

B-E-E CARING

Produced & Distributed by **CARERS of EPSOM**
Supporting Carers in Banstead, Epsom & Ewell



APRIL 2009

HAPPY EASTER



We wish all our readers a very Happy Easter and hope you will all manage to get some time out and have a lovely break.

Our annual Pamper Day is being held this month and is proving very popular, with record numbers of members applying for a place. We are delighted so many members have booked to join us on this day and are looking forward to seeing everyone on the day.

Inside this newsletter, on page three, are details of a self management course for Carers called **LOOKING AFTER ME**.

We thoroughly recommend this excellent Course and would encourage you to attend if you possibly can. This course is completely free and will consist of six 2½hour sessions session over six consecutive weeks Lunch will be provided.

Carers Calendar April 2009

- 2nd April **PAMPER DAY**
Ewell Court House
- 7th April **EPSOM COFFEE**
Chapters Café, Ebbisham
Centre 11.00-12.30
- 23rd April **CARERS LUNCH**
Spring Pub, Ewell Village
12 noon
- 29TH April **EVENING MEETING**
Haywain Pub, 8pm
- 5th May **BANSTEAD COFFEE**
Café All Saints Church
12.30-2.00pm
- 14th May **EWELL COFFEE**
Ganache Coffee shop
Ewell Village 11.30-
12.30

These meetings are to give Carers an opportunity to get together for lively conversation, a chance to let off steam or pick up/share some useful tips, over a cup of coffee.

All Carers are very welcome and a Support Worker is always available for a chat or to request information or help.



SUPPORT MEETINGS
VENUES

Please note the changes to
Coffee Break venues & times



BANSTEAD COFFEE BREAK

Open Door Café, All Saints Parish Church, High Street, Banstead.
1st Tuesday, alternate months
12.30-2pm

EPSOM COFFEE BREAK

Chapters Café, Ebbisham Centre, Epsom.
1st Tuesday, alternate months
11am - 12.30 pm

EWELL COFFEE BREAK

Ganache Coffee Shop, Ewell Village
Thursday 11.30-12.30

MEET FOR LUNCH

12 noon at various venues in Epsom.
See Carers Calendar for date and venue.

EVENING MEETING

The Haywain Pub, Dorking Road, Epsom. 8pm - 10pm Meet in the bar.

Change of Venue for Banstead Coffee

Thank you to those carers who joined us at the March drop in at Caffè Italia in Banstead. Whilst the café was fairly pleasant we did feel that it was a little too noisy to talk comfortably.

In our aim to find a more suitable venue, one of our Carers, Bill, has suggested we try the Banstead Five Churches, Open Door Café, which is situated within the grounds of All Saints Parish Church in Banstead Village.

The Café offers tea, coffee and a lunch menu which includes jacket potatoes and sandwiches, all of which are reasonably priced.

As the café closes at 2.00pm we have decided to meet earlier at 12.30pm. The date of the next Banstead drop in is listed in the Carers Calendar on the front page.

We look forward to seeing you there, but in the meantime, please continue to give us your thoughts and suggestions.

TAKE A BREAK



We administer this scheme to help carers get an all important break.

The scheme runs all year round and you may apply at any time.

If you haven't had a break for a while and would like help to organise a break please call us at the office and we will arrange for our Support Worker to talk through your situation with you and help you get a break.

WE'LL BRING THE BISCUITS



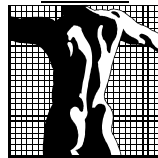
Do you live alone with the person you care for?
Are you the sole carer?
Is it very difficult to get out and socialise?
Would you enjoy a bit of company and a chat?

If you answered yes to the above, why not invite Heidi or Maria round for a cup of tea and a gossip? Tell them what your favourite cakes or biscuits are and they'll bring them along. Don't be shy just call

01372 722269

now and make a date, Heidi & Maria are waiting to hear from you.

BACK CARE ADVISORY SERVICE



Our Back Care Advisory Service is open to any carer who feels that they could benefit from advice on lifting, moving and handling. We give practical advice on how to look after your back.

If you would like more information on Back Care or to make an appointment with a Back Care Advisor, please contact us on 01372 729947

CARERS OF EPSOM NEW EMAIL ADDRESS

Please note that on 27th March 2009 our email address changed to

carers.epsom@btconnect.com

Our website address remains the same www.carersofepsom.co.uk

FREE BENEFIT CHECKS FOR THE OVER 60's

Make sure you claim what you're entitled to.

That's the message from Surrey County Council and Surrey Pension Service, who have teamed up to provide free benefit checks for people aged 60 and over.

Older people can be especially vulnerable during a cold snap, and with the economic downturn they may have to choose between heating their homes and eating properly. And yet millions of pounds in benefits are going unclaimed.

Surrey Local Pension Service will undertake a full benefit check and offer support in completing claim forms, which can be daunting at the best of times.

Whatever someone's income or circumstances there may be extra cash benefits, allowances of grants that people can claim, including:

- Winter fuel payments
- Extra cold weather payments
- Warm Front – a national scheme that offers grants to help people make their homes warmer and more energy efficient
- An additional payment of £60 on top of the 2008 Christmas Bonus
- Attendance Allowance for people 65 or over with disabilities
- Carer's Allowance
- Pension Credit
- Help with rent and council tax

More information is available on benefit checks for the over 60s, or call Surrey County Councils contact centre on 03456 009 009.

Remap

Technical Equipment for Disabled People

Remap volunteers design and manufacture, or adapt equipment for people with disabilities providing it is not available commercially. The equipment is supplied free of charge to the client.

For more information go to www.remap.org.uk or telephone 07890 470698

DOMESTIC ABUSE

Domestic Abuse involves threats, violence or abuse between people who are in a relationship with each other (or have been in the past).

It can be between partners (both gay and straight), and within families or shared homes.

It happens between people of all cultures, ages, religions or classes. It is based on one person imposing power or control over another, and it often gets worse over time.

Domestic abuse takes many forms, including physical, sexual, verbal, emotional, social or financial abuse, and being cut off from family and friends. It is very common. Police estimate that they receive a call every minute from someone who is a victim of domestic violence.

Studies show that one in four women will experience domestic abuse during their life, and one man in six is likely to be a victim of domestic abuse in their lifetime. In Surrey police statistics for April 2006 to March 2007 show that 23.1% of referrals were from men.

If you or someone you know would like more information or advice please contact:

Domestic Abuse Outreach Service
01932 260690

Men's Advice Line
0808 801 0327

Surreywide helpline
01483 776822

National 24hour helpline
0808 2000 247

Samaritans
08457 909090

LOOKING AFTER ME

A self-management course for carers



The **Looking after Me** course is for carers making time to look after their own health needs, as well as those of the person they care for. It aims to help them to develop self-management skills to take more control of their situation and make a difference to their lives.

The course is run over six consecutive weekly sessions each lasting two and a half hours.

The sessions are delivered by trained and accredited tutors who have experience of being a carer themselves. They are primarily for adult carers who care for another adult.

Benefits for participants

- Learn new skills to help them cope with their caring situation
- Develop the confidence to take more control of their lives
- Be realistic about the impact of their caring situation on themselves and their family
- Develop more effective relationships with health and care professionals
- The course can also benefit the people being cared for, as carers share skills and techniques and relationships are improved
- Potential for further support through contact with others with self-management experience and access to a wider network
- Use their skills and knowledge to lead a fuller life.

As its name implies, the course is about you making time to look after your own health

needs. It aims to help you to take more control of your situation and make a difference to your life.

The Course looks at:

- Relaxation techniques
- Dealing with tiredness
- Healthy eating
- Coping with feelings of depression
- Communicating with family, friends and professionals
- Planning for the future

People who have taken part in a Looking after Me course have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their caring situation more effectively
- Be realistic about the impact of their caring situation on themselves and their family
- Develop more effective relationships with health and care professionals
- Use their skills and knowledge to lead a fuller life

We are looking to arrange a course for our Members, possibly in June this year. This would take place in a convenient location in Epsom, but will need at least 12 carers to make this course viable.

If we have sufficient carers showing an interest in this course, we will then arrange firm dates on which the course will take place.

There is **NO CHARGE** for participants and a **Free lunch** will be provided at each session.

If you would like more information or would like to book a place could you please contact Heidi Dendy in the office on 01372 722269 by 16th April and ask to be placed on our waiting list.

EMPLOYMENT AND SUPPORT ALLOWANCE (ESA)

What is ESA?

ESA is a single benefit that is paid to people with limited ability to work due to disability or ill health

ESA replaces Incapacity Benefit and Income Support (because of a disability)

ESA should help disabled people and people with health problems come off benefits and into paid work with adequate support

How do you claim?

You make a claim for ESA by contacting Jobcentre Plus and completing form ESA50.

After you have made a claim the Assessment Phase starts.

The Assessment Phase

- It lasts for 13 weeks
- Assessment Phase benefit is paid at the same level as jobseekers Allowance. Capability for work will be assessed
- Work focused interview will have to be attended
- People who are terminally ill will be excluded from this Assessment Phase

They look at things you have problems doing.

These might include:

- Walking
- Bending
- Using your hands
- Seeing well
- Learning things
- Remembering things
- Finishing jobs

Could you do some kinds of work?

Next they look at whether you have a limited capability for work-related activity.

This is to assess if you could do some kinds of work and get a paid job. They will discuss things you may have difficulty with such as:

- Walking, standing and sitting
- Lifting and carrying things
- Seeing and hearing well
- Talking clearly
- How you learn and remember new things
- If you can follow instructions
- How you find being with other people

The Work Capability Assessment (WAC)

The WAC has 3 elements:

- The limited capability for work assessment
- The limited capability for work related activity assessment.
- The work-focused health-related assessment.

After assessment people are put in one of two groups, the Support Group or The Work-Related Activity Group.

The Support Group

People with limited capability for work-related activity are placed in this group.

They don't need to take part in work related activities, but can volunteer to do so.

No work related conditions and sanctions apply.

Level of ESA is higher.

The Work Related Activity Group

If you could work and get a paid job, with the right help, you would be put into this group.

You would then have a work-focused health-related assessment. You would be asked how you feel about going to work. They look at what stops you from getting a job and what support you need to work.

You will also have to go to 6 interviews with an adviser, who will try to help you prepare for work.

Work-focused interviews

8 weeks after claim started a work-focused interview takes place.

Work prospects, support available and plan of action to gain work will be discussed with a personal advisor.

Claimants in the work-related activity group are expected to do another 5 monthly work-related interviews.

Claimants in the support group are not required to attend these interviews.

Sanctions

Claimants in the work-related activity group who fail to attend work-related activities, interviews or assessments without good cause will receive a reduced ESA rate or it will be sanctioned.

Sanctions are only applied after the 13 weeks assessment phase.

Existing Incapacity

Benefits/Income Support claimants

People who received these Benefits on 27.10.08 will continue to receive them until they are re-assessed.

After re-assessment they will be moved over to ESA.

For more information go to www.direct.gov.uk

BRITISH LUNG FOUNDATION

BREATHE EASY GROUPS

People living with lung conditions and their carers can often feel alone. Breathe Easy is a network or support groups which provide an opportunity for people with lung conditions and their carers to socialise.

Breathe Easy began in 1991, and was the aspiration of Trevor Clay, the first male General Secretary of the Royal College of Nursing and a BLF Trustee.

Trevor was very aware of how isolating it could be to live with a lung condition as he had emphysema. He recognised the need for patients to get together for mutual support and advice, as well as the importance of patients and family/carers receiving information on lung health so that they would be better able to help themselves.

Trevor felt passionately that people should 'live with their lung condition' and not 'suffer from it'. From this the Breathe Easy magazine was developed, providing information and news about lung health. The Breathe Easy Support Groups followed.

There are two Breathe Easy Groups in our area:

Epsom Group

Meet the last Wednesday of the month 2-4pm at the Wells Social Centre, Spa Drive, Epsom KT18 7LR

Merton & Sutton Group

They organise guest speakers, outings and socials.

Meetings are held on the 3rd Thursday of the month 2-3.30pm at St. Bedes Conference Centre, Cheam.

For more information call:

0208 647 3274 or 0208 330 1558

Or Write to:

Breathe Easy, Merton & Sutton
16 Lavender Road, Carshalton,
Surrey, SM5 3EF.

FIT TO DRIVE?

If you are a driver and have certain medical conditions you are required to tell the DVLA.

The list is quite long and covers the following:

Fits or blackouts

Repeat attacks of sudden disabling giddiness

Epilepsy

Diabetes controlled by insulin or tablets

Angina

Implanted cardiac pacemaker or cardiac defibrillator

Heart conditions

Persistent alcohol misuse or dependency

Parkinson's Disease

Narcolepsy or sleep apnoea syndrome

Stroke with symptoms lasting more than a month, recurrent mini-strokes of TIA's

Brain injury, severe head injury or brain tumour.

MS, MND

Serious problems with memory or episodes of confusion.

Serious psychiatric illness or mental health problem.

Total loss of sight in one eye or any condition affecting both eyes or the remaining eye and colour blindness.

Any condition affecting your visual field

Any persistent limb problem which requires your driving to be restricted to certain types of vehicles or those with adapted controls.

Certain spinal injuries, paraplegia, tetraplegia

For further information call
0870 240 0009

Idea for a local trip out
From a member

The Marsden Garden Centre, Pleasure Pit Road, Ashted, KT21 1HU has recently reopened after being extended and having a café installed.

This Garden Centre is by the bend in the road where Wilmerhatch Road and Headley Road meet.

GOOD BOOKS LIST

*Books recommended by
Michele Moore*



- *Escape to London* by Mary Jane Staples (*couldn't put it down*)
- *Second Sight* by Meg Henderson
- *A Sisters Promise* - Anne Bennett
- *A Daughters Secret* - Anne Bennett
- *A Mothers Spirit* - Anne Bennett
- *Daughter of Mine* - Anne Bennett
- *Moonlight Eyes* - Emma Blair
- *Wild Strawberries* - Emma Blair
- *The Time Travellers Wife* - Audrey Niffenegger

Happy Reading.

Do you have trouble finding appropriate clothing?

The Disabled Living Foundation provides, free of charge, Fact Sheets to assist people.

Late last year they updated their Clothing Fact Sheets and the following new ones can be obtained from either their website www.dlf.org.uk or by phoning 08451 309177.

The clothing items covered for older people with a disability are:

- Choosing a bra
- Clothing for people with sensitive skin
- Clothing for continence and incontinence.
- Clothing for people who rip clothing.
- Clothing ideas for wheelchair users
- Dressing for warmth
- Equipment to assist with dressing and putting on footwear
- Finding suitable footwear
- Specialist clothing services

SCRABBLE FOR REDUCED EYESIGHT

Designed in association with the Royal National Institute for the Blind (RNIB) a large print Scrabble Board Game is available.

Able Community Care tracked down a supplier, Hastings Hobbies, who are selling it for £28.55 plus P&P.

For further details call them on 01424 200021 or visit their website at www.hastingshobbies.co.uk

Not as quick as you would like when the doorbell rings?

The doorbell rings and people try to get there quickly before the caller leaves, thinking no one is in. Hurrying to answer a door is especially dangerous if you have to come downstairs and every year many people attend the A&E department as a result.

If this is an area where you or someone you know experiences difficulties, consider installing a door-entry intercom.

This can be where you can talk to the visitor via an inter-com link and ask them to wait until you get to open the door or you can choose a system where after identifying the visitor you can press a button from your chair to open the door and let them in.

If family and friends are frequent visitors and you would be happy for them to let themselves in, you could choose a key safe, where a key is held in a secure box that can only be opened by a person who has the correct code.

The Disabled Living Foundation have Equipment Demonstration Centres throughout the UK and they will be able to advise you about intercoms and other aids and equipment to make life easier.

For more information contact:
Equipment Demonstration Centre
Disabled Living Foundation
380-384 Harrow Road
London W9 2HU
Tel: 0845 130 9177
Website: www.dlf.org.uk

Walks with Wheelchairs



This is a UK website dedicated to providing free information on routes that are suitable for wheelchair users throughout the UK.

All the walks on their database have been tried and tested by wheelchair users who are knowledgeable about routes in the great outdoors. Through their site you will be able to:

Read reviews of the routes before trying any walks
Download walk directions and detailed OS maps free of charge
Share your own routes for walking with wheelchairs
Add your own comments for other users to read.

To get further information go to www.walkswithwheelchairs.com

The above three articles were reproduced from Able Community Care Newsletter with thanks.

Cycling for Health

GO50



Organised trail riding in Surrey

GO50 is a project supported by Age Concern Surrey. It aims to introduce people in the fifty plus age range to a healthier lifestyle and to the benefits of regular exercise.

If you have often thought about going for a cycle ride but had now one to go with, then this could be for you!

There will always be someone at the starting point to greet you and lead the ride. All rides meet at 10am for a 10.15 am start.

Ride lengths vary from 10-15 miles adjusted to suit participants, with optional lunchtime refreshments.

For more information call:

01483 534706

Or go to www.acsurrey.org.uk

FREE DISABILITY EQUIPMENT

The owner of the following equipment would like to donate it to anyone who is willing to collect it.

- Pair of lightweight adjustable crutches
- Three wheeled walker with pressure (not trigger) brakes and removable shopping bag
- Zimmer frame, height-adjustable, without wheels
- Breezy 115 self propelled wheelchair, 16 inch seat width, half folding back, folding frame, detachable, adjustable footrests, flip back armrests, weight limit 20 stone.

If you are interested in any of the above equipment please phone us in the office on:
01372 722269

CONQUEST ART



Anyone with a physical disability can become a member of Conquest Art. Members have the opportunity to attend a local class where they are helped to discover and develop their artistic abilities.

A group now runs at Swail House in Epsom, on a Friday from 10.30-12noon.

If you are interested in joining this group, please contact them on 0208 397 6157 or email conquestart@hotmail.com

SID

Social Information on Disability

SID runs a free, independent, information service answering enquiries on anything to do with living with a disability.

They also advertise second-hand disability equipment for sale - providing and opportunity to buy or sell locally.

Contact them between 9.30-12.30pm each weekday morning.

Tel: 0800 0439395

- www.asksid.org.uk

Barbara Stopczynska, a registered osteopath for sixteen years, contacted us recently to let us know she is starting a mobile clinic, and requesting us to pass details of her new service on to our members.

We do not know of anyone who has used her service and therefore cannot recommend her, but pass her details on below for your information.

This service is specifically aimed at people who are house bound, or who have difficulty in accessing clinic-based treatment.

Barbara says gentle massage and articulatory techniques and exercises can be of great benefit for patients with limited mobility. Treatment can be weekly, fortnightly or monthly, dependant on need. Barbara is aware that regular, private treatment is expensive, so is offering an affordable alternative of £25 for a 30-45 minute treatment.

For more information contact:
Barbara Stopczynska
48a Burgh Heath Road
Epsom Downs, KT17 4LX
Tel: 01372 722848

Ex Carers Corner

Unfortunately we are unable to spare a Carers Support Worker to facilitate Ex Carers meetings at present, but would like to invite Ex Carers to join Carers at their monthly lunch meeting.

NEW MOBILE OSTEOPATHIC SERVICE

I NEVER KNEW THAT!

In the 1400s a law was set forth that a man was not allowed to beat his wife with a stick thicker than his thumb. Hence we have 'the rule of thumb'

Many years ago in Scotland, a new game was invented. It was rule 'Gentlemen Only . . . Ladies Forbidden' . . . and thus the word GOLF entered into the English language.

Every day more money is printed for Monopoly than the US Treasury.

Men can read smaller print than women can; women can hear better.

Intelligent people have more zinc and copper in their hair.

If a statue in the park of a person on a horse has both legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on, hence the phrase 'Goodnight, sleep tight.'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is order by pints and quarts. So in old England when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' It's where we get the phrase 'mind your P's and Q's'.

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic caps. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

The above facts were reproduced from North Surrey MS Society Newsletter

The Month of April

The Gemstone for this month is Diamond and the flower is Sweet Pea.

No one knows for certain how April got its name, but it may have come from the Latin word 'aperire' which means 'to open'. April is, after all, the month when in the northern hemisphere buds begin to open.

Eastre month or Eustremonath was the Anglo-Saxon name for the month. The name of the Christian Festival of Easter comes from this Anglo-Saxon word.

April Anniversaries

1969 Concorde's maiden flight

1973 VAT was introduced in Britain.

1805 Hans Christian Andersen was born in Denmark.

1982 2nd April-14th June - The Falklands War.

5th April 1640 Pocahontas got married.

6th April 1909 Robert Edwin Peary reached the North Pole.

7th April 1826 First matches sold.

8th April 1973 Pablo Picasso died aged 91

9th April 1806 Isambard Kingdom Brunel was born.

12th April 1606 the Union Flag became the official flag of the United Kingdom

12th April 1961 Yuri Gagarin made the first flight into space.

15th April 1912 HMS Titanic struck an iceberg and sank.

14th April 1931 Highway Code first issued.

16th April 1889 Charlie Chaplin born.

18th April 1934 First launderette opened.

21st April Queen Elizabeth II was born

23rd April St. Georges Day, Patron Saint of England.

23rd April 1584 Shakespeare's Birthday - 1613 Shakespeare's death.

25th April 1953 DNA was discovered by James Watson and Francis Crick, who received the Nobel Prize for Physiology in 1962.

26th April 1957 "The Sky at Night" was first broadcast.

27th April 1791 The inventor of Morse Code, Samuel Morse was born.

Epsom

Did you know?

Who was the first Mayor?

James Charter Ede was the first Mayor of the Borough in 1937, which was when Epsom & Ewell was first united as one District.

Have you ever wondered what Nonsuch Palace was built for? Well in 1538 King Henry VIII himself made plans to have a palace built there, but during the civil war the land was no longer royal so Charles II demolished the palace!

In 1620 Henry Wicker dug a hole on Epsom Common to use as a watering hole for his cattle, but they refused the water and soon, thanks to the cows, the Epsom Wells had been discovered. This meant that Epsom's popularity soared and tourists were always coming to see this special water, which then led to Epsom holding the Derby and horse racing on the Downs.