

B-E-E CARING

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



AUGUST 2008

Take a break -
join us on an
outing

In response to requests from members for more trips we have organised a theatre trip for Wednesday 24th September.

We have tickets for the matinee performance of Joseph & the amazing Technicolor Dreamcoat at Wimbledon Theatre..

If you would like to join us on this trip please see booking form on page 7.

We have also organised a coach trip to Brighton on Wednesday 1st October to visit the Royal Pavilion and, weather permitting, a walk along the seafront.. This would be a full day trip travelling by mini bus. More information and booking form will be in the September Newsletter.

We do hope lots of you will be able to take the

opportunity for a short break and join us on these outings.

CARERS CALENDAR

5 th Aug	Banstead Coffee
12 th Aug	Epsom Coffee
13 th Aug	Carers Lunch
19 th Aug	Cherkley Court
2 nd Sept	Banstead Coffee
9 th Sept	Epsom Coffee
11 th Sept	Ex Carers Lunch
17 th Sept	Evening Meeting
24 th Sept	Theatre Trip
1 st Oct.	Brighton Trip

SUPPORT MEETINGS

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 in the Haywain, Dorking Road, Epsom. (next door to Epsom Hospital)

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.

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.

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.

IDEAS FOR A DAY OUT IN LONDON

BANK OF ENGLAND MUSEUM

The Bank of England Museum tells the story of the Bank of England from its foundation in 1694 to its role today.

Displays include books, documents, silver, prints, paintings, banknotes, coins and photographs.

Admission is free and the museum is open Monday-Friday 10.00-17.00
The Bank of England Museum

Threadneedle Street
EC2R 8AH
020 7601 5545
www.bankofengland.co.uk

BUCKINGHAM PALACE

The State Rooms, Buckingham Palace are open to the public between 09.45 - 18.00 from 29th July to 31st September 2008.

For the first time ever, in 2008 visitors will be able to see the Palace's Ballroom set up for a State Banquet.

The horseshoe shaped table will be dressed with a display of silver-gilt from the Grand Service, first used to celebrate the birthday of George III in 1811. Arrangements of jewelled cups, ivory tankards and chased dishes, sconces, shields and basins will be arranged along the sides of the room.

Admission is by timed ticket with entry every 15 minutes throughout the day.

A visit lasts between 2 and 2½ hours.

Admission prices:

Adult - £15.50

Over 60/student - £14

Under 17 - £8.75

Under 5 - Free

Disabled - Standard Price

Accompanying Carer - Free

SCIENCE MUSEUM

EXHIBITION ROAD, LONDON

For a trip down memory lane why not visit the Basement Gallery of the Science Museum where there is an exhibition called Secret Life of the Home which displays household appliances from the 19th & 20th Centuries.

Entry to the Museum is free.

CHURCHILL MUSEUM AND CABINET WAR ROOMS

See the important rooms as they were during WW2. These include Churchill's bedroom, Mrs Churchill's bedroom, Dining room, The Cabinet Room, Map Room and many more.

Admission Prices:

Adults £12

Senior Citizens £9.50

Disabled Visitors £7.50

Carers Free

The Churchill Museum & Cabinet War Rooms
Clive Steps, King Charles Street,
London SW1A 2AQ
Open daily except 24,25 & 26 Dec.

9.30-18.00

For more information go to:
www.cwr.iwm.org.uk

LOCAL PLACES TO VISIT

THE MILL CHURCH

REIGATE HEATH

The post mill on Reigate Heath is believed to have been built in 1765. The mill ceased to grind about 1870 and in 1880 the brick roundhouse of the mill was converted into a chapel of ease to St. Mary's Parish Church, Reigate.

The mill stands on the land owned by the Reigate Heath Golf Club, to the side of the Club House.

Visitors may request the key to the mill from the Golf Club.

SHALFORD MILL

Nr. Guildford, GU4 8BS

Large 18th Century timber framed watermill on the River Tillingbourne with preserved machinery.

There are regular guided tours, but no WC or parking at the Mill.
Open Wed & Sun 11-5 March - Nov.

RIVER WEY & GODALMING NAVIGATIONS & DAPDUNE WHARF

Wharf Road, Guildford
Surrey GU1 4RR

Surrey's oldest waterway. Wharf visitor centre with interactive exhibits including The Reliance, one of the last surviving Wey barges. River trips (conditions permitting)
Open Thurs. Fri. Sat & Sun, 11-5 March - Nov.

Shalford Mill & Dapdune Wharf are both National Trust properties and are close enough to do a combined visit.

For more information call 01483 561389

COLD CALLERS

If you have better things to do than answer the door, or are concerned about the person you care for opening the door to cold callers, stickers are available saying that you do not buy, sell, enter into surveys, or employ casual workmen.

These can be placed on or by your front door.

The stickers are available from Trading Standards, or we have some that can be sent to you.

Just call us at the office if you would like on of these.

This is part of the **If in doubt keep them out** campaign.

Multiple Sclerosis Society
North Surrey Branch of the
MS Society

DROP IN CENTRE

The Spa Lounge,
Ebbisham Centre, Epsom

Monday Session Dates

10am - 2pm
11th August

Tea, coffee, a chat and
information

Reflexology & Aromatherapy
available (£10 for session)

8th September

Visit by Chris Grayling MP

SURREY COUNTY COUNCIL
Paying for Care – 2008/09

The following is taken from a
Surrey County Council
information sheet.

Charges for residential, nursing
and community care services.

Why do we charge for care services? The council has a statutory duty to charge for residential and nursing home care services and it is Surrey County Council's policy to charge for community care services. The income received from charging goes directly back into providing services for the people of Surrey.

What services are charged for?

The council make a charge for most social care services. The amount you will be asked to pay will depend on your financial circumstances. You will be asked to complete a financial assessment, which will determine if and how much you will be required to pay. A financial assessment will be required if you receive services such as:

- Home Carers
- Attendance at day care centres
- Transport
- Supporting People services
- Support services in your home (including Supported Living and Extra Care Housing schemes)

- Adaptations to your home costing more than £1000
- Residential and nursing home care (including respite breaks)
- Direct Payments (for you to purchase your own care services)

It is the council's policy to charge all adult service user groups, regardless of their age and type of disability. There are however some services that are provided free of charge.

What services are provided free of charge? You will not be charged for the following services:

Intermediate care (services paid for by the NHS)

Personal care provided by a state registered nurse

Assessment and/or reablement (up to 6 weeks in duration)

Aftercare services provided under Section 117 of the Mental Health Act.

Daily living equipment and adaptations costing less than £1000
Services provided to people with Creutzfeldt Jacob Disease (CJD)

How will I know how much I will have to pay? This will depend on the type of service you receive.

For community care services you will have to pay the full cost if you have savings of more than £24,500. You will pay the full cost for residential or nursing home care if your savings are more than £22,250. If you are unable to pay the full cost we will ask you to complete a financial assessment to work out how much you can afford; taking into account your capital, income and expenditure. We will make sure the charge is affordable, explain how it has been worked out and tell you what to do if you disagree. We will also help you claim any state benefits to which you may be entitled.

Where can I obtain further information? Once you and your care manager have agreed what type of care service you need, you will be given a leaflet that explains in more detail what information you will be calculated.

You will also have the opportunity to meet with an advisor or speak to them on the telephone.

We have a supply of leaflets and booklets on this subject in the office. If you would like some information please call us on 01372 722269.

Alternatively call Surrey County Council on 08456 009 009 or visit their website:

www.surreycc.gov.uk

DRINKAWARE.CO.UK



We've all seen the publicity regarding how many units of alcohol adults should not regularly exceed, but do you actually know the size of a unit?

Some examples are:

1 pint standard lager	2.3 units
1 pint standard beer	2 units
50ml glass sherry	0.9 units
125ml glass wine	1.5 units

For more information on units and responsible drinking visit **The Drinkaware Trust** website:

www.drinkawaretrust.org.uk

DRIVING



Can you pass the eyesight test?

The police are allowed to stop a driver and test their eyesight if they have reason to suspect that the driver cannot meet the legal standards required for driving.

There is a potential fine of £1000 for driving with uncorrected defective vision as an offence will have been committed. Drivers should be able to read a number plate from a distance of 20.5 metres which is about 5 car lengths.

If a driver is asked to do this and cannot meet the standard, not only has an offence been committed but their insurance may be invalidated.

SITTER

Do you need someone to sit with the person you care for while you go out?

Sheena Mephram

Is an experienced nurse who is now retired. She is willing to sit with people of any age or disability, including dementia.

We cannot recommend Sheena, but we understand she has worked for Age Concern as a sitter.

If you are interested please ring her for more information and rates.

Telephone: 07957 196262

New National Carers' Strategy

The New National Carers Strategy was launched by the Prime Minister during Carers' Week. It outlines £255m of new funding commitments, including £150m allocated to Primary Care Trusts over two years for breaks and respite.

The PM's preface says the strategy is the "start of a process rather than the end". It acknowledges that "carers need more help and support than has been available in the past" and "above all we recognise the need - repeated so many times throughout our consultation - for better support for respite and short breaks".

10 Year Vision

The government says its 10 year vision is that carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals' needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, whilst enabling the person they support to be a full and equal citizen.

The Executive Summary says: "The needs of carers must, over the next 10 years, be elevated to the centre of family policy and receive the recognition and status they deserve." Services will need to put carers in control, recognising that it is "carers who are best placed to articulate their own aspirations".

The main specific commitments for the £255m worth of funding, spread over the next two years, include:

- Providing every carer with the opportunity to access comprehensive information when they need to.
- £150m provided in a flexible way, which meets the personal

needs of carers and the people they support.

- Pilots (£4m) will help to develop models of break provision that demonstrate the cost-effectiveness of breaks and help identify what constitutes high quality provision based on carers' needs.
- Pilots to look at how the NHS can better support carers in their caring role through developing models of best practice and enabling more joined-up service provision between the NHS, local authorities and the third sector.
- Up to £38m to enable carers to combine paid employment and caring role or to re-enter the job market, through encouraging flexible working opportunities and increased training provision.
- Over £6m to ensure young carers are protected from inappropriate caring and receive the broader support they need.

A full copy of the strategy is available on the DH website under the Publications, Policy and Guidance section www.dh.gov.uk

This article has been reproduced from the Surrey and Borders Partnership newspaper, Partnership People.

SCAMS

Every year millions of people lose money to scams that come by phone or post – fake lotteries, prize drawn wins, bogus psychic predictions and 'miracle' health cures reports the Able Community Care Newsletter.

Follow this advice from the Office of Fair Trading and make sure that you don't become a victim. Never reply straight away to an offer. Speak to a relative, friend, carer or neighbour before you do anything.

Never send money to anyone who says you've won the lottery or a big prize – you will never see your winnings

Never give your bank account details or other personal information to people you don't know.

Never ring an 090 number unless you are certain how much the call

will cost and know what you are likely to receive.

Never send off money in response to bogus psychic mailings. Identical letters predicting good or bad luck are sent to thousands of people.

If you suspect a scam, call Consumer Direct for practical advice on 08454 04 05 06.



What to do if you suspect a vulnerable adult is being abused

Every day, people say nothing!

Abuse can be discriminatory, financial, neglect, physical, psychological, sexual, verbal and can happen anywhere and by anyone.

Look out for signs such as:

- Unexplained injury
- Signs of fear or distress
- Withdrawal
- Neglect
- Theft, fraud or financial exploitation

What to do:

Act if you suspect a vulnerable person is being abused.

- Talk to the person - listen carefully
- Give the person your full attention
- Telephone one of the contact numbers below, even if you are not sure
- In an emergency dial 999

Please say something

Don't ignore it

Don't promise to keep it a secret

Don't put it off

Who to contact:

Surrey County Council,

Social Care Services

08456 009 009

Out of office hours: 01483 517898

Elder Abuse Response

080 8808 8141

Surrey Police

0845 125 2222

RESPOND

For people with learning disabilities

080 8808 0700

Mon-Fri 1.30-5pm

All calls are treated in the strictest confidence.

FOR SALE

ENIGMA POWERED CHAIR
COLOUR - BLACK
Very good condition
£500

**For more information or to make
 an appointment to view please
 contact the office on**

01372 722269

FIT AS A FIDDLE
Cooking for Men Programme



Age Concern have secured funding from the Lottery to run a programme of talks and cookery demonstrations on healthy eating aimed at male residents in the Borough of Epsom & Ewell.

This course, for men who live alone or who are caring for someone, will be delivered by Jen Twyman, a former competitor on Masterchef and a trained Food Technology Teacher.

When is it?

11am every Thursday on the following dates:

- Introductory get together 9th Oct.
- 4 weeks of talks & demos 16th 23rd 30th Oct and 6th Nov.
- Social get together 13th Nov.
- 4 more weeks talks & demos 20th 27th Nov & 4th, 11th Dec.

How long will each session take?

Approximately an hour with the opportunity for participants to stay on for lunch at the centre.

Where will it be held?

The Longmead Social Centre, Sefton Road, Epsom KT19 9HG.

How much will it cost?

No Charge

How will clients get to the Centre?

Free transport will be arranged

What happens next?

If you are interested in this group please contact Maria or Jean in the office (01372 722269) who will put your name forward to Age Concern.

Age Concern will then contact you and invite you to attend.

ALZHEIMER'S SOCIETY
Mid Surrey & Dorking Branch

This organisation hold several support groups for people

affected by Alzheimer's and their carers including the following:

DROP INS

Every Tuesday 2-4pm at the Volunteer Centre in the Town Hall, Epsom.

Every Thursday 2-4pm in the Banstead Help Shop in the Horseshoe.

ONCE A MONTH CLUB

Carers and the people they care for are welcome to join Tina Pettifer on the first Sunday of the month at the Meadows Day Hospital, between 3 -5pm.

No need to book, but if you plan to attend for the first time, it would help Tina in planning refreshments if you ring the branch on 01372 729988

BACK CARE ADVISORY SERVICE



PAIN AND RELAXATION

Psychological factors are important contributors to the intensity of pain and the disability associated with chronic pain. Pain and stress are intimately related. There may be a vicious cycle in which pain causes stress, and stress, in turn, causes more pain. Relaxation provides a variety of benefits, including a greater sense of control, improved coping skills, decreased pain intensity and distress. It also changes the way pain is perceived and understood, and creates an increased sense of well being by producing the body's natural pain relieving chemicals called Endorphins.

The brain produces this wonderful chemical in a number of different ways, including through regular exercise, relaxation/meditation, and many manual therapies like acupuncture and physiotherapy.

Cognitive Behavioural Therapy (CBT) has proven to be effective in reducing pain and disability when it is used as part of a therapeutic strategy for chronic pain i.e. a combined approach with the pain team that includes physiotherapy, occupational therapy and relaxation techniques - quite often called a pain clinic.

CBT may include training in various types of relaxation approaches, which can help people in chronic pain lower their overall level of arousal, decrease muscle tension, control distress, and decrease pain, depression and disability. CBT addresses the psychological component of pain, including attitudes and feelings, coping skills and a sense of control over one's condition. It can also provide educational information and diffuse feelings of fear and helplessness. It can help patients look at ways in which their attitudes contribute to inaccurate and unrealistic expectations, and can help them find a more realistic and balanced view of the problem.

If you are a chronic pain sufferer it would be beneficial to explore ways/techniques/strategies in which you are able to find relaxation. This might involve making time to listen to your favourite music, knitting, reading, following a relaxation CD, taking a country walk, deep breathing exercises or even just a long hot bath. The key to it is making a time available, little and often to have time to put your needs first - it may also be beneficial to discuss the possibility of being referred for some CBT through your GP.

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

Easyhealth



Do you care for someone with learning disabilities? If you have internet access you may be interested in helping them to look at the Easyhealth web site.

Easyhealth.org.uk is a project by Generate who work with people with mild to moderate learning disabilities.

Easy health pulls together accessible health information from over 50 organisations across the country, helping people to find health information that is easy to understand. The website has health information which is applicable to most patients, with wimple language and it is usually pictorially illustrated.

Have a look at www.easyhealth.org.uk

ARE YOU A WORKING CARER

There are currently over three million working carers in the UK. Work is important for well-being, income and to keep social contacts.

There are things you can do to cope with the pressures of work and care. As a working carer you are likely to need a range of support in the workplace, and often different levels of support at different times - from access to a telephone to check on the person you can for, to leave arrangements to fit in with when someone is discharged from hospital. The good news is that carers have some statutory rights and more and more employers are realising the benefits of supporting carers.

Do I have to tell my employer about my caring responsibilities?

No, it is up to you whether you tell your employer or not. As an employee, you have some statutory rights (your employer must offer these), but your employer may also offer additional support. Before you decide to speak to your employer, you should find out more about your employer's policy for supporting carers. Do this by checking your staff handbook or speaking to your:

- Line Manager
- HR/personnel department
- Welfare officer or occupational health adviser
- Union or staff representative
- Colleagues

Should I tell other staff?

Colleagues can be very supportive, and it may help simply to discuss your situation with someone you can trust at work. You may find that other colleagues are also carers, and that together you are more able to talk to your employer about ways in which you could be supported.

Carers' rights at work

You may find that the best or only way to manage your work and caring responsibilities is to change your work arrangements. You may also need to take leave at short notice for emergencies. Carers now have more statutory rights at work that help to meet these needs. Employers may also be able to offer additional flexibility through their own policies and procedures.

Statutory rights for carers

The Work and Families Act 2006 and the Employment Rights Act 1996 give working carers rights to help them manage work and caring including the right to request flexible work and leave entitlement.

Remember that employers value skilled, experienced and committed members of staff and are keen to keep them. Your employer may be able to help in ways you have not considered. Talk to them about your situation, directly or through your HR/personnel officer or union or staff association representative.

This and other information can be found on Carers UK website


FIVE RIDDLES

1. *A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?*
2. *A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?*
3. *What is black when you buy it, red when you use it, and grey when you throw it away?*
4. *Can you name three consecutive days without using the words Wednesday, Friday or Sunday?*
5. *This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything*


odd. But if you work at it a bit, you might find out. Try to do so without any cheating!

ANSWERS:

1. *The third room. Lions that haven't eaten in three years are dead.*
2. *The woman was a photographer. She shot a picture of her husband, developed it and hung it up to dry.*
3. *Charcoal, as it is used in barbecuing.*
4. *Yesterday, today and tomorrow.*
5. *The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph.*



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?
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.

All Ex Carers are very welcome to attend our ex carers lunches and we will be very pleased to welcome you at any of our meetings.