



Welcome — from Rachel Brennan

A warm welcome to your latest newsletter.

You'll find some updates on caring generally, all our events both local to you and across Surrey, opportunities to use your voice to shape caring, plus other news and updates. We hope you're enjoying your newsletter. If you've any comments at all, please let us know by email to digital@actionforcarers.org.uk or speak to one of the team.

Rachel Brennan, Manager, Adult Carers Support

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FREE TICKETS

Action for Carers has previously been generously donated tickets from Surrey Cricket Club and Surrey based football clubs. We're going to be working with these sporting bodies, and Surrey Rugby, even more closely, and hope to offer our carers more such opportunities.

Please contact Admin Events to register yourself if you are interested in obtaining free tickets and they will let you know when these become available. Call **0303 040 1234 x815** csadmin@actionforcarers.org.uk

Hello to our new staff

We'd like to introduce you to a few new members of the Action for Carers Adult Support team.



Firstly Laura Tufnail joins us as Carers Support Advisor Events in the South West.



Anne Ruby, who has worked with us for some time as a Carer Information Advisor, has increased her hours and now is also Frimley Park Hospital Advisor (*see more about this role in our article on page 4*).



Karen Cox is a new Carers Support Advisor in the South West.



Josh Richardson who has been a member of the Admin Team, has changed roles to become a Carers Information Advisor, in our Carer Information Centre.



And last but not least, **Mary Thomas** is a new Carers Information Advisor, also in our Carer Information Centre.

Action for Carers Events ACROSS Surrey

Wherever you live, these Action for Carers events across Surrey are open to you. Just get in touch with us on 0303 040 1234 x815.

Dementia Strategies for Carers

Date: Friday 8th November 2019

Time: 10:30am—1:30pm

Venue: Woodhatch Centre, Reigate

Rosemary Hurlley, Consultant Occupational Therapist and specialist dementia trainer will be returning to speak — following very positive feedback from carers who attended her one-hour session in March. We are running a three-hour session which will give you strategies and approaches for supporting your loved one with dementia.

Book your place now and contact us for a discussion if you have any difficulties with transport or replacement care.



Feel the Glow at Wisley

Date: 17th December, 6pm-8pm

Venue: Wisley Gardens

Book soon for Wisley Garden's festival of lights. Join us for a mince pie and a walk around the Christmassy gardens.

We have a number of events running across Surrey, replicated at different venues (see right), so as many of our carers as possible can attend. These include:

Continuing Health Care

17th October, Egham
23rd October, Godalming
30th October, Camberley

Find out more about the process, talk to clinical staff about applications and assessments.

Care Plans

13th November, Godalming

There will be staff from social care and mental health services to look at care plans and how carers are able to be part of these processes, how carer's assessments interact with care plans in social care and carer's involvement in crisis and contingency plans in mental health.

Eating disorders

14th November, Shepperton
Veronica Kamerling is a carer and trainer. She will be presenting on eating disorders and co-dependency, improving our understanding that there is no blame attached to how carers are caring for their loved one and to show the positive impact on family relationships when co-dependency is addressed.

Carer's Rights with Professor Luke Clements

20th November, 10am -3.30pm
Dorking Halls

Celebrate Carer's Rights Day with Luke Clements who is a solicitor, Professor of Law and author of 'Carer's Rights and the Care Act'. The day is interactive allowing carers to ask questions. Lunch is provided.

To book contact: Hasu on 01883 626264 or email training@actionforcarers.org.uk

Cinema Clubs

Are you a film fan? We run Cinema Clubs for carers. All start with coffee and chat at 10am with the film starting at 11am. Details below.

OXTED Cinema Club Dates to be confirmed - Oxted Everyman Cinema, 7 Station Road West, RH8 9EE; £ free

EPSOM Cinema Club 8th October, 12th November:
Epsom Odeon Cinema 14B-18 Upper High St, Epsom KT17 4QJ; £2.50

ADDLESTONE Cinema Club
22nd October, 26th November
The Light Cinema, Station Road, Addlestone KT15 2BD; £4.50



Hampton Court


We're delighted to have joined Hampton Court Palace's 'Community Access Scheme'.

This means that we will be able to take groups of up to 20 carers to Hampton Court, for free. The carers then receive two passes to Hampton Court – or Kensington Palace, or the Tower of London – for only £1 each!

Our first two dates are below (October), with more planned for the new year. Please call to book your place!

23rd October, 11-3pm
28th October, 11-3pm

Action for Carers Events ACROSS Surrey

AREA	OCTOBER	NOVEMBER	DECEMBER
South West Surrey	Continuing Health Care 23rd October 9.30am—1.30pm Guildford Rugby Club, Godalming GU7 3DH 30th October 1.45pm —4pm St Mary's Church, Camberley	Care Plans 13th November 9.30am—1.30pm Guildford Rugby Club, Meadrow, Godalming GU7 3DH	Mince Pies & Carols Guildford Rugby Club, Meadrow, Godalming, GU7 3DH 10th December 11am—2pm Surrey Heath Christmas Tea High Cross Church, Camberley 11th December time— tbc
North West Surrey	Continuing Health Care The Hythe Centre, Egham TW18 3HD 17th October 9.30am—1pm Hampton Court Palace Outing Meet at Hampton Court Palace. 28th October 11am—3pm. To register for events call 0303 040 1234 x815 Or email CSAdmin@ actionforcarers.org.uk	Eating Disorders and Co-Dependency Holiday Inn, Shepperton 14th November 9.30am—1pm Arts for Christmas Woking Parkview centre Blackmore Crescent GU21 5NZ 28th November 11am—2pm	Carers Tea Sunrise Senior Living, Christchurch Road ,Virginia Water GU25 4BE 4th December 11am—2pm 
East Surrey	Hampton Court Palace Outing Meet at Hampton Court Palace. 23rd October 11am—3pm. <i>Please let us know if you have difficulties getting there.</i>	Specialist workshop: Dementia Strategies for Carers The Woodhatch Centre, Reigate RH2 7LS 8th November 10:30am—1:30pm.	Carers Christmas Event, Redhill Carols and mince pies and Christmas get together Venue and time tbc (please call to ask for more details)
Mid Surrey	Benefits Update with Surrey Welfare Rights Walton Library 22nd October 10am—2pm	Autism Forum: PDA Leatherhead Theatre 14th November, 10am—1pm	Carers Tea St. George's Christian Centre, Barnett Wood Lane, Ashted KT21 2DA 4th December, 2—4pm
Special and/or all area events	Centre for Psychology — Carers Stress Management Guildford Reformed Church; 24th October (first of six weekly sessions) 2pm—4pm	Carer's Rights with Professor Luke Clements 20th November 10am—3.30pm Dorking Halls	Wisley Glow Wisley Gardens festival of lights 17th December 6—8pm. Join us for a mince pie and walk round the lit gardens.

Armed Forces and Veterans Carers Support Groups

Don't forget there are lots of meet-up opportunities for armed forces and veteran carers. You can find out more about the Breakfast Clubs, veterans' Drop-ins and Hubs on these websites:

<https://www.afvbc.net/find-a-club/>

<https://www.asdic.org.uk/member-directory/>

<http://www.smpl.org.uk/forces-connect-south-east-veterans-hubs/>



Action for Carers — our Hospital Advisors

Action for Carers have Advisors to help carers, working at Surrey's five main hospitals.

Having the person you care for in hospital can be a difficult and stressful experience. But our Hospital Advisors are there to help. We have staff at the following hospitals: **East Surrey, Epsom, the Royal Surrey County, Frimley Park and St Peter's.** Their role is to identify carers and to support them whilst their loved ones are in hospital.

They work closely with hospital staff to identify carers, and can approach them directly. Often they bridge communication gaps between the carer and the hospital, and offer advice, information, as well as emotional support. They also signpost carers and their loved ones to support from other organisations.

They can also help with the discharge process, which can be

especially challenging for carers, as well as put them in touch with ACS's Carer Support Advisors, back in the community.

Hilary Allix is Hospital Advisor at the Royal Surrey Hospital. She attends daily multi-disciplinary team meetings to find out about carers in hospital potentially in need of her help.

An example of support was her identification of an 80-year-old carer who was exhausted after taking three buses to the hospital to visit her husband. Hilary was able to put her in touch with a charity taxi service in her area and help to arrange for a meals-on-wheels service to save her having to prepare an evening meal when she got home.

Family members are often worried, emotional and frustrated with the overstretched NHS. Our Hospital Advisers take time to support them all and explain how Action for Carers can help. Hilary says: "I enjoy being part of a ward

team, talking to people, helping and supporting them. Hospital can be a scary place."

Call the Admin Team for information on your local Hospital Advisor. The Advisors are all pictured, below.



Hilary Allix
The Royal Surrey



Jackie Stephen
The Royal Surrey



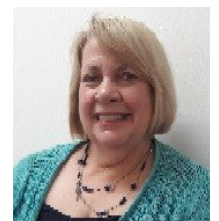
Michele Moore
Epsom



Stuart Woods
East Surrey



Seema Kang
St Peter's



Anne Ruby
Frimley Park



Hilary: Hospital Advisor at RSCH

Say hello to our Admin Team!

You may have spoken to our Admin team on the phone, or received an email. We thought we'd introduce them properly!

Claire Robson

My main roles are to input referrals from carers, GP surgeries and other sources. I then send out the welcome packs to carers. I receive phone calls and emails supporting carers in providing information on our events and support groups. I take meeting minutes for the North West and Mid Team meetings and help them with their administrative tasks.

Han Rogers

My role as the Events Lead within the Adult Carers Admin Team primarily consists of taking event bookings, liaising with the Carers Support Advisors on current and upcoming events, being the initial point of contact for staff members re events, answering enquiries, processing carers' referrals and consent forms, sending out welcome packs, maintaining the carer support database and general administrative duties.



Ben Crockford

My role involves a lot of work with the database. I assist in dealing with any queries staff have with the database in addition to keeping it tidy and removing any duplicates. I carry out many administration tasks including minute taking for the South West, East and Black & Minority Ethnic (BAME) meetings, as well as booking carers on to the numerous events we have running across the different areas in Surrey.



Using your voice and experiences to make a difference for other carers

Consultation feedback

We've run a number of sessions already with many of our carers, finding out more about their views and experiences and wow! What a lot to say. So much really helpful feedback and had great events at fantastic venues all over Surrey.

Thank you to the carers who have attended the consultations not

only for your honesty but also the commitment you are giving to 'get things right for future carers.' I'm compiling the feedback and will share comments (anonymously) in the next newsletter.

Upcoming events

In October, November and December we have more consultations running to find out about your experiences, how you've found Action for Carers' Support, and what else you'd like to see. They are themed as follows:

- Caring for people with dementia
- End of life/bereaved carers

- Elderly frail/continuing care
- Armed Forces carers

Dates and times listed below.

We'd like to find out: What do you find helpful? What's not working? What would you like to see happen for you and future carers? All comments welcome, so please join me for a cuppa and biscuits to help the conversation flow.

If you are interested in attending, please book with the admin team on **0303 040 1234** ext **815** or email csadmin@actionforcarers.org.uk If you have any questions please contact me, directly: maria.young@actionforcarers.org.uk



Event type	Consultations on caring for people with dementia	Consultation on end of life / bereaved carers' experiences
1st October	Farnham 10am-11am	Farnham 1pm-2pm
4th October	Guildford 10am-11am	Guildford 1pm-2pm
9th October	Woking 10am-11am	Woking 1pm-2pm
11th October	Camberley 10am-11am	Camberley 1pm-2pm
16th October	Runnymede 10am-11am	Runnymede 1pm-2pm
18th October	Cobham 10am-11am	Cobham 1pm-2pm
23rd October	Dorking 10am-11am	Dorking 1pm-2pm
30th October	Epsom 10am-11am	Epsom 1pm-2pm
1st November	Horley 10am-11am	Horley 1pm-2pm
5th November	Oxted 10am-11am	Oxted 1pm-2pm
13th November	Staines 10am-11am	Staines 1pm-2pm
	Consultations with elderly frail carers/ continuing care	Consultations with Armed Forces carers
5th December	Haslemere 10am-11.30am	Haslemere 1pm-2.30pm
6th December	Guildford 10am -11.30am	Guildford 1pm-2.30pm
11th December	Woking 10am -11.30am	Woking 1pm-2.30pm
13th December	Camberley 10am-11.30am	Camberley 1pm-2.30pm

We have many more consultations and parliaments planned to make sure carers voices are heard in 2020.

1st Carers Parliament

Want to make a change with Action for Carers? Then come to our 'Parliament'. We will be looking collectively at what we can do to help improve support for carers in Surrey.

Friday 29th November

9:30am -12:30pm

Astolat, Guildford












There will be refreshments and a light lunch to follow.

To register for an event contact the Admin Team
0303 040 1234 x815 or email
[**csadmin@actionforcarers.org.uk**](mailto:csadmin@actionforcarers.org.uk)

Our Support Groups across Surrey

If you would like to attend or for more information, please contact us: Call 0303 040 1234 ext. 815 , text 07714 075993 or email csadmin@actionforcarers.org.uk

Mid Surrey Support Groups

	WHO	WHEN	TIME	PLACE
	Banstead All Carers	4th Thursday of each month: 24th Oct, 28 Nov, Dec-no session	10.30am- 12.30pm	Banstead United Reform Church, Banstead
	Dorking All Carers	1st Tuesday of each month: 1 Oct, 5 Nov, 3 Dec.	10am- 12pm	Dorking Halls, Dorking
	Epsom Mental Health Carers	4th Wednesday of each month: 23 Oct, 27 Nov.	2pm-4pm	The Brickfield Centre, Epsom
	Epsom Parent Carers	2nd Wednesday of each month: 9 Oct, 13 Nov, 11 Dec	9.30am- 11.30am	Sainsbury's café, Epsom
	Epsom and Ewell All Carers	3rd Wednesday of each month: 16 Oct, Nov—no session , 18 Dec	10.30am - 12.30pm	Sainsbury's café, Epsom,
	Elmbridge All Carers	1st Thursday of each month: 3 Oct, 7 Nov, 5 Dec.	10am - 12pm	Squires Garden Centre, Hersham
	Elmbridge Mental Health and Wellbeing Carers	3rd Thursday of each month: 17 Oct, 21 Nov, 19 Dec	10am - 12pm	Joseph Palmer Centre, West Molesey
	Elmbridge Parent Carers	4th Thursday of each month: 24 Oct, 28 Nov	9.30am- 11.30am	Squire's Garden Centre, Hersham
	Leatherhead All Carers	3rd Tuesday of each month: 15 Oct, 19 Nov, 17 Dec	10am - 12pm	Leatherhead Theatre, Leatherhead
	Mole Valley Parent Carers	2nd Monday of each month: 14 Oct, 11 Nov, 9th Dec.	10am - 12pm	Leatherhead Theatre, Leatherhead
	Mole Valley Mental Health Carers	2nd Monday of each month: 14 Oct, 11 Nov, 9 Dec.	1pm-3pm	Leatherhead Theatre, Leatherhead

East Surrey Support Groups

	Caterham All Carers Coffee and Chat	3rd Wednesday of each month 16 Oct, Nov—no session , 18 Dec	1.15pm - 2.45pm	Soper Hall, Caterham
	Reigate Mental Health Carers	2nd Monday of each month: 14 Oct, 11 Nov, 9 Dec	1.30pm - 3pm	St. Mary's Church Centre, Reigate
	Redhill All Carers Coffee and Chat	Mondays: 28 Oct, 25 Nov, 16 Dec	11am-1pm	Redhill Methodist Church, Redhill
	Horley All Carers Coffee and Chat	1st Thursday of each month: 3 Oct, 7 Nov, 5 Dec	10am- 12pm	Horley Baptist Church, Horley

South West Surrey Support Groups



Parent Carers	1st Friday of each month: 4 Oct, 1 Nov, 6 Dec	9.30am - 11.30am	Co-op, Shawfield Road, Ash Vale
Parent Carer and Learning Disability	1st Tuesday of each month: 1 Oct, 5 Nov, 3 Dec	10am - 12pm	The Spike, Warren Road, Guildford
Farnham All Carers	1st Tuesday of each month: 1 Oct, 5 Nov, 3 Dec	2pm - 4pm	The Memorial Hall, Farnham
West Horsley All Carers	1st Wednesday of each month: 2 Oct, 6 Nov, 4 Dec	2pm - 4pm	West Horsley Village Hall
Haslemere All Carers	3rd Wednesday of each month: 16 Oct, Nov—no session , 18 Dec	1.15pm - 3pm	Haslemere Methodist Church
Guildford All Carers	3rd Tuesday of each month: 15 Oct, 19 Nov, 17 Dec	10am—12pm	The Spike, Warren Road, Guildford
Surrey Heath All Carers	Last Wednesday of each month: 30 Oct, 27 Nov,	1.45pm - 3pm	St Mary's Centre, Camberley
Camberley Drop in All Carers	1st Tuesday of each month: 1 Oct, 5 Nov, 3 Dec	9.30am - 11.30am	St Mary's Centre, Camberley
Mental Health Guildford	2nd Thursday of each month: 30 Oct, 27 Nov	7pm - 9pm	St Pius Church Hall, Guildford
Mental Health Godalming	Last Wednesday of each month: 30 Oct, 27 Nov	2pm - 4pm	Baptist Church, Godalming
Mental Health Cranleigh	Last Thursday of each month: 31 Oct, 28 Nov,	10am - 12pm	Baptist Church, Cranleigh

North West Surrey Support Groups



Spelthorne Mental Health	Meet bi-monthly: 19 Sept, 21 Nov.	10am - 12pm	Staines Methodist Church, Staines
Runnymede Parent Carer	1st Tuesday of each month: 1 Oct, 5 Nov, 3 Dec	10am - 12pm	Chertsey Hall, Chertsey
Runnymede All Carers	2nd Tuesday of each month: 8 Oct, 10 Dec (note venue) 12 Nov (note different venue)	12pm - 2pm	The Boathouse, Chertsey, 8 Oct, 10 Dec The Red Lion, Egham 12 Nov
Spelthorne All Carers	3rd Tuesday of each month: 15 Oct, 19 Nov, 17 Dec	12pm - 2pm	The Kings Fairway, Ashford
Spelthorne Parent Carer	1st Thursday of each month 3 Oct, 7 Nov, 5 Dec	10am - 12pm	Spelthorne Borough Council, Staines
Woking All Carers	1st Monday of each month: 7 Oct, 4 Nov, 2 Dec	10am - 12pm	The Vyne Centre, Knaphill
Woking Mental Health Carers	Meet bi-monthly	10am - 12pm	The Vyne Centre, Knaphill,
Woking Parent Carers	Last Friday of each month: (except Dec—early due to Christmas) 25 Oct, 29 Nov, 20 Dec	10am—12pm	Parkview Centre, Sheerwater

Free on-line Learning for Carers — wherever you live



Have you heard of Future Learn? This is a relatively new on-line source of learning. Much of the content is free, including many short courses.

There are a wide range of courses that might be of help to carers. These include:

Dementia Care: Living well as dementia progresses

Dysphagia: Swallowing Difficulties and Medicines

Caring for People with Psychosis and Schizophrenia

You can find out more by visiting the website <https://www.futurelearn.com/courses>

To register for any ACS event, please call the Admin Team on 0303 040 1234 x815 or email CSAdmin@actionforcarers.org.uk Please note that we list many of our events on our website: www.actionforcarers.org.uk



News in NORTH WEST Surrey

Spelthorne Christmas Meal for Carers

Carers resident in Spelthorne are warmly invited to come to a special Christmas party and meal. It's taking place on Monday 9th December, starting at 10am, with a welcome drink, lunch at 12.30, and afternoon entertainment until 3pm. The person you care for is welcome too.

Booking is essential as places are limited. Call 01784 243880 or email fordbridgecentre@spelthorne.gov.uk



Silver Sunday Woking Event

On 6th October, from 3pm-5pm there's a free event to celebrate the national older people's day of celebration 'Silver Sunday'.

At the United Reformed Church, White Rose Lane, Woking, GU22 7HA, in partnership with Woking Borough Council, the Woking United Reformed Church will host a musical event to celebrate Silver Sunday.

Grandpa Spells Jazz Band will perform various jazz and Dixieland tunes to entertain you while you enjoy an afternoon tea of finger sandwiches, scones and cakes.

Booking required. Transport available to Woking residents with mobility needs.

To book, please contact Jade Buckingham: 01483 743910 / Social.Prescribing@woking.gov.uk

Runnymede Dementia Carers Centre

Dementia Carers Support is a registered charity (number 1146832) and was set up to give carers and their loved ones with dementia a few hours' social life out together. This is often not possible in the later stages of this difficult illness. The charity understand how lonely people can be and the importance of meeting people, getting support and having fun.



They hold support groups in and around Runnymede as well as numerous social events, so please take a look at their website for details of groups and how to get involved.

If you've any questions about the day care service, or would like any information at all, please get in touch.

Contact: Frances Dyble-Goode, Runnymede Dementia Carers, on 01932 342910 or 07799 066219.



Carers Tea and Evensong at Guildford Cathedral

Date Thursday 10th October
(Resister to attend ASAP please, ideally by 1 October)

Time: 3.30pm

Venue: Guildford Cathedral

Guildford Cathedral warmly invites all carers, as well as those they care for, and former carers too, to this free event. There will be tea and cake in the refectory, followed by gospel choir 'Motivation by Music'. Anyone who wishes to is then welcome to stay for the Cathedral's Evensong Service which will be dedicated to carers in the diocese.

To book, please visit this website www.cofeguildford.org.uk/carers-afternoon-tea or call 01483 790 300 to request a booking form.




Kettle's On
AFTERNOON CLUB

- Are you feeling isolated?
- Are you a carer?
- Have you lost your confidence?
- Are you living alone?
- How is your mental well-being?



St John's Farncombe will open its doors to welcome you for an afternoon

• Wed 17th July • Wed 18th Sept • Wed 16th Oct • Wed 20th Nov

 ST. JOHN'S PARISH CHURCH, ST JOHN'S STREET, FARNCOMBE GU7 3EJ
email: office@farncombe.org.uk website: www.farncombe.org.uk



Carers Christmas Tea & Entertainment

Saturday 30th

November, 2-4pm
Guildford Baptist Church,

Guildford, GU2 4BE. Contact Frances Selves on 07817 166798, or email: francesselfes@ntlworld.com
For an invitation!



Cranleigh Dementia Support Groups

October

Thursday, 3 rd	10am–12pm	WeCare, Glebe Centre, Ewhurst
Friday, 4 th	10am–12pm	Memory Lane Café, Leisure Centre
Monday, 7 th	2.30pm–4.30pm	Memory Lane Café, Arts Centre
Wed, 9 th	10am–12pm	Melody Memories, Arts Centre
Friday 11 th	10am–12pm	Memory Lane Café, Leisure Centre
Thursday 17 th	10am–12pm	WeCare, Glebe Centre, Ewhurst
Friday 18 th	10am–12pm	Memory Lane Café, Leisure Centre
Monday 21 st	2.30pm–4.30pm	Memory Lane Café, Arts Centre
Friday 25 th	10am–12pm	Memory Lane Café, Leisure Centre

November

Friday 1 st	10am–12pm	Memory Lane Café, Leisure Centre
Monday 4 th	2.30–4.30pm	Memory Lane Café, Arts Centre
Thursday 7 th	10am–12pm	WeCare, Glebe Centre, Ewhurst
Wed 13 th	10am–12pm	Melody Memories, Arts Centre
Friday 15 th	10am–12pm	Memory Lane Café, Leisure Centre
Monday 18 th	2.30pm–4.30pm	Memory Lane Café, Arts Centre
Thursday 21 st	10am–12pm	WeCare, Glebe Centre, Ewhurst
Friday 22 nd	10am–12pm	Memory Lane Café, Leisure Centre

NB No Memory Lane Café @ Leisure Centre 20th & 27th December or 3rd January 2020.

Epsom & Ewell Adult Day Care

Do you need a break from caring? This adult day care centre provides specialist full and half-day respite care for those with memory loss, confusion, early onset dementia – frail, recently suffered a stroke and people with Parkinson's.

Adult day care allows you to take a break from caring – essential to recharge and get on with daily tasks or just catching up with friends. Contact: Community & Wellbeing Centre, Sefton Road, Epsom KT19 9HG. Open Monday-Friday 9am-5pm. Call 01372 727583 or email wellbeingcentre@epsom-ewell.gov.uk

Quiet Session at Hampton Court's Magic Garden

A quiet session aimed at children and young people with autism, their families and carers takes place on 20th October, from 9am-10.30am. There will be fewer people than usual with adjustments made to help visitors with autism and other sensory needs to fully enjoy the garden.

To book call 033 3320 6000.

Adult (18-64 years): £8.80/£8.00

Child (3-15 years): £6.60/£6.00

Concession (65+ years and 16-17 years): £7.90/£7.10

Carer: Free



Mental Health Network Event

Independent Mental Health Network's annual event takes place at Dorking Halls on 19th November, 10am-4pm. Joining with Healthwatch Surrey, the theme is **Suicide Prevention and Managing Mental Health**.

There will be speakers on health and nutrition explaining that you don't have to go to an expensive gym to keep your mental health 'healthy'. There'll be discussion on the realities for those left behind by suicide. Additionally, there will be a video booth for service users and carers to record their experiences with A&E and GPs. Plus you can try out the latest mental health apps, and workshops. Refreshments available and light lunch.

The venue is accessible, there is a hearing loop and help with transport. <https://surreycoalition.org.uk/special-interest-groups/independent-mental-health-network/>

Tadworth Art Group Winter Exhibition

If you enjoy art, why not take a look at the Tadworth Art Group's exhibition, 15th November, 6.30-10pm, St John's Hall, The Avenue, Tadworth KT20 5hAB. **(Free entry.)**

35 local artists have been hard at work to produce a whole new and exciting range of over 250 original paintings in oils, acrylics, pastels, collage and charcoal. The group pride themselves on being one of the most prestigious art groups around. There's a charity raffle, and refreshments available. More here www.tadworthartgroup.co.uk



Dementia Help in Leatherhead

Do you care for someone who is becoming forgetful? Or know a carer who needs a break? Mid

Surrey Dementia Care Trust operates The Conservatory Club at the Fairfield Centre in Leatherhead for people with memory difficulties or in the early stages of dementia. It's open Monday to Friday from 10am to 3pm.

They assess those with memory difficulties to ensure that they will benefit from the Club's services. Members attend the Club up to three days a week and participate in activities and social interaction in a friendly atmosphere. While a member is at the Club, carers can have a break.

Members pay £20 per day and this includes the cost of lunch and incidentals. They understand that this may prove difficult for some people and the Club Treasurer can discuss and advise on alternative arrangements. For more information, or to discuss a visit, please contact Senior Club Manager, Pauline Simons on 07913 707704.



Accessing Physiotherapy in East Surrey

If you attend the following East Surrey GPs: Elizabeth House Surgery, Oxted Health Centre, Smallfield Surgery, Lingfield Surgery, Whyteleafe Surgery, Caterham Valley Medical Practice, you can use a self-referral form to access physiotherapy, without having to see your GP first.

Appointments will be held at clinics in Caterham, Oxted and East Surrey Hospital.

National Autistic Society Surrey Branch PDA Talk

There is a talk on Pathological Demand Avoidance (PDA) by expert Clare Truman in Redhill on 9th October, 8pm. *Places must be booked, see website below.*

The branch also have support groups run by volunteer branch members across Surrey, including groups for family and a dads' group in Redhill. See www.nassurreybranch.org.uk info@nassurreybranch.org



Moving On for People Living with Cancer

A session on Fatigue/Sleep Issues and support will be held at the **Macmillan Cancer Support Centre** at East Surrey Hospital in collaboration with Surrey and Sussex Healthcare.

The session runs on Friday 11th October, 11.30am-1pm.

You must book. Email vandana-khurana@nhs.net or call the centre on 01737 768511 x 2078.

Return to work scheme

The Building Better Opportunities Project has received further funding to provide support to gain employment in East and Mid Surrey. This popular service gives 1:1 support and life coaching to those wanting to return to work who are currently not in any employment with dependant children at home.

To find out more and see if you are eligible for support please contact an Action for Carers Advisor or Clare Percival at WEA at cpercival@wea.org.uk.

WEA Autumn Courses



WEA collaborates with organisations in East Surrey, including the Richmond Fellowship, Tandridge Voluntary Action and the Recovery College. Upcoming courses include:

- Preparing to help in schools
- Art for wellbeing
- Mentoring
- Money First Aid
- Social media
- Digital skills
- Emotional Health and Wellbeing
- How to be More Confident and Assertive
- Mindfulness
- Building Emotional Resilience
- Creative writing
- Healthy Sleeping Habits
- Address Your Stress
- Building Emotional Resilience
- Yoga
- Music and wellbeing
- Difficult conversations

Courses have a small fee or are free to people claiming certain benefits—please ask about this.

For more information and to find out how to book, please contact Emma Hills: emma@wea.org.uk.

Christmas at the Woodhatch Centre

Little Red Riding Hood Panto
Rah Rah Theatre Company presents Little Red Riding Hood at The Woodhatch Centre in Reigate on Friday 13th December at 4pm. Tickets must be booked in advance and cost £8.50 with **carers going free.**

London Lights Outing
The Centre are also organising a trip to London to see the Christmas lights and have fish and chips on the 6th December.

Please contact the Woodhatch Centre on 01737 221030 for more information and to book.

In other news...

Consultations: On our website you'll find many of the on-going (public) consultations of interest to carers www.actionforcarers.org.uk/get-involved/consultations/

The National Institute of Clinical Excellence (NICE) has published new draft guidance which aims to improve the wellbeing of carers. Recognising that unpaid carers need more support to cope with financial and emotional stress, the recommendations emphasise what local authorities and health and social care professionals should do to support carers. Full story here <https://tinyurl.com/y66uls4q>

The Open Ticket Library Membership is for library members with a medical condition that substantially affects their ability to: use printed books; choose for themselves when to visit the library; borrow and return library items. Membership allows a longer loan period, a reduced rate for overdue fees and just 75p per item reservation charge. You can also

Do you have any friends, neighbours or other family members who are in a caring role? Could they benefit from our support? If so, why not encourage them to contact us? We would be happy to have a chat and see if we can

nominate someone to borrow for you.

Look out for events for older people on 6th October. The '**Silver Sunday**' scheme offers opportunities for fun, socialisation and entertainment. See <https://silversunday.org.uk/events/> for more information.

A **new cook book** aims to help people with learning disabilities cook complete main meals from scratch. It's by Elaine Evans and called '10 Meals to Support Independence' Find here <https://tinyurl.com/y2ymrou>

New Scheme for hidden disabilities!



Already successfully running in UK airports, both Sainsbury's & Tesco are now trialling the 'sunflower lanyard' in some stores. Contact Customer Services for more info.

support them either now or in the future. They may at least like to receive our newsletter so please pass on our contact details and we can take it from there. They can self-refer through our website or call us on **0303 040 1234**.

Useful numbers

Action for Carers

0303 040 1234

REMEMBER: We've extended our Carers Information Centre opening hours You can call us **up until 6pm on Tuesdays and Wednesdays** (5pm on other week days).



ALZHEIMER'S UK

0300 222 11 22

Age UK Surrey

01483 503 414

Children's Social Care

0300 470 9100

Citizens Advice Centres

03444 111 444

Crossroads Care Surrey

01372 869970

National Autistic Society

0808 800 4104

NHS 111 Service 111

Samaritans 116123

(calls do not appear on bills)

SCC Adult Social Care

0300 200 1005

Surrey SEND Information

Advice & Support Service

01737 737300

Action for Carers is here for you. If you haven't yet registered with us, please do. We have a whole range of advice, support, information and events. Call **0303 040 1234** or email carersinfocentre@actionforcarers.org.uk



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