



Welcome — from Rachel Brennan

A very Happy New Year to you all

Firstly, a big thank you for completing our annual survey and for taking time to come along to consultations to give us valuable feedback. We appreciate how precious your time is. In this edition you'll see we have new workshops on learning disabilities and mental health. These will be run alongside our other cross-Surrey events.

Rachel Brennan, Manager, Adult Carers Support

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Hello to our new staff

We're delighted to introduce you to a few new team members.



Lynne Dossetter joins as Carer Support Advisor - Mental Health, working in the North West Area.



Joining the North West and Mid Surrey teams is **Heidi Dendy**, Carers Support Advisor— Events.



Sam Caine joins as Hospital Carer Support Advisor working in St Peter's and Frimley Park.



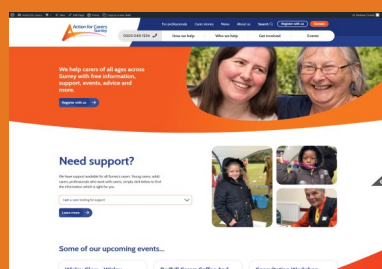
Last, but by no means least, **Becky Northrop** is our new Admin Assistant and is part of the Admin Team.



And farewell Finally, we said a fond farewell to **Jackie Stephens**, one of our

Hospital Carer Advisors, working at Royal Surrey, who has moved on after four years. We wish Jackie all the best.

Our new website is live! It has lots of news, information and updates, including our events. Take a look!
www.actionforcarers.org.uk



We have winners!

Announcing the winners of our Annual Survey Prize Draw

A huge thank you to all the carers who completed our Annual Survey. We have held the prize draw and these are the three lucky winners:

First prize was won by Gaye Hebard in Godalming;

Second prize by Sarah Meloy in Shepperton;

Third prize by James Cummings in Warlingham.

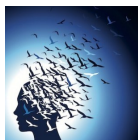
Well done!



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.

Looking After You in 2020!



In January we will be running wellbeing events to remind us all to do something about our New Year's resolutions!

Health and Wellbeing Marketplace, YMCA REDHILL
17th January, 10.30am-1.30pm
Stands from WEA, Recovery College, Wellbeing Advisors and more. Plus free health checks.

Wellbeing (including hand massage), LEATHERHEAD
21 January, 10am—12pm
Relaxation and mindfulness event.

Wellbeing: Mindfulness GUILDFORD
22nd January, 10am—1pm
Blow away the January blues and join us for a session with 'mindfulness', gentle exercise, and a chance to create your own 'pick-me-up box'.

Wellbeing: Mindfulness and Therapies, WOKING
23rd January, 10.30am—2.30pm
Relaxation and mindfulness event.

Carer Mental Health Education Programme Workshops

Starting 11th or 18th February, or 3rd or 10th March

A series of five workshops focusing on different aspects of mental health and caring. Run by Rachel Brennan and Lynne Dossetter. Please get in touch for details.

We have a number of events running across Surrey, replicated at different venues ([details on opposite page](#)), so as many of our carers as possible can attend. These include:

Continuing Healthcare

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

Autism Workshop: Challenging Behaviour

28th February, 24th March
With Mark Brown. Strategies on managing and understanding challenging behaviour.

Wills, Trusts and LPAs

20th March
Join Debbie Duggan – an experienced Trust and Estate Practitioner – for a discussion about Wills, Trusts, and Lasting Power of Attorney. A chance to have your questions answered.

Eating Disorders and Co-dependency

17th March
Carer and trainer Veronica Kamerling will present on eating disorders and co-dependency, improving our understanding of the issues and how to improve family relationships.

Learning Disability workshop: What services are out there?

4th February, 24th March
Primary Care Nursing Services and Transition Team will be presenting on their services. The Health Checks Service will be asking for carers' views on how the health checks can be provided.

Wheel of Wellbeing

7th February, 12.30–4.30pm
If you're interested in improving your health and happiness, from a

personal perspective, then Wheel of Wellbeing (WoW) is likely to be of interest. WoW talks through six achievable steps that are proven to boost wellbeing, looking at body, mind, spirit, people, place, and planet. More on p10.

Information Drop-ins at Merstham Hub

Fridays 10th Jan, 14th Feb and 13th March

See more information on p11.

Forensic Workshop

6th February
Find out more about services including the new Forensic Development Service supporting people with autism, learning disability and brain damage. More information on opposite page.

Hampton Court Visits

We are part of Hampton Court Palace's 'Community Access Scheme' so will be having more trips to Hampton Court this year. Carers attending also receive two passes to Hampton Court – or Kensington Palace, or the Tower of London – for only £1 each! See dates opposite.

Cinema Clubs

Are you a film fan? We run Cinema Clubs for carers. All start with coffee and chat at 10am with the film at 11am. Details below and please ring in for dates and film to be shown.

OXTED Cinema Club Oxted Everyman Cinema, 7 Station Road West, RH8 9EE; £ free

EPSOM Cinema Club Epsom Odeon Cinema 14B-18 Upper High St, Epsom KT17 4QJ; £2.50

ADDLESTONE Cinema Club The Light Cinema, Station Road, Addlestone KT15 2BD; £4.50

Action for Carers Events ACROSS Surrey

AREA	JANUARY	FEBRUARY	MARCH
South West Surrey	<p>Personal Wellbeing Day: Exercise, Crafts, Massage Therapy & Mindfulness 22nd January 10am -1pm Guildford Rugby Club</p>	<p>Autism Workshop: Challenging Behaviour with Mark Brown 28th February, 10am-1pm Guildford Rugby Club</p> <p>Hampton Court Visit 5th February, 11am -3.pm</p>	<p>Wills, Trusts and LPAs 20th March, 10am—1pm St. Peter’s Centre, Ash</p> <p>Carer Mental Health Education Workshop 3rd March, 10am—3pm Guildford Rugby Club</p>
North West Surrey	<p>Wellbeing: Mindfulness & Therapies 23rd January, 10.30am-2.30 pm Parkview Centre for the Community, Woking</p>	<p>Learning Disability Workshop: What services are out there? 4th February, 10am-12.30pm The Hythe Centre, Staines</p>	<p>Carer Mental Health Education Workshop 10th March, 10am-3pm Holiday Inn, Shepperton</p> <p>Hampton Court Visit 12th March, 11am-3pm</p>
East Surrey	<p>Look after yourself! 17th January From 10.30am to 1pm YMCA, Redhill</p> <p>Scams Awareness Event 21st January 1.45am-3pm Oxted Community Hall</p>	<p>Carer Mental Health Education Workshop 18th February, 10am-3.30pm St Mary’s Church Centre, Reigate</p>	<p>Autism Workshop: Challenging Behaviour with Mark Brown 24th March, 10.30am-1.30 pm Special Help4Special Needs Resource Centre, Caterham</p>
Mid Surrey	<p>Wellbeing (including hand massage) 21st January, 10am- 12pm Leatherhead Theatre, Church Street, Leatherhead KT22 8DN</p>	<p>Wheel of Wellbeing Friday 7th February, 12.30pm – 4.30pm, Bourne Hall</p> <p>Carer Mental Health Education Workshop 11th February 10am—3pm The Kings Church, Longmead Road, Epsom</p> <p>Hampton Court Visit 25th February, 11am-3.00pm</p>	<p>Learning Disability Workshop: What services are out there? 24th March, 10am– 12.30pm All Saints Church, Hersham KT12 5LU</p> <p>Continuing Health Care 19 March 1.30–3.30pm St Marks, Great Tattenhams</p>
Specialist events	<p>To register for events please call us on 0303 040 1234 x815. Or email CSAdmin@actionforcarers.org.uk</p>	<p>Forensic workshop: What support is there? 26th February, 10am –1pm Leatherhead Leisure Centre</p>	<p>Eating Disorders and Co-dependency 17th March, 10am—1pm Mariners Suite, Leatherhead Leisure Centre</p>

Armed Forces and Veterans Carers

Veterans and Families Listening Project (was Surrey Heath Veterans and Families – Listening Project) tea, coffee and chat with support services. Led by veterans, supported by a qualified practitioner. Monthly 2nd Tuesday 10am – 1pm St Mary's Church Centre, Park Rd, Camberley GU15 2SR.

Epsom & Ewell Comrades Club – Veterans drop-in A great opportunity to talk to veterans over coffee/tea and cakes and chat to the different support services attending. Every 1st Wednesday of the month 10.30am – 12.30pm. The Comrades Club, 1 The Parade, Epsom KT18 5BT.

Woking Surrey Armed Forces Drop in is held every 3rd Thursday of the month 11am–1pm. Woking Railway Athletic Club, Goldsworth Road, Woking GU21 6JJ.

West Molesey Veterans Support Association hold a free Brew & Banter in a very relaxed atmosphere, with games/sports for able-bodied and disabled alike. Service charities in attendance, free hot food and a warm welcome. 2nd Tuesday of the month 10am – 4pm. 3rd Molesey Scout Hut, St Peters Rd, West Molesey KT8 2QE.

West Sussex For veterans on the Sussex /Surrey border there is a Breakfast Club that meets in Crawley on the 2nd Sunday of every month. Brewers Fayre, Goffs Park Road, Crawley, West Sussex RH11 8AX.

Guildford Fire Station hold a Veterans Butty and Brew on the last Thursday of the month, 10.30 -am-12.30pm. Guildford Fire Station, Ladymead, Guildford GU1 1DL



Carer Information Centre team



Say hello to the Carer Information Centre (CIC) team!

Jane Sanders, CIC Manager

A call from one of the CIC team is often the first contact a carer will have with Action for Carers. All carers referred to us will be contacted by one of our friendly and experienced advisors to discuss their caring role and discover what support and help is available.

You can ring us for advice on numerous issues like benefits, grants and advocacy and also for emotional support should your caring role become overwhelming. If needed, we can arrange for local Carer Support Advisors to meet with you, our Armed Forces Advisor to source specialist support or our Moving and Handling Advisors to help with mobility issues. We can also refer on to other support services for help with things like Carer's Assessments or Dementia Navigators.

Jane Saunders: I joined the CIC 2 years ago following several years in the NHS and was privileged to be appointed as CIC & Admin manager this summer. My personal caring role was for parents with dementia and cancer and I was also a parent carer during this time.

Let me introduce you to the Carer Information Centre team!

Josh Richardson: I joined the CIC in September, having previously worked in admin for Adult Carer Support. I register carers in East Surrey and offer them support with any issues they have. I also

take enquiries and self-referrals from carers all over Surrey. Personally, I'm a young adult carer, having looked after my mum for many years, so bring that experience to my role.

Belinda Fleming: I have worked for Action for Carers Surrey for 3 years; prior to this I was at Carers Support Guildford. I talk to carers to assess their needs and see how we can support them in their caring role. I register carers in South West Surrey, but also take calls from carers across the county.

Anne Ruby: I joined in 2017, after many years in the NHS. My main role is contacting and registering carers throughout Surrey who have been assessed as being in urgent need of support. In addition I take calls from carers and professionals who have a variety of needs and enquiries. I have personal experience of caring for family members with dementia and mental illness.

Mary Thomas: I've been at ACS for four months having previously worked for many years at a charity helping people with housing, finances, debts etc. I register carers from North West Surrey but support any carers who call, particularly with benefits advice.

Catherine Ma: I've worked for a year in the CIC as part of a friendly and supportive team. I register Mid Surrey carers and call them to discuss any practical or emotional support they require. For many, we are the only people they have been able to speak to about their inner fears and needs as carers.

Please get in touch on

0303 040 1234

Our Carer Information Centre is open 9am-5pm, Monday, Thursday and Friday, and 9am-6pm on Tues and Wednesdays.

Using your voice to help other carers



Many of you have kindly taken part in our Carers' Consultation which took place over the second half of 2019, across Surrey. You gave your views and experiences on a wide range of topics related to caring, including our services and others', and we thank you for your honest feedback.

Below are some of your responses and questions (in black) given at consultations, and (in blue) our planned activities for 2020. We will update more in the next newsletter.

Speakers to talk to carers: psychiatrist, psychologist, pharmacist: Carers' mental health education workshop. Positive risk-taking skills for carers.

If paid carers can be taught to provide personal care, medical care and to administer medication. Why can't we be taught the same?: Investigating SCC courses for carers to attend and gain competencies.

Could we have a doctor come and talk about the pros and cons of medication, a psychiatrist to talk about psychosis, personality disorders, suicide prevention, the process of sectioning someone, what to expect and what to expect when the cared for is then discharged

home. Specialist speakers to talk: Suicide prevention workshop, Positive risk-taking skills for carers.

Counselling and Art therapy to be provided to help carers refuel and be better carers: Investigating art –based workshops with Creative Arts Centre

Empower me to fight, and which bits to fight: Luke Clements- carers' rights presentations.

Courses in practical skills to help people live independently: Learning Disability team running workshops.

Hospital discharge list to help self funders: Working with Health Watch to improve their discharge pack.

We need help with what to do when someone is psychotic and suicidal: Carers mental health education workshop.

Long term carers are getting older, when they can't do it any more what's going to happen?

Have ACS thought about that? We want to see ACS planning for the future.: Emergency support for carers in ICS- Surrey Heartlands strategy. Commissioners to look at over the next two years with ACS.

Breaking bad news training. There's a way to support my emotional needs so that it doesn't become a trauma. Also, for other professionals: All ACS

staff to attend 'How to have a difficult conversation' training.

Information on Wills and Power of Attorney: Workshops quarterly.

Carer's Assessment impact on care plans: Workshop, ACS's review after section 75 embedded.

One parent carer group to be Learning Disability (older children): Review of groups and any carer welcome to attend the group in Guildford.

Workshops to be rotated across the borough please. Keep it fair: Newsletter highlights rotation of workshops, sessions, training, and activities across Surrey each quarter.

Support with tribunals, appeals, rights, court, blue badges, power of attorney, independent living, wills: Carer Support Adviser's offer carers one-to-one support in these areas.

Could there be some evening groups? Where we can, we also promote other quality organisations' groups.

Counselling, volunteering and coaching to be offered to carers: Volunteering at ACS in discussion; Counselling will be signposting to IAPT.

There was a lot of feedback regarding Support Groups which is being reviewed at the Carers' Parliament and we'll update on that soon.

Date	Consultation	Time	Venue
15 th January	Elderly/Frail Carers	10-11am	Hythe Centre, Runnymede, TW183HD
15 th January	Armed Forces Carers	1-2pm	Hythe Centre, Runnymede, TW183HD
17 th January	Armed Forces Carers	1-2pm	Claygate Village Hall, Church Road, Claygate, KT10 0JP
22 nd January	Elderly/Frail Carers	10-11am	Leatherhead Theatre, Church Street, Leatherhead, KT22 8DN
22 nd January	Armed Forces Carers	1-2pm	Leatherhead Theatre, Church Street, Leatherhead, KT22 8DN
24 th January	Elderly/Frail Carers	10-11am	3rd Epsom Scout group, The Forge Church Road , KT17 4AB
24 th January	Armed Forces Carers	1-2pm	3rd Epsom Scout group, The Forge Church Road, KT17 4AB
29 th January	Elderly/Frail Carers	10-11am	St Mary's Church, Reigate. RH2 7RN
29 th January	Armed Forces Carers	1-2pm	St Mary's Church, Reigate. RH2 7RN
31 st January	Elderly/Frail Carers	10-11am	Soper Hall, Caterham. CR3 6HY
31 st January	Armed Forces Carers	1-2pm	Soper Hall, Caterham. CR3 6HY
5 th February	Elderly/Frail Carers	10-11am	Staines Community Centre, Staines. TW18 1EA
5 th February	Armed Forces Carers	1-2pm	Staines Community Centre, Staines. TW18 1EA

To register for an event call 0303 040 1234 x815 or email 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: 23 Jan, 27 Feb , 26 Mar	10.30am- 12.30pm	Banstead United Reform Church, Banstead
Dorking All Carers	1st Tuesday of each month: 07 Jan, 04Feb, 03 Mar	10am- 12pm	Dorking Halls, Dorking
Epsom Mental Health Carers	4th Wednesday of each month: 22 Jan, 26 Feb, 25 Mar	2pm-4pm	The Brickfield Centre, Epsom
Epsom Parent Carers	2nd Wednesday of each month: 08 Jan, 12 Feb , 11 Mar	9.30am- 11.30am	Sainsbury's café, Epsom
Epsom and Ewell All Carers	3rd Wednesday of each month: 15 Jan, 19 Feb, 18 Mar	10.30am- 12.30pm	Sainsbury's café, Epsom,
Elmbridge All Carers	1st Thursday of each month: 09 Jan, 06 Feb, 05 Mar	10am- 12pm	Squires Garden Centre, Hersham KT12 4AR
Elmbridge Mental Health and Wellbeing Carers	3rd Thursday of each month: 16 Jan, 20 Feb, 19 Mar	10am- 12pm	Joseph Palmer Centre, West Molesey KT8 2QG
Elmbridge Parent Carers	4th Thursday of each month: 23 Jan, 27 Feb, 26 Mar	9.30am- 11.30am	Squire's Garden Centre, Hersham KT12 4AR
Leatherhead All Carers	3rd Tuesday of each month: 21 Jan (Well-being Event), 18 Feb, 17 March	10am- 12pm	Leatherhead Theatre, Leatherhead
Mole Valley Parent Carers Drop In	4th Tuesday of each month Jan no drop in, 25 Feb, 24 March	10am- 12pm	Dorking Children's Centre, West Street
Mole Valley Mental Health Carers	2nd Monday of each month: 13 Jan, 10 Feb, 09 March	1pm-3pm	Leatherhead Theatre, Leatherhead

East Surrey Support Groups



Caterham All Carers Coffee and Chat	3rd Wednesday of each month 15 Jan, 19 Feb, 18 Mar	1.15pm- 2.45pm	Soper Hall, Caterham
Reigate Mental Health Carers	2nd Monday of each month: 13 Jan, 10 Feb, 9 Mar	1.30pm- 3pm	St. Mary's Church Centre, Reigate
Redhill All Carers Coffee and Chat	Mondays: 27 Jan, 24 Feb, 23 Mar	11am-1pm	Redhill Methodist Church, Redhill
Horley All Carers Coffee and Chat	1st Thursday of each month: NO MEETING IN JAN, 6 Feb, 5 March	10am- 12pm	Horley Baptist Church, Horley

South West Surrey Support Groups



Parent Carers <u>subject to half term and inset days</u>	1st Friday of each month: (Except Jan) 10 Jan, 7 Feb, 6 March	9.30am- 11.30am	Co-op, Shawfield Road, Ash Vale
Parent Carer and Learning Disability	1st Tuesday of each month: 7 Jan, 4 Feb, 3 March	10am- 12pm	The Spike, Warren Road, Guildford
Farnham All Carers	1st Tuesday of each month: 7 Jan, 4 Feb, 3 March	2pm-4pm	The Memorial Hall, Farnham
West Horsley All Carers	1st Wednesday of each month: Jan— no session, 5 Feb, 4 March	2pm-4pm	West Horsley Village Hall
Haslemere All Carers	3rd Wednesday of each month: 15 Jan, 19 Feb, 18 March	1.15-3pm	Haslemere Methodist Church
Guildford All Carers	3rd Tuesday of each month: 21 Jan, 18 Feb, 17 March	10am- 12pm	The Spike, Warren Road, Guilford
Surrey Heath All Carers	Last Wednesday of each month: 29 Jan, 26 Feb, 25 March	1.45pm - 3pm	St Mary's Centre, Camberley
Camberley Drop in All Carers	1st Tuesday of each month: 7 Jan, 4 Feb, 3 March	9.30am- 11.30am	St Mary's Centre, Camberley
Mental Health Guildford	2nd Thursday of each month: 9 Jan, 13 Feb, 12 March	7pm- 9pm	St Pius Church Hall, Guildford
Mental Health Godalming	Last Wednesday of each month: 29 Jan, 26 Feb, 25 March	2pm- 4pm	Baptist Church, Godalming
Mental Health Cranleigh	Last Thursday of each month: 30 Jan, 27 Feb, 27 March	10am- 12pm	Baptist Church, Cranleigh

North West Surrey Support Groups



North West Mental Health Groups	4th Wednesday of each month: 22nd Jan , 26th Feb, 25th March	7-9pm	Greeno Centre Glebelands Gardens Shepperton TW17 9DH
North West Parent Carer	1st Tuesday of each month: 07 Jan, 04 Feb, 03Mar, No group in April	10am- 12pm	Room D Chertsey Hall, Chertsey
Runnymede GP Drop Ins	10 Jan 14 Feb 13 Mar	10am - 12pm	Crouch Oak Surgery, Addlestone (Jan) Stepgates, Chertsey, (February) The Grove, Egham (March)
Spelthorne All Carers	3rd Tuesday of each month: 21 Jan , 18 Feb , 17 Mar	12pm- 2pm	The Kings Fairway, 91 Fordbridge Road, Ashford,
Spelthorne GP Drop In	22 January 11 February	10am- 12pm	Shepperton Medical Centre (January) Studholme Medical Centre (February)
Woking All Carers	1st Monday of each month: 06Jan, 03Feb 02, Mar	10am- 12pm	The Vyne Centre, Knaphill
Woking Drop ins	08 Jan—Coffee Morning 28 Feb 29 Mar, 29 May	10am- 1pm	Hillview Surgery Heathcot Medical Practice Goldworth Park

News in NORTH WEST Surrey

Dementia Carers Support



Dementia Carers Support are a charity to help carers looking after a loved one with any form of dementia.

Caring for someone with dementia can be very isolating. But the charity aims to help you and your loved one continue to have a social life together.

They offer three Drop-in Clubs a week, for you to meet other carers in similar situations. There's social activities too, including river trips, lunch club and breakfast club, weekends away, cream teas, and more.

Run by volunteers, all activities and Drop-in Clubs are free. Contact: Frances at Dementia Carers Support, Runnymede on 01932 342910; or email f.dyble@btinternet.com; www.dementiacarerssupport.co.uk



Family Concert Woking Symphony Orchestra

Saturday 18th January
3.30pm

Children and families event at HG Wells Conference & Events Centre, Church Street East Woking GU21 6HJ. All seats £7, (children aged under two free).

For more details or to book: visit <https://www.visitsurrey.com> or call: 01483 712710

Health Action Planning Training

Do you support someone with a learning disability? Would you like to be more skilled at supporting them to meet their health needs? Come to one of our training sessions.

Who is the training for? Anyone who directly supports people with learning disabilities in Surrey. Please note that priority will be given to family/unpaid carers.

Sessions take place at Gatton Place, Redhill; on Wednesdays: 19th February, 5th April, 17th June, 19th August, 21st October, 16th December.

To book please email rxx.ctpldeast@nhs.net

Action₂n Surrey

SURREY'S LOW CARBON COMMUNITY

Action Surrey is an impartial energy advice centre set up by local councils across Surrey as well as Surrey County Council*.

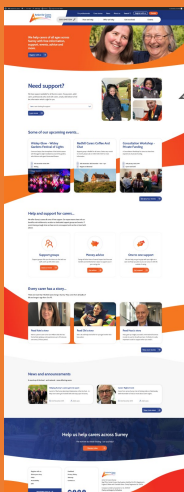
Action Surrey helps residents and organisations within Surrey to save money on their energy bills, keep them warm and reduce their environmental impact.

Through Action Surrey, residents can access a network of trusted, local and experienced installers who can install various energy saving technologies such as insulation, energy efficient boilers, solar panels, double glazing and more. Also, Action Surrey can help you to access any grants or other finance that you may be eligible for to make energy efficiency improvements to your property, helping you save money on your energy bills.

Call 0800 783 2503 to speak with an energy advisor today, email info@actionsurrey.org or complete an online enquiries form to arrange for free advice and a no-obligation quote for home energy improvements.

*Action Surrey is managed by Thamesway Sustainable Communities Ltd, which is wholly owned by Woking Borough Council. Action Surrey is part funded by local councils across Surrey, Surrey County Council and Thamesway Ltd and by referral fees from its supplier network for energy efficiency measures installed.

To register for any ACS event, please call the Admin Team on 0303 040 1234 x815 or email us on: CSAdmin@actionforcarers.org.uk



Please note that we now list many of our events on our new web-site. Take a look at www.Actionforcarers.org.uk

News in SOUTH WEST Surrey

Haslemere 'Swim & Chat'

We have been approached by a carer in Haslemere interested in starting an evening group to fit around her work and caring commitments. She would very much like to combine some light exercise with meeting other carers.

It would be an informal group for carers of all ages to join for the swim or just the social chat afterwards. If you're interested, let us know. Contact Sally Burton on 0745 8019506 or email sally.burton@actionforcarers.org.uk



Surrey Heath Youth Sessions— Eikon Charity



Monday Nights
The HUB Youth club
The Garrison
Community centre,
Newfoundland's Road

Drop in session
11-18 years open 7.30pm -9pm
Contact -
Shaffrina Barker
07904 256631



Dementia Café in Guildford

The Sunflower Café (poster right) is a special support group for people living with dementia and their carers. It's a simple drop in, with a warm welcome. It takes place fortnightly on a Wednesday, 10.30am-12.30pm, at the United Reformed Church, 83 Portsmouth Road, Guildford GU2 4BS.

If you'd like to find out more, please call 01483 662400.

Right at Home
Quality Care in Your Home
making a difference every day

The United Reformed Church

Sunflower Café

"A support group for people living with dementia and their carers."

Guildford

Where: Guildford URC, 83 Portsmouth Rd, Guildford GU2 4BS
When: 10.30am - 12.30pm fortnightly on a Wednesday
Just drop in or call 01483 662400 for more information

Macmillan Community Cancer Navigators Drop-In events

There will be regular drop-in sessions held at the health centres below. Anyone who would like to speak to a Macmillan Cancer Navigator can simply pop in for a chat.

They can help direct patients to 600 local groups and facilities that can help support people to live well with and beyond cancer. Why not call in?

Surrey Heath House, Knoll Road, Camberley GU15 3HD
10th January 10am–12 noon
7th and 14th February

10am–12 noon
6th and 13th March
10am–12 noon

Farnham Hospital and Centre for Health – Quiet Area
3rd and 10th January

10am–12 noon
7th and 14th February
10am–12 noon
6th and 13th March
10am–12 noon



The **Right at Home** team covering Guildford and Waverley are always looking for experienced and reliable 'Care Givers'.

At Action for Carers we know how much compassion and skills carers have from looking after loved ones. So, if you are looking for paid work in a field you have proven yourself to be an 'expert' in, then why not contact Right at Home? They got in touch with us as they know the commitment and attitude you have to have to help care for others.

For more information and an informal chat with the team, please contact their office, based in Farnham, on 01252 783426.

To register for events please call
0303 040 1234 x815.
CSAmin@actionforcarers.org.uk

Wheel of Wellbeing

Date: Friday 7th February

Time: 12.30pm – 4.30pm

Venue: Bourne Hall

What is the Wheel of Wellbeing (WoW)? Body. Mind. Spirit. People. Place. Planet. If you're interested in health and happiness, from a personal perspective, then WoW is likely to be of interest to you. WoW suggests six achievable steps that are proven to boost wellbeing.

Give us a call to book your place 0303 040 1234 x815.



Elmbridge Family Centres—new contact numbers

Spurgeons is now the provider of Elmbridge Family Centres, supporting 0-11 year olds and their families.

The Family Centres phone numbers are:

- Cobham (currently) 01932 864448, though they anticipate this will change shortly.
- Three Rivers 0208 941 4013
- Walton 01932 229103



Open Come and Sing Workshop Banstead

Date: 1st February

Time: 10am-4pm

Location: Banstead Junior School, The Horseshoe, Banstead SM7 2BQ

Cost: £15

St Cecilia Chorus welcomes you to an open informal day of singing techniques and learning new music.

Ticket includes coffee, tea and all music. Full details at stceciliachorus.org.uk; or email tickets@stceciliachorus.org.uk

Information Morning for Families with Additional Needs

Date: Tuesday 21st January

Time: 10am - 1pm

Venue: Molesey Youth Centre, Ray Road, West Molesey, KT8 2LG

Come along to a drop in 'market place' event organised by HomeStart, Elmbridge, for parents of children aged 0-7 with additional needs.

Find out who to go to for advice on child development.

Meet professionals and organisations who can give you advice and answer all your questions, including representatives from Surrey SEND Advice, Surrey Early Support, Portage, the National Autistic Society and Action for Carers.

Supporting Positive Behaviour in Children with SEND

This free workshop is for parents and carers of children with special educational needs and disabilities. Topics include:

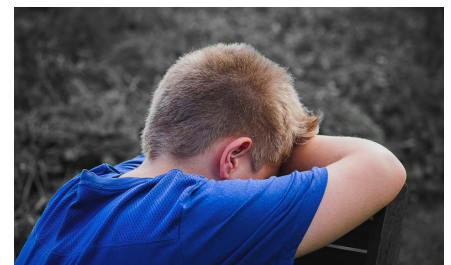
- Understanding what triggers and sustains behaviours.
- Positive behaviour approaches and strategies .

Venue: The Focus Youth Centre, Depot Road, Epsom.

Date: Friday Jan 31st 10am- 1pm

For more information and to book, please visit wea.org.uk or call 0300 303 3464. (Places are limited.) The course reference is C3745009

Facilitator: Sam Barbot-Freeman



Watch Out! Scam Awareness Event — Oxted

Join us for a talk about 'Taking a Stand Against Scams' from NatWest Community Banker, Clare Oldfield. The talk will inform you about types of scams to look out for and show you how to protect yourself and people you care for from being the victim of a scam. Clare has already visited support groups in Caterham and Redhill, so we are pleased to offer a one-off event at Oxted Community Hall on The 21st January from 1.45–3pm. Places are limited so please book: 0303 040 1234 ext. 815, or email csadmin@actionforcarers.org.uk.



Information Drop-Ins at Merstham Hub

Dates: Fridays 10th Jan, 14th Feb and 13th Mar

Time: 10am—1pm

Venue: Merstham Community Hub, 2b Portland Drive, Merstham, RH1 3HY

We are pleased to offer three mornings of an information drop-in stand. Carers can pop by to get information about our service, other organisations that support carers and ask one our advisors about their own needs.

Merstham Community Hub offers many great facilities and activities including a café, library and Citizens Advice sessions and more. Please come and see for yourself during one of our drop-in sessions or visit their website: <http://mcft.org.uk/locations/merstham-community-hub/>

Health Action Planning Training

Do you support someone with a learning disability? Would you like to be more skilled at supporting them to meet their health needs?

Who is the training for? Anyone who directly supports people with learning disabilities in Surrey. Please note that priority will be given to family/unpaid carers.

Dates of sessions, to be held at Gatton Place in Redhill: are Fridays 24th January, 20th March, 22nd May, 24th July, 25th September, 20th November.

To book, please email rxx.ctpldeast@nhs.net

Live at Home Decaf club in Merstham

Merstham Dementia Friendly Club, Village Hall - Station Road North, Merstham RH1 3ED. Decaf club for members in the early stages of Dementia.

When: Mondays 11am–1.30pm.

Our Merstham Dementia Friendly Club (held every Monday) is a wonderful way to meet new people in similar situations, relax and have fun! Included is an hour's activity and a bowl of homemade soup!

To find out more and to enquire about a free taster session for potential members and carers please call 01737 78061.

Neurological Support Group Sessions—Brigitte Trust

The Brigitte Trust will be starting a new monthly support group for anyone diagnosed with a neurological condition to include Multiple Sclerosis, Motor Neurone Disease, Multiple Systems Atrophy or Progressive Supranuclear Palsy (PSP).

The monthly meeting will aim to provide a place of information sharing, social interaction and occasional speakers or activities.

Venue: The Green Room, Woodhatch Community Centre, Whitebeam Drive, Reigate, RH2 7LS

Day: Last Friday of the month

Time: 11am to 1pm

Cost: £3.00 per monthly visit

For further information, please contact Jenny Beech on 07818853176.

In other news...

Consultations: On our website you'll find many of the on-going (public) consultations of interest to carers. Please visit <https://www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/>

Action Surrey (not to be confused with Action for Carers Surrey!) works in partnership with local authorities and Surrey County Council, to help residents save money on their energy bills, keep them warm and reduce their environmental impact. There is funding for vulnerable residents in hard-to-heat properties, with things like insulation and boilers. Call 0800 783 2503 or visit <https://www.actionsurrey.org/>



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'd be happy to have a chat and see if we can sup-

Headway Surrey is an independent charity, offering cognitive rehabilitation and support for adults with acquired or traumatic brain injury and their families. Brain injury can come from stroke, tumour, accidents, heart attacks, falls, meningitis and other medical issues. More here www.headwaysurrey.org

Active Steps is a free service from the British Lung Foundation to help people with a lung condition become more active, with a 12 month programme. Support includes: regular calls to chat about how to get more active; an information pack and activity diary; and newsletter full of tips, inspiration and ideas.

If you've been diagnosed with a lung condition and are not currently active, you can refer yourself directly to the service by visiting www.blf.org.uk/active-steps or ring 03000 030 555. Abi and Claire in the Active Steps team will give you a call to explain the service in detail and check that it's appropriate for you.

port 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

Our Carer Information Centre is open 9am-5pm, Monday, Thursday and Friday, and 9am-6pm on Tuesdays and Wednesdays.



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 offer a whole range of advice, support, information and events. Call **0303 040 1234** or email carersinfocentre@actionforcarers.org.uk Or you can register on our website: <https://www.actionforcarers.org.uk/register-with-us/>



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