

Welcome — from Rachel Brennan



Dear Carers,

Carers week is here again, and this year the theme is 'Making caring visible and valued' to nationally and locally raise awareness of caring, highlighting

the challenges carers face and recognise the contribution they make to families and communities throughout Surrey and the UK.

We have planned events for Carers Week which are both online and face-to-face to celebrate how much we at Action for Carers value you all and listen to the suggestions which you send us.

In this special edition there are details of new events including one for Young Adult Carers, an Otago course in partnership with Active Surrey and a course for carers who care for someone with dementia.

Details of the Carers Week events are on the second page so please join us for a Picnic in the Park, Drumming event or online where we can celebrate all you fantastic carers.

Rachel Brennan, Adult Service Manager



Making Caring Visible and Valued

"It's so nice and comforting to know that with this service I am known and valued by Action for Carers — I, as a carer, am also cared about."

Surrey Carer

New events – June

Being Well, Doing Well
26th May, 9th June, 16th June
6.30-8pm (online)

Are you a young adult carer 18-24 years old? Being Well, Doing Well, gives you the tools to help recognise and address issues that arise because of your caring role. You will understand the importance of giving yourself time out, while increasing your confidence and self-esteem.

CrISP
First course
(online)



Wednesday 16th June-7th July
The Carer Information and Support Programme (CrISP) provides information on dementia, managing changes as dementia progresses, resources, shared experiences as carers and support. There's two courses: Course 1 for those caring for someone newly diagnosed with dementia and Course 2 for those caring for someone who has been living with dementia for some time.

Otago
Strength and balance exercise classes *NEW*



Take time for yourself and meet other carers while exercising in our new classes for carers 65+ (or recovering/disabled people under 65) to help you improve your physical skills with gentle standing and seated exercise. Classes will help you feel more energetic, healthier and able to do everyday tasks more easily.

Carer Q&A with Dominic Raab MP



We are delighted to announce a Zoom Q&A session with Dominic

Raab MP on Friday 11 June as part of Carers Week.

It's for our carers living in his constituency of Esher and Walton. So if you live there and would like to ask Dominic some questions around caring, please book ASAP (25 spaces available).

Armed Forces

Our Armed Forces Day celebration takes place on Friday 25th June at the Quick Response Memorial Woodlands (QRMW), Dorking. Bring a picnic, and join us from 10.30am to 3.30pm. The QRMW is a very peaceful and calming woodlands, founded by veteran Paul Cooling, a place to reflect and enjoy nature.



QRMW is off Pasture Road, Holmbury St Mary, near Dorking RH5 6LG, and has parking. You can use Bus route 32 or 22 (ask us for more details). If you'd like to come along, please contact CS Admin to register. We look forward to seeing you there. (Please note there's nowhere to buy food or drinks in the woodlands.)

Carers Week 2021 and June events and activities

Picnics in the Park

11.30am – 2pm

To celebrate Carers Week's theme of being visible and to bring us together we're holding 'Picnics in the Park' across Surrey. Please bring your picnic and a seat/blanket to one of our picnics. We can't wait to see you again! *Limited to 28 carers per venue due to COVID regulations.*



8th June

• Guildford Rugby Club **AND** Old Reigatian Rugby Club

9th June

• London Irish Rugby Club, Sunbury

10th June

• Painshill Park, Cobham

Co-op Stores

We're delighted that the Co-op in Guildford will have Carers Week stands at the following branches:

Saturday 5th June: Connaught House (Upper High Street) and Madrid Road; and **Saturday 12th June:** Aldershot Road and Woodbridge Hill. Thank you Co-op!



Drumming Workshops

Tongesayi Gumbo joins us once more to lead one hour interactive drumming sessions – filled with great rhythms and fun!

11th June

10.30-11.30am,
Redhill Methodist Church

2.30-3.30pm,
Guildford Rugby Club



Hospital Stalls

Look out for our stalls in Surrey's hospitals and find out about our support for carers with a loved one in hospital.

Stands at: St Peters, Royal Surrey, East Surrey, Frimley Park and Epsom.



For more information or to book, please give us a call on 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk; or on our website — Events. All events must be booked.

ON ZOOM

Yoga – with Saara,

7th June, 10.30am-11.30am



Join us to start the week with a positive, fun yoga session to look after you in both body and mind.

Illustration – with James Parsons

7th June, 2pm-3.30pm

Join professional illustrator James to learn to draw whatever you would like using professional skills and techniques. Whether you are a keen beginner or a more accomplished artist, here is a chance to use your imagination and create.

Wills, Trusts, Lasting Power of Attorney and Deputyship

8th June, 1.00pm-2.30pm

Steve Howells, who works closely with Rethink Mental Illness, will talk through these key issues. He's very experienced in dealing with the families of those who are vulnerable and has valuable insights into how such arrangements can work for carers.

Former Carer Support Group

8th June, 10.30-11.30am

Mindfulness with Claire and Diana

8th June, 4pm-4.45pm



Mindfulness is a state of being actively in the present rather than in the past or anticipating the future, observing your thoughts and feelings without judgement.

GCAV Consultation:

Inclusion, Equality, Diversity & Engagement With Maria Young, 8th June, 7.30pm-8.30pm

We would like to hear your views on being a carer, especially if you are part of the BAME community. We'd like to know how we can further improve the support we offer at Action for Carers.

Parent Carer Support Group

11th June, 10.30am-12 noon

Trained Advisors Judy and Daisy from SEND Advice Surrey will attend the group to offer general advice as well as answer individual questions about the EHCP (Education, Health and Care Plan) process.