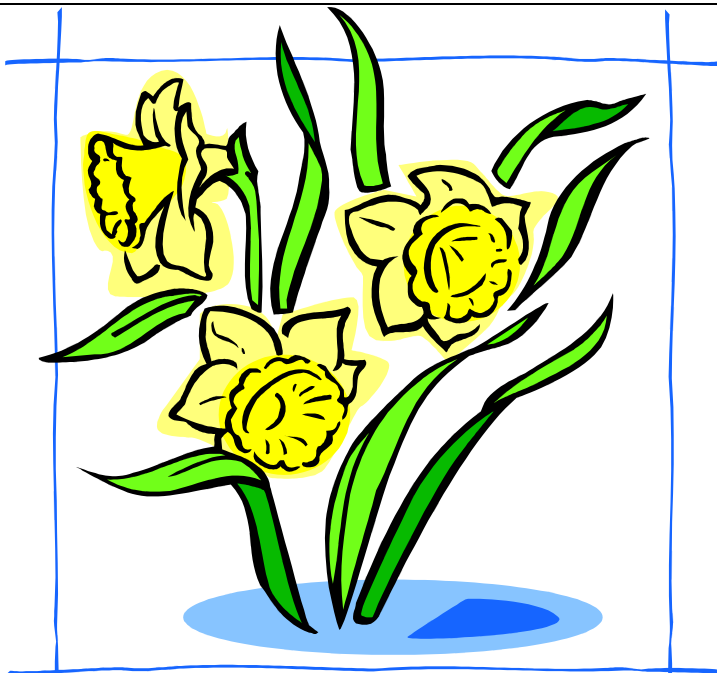


B-E-E CARING

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



MARCH 2009



Spring at last, and very welcome too. After the first half of February with the very cold weather and so much snow we can't wait for the warmer weather!

We have been pleased to see that the changes to our coffee break and lunch break meeting times and venues have been well received and numbers of carers attending have increased.

As you know we are holding a Quiz and Lunch event this month. This will be the first Quiz we have held and we do hope it will be a success.

On 2nd April we are holding our annual Pamper Day and we hope to see lots of you there, for what we hope will be our best Pamper Day yet.

This year we have included beauty sessions with facials, manicures, hand and foot treatments and make up. We will also have the usual therapies such as Indian Head Massage, Reflexology, Aromatherapy, Shiatsu etc. and we will be running Relaxation sessions during the day.

More information and booking form can be found on page seven of this newsletter.

Carers Calendar March 2009



3rd March BANSTEAD COFFEE
Caffe Italia coffee shop
Backcare Advisor in attendance

4th March QUIZ & LUNCH

12th March EWELL COFFEE
Ganache Coffee Shop

19th March CARERS LUNCH -
Vestry Pub, Epsom

2nd April PAMPER DAY

7th April BANSTEAD COFFEE
Caffe Italia Coffee Shop

23rd April CARERS LUNCH
Spring Pub, Ewell Village

29th April EVENING MEETING
Haywain Pub

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

Caffe Italia
High Street, Banstead.
1st Tuesday, alternate months
1.30-3pm

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.

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.

NEW EMAIL ADDRESS

Please note that from 2nd
March 2009 our email
address will be

carers.epsom@btconnect.com

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

HELPFUL INFORMATION



We recently heard of a case where
a lady with Alzheimer's, continually
called 118 118 trying to get the
telephone numbers of old friends
who were deceased. Unfortunately
she would immediately forget having
made the call and ring again. This
resulted in a huge telephone bill.
In order to stop the huge phone
bills her carers contacted BT and
had 118 118 barred.

If you have this problem or any
similar issues with BT telephones
contact BT at www.bt.com/calling
features, call their automated
information line on 0800 789 456 or
call them free on 0800 169 2706
between 8am and 8pm Monday to
Saturday.

I understand that the carers had to
be persistent but they finally got
the number barred.

CROSSROADS

Surrey Crossroads

On the 1st February 2009 the six
branches of Crossroads in the
County merged to form "Surrey
Crossroads".

This will not alter the service that
they currently provide. The same
Support Workers will be going to
the same Carers for the same
number of hours each week and they
will continue to work out of their
existing six branch offices in
Surrey.

They hope that this re-organisation
will enable them to increase the
number of Carers they help

Carers are invited to take part in
the 2009 Carers Week survey,
which can be completed at
www.carersweeksurvey.org.uk

The survey will be seeking answers
to the following questions:

Is the contribution that carers
make recognised by society?

Do carers need access to better
support and services?

Would increased recognition by
professionals, and by others who
impact on carers day-to-day lives,
make a difference to carers lives?

The survey will bring to the fore
the issues carers say are the most
important to them, and will give
carers the opportunity to share
their experience of caring; the
personal stories of the stresses and
strains; the ups and the downs.

The stories and experiences that
carers describe will together create
an overall picture and a set of
results, which will be at the centre
of Carers Week 2009.

All information provided by carers
will be private and confidential.

RELAXATION

EVENING CLASS

Bourne Hall, Ewell Village

*Drop-in Relaxation Classes of easy
to follow movements and exercise
designed to promote health,
suppleness, co-ordination and
calming of the mind, are to be held
Wednesdays evenings from 4th
March 2009, 7.30-8.30 pm.*

Cost £8 per class

*For more information contact Sue
or David on 077138 75308 or 07984
724359*

FAST

Think FAST and save lives by dialling
999

A heart attack or stroke can happen at
any time and the sooner medical help
is given the better are the person's
chances of recovery.

To find out if anyone is having a
stroke or heart attack use the FAST
test:

Face – Can they smile, does one side
of the face droop?

Arm – Can they lift both arms, is one
weak?

Speech – Is their speech slurred or
muddled, can they understand you?

Test – Check for all three symptoms
and if one or more of the symptoms
are occurring dial 999

CARERS OF EPSOM

CARERS WEEK SURVEY

MENTAL CAPACITY ACT (MCA)

Mental capacity means being able to make your own decisions. The Act applies to people over 16 in England and Wales. It protects people who cannot make their own decisions about some things.

The Act tells people:

- What to do to help someone make their own decisions about something
- How to work out if someone can make their own decisions about something
- What to do if someone can't make decisions about something sometimes

The big idea

When using the Act, people should:

Begin by assuming everyone can make their own decision

Give them all the support they need to make decisions

No one should be stopped from making their own decision just because someone thinks it's wrong or bad.

Any time someone does something or makes a decision on behalf of someone who lacks capacity, it must be in that person's best interests.

Try to limit the person's own freedom and rights as little as possible.

Assessing capacity

No one can assume you lack capacity because of how old you are, how you look, how you behave. If someone wants to make a decision for you, they must be sure you cannot make it.

No one can assume you cannot make a decision because of your disability or because you cannot make more complicated decisions, or because you have not been able to make decisions like that in the past.

Best interests

Where someone has to make a decision for you because you cannot make it yourself, they must decide what is in your best interests. To work this out, they must listen to what you want, consult people who know you, and make sure you are involved.

In connection with care or treatment

If you need care or treatment someone can give you it. **Lasting Power of attorney** is an advance decision to refuse treatment, or to have a deputy or attorney act in your best interest with regards to decisions around health, welfare, property and money.

The Court of Protection may make someone a deputy if you cannot decide everything for yourself. The Court decides what the deputy can and cannot do.

This will not happen if you have made a lasting power of attorney.

The **Office of the Public Guardian (OPG)** will keep an eye on what the deputy does. If only a single decision is required, a deputy will not be appointed – the judge will make a 'single order of the court'.

An **Advance decision to refuse treatment** is when someone decides they do not want a particular type of treatment if they lack capacity in future. If an advance decision to refuse treatment that may keep you alive is made, this must be clearly stated, and signed by you (or, in your presence, by your agent). You are free to make an advance decision. To do so, you must understand it.

The Act sets up a new service **Independent Mental Capacity Advocates (IMCAs)** for people who have no family or friends, to provide help with decisions.

WINTER FUEL PAYMENT



Help with heating

With rising fuel prices, many people may worry about putting the heating on, putting themselves at risk from illnesses such as hypothermia. But there are cash payments available.

Winter fuel payment

A winter fuel payment is an annual payment made to households with someone aged 60 or over (in the week beginning 15.09.08) to help with heating costs. If you are aged 60-69 your household normally receives £200. For winter 2008/9 there is an extra £50. If you are aged 80 or over, your household normally receives £300, and for winter 2008/9 there is an extra £100.

Winter fuel payments should be received automatically. However, men aged 60-64 will need to make a claim because they are not of pensionable age. To ask about your payment or to make a claim, phone the Winter Fuel Helpline on 08459 15 15 15 by 30 March 2009.

Cold weather payment

Extra payments are made when the weather is very cold. People can get an additional £8.50 per week (increased to £25 a week for winter 2008/9) when the average

temperature has been, or is expected to be 0 degrees Celsius or below for seven consecutive days. People are paid this automatically if aged 60 or over and are receiving Pension Credit.

Warm Front grant

Warm Front is a national scheme that offers grants to help people make their homes warmer and more energy efficient. It includes a package of insulation and heating improvements up to the value of £2,700 (or £4,000 for oil fired central heating).

The Warm Front Programme is run by the Eaga Group. To apply for a grant phone 0800 316 6011.

November 2008- one off payment to pensioners

An additional payment of £60 is to be made 'on top of' the 2008 £10 Christmas Bonus. However, while the payment will be made automatically to those who qualify for a Christmas Bonus, it will not be received until January-March 2009.

PRESENTATION ON WELFARE BENEFITS FOR THE OVER 60'S

**Tuesday 21st April
10.15am – 11.45am
Spa Lounge
Ebbisham Centre, Epsom**

We are pleased to invite you to a presentation being held in the Spa Lounge, The Ebbisham Centre on Tuesday 21st April.

Surrey County Council and the Pension Service have joined up to offer Carers a presentation on available benefits for individuals aged 60 and over.

Coffee will be served at 10.15am and the presentation will begin at 10.30am.

The presentation is scheduled to last for approximately one hour.

We have been told that in previous sessions, the presentation has been found to be very successful.

Should you wish to attend the presentation could you please contact Heidi at the office, ideally before the end of March.

BACK CARE ADVISORY

SERVICE
INFORMATION ON BACKCARE
FOR PEOPLE LIFTING &
TRANSFERRING

PRINCIPLES FOR TRANSFERS

Here are some hints to help avoid injury while assisting your loved one.

Muscles

Brace your abdominal muscles to support your spin.

Remember your legs have the strongest muscles - use them!

Set up

Bend at your knees not at your waist
 Avoid twisting your spine while carrying. Move your feet instead.
 Hold the load close to your body.

Take a comfortable secure grip.
 Plan the transfer and remove any obstacles in your path.

Avoid lifting or carrying with one hand.

If more than one person is lifting, make sure you coordinate when you are going to lift.

Equipment

Use lifting equipment whenever possible

Learn how to use equipment correctly

Store equipment in an accessible place

Environment

Make sure you have enough space and that the area is free of obstacles

You

Stay fit and healthy

Allow for rests

Wear suitable clothing and footwear, flat shoes are best

Learn how to do the move/transfer correctly

Avoid/minimise your lifting when you are tired or unwell

Remember your muscles will get tired after repeat lifting

Please note: Everybody's situation is different and therefore we can only provide you with a generalised overview of back care. However, if you would like specific information please contact one of the Back Care Advisers on **01372 729947**

DO YOU HAVE THESE DIFFICULTIES?

If so please contact the Back Care Advisers on 01372 729947

- Unco-operative person being moved
- Finding it difficult to change my old habits
- Lack of practice
- Lack of training
- Doing unsafe transfers

- Insufficient time

Disability Equipment

It is important to check your equipment regularly and ensure that it is safe to use and is not suffering from signs of wear and tear.

Disability Equipment includes: Sliding sheets, Handling Belts, Hoists, slings, Standing Aids, Wheelchairs, Commodes, Beds and anything else which you may be using very regularly that may come under this checklist.

Equipment which lifts someone

By Law any equipment which lifts someone up should be maintained or serviced every 6 months.

If the equipment was given to you by a state provider, someone will automatically contact you every 6 months to carry out the maintenance check. If your equipment is more than 6 months old and has not been checked, contact the person who supplied the equipment to arrange this.

If you have purchased a piece of equipment privately, the company who supplied the equipment should have asked if you wanted to purchase a maintenance programme - it is a good idea to do this if you are thinking of purchasing a new electrical piece of equipment which lifts someone.

Equipment Maintenance Checklist

The following list provided you with some relevant guidelines to check on a regular basis: (Always follow the manufacturer's guide where possible)

WHEELS & CASTORS

- Castors/wheel hubs run smoothly - no foreign material which may prevent the wheel from working smoothly.
- Castors/wheels remain in place when the item is lifted up off the floor
- Tyres and tubes in good condition
-

STRUCTURAL MATERIALS

- Frame is rust free
- No cracks in the frame
- No sharp edges on the equipment.
-

HARNESSES & STRAPS

- Straps are sound, no fraying and be correctly placed for the individual
- If the item has straps, they are always used as instructed

- Buckles easy to use and hold against pressure
- Padding/strapping hygienic

MECHANICAL COMPONENTS

- Where there are parts that fold or push together they are easy to use and sound once correctly placed e.g. armrests that can be removed
- Brakes are easy to apply
- Brakes hold
- All moving parts are kept lubricated and free from dirt
- Take precautions against spillage onto device and do not immerse in water or take into a steamy environment (unless equipment is designed to e.g. powered bath seat)
- Retain any screws or components that may fall off and contact your Equipment provider immediately.

UPHOLSTERY

- Check for loose, cracked or split upholstery
- Any lacing or webbing should be firm and sound

BATTERIES AND CHARGERS

- Charge batteries when equipment is not in use
- Avoid water contact on terminals, cable connectors, switches and controllers
- Use only the charger supplied with your equipment and follow instructions provided
- Check for signs of damage or wear and tear to cables - if any damage found (including split casing, stop using equipment and contact equipment provider)

ALLOWING FOR GROWTH & STABILITY

- The equipment should be stable when being used.
- Slings should fit the person and may need review if they become too tight or loose
- It is recommended that the person using this equipment is not left unattended

If you are unsure about whether the item is safe or have concerns about any of the points made above, please speak to the equipment provider.

Government plans to move Dementia to the top of the National Agenda

The new National Dementia Strategy, to be launched by the Government this winter aims to make Alzheimer's and other forms of dementia a national priority on a par with cancer and heart disease, and to remove the stigma surrounding the condition among the public doctors and care workers.

A senior doctor will be appointed in every hospital and care home to oversee the treatment of patients with dementia. The move is part of the National Dementia Strategy which is aimed at improving diagnosis and treatment, ensuring that the condition is diagnosed as early as possible to allow for early intervention. By looking at ways of prevention, up to half of dementia cases may have a vascular component which, as with heart disease, can be improved.

There are also plans to give more support to carers with the aim of preventing or delaying the admission of sufferers to hospital or care homes. A named "Dementia Care Advisor" will be the single contact for patient, family and carer from diagnosis and during treatment.

There are around 700,000 people in the UK with dementia but the figure is rising as people live longer.

Tougher inspections of care homes by the New Care Quality Commission will be up and running from April as will steps to improve the training of staff.

Support for carers of people with dementia

DISC (Dementia Information Service for Carers) is an organisation that operates a telephone service providing information and support to carers of people with dementia.

This covers:

- Information about what dementia is and how it affects people.
- Financial advice about the cost of Care
- Carers rights

The DISC helpline number is 0845 120 4048 open between 9am and 4pm.

The website is www.disc.org.uk

There is another new telephone and email support line for carers of people with dementia, this is run by Dementia Plus and Admiral Nursing.

The number is 0845 257 9406 or email direct@fordementia.or.uk

WOMANS WEEKLY - "SHARING THE CARING"

Some Carers may have bought and read the January edition of Womans Weekly and will be aware that the magazine has linked up with the Princess Royal Trust for Carers this year.

This edition contained a message from Princess Anne who is the President of the Trust and an article from actress Pam Ferris (Vice President) who tells of her own experiences of caring for her mother.

Look out for "Sharing the Caring" logo in future issues as Womans Weekly have lots of things planned such as articles, information etc.

THE ORCHARD CENTRE RE-OPENS AFTER FIRE

The Orchard Centre is a unique day centre offering activity-focused care and support for people aged 50 or over in a safe and stress free environment. The centre accepts referrals from social services as well as self-funding clients.

Once assessed clients can use the centre as and when required for a minimum of a four hour stay to a maximum twelve hour stay, allowing carers much needed break.

We have some vouchers in the office which entitle the bearer to a free 2 hour session at the Orchard Centre. If you would like to take advantage of this offer please call us in the office for a voucher.

ENGAGING CARERS IN EPSOM

Surrey County Council are currently undertaking a project on short term breaks for Carers of older people.

Their aim is to develop options to improve access, quality and value for money of respite support.

In order to develop those options, Surrey County Council are looking for Carers who have received some form of respite under S.C.C i.e. Carers Break Vouchers and would be willing to share their experiences and thoughts during an informal chat with a SCC projects officer at one of our coffee breaks.

If you feel you would like to help by sharing your experiences please could you call Heidi on 01372 722269 and let her know.

OUT OF HOURS HEALTH SERVICE

Do you know what to do in an emergency? Please don't wait until the crisis hits. Here are a few recommendations you may find helpful.

Your GP

Find out the hours of your GP surgery, as many have increased their hours into the evenings and Saturday mornings for emergencies.

Out of hours GP

This service is for a GP service when you need advice quickly, but the condition is not life threatening. The surgery answer phone will give the local number to contact. You may receive telephone advice from a GP, Nurse or they may decide that a GP need to do a home visit. In some areas you may be requested to visit a named GP at a primary care centre.

NHS Direct

The 24 hour Helpline Service 0845 46 47

Pharmacies

Local Chemists are a good source of information. The pharmacist is qualified to help with many basic illnesses. They will confirm whether a visit to the GP is needed or not.

Accident & Emergency Dept

In serious cases calling an ambulance or visiting A & E is necessary.

Falls

In the event of a fall you can call 999 and request the ambulance crew to help pick up the fallen patient from the floor. When examined they will return the patient to a place of safety including a chair or bed. If they feel it is advisable they will take the patient to hospital for a full examination.

Phone Numbers Have a list of the contact details of family and friends, who can help you in an emergency, close to the phone.

Message in a Bottle consider joining this scheme where you keep a container in the fridge with extra information such as contact details, medication etc. to be found by medics/carers in an emergency.

ACTION FOR CARERS SURREY COURSES

CARERS DIRECT PAYMENTS WORKSHOP

You could be eligible to receive up to £1000 towards training costs to help you return to work (paid or voluntary)

**Wednesday 1st April 2009
10am-2.30pm**

**At
Park House, Randalls Road,
Leatherhead, KT22 0AH**

There will be stands with information from a variety of organisations

For further information contact ACE (Yvonne or Dreen) on 01737 244220

The Art of Being Heard

A workshop for Carers who want to be heard

17th or 24th March 2009
09.45 – 16.00

**At
Action for Carers
Astolet, Coniers Way,
Burpham, Guildford, GU4 7HL**

As part of the "Enabling Carers" programme, Action for Carers is pleased to offer Carers this very popular course, which aims to build confidence, encourage assertiveness and ensure their voice is heard.

Action for Carers will reimburse travel/transport expenses and any special respite costs incurred to enable the Carer to attend the session.

Lunch and refreshments will be provided.

If you would like more information or to book a place, please contact Alex on 01483 565874

Try the new food cures



Apart from the basics of five portions of fruit and veg a day and two servings of fish a week, most of us are unaware of the extraordinary healing power of everyday foods. But studies have shown that, along with herbs and spices, many have amazing potential to fight diabetes, heart disease and even cancer.

Grapes Snacking on red grapes could lower cholesterol, blood pressure and your all-round risk of heart disease.

Cantaloupe Melon is packed with vitamins A & C and protective beta-carotene. Cantaloupe is a super food for the skin.

Red onions Hit by late onset allergies? Red onions are one of the richest sources of quercetin, a nutrient that helps control the release of allergy-causing histamine.

Cinnamon Half a teaspoon of cinnamon a day helps control blood sugar levels in diabetes - great news for the 2.3 million people diagnosed with the disease, and it has been found to lower 'bad' LDL cholesterol by over 20%. Sprinkle it on porridge, toast or your morning cappuccino and smile. According to Dr James Duke that also lifts depression.

Black tea Sipping black tea several times a day helps stop bacteria-laden plaque from clinging to your teeth and could fight decay too. The secret is the polyphenols it contains. Plaque and the tartar it turns into, cause yellowing teeth and gum disease, and are linked to narrowing of the arteries - so keep drinking, but omit the milk and sugar.

Pomegranate The original apple in the Garden of Eden in fruit form, containing 12 oestrogenic compounds, says Dr Duke. Brimming with anti oxidants pomegranate is also one of the top immune-boosters. Recent research found that it may help neutralise cancerous cells in both breast and prostate cancers. Like grapefruit, pomegranate can interact with prescription drugs, so check first with your doctor or pharmacist if you are taking medicines.

Bay Leaves in your stew release up to six hard-hitting anti-inflammatory chemicals called Cox-2 inhibitors. These are also found in strong prescription drugs for arthritis, which can have devastating side effects - not a problem here. Breathe deeply as you stir, bay is antibacterial and could help ward off headaches.

EXERCISE FOR PEOPLE OVER 50

1. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.
2. After a couple of weeks, move up to 10lb potato sacks.

3. Then try 50lb potato sacks.
4. Eventually you will get to where you can lift a 100lb potato sack in each hand and hold your arms straight for more than a full minute.
5. When you feel fully confident at this level, put a potato into each sack.

JUST FOR FUN

Following the huge financial problems rocking the very foundations of the US economy and the run on Northern Rock and Bradford & Bingley in the UK, and the spectacular failures of Fortis and Hypo in Europe, uncertainty has now hit Japan hard.

In the last 7 days Origami Bank has folded, Sumo Bank has gone belly up and Bonsai Bank announced plans to cut some of its branches.

Yesterday, it was announced that Karaoke Bank is up for sale and will likely go for a song, while today shares in Kamikaze Bank were suspended after they nose-dived.

While Samurai Bank is soldiering on following sharp cutbacks, Ninja Bank is reported to have taken a hit, but they remain in the black.

Furthermore, 500 staff at Karate Bank got the chop and analysts report that there is something fishy going on at Sushi Bank where it is feared that staff may get a raw deal.

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