

B-E-E CARING

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



MARCH 2008



We are all looking forward to our first Relaxation Day with our Back Care advisors this month. If you haven't booked your place yet see inside for more information and how to reserve a place.

On Thursday 1st May we will be holding our Annual Pamper Day and are looking forward to seeing lots of you there. More information and booking form inside.

Please check our carers events calendar as we have quite a lot of events planned, including our new coffee/lunch drop in at Café Wednesday in Cheam Village.

Don't forget we are here to support you in your Caring role. We always welcome your views and comments on how we can best do this, including what trips, events and drop ins you would like us to run and how we can arrange them to fit your caring schedule.

4 th March	Banstead Coffee
5 th March	Evening Meeting
11 th March	Epsom Coffee
12 th March	Ex Carers Lunch
19 th March	RELAXATION SESSIONS
26 th March	Carers Lunch
1 st April	Banstead Coffee
2 nd April	Café Wednesday
8 th April	Epsom Coffee
16 th April	Evening Meeting
1 st May	PAMPER DAY

BANSTEAD COFFEE BREAK

The Squirrels, The Horseshoe, Banstead.

Meet for Coffee and a chat on the 1st Tuesday of each month 2-4pm

EPSOM COFFEE BREAK

Ebbisham Centre, Epsom.

Meeting room varies, check screen at reception

2nd Tuesday each month 11am - 1 pm

CAFÉ WEDNESDAY

Held in the Point Café in Cheam Village. Join us for coffee and/or a very reasonably priced lunch.

MEET FOR LUNCH

At Wetherspoons Pub, The Assembly Rooms, Epsom at 12 noon. Buy your lunch & enjoy the company of other Carers.

EVENING MEETING

The Haywain Pub, Dorking Road, Epsom. 8pm - 10pm

Meet in the bar for lively chat and a glass of something.

Our meetings are for all carers. Please feel free to join us on any date you wish and be sure of a very warm welcome.

CARERS CALENDAR

SUPPORT MEETINGS

CARERS LUNCHTIME MEETINGS

Our next meeting will be on
26th March

at Wetherspoons Pub, The Assembly Rooms, Epsom High Street.

EVENING MEETING

Meet Jean & Maria in the Haywain Pub, Dorking Road Epsom on

Wednesday 5th March

Wednesday 16th April

For lively conversation with other carers.

CAFÉ WEDNESDAY

CHEAM VILLAGE

Wednesday 2nd April

11am - 1pm

We have held two meetings at this venue and were given a very warm welcome both times by the friendly staff.

We enjoyed coffee and home made cake and lunch from their specials menu. All at very reasonable prices.

Parking is easy in the car park behind the library and bus Nos. 470, 151 and 213 stop nearby. Cheam Station is a 10 minute walk away.

For more directions call us in the office.

Café Wednesday is held in the Point Café in Cheam Village, in between Cheam Baptist Church and the Library.

Come along and meet Jean and Margaret, from 11 am for coffee & cake or have lunch (or both!).

PAMPER DAY

Thursday 1st May



Come and join 'The Team' at our very popular annual Pamper Day, and be pampered for the day (or as long as you can spare) with treatment sessions, lunch and good company.

For more information and reservation form see page 7.

Relaxation Sessions

WEDNESDAY 19th MARCH

11am-2pm

At

*The Ebbisham Centre,
Epsom*

Carers of Epsom invite you to a complimentary Relaxation session with the Back Care adviser and lunch

Come along and spend an hour learning relaxation techniques and coping strategies for when the going gets tough.

We will be holding two one hour sessions, one before lunch from 11am-12 noon and one after lunch from 1pm - 2pm.

Choose which session suits best and have lunch and chat with other carers.

Or just join us for lunch.

**TO BOOK YOUR PLACE CALL
US ON 01372 722269**

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 Jean 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, Jean & Maria are waiting to hear from you

MAKING CONTACT



Please remember we are always pleased to hear from you if you need any support or information. If we are not in the office please do leave a message and we will get back to you as soon as possible.

Over the past few weeks I have been contacting people who we haven't been in touch with for sometime. If I haven't called you yet and you would like to chat please give me a call.

When I call please feel free to ask about any social activities, or the Take a Break scheme, or make suggestions about activities you might be interested in.

This may also be a good opportunity to ask us to find information for you, or just to have a chat.

We are always happy to make a home visit, or arrange a time to meet in the office, or at either the Epsom or Banstead drop in groups.

I look forward to speaking to you.
Jean Lyszyk, Support Worker

BACK CARE ADVISORY SERVICE

Dealing with falls



If you become aware that the person you are supporting is about to fall, it is always safer to let them down in a controlled way than to try to prevent the fall which is already underway. Hold the person against you and let them slide down to the floor.

Remember to bend at the knees as they go down, keeping as upright as possible. Take the strain on your knees, not your back; you should go down onto one knee if you are able.

Once the person is on the floor check for injuries. If either of you are injured call for an ambulance. If no injury has occurred, make the person as comfortable as possible, allow some time for the shock to pass. **If there is no injury there is no need to panic into trying to**

lift them up. Stop. Assess the situation calmly and as rationally as possible. Given time the person may be able to help themselves more. You can always make them comfortable by using pillows to cushion and support or a blanket to buffer them from any sharp edges.

(If the person is a diabetic, have they gone into a hypo? If so give them something sweet to eat or drink.)

The ideal situation is for the person to get up off the floor themselves. You may need to move a piece of furniture closer to the person to enable them to lever themselves up. If not can the person crawl to a nearby piece of furniture? Start by advising them to roll over onto their side, and then push up using their arms into sitting. Then, encourage them to get up onto the knees using the chair/stool/step to push on to get up. They can then sit on the chair/stool/step to recover further before attempting to continue.

You must not under any circumstances attempt to manually lift the person off the floor. If they are unable to do this without moderate assistance then you must call an ambulance.

If the person you are caring for is stuck in the bath, let the water drain out. Cover the person in towels and /or attempt to dry them and put some warm clothing on. **Again, stop and assess the situation.** Can the person turn onto their hands and knees? If yes, they should do so. Then, place one foot forward and use the sides of the bath to push up into standing.

If no, do you have a small step that could be placed into the bath for the person to lever themselves onto? If you don't or they still cannot manage to get up from there, you must call an ambulance. **Do not under any circumstances attempt to lift them out of the bath yourself.** Keep the person warm, keep calm and get them a warm drink.

If you would like more information on Back Care or to make an appointment with the Back Care Advisors, please contact them on 01372 729947.

Getting Out & About **ARE YOU STUCK AT HOME AND MISSING OUT ON A SOCIAL LIFE?**

GETTING OUT

Are you having difficulty getting out due to finding and/or affording cover for your caring responsibilities?

Using our Take a Break scheme, we can help with funding for you to register with an agency to provide you with sitters.

If you would like more information or to take advantage of this scheme please call us in the office to discuss ways that the Take a Break Scheme can be tailored to your needs.

GETTING ABOUT

Don't miss out on any of our Coffee Meetings, trips or events because getting about is difficult. If you would like to attend any of the advertised events just call us in the office and we will arrange transport.

TAKING A BREAK

The Take a Break Scheme also can help carers to take a holiday.

If you would like to apply for holiday funding just call us in the office for more information or an application form.

New guides to help carers

The MS Society has produced two comprehensive guides aimed specifically at carers.

The 'Carers Handbook' is written for people caring for someone with MS and this is complimented by a shorter 'Young Person's Guide to Caring', which seeks to answer questions young people may have about caring for someone living with MS.

The carers Handbook contains information that is up-to-date and specific to the situations faced by people caring for those with MS.

Both guides will be available from mid-January from www.msociety.org.uk

A group of suppliers have produced a booklet known as a buyers protection guide.

In this they write about the benefits of buying through a showroom that can offer after sales care, particularly repairs and servicing. Also where you can view a range of products.

Their advice is, if a company refuses to quote you a price for a product, they you should simply refuse to have anything else to do with them. Also be careful if they do quote you a price, you may find the price you have been quoted is for the smallest cheapest product they have, rather than the model you are interested in.

Remember, for adjustable beds the mattress should be included in the price.

For stair lifts the price quoted should include installation and assessments should be free.

They point out that in riser armchairs most of the motor units for these chairs come from the same source, so you will be paying extra for different upholstery and any frills.

You may have seen the 'Win a Scooter' competitions in the press. Be aware that, if you enter one, you may well be contacted by a direct selling company that will treat you as a potential customer. These competitions are one of the main ways in which direct selling companies generate their enquiries.

If you would like to look at the guide contact us at the office on:

01372 722269

Action for Carers Surrey

ACS Carers Forum if being held on 13th May from 10am to 3pm at Leatherhead Leisure Centre. This is a Forum for those involved in caring.

Current carers are especially welcome. If you would like more information about this event contact the office on:

01372 722269

Are you about to buy mobility equipment?

REMOULDING ATTITUDES TOWARD DISABILITY



You may have seen the animated adverts on television which aim to challenge and change peoples attitudes toward disability - here's a bit more information on the campaign.

The MS Society has given its full support to a unique campaign launched by Leonard Cheshire Disability, which aims to challenge and change people's attitudes toward disability.

The disability charity has teamed up with Aardman Animations to create Creature Discomforts, based on the much loved Creature Comforts series.



The characters include wheelchair-user Peg the Hedgehog, Spud the Slug in his mobility scooter and Tim the Tortoise on crutches and carry the voices and experiences of real people living with MS.

Matthew Trainer, Head of Communications at the MS Society, said: "Creature Discomforts will raise issues faced by people living with disabilities in a way that has not been done before. We hope this will challenge the discrimination and ignorance that people with MS face."



The animations use the genuine voices of a number of disabled people describing, in their own words, the negative attitudes and barriers they experience, which separate them from society.

One of the four animations addresses a common assumption that people in wheelchairs are not able to speak for themselves.

The animation opens with Spud the Slug, who is in an electric wheelchair.



The character is voiced by John Marrows of Chesterfield who was diagnosed with MS in 1986. In the advert he can be heard saying that " . . . many people say - oh you're in a wheelchair - you can't do anything. A lot of it is ignorance."



Peg the Hedgehog, voiced by Sheila Morgan who also has MS appears next in the clips, sitting in her wheelchair having a cup of tea. She says: "People have assumed that wheels mean ... nothing up here in the brain, you know."



The Creature Discomforts characters will appear in adverts online, in magazines, at bus stops and on the London Underground. Bryan Dutton, Director General, Leonard Cheshire Disability said: "We want people to change the way they see disability, to think and act differently and to make a positive difference to the lives of disabled people and we are delighted that the MS Society supports our campaign.

"Disabled people experience unnecessary social barriers which are created largely through ignorance. In the twenty-first century it is unacceptable that such negative attitudes to disability still persist. Everyone has a part to play in creating a world in which disabled people are included in every aspect of life.

To see more of the campaign and the characters themselves go to www.CreatureDiscomforts.org.

The OBFA represents approximately 200 charities and organisations aligned to trade organizations, such as the Confectioners Benevolent Fund, Dance Teachers Benevolent Fund and the Footwear Benevolent Society, to name but a few.

Many people qualify for help from such organisations but there are many others who do not realise that they can ask for help from such charities.

Depending on the charity, you may qualify for a "one off" payment for a much needed holiday or piece of equipment to help you with daily living, or possibly you could qualify for a weekly or quarterly grant to help with a change in circumstance, such as an illness or bereavement.

If you think you have a need or would like to find out if you have a benevolent fund linked to your past occupation, contact the OBFA on 01707 651777 and they will give you further details

Disabled Toilet Locations



If you are out and about and you need a disabled toilet, knowing in advance where you might locate one is a plus.

A website titled "need a loo?" is the place to look before you go out.

The site www.needaloo.org is a simple, straightforward site that allows you to scroll down to the county you are going to be in and then to scroll down to the town you are visiting within that county.

A list is given as to where the toilets are and a street map is given for each one that you can print off and take with you.

Areas covered are England, Northern Ireland, Scotland, Wales, the Isle of Man and the Channel Islands.

Events that happened for the first time 100 years ago

- The first beauty contest was held in Folkestone, England
- The Model T Ford was introduced
- Mother's day was celebrated officially for the first time
- SOS became the standard distress symbol.

Our thanks to the Able Community Care newsletter for the above two articles.

East Surrey Talking Newspaper for the Blind



After an enforced break in service since last Spring, the East Surrey Talking Newspaper has relocated as their previous home is being demolished.

They are all volunteers who are pleased to supply a free news tape every other week. The news is taken from the Surrey Mirror, with kind permission of the proprietors, covering the area from Banstead down to and including Horley plus the villages on either side which are mentioned in the paper. On the reverse side of the tape is helpful information for the blind and other, hopefully sometimes amusing, articles taken from magazines.

If you or anyone you know would appreciate this service, including people who cannot easily read a newspaper because of Parkinson's or Arthritis they will be pleased to post to them.

For more information contact the East Surrey Talking Newspaper for the Blind on:

01737 279932
or
07954 147312

How to avoid becoming the victim of a scam

Some good advice from Consumer Direct, who are funded by the government

Every year, millions of innocent people lose money to scams that come by post or phone such as fake lottery and prize draw wins, bogus psychic predictions and 'miracle' health cures. Avoid becoming a victim by following some simple tips.

- ✘ Never reply straight away to an offer. Speak to a relative, friend, neighbour or your carer before you do anything.
- ✘ Never send money to anyone who says you've won the lottery or a big prize - you'll never see your promised winnings.
- ✘ Never give your bank account details or other personal information to people you don't know.
- ✘ Never ring an 090 number unless you're certain how much the call will cost and know what you are likely to receive.
- ✘ Never send money off in response to bogus psychic mailings. Identical letters predicting flood or bad luck are sent to thousands of people.

If you suspect a scam, before sending any money call Consumer Direct for clear, practical advice on:

08454 04 05 06

Or go to their website:

www.consumerdirect.gov.uk

The Brigitte Trust

Emotional support and practical help for families facing life-threatening illness

Is someone in your family receiving palliative care at home?

Do you need help at home?
The Brigitte Trust can help

The Brigitte Trust is an independent registered charity offering emotional support and practical help to people with life threatening illness, and their

families, so that they can remain at home for as long as possible.

The Trust is based in Dorking, Surrey, and offers its free volunteer service within a wide radius of the town. This catchment area is subdivided so that individual volunteers working within their local area, under the guidance of one of our four Area Organisers.

Although not a nursing service, the Trust can offer valuable support in:

- Driving patients to hospital appointments
- Sitting quietly with a family member whilst a carer takes a break
- Collecting children from school
- Walking the dog
- Picking up shopping
- Collecting prescriptions

For more information contact:

The Brigitte Trust on 01306 875929 or go to their website www.brigitte-trust.org

The Brigitte Trust also needs volunteers

If you are interested in volunteering the Brigitte Trust is looking for male and female volunteers. They run free training courses in October and January for their volunteers.

For more information call Tina Duncan on 01306 875929

CHARITY BENEFIT CONCERT

In aid of the BRIGITTE TRUST

**Saturday 29th March
7.30pm**

**JULIE FELIX
At**

**The Leatherhead Theatre
Guest appearance by
FIESTA FLAMENCA**

Tickets £12.50/£10 (concessions)
Available from:

The Brigitte Trust
01306 881816/885695
Or the Box Office
01372 365141

www.the-theatre.org

**CARERS OF EPSOM
WEBSITE**

www.carersofepsom.co.uk



**Have you visited our new website yet?
If you have access to the internet why not check it out?**

You will find information about us and our service and an up to date Events Diary which lists all of our Coffee Break and lunch meetings and future events.

Also there is a page listing links to other organisations which you might find helpful.

The Scout Holiday Homes Trust

Affordable Family Holidays at popular holiday sites for all families with a special need.

This Trust was founded by former Scouts to provide accessible holiday homes for all families with special needs. The Trust maintains a luxury chalet and caravans at a variety of family holiday centres across the country. No scouting connection is required for any of the Trust's holidays.

They have a range of accommodation, designed especially for families with special needs, which are wheelchair accessible.

Self catering is made easy with a well stocked shopping area at each holiday part and an excellent pub or restaurant for eating out. All parks have laundering facilities and most have hire shops. Their Local Management Teams will do their best to make you feel comfortable and welcome. Volunteering their time, they are on hand in an emergency and may also be able to greet you on arrival.

We have a brochure in the office, so if you would like more information on locations and sites call us in the office on 01372 722269 or check their website:

www.scout.org.uk/holidayhomes

STONELEIGH THROUGH THE ROOF GROUP

Tea – Saturday 15th March

The Stoneleigh Through the Roof Group invite you to tea on Saturday 15th March from 3pm to 5pm at the
Baptist Church, The Glade, Stoneleigh.

The afternoon will have a bit of an Easter theme with some simple games plus the usual refreshments and the chance to think about the meaning of this special time of year.

"Through the Roof" – supporting those affected by disability.

For more information or to book a place call Paula Smith 0208 337 2957 ptwsmith@xalt.co.uk by 8th March.

JUST FOR FUN



Two Women Talking in Heaven

1st Woman: Hello! My name is Maggie

2nd Woman: Hello! I'm Sylvia. How'd you die?

1st Woman: I froze to death.

2nd Woman: How awful!

1st Woman: It wasn't so bad. After I stopped shaking from the cold, I began to get warm and sleepy and finally died a peaceful death. What about you?

2nd Woman: I died of a massive heart attack. I suspected my husband was cheating, so I came home early to catch him in the act. But instead I found him all by himself in the house watching TV.

1st Woman: So what happened?

2nd Woman: I was so sure there was another woman somewhere that I started running all over the house looking. I ran up into the attic and searched and then down into the cellar. I went through each wardrobe and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

1st Woman: Too bad you didn't look in the freezer. We'd both still be alive.

Ex Carers Corner

NEXT MEETING

**Wednesday 12th March
12 noon
At
The Spring, Ewell Village**

If you are now an Ex Carer please do come along and join Jean and Maria, Meet and make friends with other ex carers. Perhaps you'll find someone to go to the cinema, an art gallery, shopping, etc. with or just meet for coffee and a chat.

