

B-E-E CARING

Produced & Distributed by Carers of Epsom

Supporting Carers in Banstead, Epsom & Ewell



MARCH & APRIL 2010



Welcome to our Spring Newsletter, after such a long hard winter we are all looking forward to some bright sunny days.

Inside this newsletter you will find information and a booking form for our annual Pamper Day, which will be held at the end of April this year. We appreciate this is a while away, but as this is the last newsletter before this event, it is necessary to include the information and booking form at this early stage.

If you do not know yet if you will be free to attend, please indicate your interest on the booking form and we provisionally reserve a place for you and will contact you nearer the time to confirm.

Also please note our new event, which is a coffee morning just for carers of children and young adults. Heidi will be hosting this in May at Starbucks Coffee Shop in Epsom.

MARCH & APRIL 2010

Dates for your Diary



EWELL CARERS LUNCH
Wed 10th March - 12 noon
The Spring, Ewell Village

EWELL COFFEE
Wed 21st April - 2.00 - 3.30pm
Bourne Hall Coffee Shop

PAMPER DAY
Tues 27th April
Ewell Court House

PARENT CARERS COFFEE
Tuesday 4th May 10.30-12 noon
Starbucks Coffee Shop, Epsom

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

If you have never joined us at one of our events and would like to but are a bit shy, please call the office and we will arrange to meet you and introduce you to other carers.

JUST TO LET YOU KNOW ABOUT US!

Many of our readers are new carers to our organisation, and although we have probably been to visit you, you may not have an overview of our organisation.

We have two administration assistants, who work part time. They are Margaret and Michele who are mainly office based, but when needed they will pitch in and do what is required.

Then there are Heidi and myself (Maria) who are the Carer Support Workers. We also work part time. Our role, primarily, is to go out and meet our carers and offer our support. We also go to meetings and forums on carers behalf to find out what is out there for carers and to gather information.

Finally, we have the Back Care Advisors, who again work part time. They are Emma, Emma & Tanya. They go out into a wider geographical area than the Carer Support Workers and give practical advice and will, if suitable, supply small pieces of equipment to help carers deal with manual handling and back care.

If you have any questions or queries on our service and support, please call us on 01372 722269.

Maria Jordan
Snr. Carer Support Worker.

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

PAMPER DAY EWELL COURT HOUSE Tuesday 27th April



We will be holding our annual Pamper Day on Tuesday 27th April at Ewell Court House again this year and hope lots of you will be able to join us.

The day will commence at 9.45am with coffee and sessions will begin at 10am and finish at 3pm.

A complimentary buffet lunch will be served at 12noon and refreshments will be served at 3pm before we leave.

As usual we will be offering a range of therapies and relaxing activities which we hope will leave you feeling relaxed and refreshed.

You may come for the whole or just part of the day and stay for lunch if you would like to.

If you would like to join us on this day please complete and return the booking form (on page 7) and return it to us as soon as possible and no later than Monday 19th April.

If you feel unable to commit this early please complete and return the form stating your interest and we will contact you nearer the time to ask if you will be able to join us.

JobcentrePlus WORK FOCUSED SUPPORT FOR CARERS

Jobcentre Plus can offer support to any carer looking for work or training. This is a voluntary programme called Work Focused Support for Carers and the person does not have to be receiving any benefits.

The scheme involves support from an adviser, training, job preparation courses and in work benefits calculations, and is designed to help people who wish to combine paid work with their role caring for someone.

You can chose to take part, and are free to stop taking part, at any time. Even if you don't feel ready to work now but might like to in the future, you can.

Who is eligible?

Work Focused Support for Carers is available to carers who:

Do not work or work less than 16 hours a week

Are aged 18 or over

Are not able to get help from any of the other Jobcentre Plus employment support programmes such as New Deal or Pathways to Work.

What help will Jobcentre Plus give me to find work?

Your adviser can help you with advice on training, finding a job, local childcare and local replacement care. Also, if you start work, your adviser can continue to provide support and advice.

What other support is available?

Jobcentre Plus may be able to help pay for things like replacement care while you attend appointments with the personal adviser, take part in a training course or attend job interviews.

Where should I go for more information?

To find out more about getting into work or training visit:

www.direct.gov.uk/careremployment

or arrange an appointment with an advisor at your nearest Jobcentre.

TAKE A BREAK SCHEME



The Take a Break Scheme is funded by Surrey County Council and is designed to give financial assistance to carers to enable them to take a break from caring.

A break could be a holiday, a weekend away, day trips out, a course of aromatherapy or an activity which gives you a few hours away from caring to relax & enjoy yourself.

This is a non means tested scheme which is administered by Carers of Epsom. It runs all year round, to help carers get an all important break. Carers may apply at any time.

If you are a new Carer or a longer term carer and haven't had a break for a while and would like help to take a break please call us at the office.

SURREY CARE ASSOCIATION Adult Social Care Information Website

www.surreycare.co.uk

This organisation have set up a new, easy to use, website to help with deciding on the best type of care for an elderly or disabled loved one, or yourself.

The website provides essential, straightforward and up to date information on adult social care services in Surrey and includes:

General information about the care sector.

The specific types of care available:

- Care at home
 - Day care
 - Respite and live-in care
 - Nursing and care homes
 - Special needs care
 - Supported living schemes
- Information about funding for care.

www.surreycare.co.uk

Surrey Care Association is a not-for-profit organisation. It works to support social care providers in Surrey, in partnership with a wide range of organisations, to ensure the care sector meets the needs of the people in the county of Surrey.

ATTENTION ALL PARENT CARERS

Date for your diary:
Tuesday 4th May
10.30am - 12 noon



On Tuesday 4th May, Heidi will be hosting a Coffee Meeting exclusively for carers of children and young adults.

This will be on a drop in basis anytime between 10.30am and 12 noon and is intended as an opportunity to meet other parent carers, discuss any issues, pass on any hints and tips on caring, schooling or leisure activities and hopefully have a few giggles at the same time.

The venue for this meeting will be in the upstairs lounge of Starbucks Coffee Shop, Epsom, which is by the entrance to the Ashley Centre.

If this proves popular, Heidi is hoping to make parent carer coffee meetings a regular feature and intends to arrange different venues around Epsom, Ewell & Banstead.

BETTER PROTECTION FOR VULNERABLE ADULTS.

In response to the Government's consultation on strengthening protection for vulnerable adults, new legislation will be introduced to enshrine in law the need for every local area to have in place a Safeguarding Adults Board - a body made up of the local social services authority, the police, the NHS and working with all other groups involved in protecting vulnerable adults.

The Government, will now set in train a programme of work to lead and support all agencies involved in

safeguarding adults. It will ensure that everyone involved in the care of vulnerable adults has the skills to protect them.

Legislation that can, and is, being used to safeguard adults includes the Criminal Justice Act 1988, the Mental Capacity Act, 2005, the Fraud Act, the Mental Health Act 1983, the Domestic Violence, Crime and Victims Act 2004 as well as health and safety at work legislation.

By enabling adult services to work more effectively together, the Government is tightening the net so that more offenders are caught and punished within existing law. This approach takes into account the views of many older people and many people with disabilities who say they do not want social workers, police or any other professionals making decisions about their lives.

HOLIDAYS WITH HELP Respite Care Breaks for people with disabilities and their Carers.

This charity was formed in 2000 by a group of British Red Cross Society members with over thirty years experience of organising holidays for large groups of people with disabilities. All of the organisers and helpers are volunteers.

THE HOLIDAY

The accommodation is in comfortable rooms with en-suite bathroom, TV, tea & coffee making facilities.

A choice of leisure facilities and an evening programme of music, competitions and cabaret are available, and excursions are arranged on all holidays.

STAFF & ADVICE

The following are available:

- Trained and experienced helpers
 - Medical and nursing advice
 - Staff trained in wheelchair management
 - Friendly and caring helpers.
- Mobility scooters and wheelchairs are available for hire.

For more information, dates and costs of holidays this year and picture gallery visit:

www.holidaywithhelp.org.uk
or call Rosemary McIntyre
0208 390 9752

LASTING POWER OF ATTORNEY

If you are caring for someone who is having difficulties remembering things or coping with paperwork, making decisions etc. it is very important to start thinking about any future financial arrangements or decisions about their care provision.

It is much easier and quicker to put into place an arrangement called Lasting Power of Attorney when the person being helped is still able to understand and consent to the details of the agreement.

The person to help you with the legal paperwork is a solicitor that specialises in this area.

For more information call the Alzheimer's Society on 01372 729988 who will help carers of anyone with problems with memory confusion.

Or go to www.alzheimers.org.uk

FREE MOBILE CALLS FOR BENEFIT CLAIMANTS FROM 18TH JANUARY 2010



The following information was sent to us by the Surrey Welfare Rights Unit.

Free phone calls for most people using their mobiles to claim benefits and pensions were announced by the Department of Work and Pensions on the 15th January 2010.

From 18th January, six of the biggest mobile phone network companies will no longer charge their customers for calls to the Department's 0800 Benefit Claim lines.

Calls to claim benefits and state pensions use 0800 numbers which are already free to customers using BT land lines and some mobiles. But until 18th January people calling 0800 numbers from other mobile phone providers were charged for these calls.

The Department has now reached agreement with O2, Orange, Tesco Mobile, T-Mobile and Virgin not to charge for calls to around

seventy of its 0800 numbers. These numbers are used by people making initial claims for benefit and pensions and to request emergency payments, such as crisis loans.

Together the six companies with whom the Department has now signed agreements cover over 90% of the mobile market in the UK

DOMESTIC VIOLENCE DON'T SUFFER IN SILENCE

Fact: domestic violence can happen in any household, regardless of financial status, education, sexual orientation, age, race or religious belief. It can take many forms, including physical, psychological, sexual, financial or emotional.

Domestic violence accounts for between 20 to 40% of all violent crimes reported to police. Yet experts in this specialist field believe that domestic violence is a greatly unreported crime.

The reason many victims choose to suffer in silence and alone are varied. They may not want to jeopardise their partner, relationship or financial security. They may be reluctant to make an incriminating statement or give evidence against their partner in court for fear of reprisals, or they may keep quite to protect their children.

Some victims may not even regard domestic violence as a crime, having accepted it over the years as 'normal' behaviour, and research suggests that those who report domestic violence to police have suffered attacks or abuse on a number of occasions before telling officers.

Police treat domestic violence very seriously and emergency calls are responded to by police officers who risk assess victims. Also there are many charities and national helplines that specialise in helping the victims of domestic violence – and perpetrators too.

If you are a victim of domestic violence:

- In an emergency dial 999
- To report an incident call Epsom Police Station on 0845 125 2222
- For the 24 hour National Domestic Violence Helpline call Freephone 0808 2000 247

SCAMPPS In Surrey

SCAMPPS are a charity that supports children from birth who have moderate to severe, complex, special needs, living in Surrey.

SCAMPPS aims to support parents at whatever stage they are at, in coming to terms with their child's needs:

- A 'Buddy' scheme has been set up to allow new parents to meet a current member.
- A social calendar of events is in place to allow all members of the family to come together - such as family fun days or swimming parties. This is a good way of breaking the ice so that new families feel more comfortable to access the support network.
- They also arrange social evenings for mums and dads to have well deserved time out.
- Coffee mornings are held to allow families who have a child with special needs to meet informally.

Entitlements and Concessions

These are publicised through their newsletter and online. SCAMPPS website, www.scampps.org.uk also contains information and links about:

- Benefits and Entitlements
- Resources
- Services in our area
- Experiences and Recommendations
- Personal Stories
- Tips and Advice
- Other Charitable Organisations

Age Concern Surrey – Home Help Service

Age Concern Surrey operates a county wide Home Help service to assist older people and their carers with practical support in the home. Older people can access support with housework, shopping, laundry, prescription collection etc. on a weekly basis through their Hometown Service.

A Care Advisor makes an initial visit to assess the clients requirements and work out a convenient day and time for a Home Help to visit weekly.

There is a charge for this service.

For more information please phone Jenny Merritt on 01883 722418

FirstStop Advice for older people

Do you need advice or information about housing or care options?
Advice about paying for care?
Or help getting the support you need and are entitled to?

FirstStop is a lottery funded advice service on care and housing options provided by Counsel and Care; Age Concern and Help the Aged; Elderly Accommodation Counsel; NHFA Ltd.

To contact them go to www.firststopadvice.org.uk or call the Advice Line on 0800 377 7070 or email info@firststopadvice.org.uk

DAY CLOCK

This unique clock is a day of the week clock that may be of help to people suffering from Dementia, Alzheimer's and other forms of memory loss.

With its clear 7 day clock design this unique day of the week wall clock simply keeps track of the passing days.

If you have a family member or friend that suffers from Dementia, Alzheimer's or other forms of memory loss you can get one of these clocks from:

Day Clocks UK
PO Box 49755, London N20 0QF
Tel: 020 8368 9387
Fax: 08701 339218
Email: info@dayclocks.co.uk

The British Computer Association of the Blind

This organisation (BCAB) provides information and support for blind and partially sighted computer users.

BCAB aims to promote the use of computers and technology amongst blind and partially sighted people. They encourage people to explore the use of computers at work, in education and at home.

BCAB stays up to date with recent developments in computing and technology identifying relevant information and resources for blind and partially sighted people.

Full membership costs £21 per year and is open to all visually impaired people.

For more information go to their website at: www.bcab.org.uk

Gym Buddy Scheme

The English Federation of Disability Sport Operating Company has received funding from the Department of Health's Section 64 Grant to support the Gym Buddy Scheme.

The Gym Buddy Scheme is set up to provide disabled people with volunteer support to enable them to access appropriate activities in a gym setting.

It is hoped to extend the Scheme countrywide and for further details about accessing the scheme contact:

Jules Twells, IFI National Project Officer
English Federation of Disability Sport,
Tel: 01509 22 6137
Email: jtswells@efds.co.uk
Website: www.inclusivefitness.org

The Humble Onion

If you have a knife which is showing signs of rust, push it into an onion two or three times and the discolouration should disappear.

If you have painted a room and the smell of paint is strong, halve an onion and put in a large bowl or bucket.

Fill halfway with water and the smell will disappear.

If painting a cupboard or cabinet just put half an onion inside to get rid of the paint smell.

The above four articles were reproduced from the Able Community Care Newsletter - with thanks.

WALKER

Unwanted Walker
Heavy, well built, reliable
4 wheeled walker
Brakes, ergonomic handles
Basket & lower mesh shelf
Folds to fit in car
Mid-blue
In good condition

If you are interested please contact Chris Maskens on 0787 205 1920

NEW CARERS CREDIT Here's some background information on the new carers' credit scheme

New Carers Credit

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers. Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension - both the basic and State Second Pension. This will help in situations where carers currently struggle to get their State Pensions protected, for example:

1. Carers caring for 20 hours or more per week (only those caring for 35 hours or more qualify before April 2010)
2. Carers looking after someone who refuses to claim disability benefits or who finds it extremely difficult because of their condition. This would benefit people caring for people with mental illness, for example.
3. Where more than one carer is looking after someone who is severely disabled - only one can claim Carer's Allowance (but from April 2010 the other will be able to claim Carer's Credit).
4. Carers who are looking after several people but cannot claim Carer's Allowance because they do not care for any one of them for 35 hours. After 2010 people in these situations will qualify for Carer's Credit. To claim the Carer's Credit carers must be caring for 20 hours or more a week for someone who is either:

- In receipt of a qualifying benefit (any rate of Attendance Allowance or Constant Attendance Allowance, middle or highest DLA care component)
- Or where there is no qualifying benefit, has a signed certificate from a health or social care professional to confirm that the level of care being provided is appropriate)

For more information go to www.carersuk.org

**ARE YOU TRYING TO STOP
SMOKING?**



We know how hard it is to give up smoking but if you are trying to stop or are thinking of stopping the following organisations may be able to help.

ASH - Action on Smoking & Health.
Tel: 0207 739 5902
www.ash.org.uk

NHS Smoking Helpline
0800 169 9169 (9am-11pm)

NHS Pregnancy Smoking Helpline
0800 169 0169 (noon - 11pm)

QUIT
Quitline 0800 002200
www.quit-org.uk

Good Luck.

The Patients Association

Listening to patients, speaking up
for change

**Are you getting the best out of
your health service?**

**Kieran Mullen, Director of Policy
and Public Affairs for the
Patients Association has the
answers**

**Meet Kieran Mullen
Tuesday 30th March 2010
7pm - 8.30pm
STONELEIGH LIBRARY**

Tickets £3 available from
Stoneleigh Library
Stoneleigh.Library@surreycc.gov.uk
Tel: 0300 200 1001

**TRAVEL INSURANCE FOR OLDER
PEOPLE**

We recently learned of the following companies who specialise in insuring older travellers.

Intune
Travel Insurance with no upper age limit.
Call 0800 030 4855
Or go to www.intunegroup.co.uk

Staysure
Over 50's specialist travel insurance
Call 0844 2 772 772
Or go to www.staysure.co.uk

Please note we have no personal experience of either of these companies, therefore cannot recommend them.

**Who's who at
Carers of Epsom**

As you know we are a voluntary organisation managed by unpaid Board Members.

We thought you would be interested to know who the Board Members are and what office they hold.

Board Members

Cynthia Gifford - Chair

Cynthia's role is multi faceted and includes all aspects of running Carers of Epsom, for example chairing meetings, obtaining funding and holding regular staff meetings.

Tom Lowman - Treasurer

Tom takes care of our finances and arranges payment of things like rent, insurance, staff wages, invoices etc.

Shaun A. Jones - Secretary

Alongside his duties as Secretary Shaun also set up our Website and until recently was responsible for running it.

Nigel Pavey - Board Member

Nigel has taken responsibility for the twice yearly staff appraisals.

Linda Piercy - Board Member

Linda is responsible for Health and Safety.

Margaret Leatherby - Board Member

Margaret is our longest serving board member and founder member.

Pamela Bradley - Epsom & Ewell Borough Council Representative

Julian Ford - Board Member

Julian has recently taken over responsibility for running our website

President

Cllr. Jean Smith

Take a Break Committee

Tom Lowman
Elizabeth Webster
Bob Frisby

Staff

Maria Jordan Snr. Carer Support Worker

Heidi Dendy Carer Support Worker

Margaret Wright Admin Assistant

Michele Moore - Admin Assistant.

Emma Cope Back Care Advisor

Emma Shires Back Care Advisor

Tanya Warner Back Care Advisor

Former Carers Corner

Support

We are pleased to be able to continue to offer our support to newly bereaved former carers for the first year and welcome them to join carers at their monthly lunch meeting.

Outings/events

Former carers are welcome to apply to join trips and events, but priority for places will be given to carers. We may have to ask former carers for a contribution to the cost of the event/outing.

Moving on

There are numerous local clubs, societies and organisations offering a vast variety of activities, who are keen to attract new members and volunteer helpers.

With more time on your hands perhaps now would be a good time to consider exploring some new activities, or taking up something you have always wanted to do.