

B-E-E CARING

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



MAY 2009



Our first outing of the year, a trip to Godalming for a Horsedrawn Canal Boat trip, takes place this month. Inside this newsletter you will find more details and a booking form.

Carers Week this year will be 8th - 14th June and the theme this year is Carers - the UK's secret Service. To mark this week we are holding a carers Lunch at the Haywain in Epsom - more information inside.

Our outings and events are intended to allow carers to have a short break from caring whilst enjoying the company of other carers. We are delighted to see so many of you are managing to take a break from your caring responsibilities and are taking advantage of the opportunities we offer for a break.

Also inside is a report by Maria on our Quiz & Lunch and Pamper Day events.

Carers Calendar May 2009



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

21st May CANAL BOAT TRIP
Godalming

2nd June EPSOM COFFEE
Chapters Café,
Ebbisham Centre
11am-12.30pm

9th June CARERS WEEK LUNCH
Haywain Pub

24th June 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

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.

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.

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

CARERS WEEK -
2009
8TH - 14TH June

The theme for this year is Carers ... the UK's secret Service

- o The aim of Carers Week is to: recognise and celebrate the contribution that the UK's 6 million carers make to those they care for, and to their communities.
- o Identify 'hidden carers' with the aim of enabling them to access support and services
- o Raising awareness about the needs and role of Carers Influencing and informing opinion-formers and decision-makers, such as MPs and healthcare professionals.

To mark Carers week this year we will be have a display by the library in the Ebbisham Centre, promoting carers and the work they do. Also we will be holding a Lunch for Carers on Tuesday 9th June.

CARERS LUNCH

12

NOON

TUESDAY 9th JUNE 2009



**THE HAYWAIN,
DORKING ROAD, EPSOM**

Carers are invited to join us at The Haywain at 12 noon for Lunch on Tuesday 9th June to celebrate Carers Week.

There is a set menu for lunch which we would like you to complete at the time

of booking, and keep a copy for yourself to remind you on the day of your choices.

If you would like to join us please complete and return the booking form on page 7.

There is no charge for this event.

CANAL BOAT TRIP **& CREAM TEA**

Thursday 21st May
2009

We have booked seats with the Godalming Packetboat company for a Canal Boat trip and Cream Tea on Thursday afternoon the 21st May.

We will travel to Godalming Wharf by mini bus from Epsom. The bus will leave Epsom at 12.30pm and return at approximately 5.30pm.

When deciding to book, please bear in mind that this is a canal boat trip and you will need to be able to board via a narrow gangplank. Therefore sensible, non-slip shoes and appropriate clothing will be necessary. Booking form is on page 6.

The charge for this trip is £10 Per person.

TAKING CARE OF **YOURSELF**



With Carers week close on the horizon it's a good time to consider whether you are getting enough 'me' time.

As we all know its really important to take time out from caring to 'recharge your batteries' and avoid being overwhelmed and exhausted.

Ideally get away for a holiday if you can but if that is not possible try to get a day off and go off and do something you really enjoy occasionally, if you can.

Also it is important to have sometime every day just for you to relax and do something (or nothing!) that you enjoy.

We know how hard it is to get away from caring sometimes, but it really is worth the effort for your health and wellbeing.

Rendezvous At White Lodge Centre

Do you have a physical disability?

Do you know someone who does?

Are you a Carer?

If the answer is 'yes' then look no further than Rendezvous, White Lodge Centres new purpose-built resource centre providing a wide range of activities and opportunities for people with disabilities and for carers.

- o Health and fitness courses
- o Free advice and equipment demonstrations
- o Great food daily at Café Bradbury
- o Complementary therapies
- o Leisure and life skills
- o IT courses
- o Therapy sessions

- o Back care advice for Carers
- o Employment advice

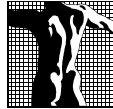
For more information please call the White Lodge Centre on

01932 567131/577996

Or visit their website:

www.whitelodgecentre.co.uk

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

ACTION FOR CARERS FORUM

10am to 3pm

Tuesday 12th May 2009

WOKING LEISURE CENTRE

If you are interested in attending this day please contact Diane Cotton on
01483 302748
For more information or to book a place

CARER'S EMERGENCY REGISTRATION SCHEME

Surrey County Council have recently developed an Emergency Respite Scheme for Carers.

About the scheme

The Government's White Paper "Our Health, Our Care, Our Say" promises a "New Deal for Carers". As part of this, the Government have announced new funding of £25 million a year for home based "emergency respite".

This was, at least in part, response to Carers UK's "Back me up" campaign. This highlighted that lack of emergency support can limit carers' independence, including being a barrier to work.

It is hoped that the registration for emergency support will provide peace of mind and security for Carers if they were unable to care.

How the Scheme works

After you have registered, in the event of an emergency you need to telephone **0300 200 1005** during working hours and **01483 517 898** out of hours, including weekends.

A Care Service will be provided for the cared for person.

The Care Service will be provided by a service provider registered with the Care Quality Commission.

The service will operate twenty-four hours a day and seven days a week.

The service is non-means-tested. But please be aware you will only be able to access the service described above once you have registered.

Do you want to register?

There is a very simple and straight forward registration form to complete with essential details of the person you care for, their likes and dislikes and details of how to access the home of the person you care for, ie. Keyholder contact details etc.

If you would like to register for the scheme or discuss the matter in further detail contact the Adult Social Care Team on 0300 200 1005.

PAYING FOR LONG TERM CARE



If you are looking for information or advice about paying for long term care, there are a number of charities and organisations that offer information and advice and may be able to assist you.

Saga has a guide about how to pay fees, which can be downloaded from Saga.co.uk or see the Help the Aged website (helptheaged.org.uk) for further details about who has to pay for care.

Age Concern England have several Factsheets available (ageconcern.org.uk) or call 0800 00 99 66

FirstStop Care Advice, an independent, free service, can help work out your options. See Firststopcareadvice.org.uk or call 0800 377 7070

The NHFA also has a care advice line 0800 99 88 33 offering information and advice about paying care home fees.

- Contact details for local authorities and carer support groups

It also includes video clips of other carers telling their stories, and news articles about different conditions and topical issues.

As part of this service, a telephone advice line was launched on 1st April.

0808 802 02 02

I would be grateful if, after using this service, carers could keep me informed of any compliments or complaints that you may have. Heidi Dendy.

MS SOCIETY
The North Surrey Branch
Drop-In Centre

The MS Society, North Surrey Branch hold a Drop-In every Monday (excluding Bank Holidays) from 10am-2pm. It is held in the Epsom Methodist Church, Ashley Road, Epsom, for tea, coffee, biscuits, chat and friendship. (Free parking if you get there early enough).

There is no admission charge and it is open to anyone with MS and their carers.

There are also the services of a reflexology/aromatherapy masseuse at the reduced rate of £10 per session.

The MS Nurse is usually in attendance on the third Monday of each month for advice and information.

For more information please contact Anthony Anderson on

0845 045 0847

EVENTS THIS YEAR

Quiz

Thank you to all who came to our Quiz at the Ebbisham Centre in March.

We had a very enjoyable few hours, immersing ourselves in the quiz and forgetting other responsibilities for a while. We also had a very enjoyable buffet lunch.

Thank you to all who returned evaluation forms, we had some very positive feedback from our carers.

Our thanks go to Dennis, our quizmaster, who did a great job.

Pamper Day

Pamper Day ran very smoothly and again, great feedback from our Carers.

Also I would like to thank Margaret, Heidi and Michele, who organised and ran the day.

Thanks also to Claire who ran the Bring & Buy table for use. We raised £25 for our carers "coffee breaks".

Canal Boat Trip

Our next adventure is a canal boat trip and cream tea on the Godalming Canal.

So please come and join us if you can.

Maria Jordan

Snr. Carer Support Worker

BARBEQUE
To raise funds for
Supported Living
At Coveham, Flat 4



Pauline, one of our Carers, is holding a BBQ again this year in aid of the Supported Living at Coveham, a home for Autistic Men with challenging behaviour.

The Barbeque will be held on
Saturday 20th June
4pm
Entrance £6
Vegetarians catered for

For more information or to book a place please contact us in the office on

01372 72269

And we will put you in touch with Pauline.

CARERS DIRECT
Information, advice and support
for carers
www.nhs.uk/carersdirect
Freephone: 0808 802 02 02

The new national on-line information service for carers, Carers Direct is now live on NHS Choices (www.nhs.uk/carersdirect). It provides carers with a single and comprehensive online resource for carer specific information, including:

- Guidance on the different stages of caring
- Information for claiming benefits
- Advice for young Carers

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.

AMAZING!

A sliced **carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye . . . and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A **Tomato** has four chambers and is red. All of the research shows tomatoes are loaded

with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalising food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium,. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries.

SURREY WELFARE RIGHTS UNIT

Benefit changes announced in April 2009 Budget

Tax Credits

Working Tax Credit (WTC) 4 week run-on will include Childcare Costs from 31 July when legislation is

changed. WTC take-up will target earners without children who are identified via PAYE records as being potentially entitled. Child Tax Credit (CTC) will increase from 2010 as per indexation plus an additional £20 annually.

Local Housing Allowance

The introduction of Local Housing Allowance (LHA) has cost more than anticipated. For this reason, from April 2010, tenants will no longer gain up to £15 Housing Benefit per week if they take up a tenancy below the LHA rates.

Capital limits for older people

This November the lower capital limit for Pension Credit, Housing and Council Tax Benefit will increase from £6,000 to £10,000 for over 60's. For current claimants with £10,000 in savings this means an increase in benefit of £8 per week.

Savings Gateway

Next year the Government is introducing the Saving Gateway which is an incentive to encourage working-age low paid people to save. The Government will invest 50p for each £1 saved in the scheme. Although details of who will be entitled to one of these accounts are not yet known, in the budget it was announced that recipients of Carer's Allowance will be eligible.

Child Trust Funds

All children at birth and again at 7 years receive £250 into their Child Trust Fund (presuming their parent has opened one). This amount is doubled for children in low income families. The Government intends to pay £100 per year in to the CTF for disabled children and £200 per year for severely disabled children. The start date for this was not announced in the budget report. Surrey Welfare Rights will let us know this date as soon as possible.

National Insurance Credits

Credits help build entitlement to State Retirement Pension. From April 2011 grandparents or other non-parent family members who care for a grandchild or other child in the family who is 12 years or under for at least 20 hours per week will be able to claim a National Insurance credit in recognition of their caring responsibility.

The month of May

The Flower for May is
the
Lily of the Valley
The Gemstone is
Emerald

The Anglo-Saxon name for May was Tri-Milchi, in recognition of the fact that with the lush new grass cows could be milked three times a day.

MAY ANNIVERSARIES

1st May – May Day

5th May 1930 – Amy Johnson was the first woman to fly solo from England to Australia.

6th May 1840 – The world's first postage stamp, the 'Penny Black' became valid for use in the UK

6th May 1954 – Roger Bannister ran a mile in less than four minutes.

8th May 1945 – VE (Victory in Europe) Day.

9th May 1671 – Captain Blood attempted to steal the crown jewels

10th May 1994 – Nelson Mandela became the President of South Africa.

12th May 1820 – Florence Nightingale was born.

15th May – The Romans believed this was the birthday of Mercury, the messenger and son of Zeus who could travel with the speed of thought.

18th May 1955 – The first Wimpy bar opened in London

18th May 1991 – Helen Sharman became the first British woman in space.

21st May 1946 – Bread rationing introduced in the UK

28th May 1908 – Ian Fleming, author of the James Bond books, was born.

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29th May 1953 - Edmund Hillary and Tenzing Norgay reached the summit of Everest.

30th May 1431 - Joan of Arc was burned at the stake.

30th May 542 - Death of King Arthur

the office of numerous local clubs and societies which may appeal to you.

Alternatively many local organisations are looking for volunteers. For more information on volunteering contact the Epsom Volunteers Centre, The Town Hall, The Parade, Epsom KT18 5AG.
Telephone 01372 740394
Mon-Fri 10.00am-1pm

FOR SALE

**Shoprider Sovereign
Purchased new in November
2008**

**Only used three times
£560**

**If you are interested please
contact Stephen Jay on
0208 786 8460
07802 175398 (mobile)**

CARERS' INFORMATION EVENINGS

Mental Illness

Informal question and answer sessions are lead by professionals to help carers learn more about mental illness and its treatment.

Sessions are held every 1st and 3rd Thursday in the month at the Department of Psychiatry, Langley Wing, Epsom General Hospital, Dorking Road, Epsom, between 7.30 - 9.00 pm.

Dates for your diary

7 May

Bipolar Disorder
Dr. Yusef
Consultant Psychiatrist

21 May

Family Work for Psychosis
Sophie Holmes
Consultant Psychologist

Former Carers Corner



Support Meetings

Unfortunately we are unable to spare a Carers Support Worker to facilitate separate meetings for former carers at present, but Former Carers are welcome to join Carers at their monthly lunch meeting.

Moving On

If you are thinking of finding new activities to fill any extra spare time you may have, we have a list in