

# B-E-E CARING

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



## October 2011



Welcome to our October newsletter. Thank you to those carers that joined us on our trips to the Royal Observatory and Maritime Museum, we hope that you enjoyed your day.

Thank you to those who have applied for our Theatre Trip to see The Sound of Music in October. This trip has proved highly popular with lots of ticket reservations being received.

If you have not managed to join us on any of our trips recently, please do not be disheartened. We are excited to be able to offer a trip to The Savoy Hotel.

### **Carers Events**

#### **CARERS LUNCHES - DROP IN**

Wednesday 5th October  
12noon—2pm  
Ask Restaurant, Epsom  
&

Wednesday 14th December at  
Zizzi, Banstead

#### **THEATRE TRIP**

THE SOUND OF MUSIC  
Thursday 20th October  
Departure 1.00pm  
Return between  
6.00 to 6.30 pm

#### **COFFEE MEETINGS DROP IN**

Tuesday 1st November &  
Tuesday 6th December  
10—11.30 A.M.  
Costa Coffee, Epsom  
&

Tuesday 15th November at 10-  
11.30 Bourne Hall Coffee Shop,  
Ewell Village

#### **THE SAVOY HOTEL**

**Afternoon Tea**

Thursday 24th November  
Please see inside for  
details

As a special pre-Christmas treat we are going to have afternoon tea at The Savoy on Thursday 24th November. The tea is booked for 1.30 pm and will be leaving by coach from the Town Hall Car Park at 12 noon. There will be a small cost of £10.00 to Carers for this event. Please be advised we will be home by approximately 4.30pm, this will be dependent on traffic conditions. Dress code: no jeans, trainers and tie and jackets for men.

### Art Class



The local Conquest Art Class at St Paul's Church, Northey Avenue, Cheam (rear entrance) which meets on a Thursday afternoon from 2.00—4.00pm would love to welcome new members. It is an extremely friendly class and the emphasis is on enjoying art rather than excellence, so you don't have to be good at art. The techniques vary to suit the artist, but include acrylics, water colour, silk painting on ceramic and glass, collage, painting with straws, printing, using sponge2s—you name it, we do it! Above all we have fun.

We are holding an Open Afternoon on Thursday 27th October - From 2.00—4.00 pm.

There will be a display of members' work, Bring & Buy and refreshments.

### Feedback on our Male Members Survey

Following a request from one of our male members to hold a male only meeting, we contacted our male members and asked them if they would like a male support group and the overwhelming response was that they did not want a specific group.

Therefore we will not be organising an all male support group at present. This decision can be reviewed at anytime in the future. Meanwhile we welcome all carers to attend the support groups.

Maria Jordan

Senior Carer Support Worker.

### Welcome to Vegetarian for Life

Vegetarian for Life (VFL) is a Charity which launched in May 2008. VFLs Vision is to improve the quality of life of the UK's older vegetarians and vegans. To achieve this vision, VFL's goals are to:

- raise catering and food standards
- encourage healthy living,
- faster understanding of their lifestyle choices and needs for older vegetarians and vegans.

Other activities include:

- Information service - website and print
- Nutrition and catering advice
- the VfL— UK List of vegetarian friendly care homes.
- Catering training
- grant administration (for independent living)
- Advocacy and influencing.

Products & Services

Charitable Grants

Can we help any of your clients from the Vegan Fund or the Vegetarian Fund? Older vegetarians and vegans in need can apply for help with independent living, for example: a stair lift, disabled adaptation etc

For more information:

[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)

Telephone: 01683 220888

Registered Charity No 1120687

## What is FASD?

FASD, Foetal Alcohol Spectrum Disorder is a series of preventable birth defects caused by a women drinking alcohol during pregnancy.

The term "Spectrum" is used because each individual with FASD may have some or all of a spectrum of mental and physical

challenges.

For more information contact us: Telephone 01608 811 599

E-mail: [admin@fasdtrust.co.uk](mailto:admin@fasdtrust.co.uk)

Website: [www.fasdtrust.co.uk](http://www.fasdtrust.co.uk)

## NHS Continuing Care

NHS Continuing Care will provide finance for people who fulfil the eligibility criteria. Continuing care can be paid in a care home, a hospice or in your own home.

There is little knowledge about this form of care. Many people therefore may lose out by paying for their care themselves when in reality they could be legally entitled to have it paid for if they were aware that this avenue was open to them. There is a website that gives comprehensive information about NHS Continuing Care. The website is that of The Alzheimer's Society which has an article entitled, "Top ten tips and hints on preparing your case for NHS continuing healthcare". It also has other help and advice for those with dementia and their families. Go to [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

The advice given is comprehensive and if you do not have access to the internet, give them a call on 0845 3000 336, which is their helpline number.

## EPSOM MENTAL HEALTH

### WEEK 9-15 OCTOBER

2011 For full information

about events and speakers

see

[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

## Tracing a pension scheme

Currently there are many millions of pounds made up of unclaimed pensions. Pensions that may have been forgotten because of changed jobs during a working life time, or as in the case of older pensions, money that may be due to the spouse of a pensioner.

The Pension Tracing Service has access information to over 20,000 pension schemes and it will try and help you to trace any pension you have a right to. The service for them to search their database is free.

You will need to give the Pension tracing Service what information you can. It will help if you can tell the Pension Tracing Service what type of pension you are searching for. They hold details of two types of pension scheme: company pension schemes and personal pension schemes. Try and find any document, however small, to help them to help you.

For contact:  
Pension Tracing Service, The Pension Service Tyneview Park, Whiteley Road, Newcastle Upon Tyne NE98 1BA.

Telephone 0845 600 2537 or you can go to [www.direct.gov.uk](http://www.direct.gov.uk) and complete a questionnaire on line.

## Contact the Elderly



Contact the Elderly is the only charity solely dedicated to tackling loneliness and social isolation among older people. They do this by organising monthly Sunday afternoon tea parties for small groups of people aged 75+ who live alone.

Each person is collected from their home by a volunteer driver and is taken to a volunteer host's home for the afternoon. If you know of anyone who would like to go to a Sunday afternoon tea party once a month or if you would like to become a volunteer, please make contact at:

Contact the Elderly Telephone: 020 7240 0630 Email to [info@contact-the-elderly.org.uk](mailto:info@contact-the-elderly.org.uk)

## Introducing IDDT

The Insulin Dependent Diabetes Trust (IDDT) is a registered charity and was formed in 1994. The trust was set up to look at some of the day to day difficulties of living with diabetes, the worries, fears and concerns that perhaps are not talked about at the hospital clinic.

It is an organisation for people living with diabetes run by people living with diabetes. The organisation recognises that when one person in a family lives with diabetes, this affects other family members and they offer support to partners and parents.

The IDDT has a helpline which is available from 9.00 am to 5.00 pm , Mondays to Fridays, Helpline telephone:01604 622837

## Care Monitoring Device

SeNCit is a new device for helping to keep a remote but discreet 'eye' on lone or vulnerable individuals. The device lets relatives, friends or neighbours know via a text message when someone has a fall or becomes incapacitated. In addition the device can detect movement of an individual

or not, room temperature, power cuts, night time wanderings etc.

The individual does not have to wear the device and the running costs after purchase can be as low as a few pence per month.

For further details contact the company SeNdtech by calling them on 01628 638557.

## CROSSROADS CARE

Calling all Carers .....Do you all need a couple of hours to yourself. We are running a trial drop-in session where you can bring the person you care for & leave them with our fully trained staff. The cost is £2 which includes afternoon refreshment.

Tuesday 27th Sept 2-4pm

Thursday 6th Oct 2.30-4.3-pm

Epsom Methodist Church, Ashley Road

(no parking but drop off area)

Monday 17th Oct 2-4pm

Thursday 27th Oct 2-4 pm

Leatherhead Institute, 67 High Street (parking available)

Spaces are limited so please book early to avoid disappointment by telephone 01372 363300.

Afternoon Tea  
The Savoy Hotel  
London  
Thursday 24<sup>th</sup> November 2011



We would be delighted if you would like to join us at The Savoy Hotel for Afternoon Tea on Thursday 24<sup>th</sup> November 2011.

We will be leaving by coach from the Town Hall at 12 noon

There is a £10 charge for this event.

If you would like to join us for tea, please complete and return the booking form below, and return the form to us at Carers of Epsom, The Old Town Hall, The Parade, Epsom, Surrey KT18 5AG no later than Tuesday 3<sup>rd</sup> November.

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Afternoon Tea - Thursday 24<sup>th</sup> November at The Savoy

Please book a place for me for Afternoon Tea.

Name .....

Address .....

..... Postcode .....

Telephone No. ....

## TAKE A BREAK SCHEME



The Take a Break scheme runs all year and may apply at any time. Carers are invited to apply for financial help to enable them to have a break from their caring role. This could be a holiday, a gym membership, a course of massages, driving lessons and anything that the carer feels would provide them with a break from their caring role.

For more details and application forms please call us in the office.

## Back Care Advisory Service



This is a free service which is aimed at Carers who would like information or advice on all aspects of Lifting, Moving and Handling. The main objective is to prevent or minimise back pain and there is no restriction on how many times the Advisor can visit. Advisors will visit carer's at home to carry out a risk assessment to identify any moving and handling issues or problems. Recommendations and suggestions on methods to improve ways of lifting, moving and handling will then be made.

Advisors can also give back care exercises to help maintain a healthy back.

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

## **Carers of Epsom**

The Old Town Hall  
The Parade  
EPSOM  
KT18 5AG

Tel: 01372 722269

Fax: 01372 729126

Email: [carers.epsom@btconnect.com](mailto:carers.epsom@btconnect.com)

Website

[www.carersofepsom.co.uk](http://www.carersofepsom.co.uk)

The office is usually staffed weekdays 10am-12noon  
Ansafoone at other times

'TheTeam' at Carers of Epsom prepared this edition of the Newsletter

**Whilst every effort has been made to be as accurate as possible, Carers of Epsom shall not be held liable for the accuracy and completeness of the information in this newsletter.**

**Carers of Epsom was established in 1988**

## USEFUL PHONE NUMBERS

ACTION FOR CARERS & EMPLOYMENT 01737 244220  
ACTION FOR CARERS (SURREY) 01483 302748  
AGE CONCERN - BANSTEAD 01737 352156  
AGE CONCERN - EPSOM 01372 732456  
AGE CONCERN - TRANSPORT 01372 728758  
AIDS HELPLINE 0800 567 123  
ALZHEIMER'S MID SURREY 01372 729988  
BENEFITS AGENCY ENQUIRY LINE for Claim Forms  
0800 882200  
BRIGITTE TRUST 01306 880862  
CITIZENS ADVICE BUREAU - Banstead 0844 4775982  
Epsom 01372 720205  
CONTINANCE SERVICE 01372 734 841  
CRUISE BEREAVEMENT CARE 020 8393 7238  
DISABILITY EQUIPMENT REGISTER 01454 318818  
DISABILITY EQUIPMENT SHOP 01306 741500  
DISABILITY INFORMATION CENTRE EPSOM (DICE)  
01372 735243  
EAST SURREY CROSSROADS 01883 714641  
EPSOM & EWELL BOROUGH COUNCIL 01372 732000  
EPSOM/EWELL HARD OF HEARING SUPPORT GRP.  
01372 721061  
FAMILYLINE 0808 800 5678  
MDF, THE BI POLAR ORGANISATION 020 7793 2600  
ME: National Support Centre 01708 378050  
Sutton ME/CFS Support Group 020 8287 6206  
MEALS ON WHEELS 01372 720563  
MENCAP - National Centre 0207 454 0454  
MENCAP - Mid Surrey 01737 353953  
MENCAP Leisure Service (short breaks for carers)  
01737 230149  
MOTOR NEURONE SOCIETY 01737 353281  
MID SURREY CROSSROADS 01372 363300  
MULTIPLE SCLEROSIS NORTH SURREY BRANCH  
0845 045 0847  
NHS HEALTHLINE 0845 46 47  
PALS (Patient Advisory Service) 01372 384397  
PARKINSONS SOCIETY 020 8337 6088  
PENSION SERVICE 0845 60 60 265  
PHAB CLUB 01372 729492  
PUFFINS SPORTS CLUB FOR DISABLED 0208 393 9477  
REIGATE & BANSTEAD BOROUGH COUNCIL  
01737 276000  
RETHINK (Schizophrenia help) 0845 456 0455  
ROY CASTLE LUNG CANCER HELPLINE 0800 358 7200  
SAMARITANS National 08457 90 90 90  
Local 01372 375555  
SOCIAL SERVICES  
Adult Social Care 0300 200 1005  
Childrens Social Care 0300 200 1006  
Emergency Duty Team 01483 517898  
UK EPILEPSY HELPLINE 01494 601400  
VOLUNTARY ASSOC.FOR SURREY DISABLED  
01306 741500

## USEFUL WEBSITES

Action for Carers Surrey [www.carersnet.org.uk](http://www.carersnet.org.uk)  
Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk)  
BBC News (Health) [www.bbc.co.uk/1/hi/health/default.stm](http://www.bbc.co.uk/1/hi/health/default.stm)  
Brigitte Trust [www.brigitte-trust.org](http://www.brigitte-trust.org)  
Cancer Help UK [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)  
Care Choices [www.carechoices.co.uk](http://www.carechoices.co.uk)  
Care Quality Commission [www.cqc.org.uk](http://www.cqc.org.uk)  
Department of Work & Pensions [www.dwp.gov.uk](http://www.dwp.gov.uk)  
Department of Health [www.dh.gov.uk](http://www.dh.gov.uk)  
Directgov [www.direct.gov.uk](http://www.direct.gov.uk)  
Expert Patients Programme [www.expertpatients.co.uk](http://www.expertpatients.co.uk)  
The Kings Fund [www.kingsfund.org.uk](http://www.kingsfund.org.uk)  
Mind [www.mind.org.uk](http://www.mind.org.uk)  
Multiple Sclerosis North Surrey Branch  
[www.mssociety.org.uk/northsurrey](http://www.mssociety.org.uk/northsurrey)  
National Autistic Society [www.nas.org.uk](http://www.nas.org.uk)  
Parliamentary & health Service Ombudsman  
[www.ombudsman.org.uk](http://www.ombudsman.org.uk)  
Pension Service [www.thepensionerservice.gov.uk](http://www.thepensionerservice.gov.uk)  
Princess Royal Trust for Carers [www.carers.org](http://www.carers.org)  
RNIB [www.rnib.org.uk](http://www.rnib.org.uk)  
SID - Social Information On Disability  
[www.asksid.org.uk](http://www.asksid.org.uk)  
Stonewall [www.stonewall.org.uk](http://www.stonewall.org.uk)  
Surrey 50+ Network [www.surrey50plus.org.uk](http://www.surrey50plus.org.uk)  
Surrey Adult Linked Disability Registers  
[www.surreycc.gov.uk](http://www.surreycc.gov.uk)  
Surrey Association for Visual Impairment  
[www.surreywebsight.org.uk](http://www.surreywebsight.org.uk)  
Voluntary Association for Surrey Disabled  
[www.vasd.org.uk](http://www.vasd.org.uk)

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## **Carers of Epsom**

Supported by Surrey County Council and Surrey PCT

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