefore we must give priority to new carers to the project or to those who haven't been before. However, if it has been sometime since you last attended please call and let us know so we can book you in on one of the above dates.

DON'T FORGET TO VOTE (see page 1)