

B-E-E CARING

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



SEPTEMBER 2008

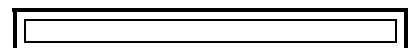
We were delighted to see so many of you at our events and outings recently.

We thoroughly enjoyed our afternoon at Cherkley Gardens, made all the better as so many of you managed to come along.

If you didn't manage to join us at Cherkley Court, do try and pay it a visit as it is a tranquil and beautiful local venue, perfect for an afternoon trip out all year around.

The trip to the theatre to see Joseph and the Amazing Technicolor Dreamcoat has proved very popular and the tickets were snapped up overnight. We are sorry if you applied for a ticket and were unsuccessful, but we will try and organise another theatre trip later.

If you would like to join us on our trip to Brighton please see inside for more information and booking form on page seven.



CARERS CALENDAR



- 2nd Sept BANSTEAD COFFEE
 4th Sept CARERS LUNCH
 The Vestry Pub, Epsom
 9th Sept EPSOM COFFEE
 11th Sept EX CARERS LUNCH
 The Spring, Ewell
 17th Sept EVENING MEETING
 The Haywain, Epsom
 24th Sept THEATRE TRIP
 1st Oct BRIGHTON TRIP
 7th Oct BANSTEAD COFFEE
 14th Oct EPSOM COFFEE
 23rd Oct CARERS LUNCH

SUPPORT MEETINGS - VENUES

BANSTEAD COFFEE BREAK
 The Squirrels, The Horseshoe,
 Banstead.

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

MEET FOR LUNCH

12 noon at various venues in Epsom.
 See above for date and venue.

EVENING MEETING

The Haywain Pub, Dorking Road,
 Epsom. 8pm - 10pm Meet in the bar.

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.

If you would like to join us at any of
 our meetings but have difficulty
 getting to them please contact us as
 we may be able to arrange transport
 for you.

**TRIP TO ROYAL PAVILLION
 BRIGHTON**

Wednesday 1st October

*We have arranged a day trip to Brighton to
 visit the Royal Pavilion on Wednesday 1st
 October.*

Deadline for applications 19th September.

*We will be travelling by Mini coach to
 Brighton leaving The Old Town Hall Car
 Park, Epsom at 10.15am and arriving back at
 approx. 5.30pm*

*This day will involve quite a bit of walking and
 inside the Pavilion there are quite steep and
 narrow staircases to negotiate. So please take
 this into consideration when booking.*

*For more information and to book a place, see
 booking form on page 7*

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.

Sibs

**Working with adult siblings of
 disabled people**

Sibs are running a conference for
 adult siblings and their supporters
 on

Tuesday November 11th 2008
 10am - 4.30pm
 St Albans Centre, Holborn, London.

Cost £30 for adult siblings or
 parents of adult siblings

Acknowledging the significance of
 this lifelong relationship

The adult brothers and sisters of
 disabled people are often a hidden
 group in our society. Whilst much is
 expected of siblings in terms of
 being advocates and carers for
 their brothers and sisters, they
 receive very little recognition or
 support for these roles.

This is the first UK conference to
 address the issues of adult siblings.

For further information about the
 conference or booking a place call:
 Miranda on 01751 417291

Heritage Open Days 2008



Keep your diary free for a
 weekend of discovery
**Saturday 13th September and
 Sunday 14th September 2008**

There will be a chance to visit a
 variety of historic buildings in
 Epsom and Ewell with **FREE**
 entry!

The programme currently
 includes the Old Moat Barn, St.
 Mary's Cuddington, Ewell Court,
 St. Martin's Epsom, St. Mary's
 Ewell, Fitznells, Durdans Riding
 School, Ewell Watch House,
 Epsom College Chapel and
 Woodcote Grove.

For more details and information
 contact Bourne Hall Museum on
 020 8394 1734 or email
jharte@epsom-ewell.gov.uk

BENEFITS UPDATE

DLA Right Payments

The Disability and Carers Service
 (DCS) has introduced a new
 review programme which is
 intended to ensure that people

who are claiming Disability Living Allowance (DLA) are receiving the correct rate of DLA.

The programme will review 12,000 cases each year. Of these, 3,750 will be chosen at random. The remaining number will be chosen from cases where "research has shown that there is the greatest potential for change" – this is not specified.

Claimants will be sent an enquiry form to complete and return. Decision makers will then decide if they are receiving the correct amount of DLA, and may ask for further information if it is unclear.

The DCS has advised that it will focus on potential underpayments, as well as potential overpayments.

Previous review programmes have shown that there is a significant number of claimants who receive less than their correct entitlement – particularly cases where a claimant receives only one component of DLA when there is entitlement to both care and mobility components.

Serious Concerns about ESA

Since publication of the first set of regulations concerning the new Employment and Support Allowance, several national welfare rights organisations have raised concerns about the impact of certain aspects of the rules and how they will affect ill or disabled claimants. Messages put out prior to the legislation heralded the new scheme, due to start at the end of October 2008, as improved help into work for the majority and increased financial support for those who can't work. As it turns out there are several areas of major worry:

- Some claimants won't be better off, including the most severely disabled clients who are in the Support Group.
- Claimants of contributory ESA will have to actively apply for help towards NHS costs if they are entitled. This is despite the paid rate of ESA being the same as means-tested ESA claimants who will be entitled automatically.
- ESA claimants undertaking Permitted Work will have their earnings treated differently for Housing and Council Tax Benefits depending upon whether they

are claiming contribution-based or means-tested ESA.

- There are far fewer groups of claimants who will be automatically exempt from the Work Capability Assessment. Currently those in receipt of higher rate DLA care component, people who are registered blind and those with a severe mental health problem or learning disability are exempt from the Personal Capability Assessment (the current test).

The above Benefits information has been reproduced from the Welfare Writes Summer 2008 newsletter.

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.

HISTORY OF EPSOM & EWELL

Did you know:

Gunpowder mills were built south of the Hogsmill River between 1754 and 1875. The product was said to have been used in the American Civil War and was blamed by some for the French losing the Franco-Prussian war of 1870. Ewell Court House, completed in 1879, was financed from the profits of these mills.

The famous painting 'Ophelia' by John Everett Millais was painted at the Hogsmill, near Ruxley Lane. Holman Hunt, his friend and fellow artist, used one of the disused huts of the nearby gunpowder mills for his depiction of Christ knocking at the door in 'The Light of the World'.

Surrey County Council Information Leaflets

We have a number of Surrey County Council booklets in the

office, which cover the following topics:-

- Comments/compliments and complaints about Social Services
- Protecting your information
- Sharing your information
- Customer Promise
- How to Access Social Care Services

If you would like a copy of any of these leaflets please let us know in the office.

SNORING

Don't just put up with it



It is very hard to cope if your sleep is continually disturbed. While snoring is often seen as a bit of a joke, it isn't to those living with it.

A visit to the GP is a good start, to rule out any serious cause.

Your dentist may be able to give advice about moulded mouth guards.

The British Snoring and Sleep Apnoea Association is a not-for-profit organisation dedicated to helping snorers and their partners improve their sleep, returning them again to peaceful nights together.

The aims of the association, founded in 1991, are to promote public awareness that snoring and sleep apnoea are generally treatable complaints and that help is available. They offer information on causes and treatments and this can be obtained from their website or by telephone to one of their helpline advisors. They also have a close working relationship with the medical profession and provide them and their patients with their expert help and information.

For more information contact:
British Snoring & Sleep Apnoea Association
Castle Court
41 London Road,
Reigate, RH2 9RJ

Tel: 01737 245638
Fax: 0870 052 9212
Email: info@britishsnoring.co.uk
Web: www.britishsnoring.co.uk

FIVE A DAY IS THE WELL BALANCED WAY



But how much fruit and vegetables should we be eating?

We're all aware of the health advice that says we should be eating five portions of fruit or vegetables a day.

Fruit and vegetables are an essential part of our diet, have great benefits for our heart, and the vitamins and minerals in these foods may help to lower blood pressure.

However, many people are not sure what is meant by a portion, which may be smaller than you think, therefore making five a day much easier to achieve!

The following may help to put things in perspective:

- ◆ Very large fruits - 1 large slice
- ◆ Apple, orange, banana - 1 whole fruit
- ◆ Satsuma's or apricots - 2-3 whole fruits
- ◆ Raspberries, strawberries, grapes - 1 cupful
- ◆ Fruit salad, stewed or canned fruit - 2-3 tablespoons
- ◆ Dried fruit $\frac{1}{2}$ -1 tablespoon
- ◆ Fruit juice 1 small glass
- ◆ Raw, cooked, frozen or canned vegetables - 2 large tablespoons
- ◆ Salad - 1 dessert bowl

Also Did you know?

Carrots really can help you to see more clearly, and Popeye would be pleased to hear that the same goes for spinach. Both contain good amounts of carotenoid lutein, which can help to protect the eyes against damage caused by the ageing process.

Olives contain just three calories each as well as wrinkle-busting vitamin E and anti-inflammatory antioxidants than can help protect against heart disease.

The above information was reproduced from the different Strokes Newsletter - with thanks.

ACTION FOR CARERS SURREY

Course Fee Discount for Carers

Surrey Adult & Community Learning Centres are offering a 50% discount on courses advertised in the new ACL brochure from September 2008-09.

To qualify for this discount, you must be in receipt of Carers' Allowance (you will need to show proof of this when you register). Brochures can be found at libraries, council offices and local adult learning centres and also on the Surrey County Council website: www.surreycc.gov.uk/adultlearning

Please take advantage of this offer to take some time out for yourself while trying something new.

If you experience any problems when requesting the discount, then please contact either Sandra or Alex at Action for Carers & Employment (ACE) on 01483 565874 Email: ace@actionforcarers.org.uk

ACE can help all Carers explore learning, training and work opportunities. If you would like any more information, please contact Action for Carers.

ACTION FOR CARERS

An Invitation to all Carers in Surrey

A series of interactive discussions over the coming months is being offered to carers about future changes in social care provision in Surrey arising from the proposed introduction of **Self Directed Support** and the commitments in the new **National Carers Strategy**.

The events will be located in each of the 3 Carers Strategy localities so that a "local" perspective can be added to the discussions, but you are welcome to any or all, irrespective of where you live or care in Surrey, as the events are a rolling and developing conversation. The first event will be held on:

**29th September at
The Leatherhead Leisure Centre
10.30am to 3pm
(Lunch included)**

The programme will include:

1. **Self Directed Support:** This proposed new method of delivering social care services to users and carers will be explained, in particular how carers will access this new system and how it will impact on them.
2. **National Carers Strategy:** Details of how future services and support for carers in Surrey may respond to this will be outlined.

There will be discussion groups on specific aspects of both developments providing more detail on these issues and giving carers a chance to share their views, which will be fed back into the planning process for both Self Directed Support and the Surrey Carers Strategy.

IMPROVEMENTS TO DAY SERVICES FOR PEOPLE WITH LEARNING DIFFICULTIES

Surrey County Council want to improve their day services for people with learning difficulties. They are holding a series of Road shows across the county to explain their proposals and to ask your views.

Anyone interested in, or involved in, or users of the services for people with learning difficulties, are very welcome to these events.

There will be stands, presentations and workshops. It will be an opportunity to see the proposals, ask questions and comment.

No decisions have yet been made, so make your views known.

The workshops are as follows:

- ◆ Friday 5th Sept – The Spectrum Leisure Centre, Guildford 1pm-6pm
- ◆ Thursday 25th Sept – Spelthorne Leisure Centre, Staines -1pm-6pm
- ◆ Tuesday 30th Sept – Harlequin Theatre, Redhill 1pm-6pm
- ◆ Friday 17th Oct. – Runnymede Centre, Chertsey 11am-3pm
- ◆ Thursday 23rd Oct. – Woking Leisure Centre, Woking 1pm-6pm

For more details about the proposals ring 0845 2466 226 or go to www.aboufus.org.uk

Bernard Beaman Quiz 2008
Answers on page six



1. What is the name of the pub in 'Emmerdale'?
2. What type of pastry are profiteroles made from?
3. Who designed the Swiss Guard uniform?
4. In which sea is the Island of Majorca?
5. How many years are celebrated by a pearl anniversary?
6. Which sign of the Zodiac follows Capricorn?
7. Who won the 2007 Formula 1 Championship?
8. What element is used in a flash bulb?
9. How many keys does a piano have?
10. Who appears on the reverse of a current £10 note?
11. On which line of the London Underground is Knightsbridge Station?
12. Which planet is second from the sun?
13. Who played opposite Celia Johnson in 'Brief Encounter'?
14. How long is a MP elected for?
15. When was National Service abolished in the UK?
16. What is the capital of Canada?
17. Who played Dr. Ellingham in the TV series 'Doc Martin'?
18. Which building's main door cannot be opened from the outside?
19. Where is the Eddystone Lighthouse situated?
20. In which month in 1914 did the First World War begin?
21. Who composed 'The Hallelujah Chorus'?
22. Which of the senses is poorly developed in most birds?
23. For what sport would one win the Wightman Cup?
24. Which falls are on the border between Zimbabwe and Zambia?
25. Which film included the song 'Raindrops Keep Fallin on my Head'?
26. What is the drink tequila made from?
27. What is the liquid portion of blood called?
28. Which artist is famous for his matchstick men pictures?
29. How is the heir to the throne known in Scotland?
30. Where is the Guggenheim Museum?
31. What was the first full length Walt Disney cartoon Film?
32. What is used to make malt whisky?
33. Who wrote 'The Pilgrim's Progress'?

34. What was first published in 'The Times' on 1st February 1930?
35. What is the name of Noah's wife?
36. In mythology, what was the food of the Gods?
37. Who discovered radio waves?
38. What does the abbreviation SALT stand for?
39. Which novelist was the cousin of actor Christopher Lee?
40. For which film did Steven Spielberg win his first Oscar as director?

This quiz has been reproduced from the MS The Link Newsletter, with thanks.

HOLIDAY VENUE



BOND HOTEL, BLACKPOOL

Specialist hotel & holiday homes for disabled people

The Bond Hotel provides holidays for people with all kinds of disabilities.

There are 65 fully accessible ensuite bedrooms, the majority of which are fully adapted and suitable for wheelchair users and people with special needs, with wheel in shower rooms, electric raiser beds, hoists and ground floor rooms. This hotel also provides respite breaks for carers and their families.

For more information contact:
The Bond Hotel
120 Bond Street
South Shore
Blackpool
FY4 1HQ
Telephone 01253 341218
Email:
Reception@bondhotel.co.uk

THRIVE

A Gardening charity for the Disabled

Thrive was founded in 1978 and their vision is that the benefits of gardening can be known and accessed by anyone with a disability.

They can give advice to individual gardeners and have a website (www.carryongardening.org.uk) which gives comprehensive advice on ways to make gardening easier, such as design ideas and tools.

Thrive has a second website (www.thrive.org.uk) which offers general information and contacts.

If you have any questions regarding accessibility in your garden call them on: 0118 988 5688
Or email info@thrive.org.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

THE Ecoworriers GUIDE
ENERGY – SAVING BULBS:
AN ILLUMINATING SELECTION
By Mike Barfield

STONELEIGH THROUGH THE ROOF GROUP



Invites you to Tea on
Saturday 27th September
3pm-5pm
At
Baptist Church
The Glade
Stoneleigh

The afternoon will take the form of a bit of a talent contest so be prepared to take part if you wish - bring a painting, sing a song, play the piano, tell a story, anything!

If you would like to attend please RSVP to Paula Smith 0208 337 2957 tpwsmith@xalf.co.uk by 20th September.

FOR SALE

**BRAND NEW
ADJUSTAMATIC SINGLE
BED
£50**

Price reflects owners need to sell due to lack of space

If you are interested in purchasing this bed or for more information please contact Carers of Epsom on 01372 722269

JUST FOR FUN

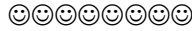
Mich was in court for a double murder and the judge said, "You are charged with beating your wife to death with a spanner. "A voice at the back of the courtroom yelled out, "You devil!"

The judge continued, "You are also charged with beating your daughter to death with a spanner." Again the voice at the back of the courtroom yelled out, "You evil devil!!!"

The judge stopped, looked at the man in the back of the court room, and said, "Paddy, I can understand your anger and frustration at this crime, but I will not have any more of these outbursts from you or I shall charge you with contempt! Now what is the problem?"

Paddy, at the back of the court stood up and responded, "For fifteen years I've lived next door to that selfish devil and every time I

asked to borrow a spanner, he said he didn't have one!"



Five Englishmen in an Audi Quattro arrived at an Irish border checkpoint. Paddy, the officer, stops them and tells them: "It is illegal to put five people in a Quattro, Quattro means four." "Quattro is just the name of the automobile," the Englishman retorts disbelievingly. "Look at the papers, this car is designed to carry five persons."

"You cannot pull that one on me," replies Paddy. "Quattro means four. You have five people in your car and you are therefore breaking the law."

The Englishman replies angrily, "You idiot! Call your supervisor over, I want to speak to someone with more intelligence!"

"Sorry," responds Paddy, "Murphy is busy with two guys in a Fiat Uno."

ANSWERS TO QUIZ

1. The Woolpack
2. Choux
3. Michelangelo
4. Mediterranean
5. 30
6. Aquarius
7. Kini Raikonen
8. Magnesium
9. 88
10. Charles Darwin
11. Piccadilly
12. Venus
13. Trevor Howard
14. 5 years
15. 1960
16. Ottawa
17. Martin Clunes
18. 10 Downing Street
19. Near Plymouth
20. August
21. Handel
22. Smell
23. Tennis
24. Victoria
25. Butch Cassidy & The Sundance Kid
26. Cacti
27. Plasma
28. Lowry
29. Duke of Rothesay
30. New York
31. Snow White & The Seven Dwarfs
32. Barley
33. John Bunyan
34. Crossword
35. Her name is never mentioned
36. Ambrosia & nectar
37. Hertz
38. Strategic Arms Limitation Talks
39. Ian Fleming

40. Schindler's List

Ex Carers Corner

NEXT MEETING

12 noon
Thursday 11th September
The Spring
Ewell Village



The ex carers group is intended to support new ex carers over the first year or two to help with the transition from carer to ex carer.

If you are a new ex carer why not come along to this lunch and meet new friends? We will be very pleased to welcome you.

Maybe you will find someone to enjoy a shopping trip or an outing to the theatre or cinema with. Perhaps you will learn about local clubs that appeal to you to join which will help you to move on.

Need something to fill your days? Have you thought of volunteering? Volunteering is something that everyone can do. Whether you have a lot of time or a little, and would like to make friends, feel useful, put something back or gain a skill.

There are a wide variety of openings such as:

Administrative or shop work, gardening, sports or crafts, mentoring & guidance, lunch time help in a Day Centre and many more.

For more information call into the Epsom & Ewell Volunteer Centre, The Town Hall, The Parade, Epsom telephone 01372 740394 or email volunteering@centralsurrey.org Monday to Friday 10am - 1pm