



Welcome to the Summer newsletter



Welcome to the Summer edition of our newsletter! This edition gives us the chance to share all the great times we had in Carers Week. The first time of being able to meet up face-to-face was fantastic and created a lot of wonderful opportunities for you individually, and for us in finding more events. We have planned more picnics and outdoor activities in the park and also will be starting in person support groups from September.

Please look at the opportunities to keep you well with Otago and Health Checks alongside other events both online and in person. We also have our Carer Parliament in September, so please feel welcome to join in and share your views so we can ensure this service continues to improve and meet your needs as a carer. Looking forward to seeing you all again soon!
 Rachel Brennan, **Manager Adult Carers Support, Action for Carers Surrey**

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NEWS National Trust Scheme – free entry!

Exciting news that our collaboration with the National Trust is re-starting, allowing 500 of our registered carers free access to key Surrey/Kent properties. Please see more on p4.



****NEW****

Otago

Check out our new strength and balance classes, see page 4.



Carer Health Checks

From September we will be able to offer carers health checks by phone. Call us for information.

What a Carers Week! Read more on p9



We're here for advice and support

Please give us a call on 0303 040 1234

Our Carer Information Advisors are ready to listen to you — read more about all the ways we can help you on page 7.

Action for Carers' Zoom Online Events

Wherever you live, these Action for Carers events are open to you. They take place online by Zoom video — we'll send simple instructions when you register.

You'll find more details of these events [on our website](#), and you can register your interest there.

You can also call to register on 0303 040 1234 option 1; or simply email us at CSAdmin@actionforcarers.org.uk



July

Giving Carers A Voice Consultations

Led by Maria Young

First Wednesday of the month

7.30-8.30pm

First Friday of the month, 1-2pm

See page 6 for more details.

Being Well, Doing Well

Led by Taj Gilligan, Even Keel

5, 19 and 26 July, 6.30-8pm.

This workshop is for carers over the age of 25.

Join us to look at managing the ups and downs of being a carer, with tools to help you find the right balance to improve your overall health and wellbeing.

Understanding Trusts

Led by Steve Howells, Rethink

6 July, 6.30-8pm

Is a trust the answer for the finances of the person you're caring for? Find out the options.

Mindfulness

Tuesday sessions are led by either Diana Thornton or



Claire Garthwaite. Monday

sessions led by Suzette Jones.

Weekly day sessions Tuesdays at 4-4.45pm, starting 6 July

Monthly evening sessions:

12 July, 9 August, 13 September 7-7.45pm

Take some time for yourself. Join us for mindfulness sessions where we'll practice techniques to promote wellbeing and reduce stress.

Meet the Hospital Carer Support Advisors

Led by our Hospital Carer Support Advisors

7 July, 10.30am-12.30pm

Is the person you care for in and out of hospital? We have Hospital Carer Advisors in Surrey's main hospitals. Join us to find out how we can help you when the person you care for is in hospital.

Pathological Demand Avoidance and ASD

Led by Clare Truman, Spectrum Space Education

8 July, 10.00-11.30am

Clare will be talking about how to prioritise and present demands to children and young people and how to reduce the anxiety demands can cause.

Moving & Handling: Sit to Stand

Led by our Moving & Handling Advisors

8 July 1-2.30pm

This workshop is for anyone caring for someone who struggles to get up from a bed, chair, toilet or wheelchair.

Coping with Caring: caring for an adult with Autism

Two workshops led by Marie-Anne McKee, Space 2BYou

13 and 15 July, 7-8.30pm

We'll look at interaction and support and consider useful strategies and skills and how to use them.

Moving and Handling: Falls Prevention

Led by our Moving & Handling Advisors

14 July, 10.30-12.00pm

Join us for some tips and techniques to help you prevent falls.

Knit and Natter

Led by Heidi and Katie



Action for Carers' Zoom Online Events

21 July, 1.30-2.30pm

26 August, 9.30-10.30am

Relax, chat and share knitting projects All abilities welcome.



Introduction to ACS: Session for new carers (and for carers simply wishing to learn more)

Led by our Carer Support Advisors

22 July, 10.30-11.30am

Find out about all the services offered by Action for Carers and how we can support you.

Coping with Caring: caring for an adult with a mental illness

Led by Alison Joyce, Space 2BYou

22 July, 7-8.30pm

9 September, 7-8.30pm

Workshops looking at skills and techniques to improve how we manage issues including communication.



Mindful Music

Led by Helen Wallace

8 week course starting 29 July, 3.30-5pm

Mindful music therapy can help you change how you react to stressful situations, anxiety and conflict.

August

Mental Health and Wellbeing

Led by Angela Higgins, Bereavement Centre

2 August, 7-9pm

Develop confidence and skills in addressing mental health and wellbeing issues in daily life.

Moving & Handling: Car Transfers

Led by our Moving & Handling Advisors

5 August, 10.30am-12 noon

Tips and manoeuvres to help you getting the person you care for in and out of a car.

Zine Making

Led by Heidi and Barbara, ACS

10 August, 7-9pm

Join us for a taster session to explore your creativity using writing and collage to create your own Zine (DIY magazine).

Emergency Care Plan

Led by Rachel and Sally, ACS

12 August, 10-11.30am

Having an emergency care plan is vital for carers. Complete our plan document, and explore what you need to consider. (See also p7.)

September

Yoga

Led by Saara

Starting 6 September 10.30-11.30am

Join us in starting the week with a positive, fun yoga session to look



after yourself in both body and mind. Every Monday.

Moving & Handling: Bed Mobility

Led by our Moving & Handling Advisors

8 September, 1-2.30pm

Workshop for anyone caring for someone who struggles to get in or out of, or move around in bed.



Life Skills for Health

Led by Taj Gilligan, Even Keel

16, 23 and 30 September, 6.30-8pm. A special workshop for carers aged 18-24.

These sessions will give you the tools to help you recognise and address issues around caring for ourselves. You will understand the importance of giving yourself time out while increasing your confidence and self-esteem.

Carers Parliament

Led by Maria Young, ACS

24 September, 10am-11.30am

Come and contribute your views on services provided, and how we can improve support for you.

Building Emotional Resilience

Led by Angela Higgins, Bereavement Coordinator, Bereavement Centre

29 September, 10.30am-12.30pm

Learn to build your resilience and be aware of things that prevent us from doing so. Understand the difference between pressure and stress and learn how to turn surviving into thriving.

Action for Carers' Face to Face Events

Many events are now face-to-face!

Tai Chi in the Park

Led by Anita Ho, Tai Chi Instructor

Join us to enjoy Tai Chi in a beautiful outdoor setting.

All abilities welcome.

17 August ,10.30am-11.30am

Painshill Park Amphitheatre

Carers are free to enjoy the Park after the session.

23 August ,11.30am-12.30pm

Cobham Curve

23 August, 1.30pm-2.30pm

Woking Park

We're looking into more venues, please get in touch for more information.

Otago Classes

In partnership with Active Surrey we are able to provide free Otago exercise classes running over 16 weeks. Otago helps to improve your strength and balance.

If you have a disability, recovering after an illness or just need to keep up your physical health please join us at one of our classes across Surrey. Please contact us for more information and dates.

Otago venues:

- Merrow Village Hall, Guildford
- Haslemere Leisure Centre
- St George's Centre, Ashstead
- St Mary's Hall, Reigate
- St Mary's Hall, Camberley
- Addlestone Community Centre

TO BOOK EVENTS AND SUPPORT GROUPS

Visit our website to book, or call us on 0303 040 1234 press option 1; or simply email — CSAmin@actionforcarers.org.uk



New Collaboration

We are delighted to be working with the National Trust on a new scheme giving 500 of our registered carers free access to several key properties in Surrey and Kent, for a four month (pilot) project.

Wellbeing is central to the National Trust, and they want to help carers connect with green space and fresh air at these beautiful properties.

The scheme starts early July. Please contact us if you would like to be one of the 500.



Picnics in the Park

Join us for a relaxing picnic and the opportunity to chat with other carers and our staff.

Painshill Park

13 August, 11.30am-2pm

Bring your own picnic and stay to enjoy the park.

Cobham Curve

26 August, 6-8pm

Bring your own picnic and enjoy a relaxed evening with other carers.

Park Photography

Led by Katie Davey

6 August, 11.30am-2pm

Painshill Park

Come and practise your photography skills, meet other carers and bring a picnic. All abilities welcome. Carers are free to enjoy the Park after the session.

FACE-TO-FACE Support Groups

All groups are open to ALL carers and will run monthly from September

The Spike, Guildford

Third Tuesday of the month
10:30am-12 noon

High Cross Church, Camberley

First Wednesday of the month
10.30am-12 noon

Baptist Church, Cranleigh

First Wednesday of each month
10.30am-12 noon

Methodist Church, Haslemere

Third Wednesday of the month
1.30-3pm

The Vyne, Woking

First Monday of the month
10am-12 noon

Addlestone Community Centre

Third Tues of the month 1-3pm

Kings Fairway Ashford

Second Tuesday of the month
1-3pm

Sainsbury Café, Epsom

First Tuesday of the month
9.30-11:30am

Leatherhead Theatre

Third Tuesday of the month
10am-12 noon

Squire's Garden Centre, Elmbridge

First Thursday of the month
10am-12 noon

Methodist Church, Redhill

Fourth Monday of the month
11am-1pm

Former Carers

Parkview, Sheerwater

First Wednesday of the month
10-11.30am

Action for Carers' Zoom Online Support Groups



ONLINE Zoom Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile. (The booking link we send you lasts for three months.)

Following feedback, we're introducing more specialist groups as well as our general 'Coffee, Chat and Support' groups for all carers.

All Carers 'Coffee & Chat'

First Tuesday of each month, 10-11.30am This group is for all carers to attend.

Parent Carers

Second Friday of each month, 10.30am-12noon

Are you a parent supporting your child (under 18)? Join us to talk to our experienced staff, and other carers in a similar position.

Mental Health

Third Wednesday of each month, 7-9pm

For carers who care for an adult with mental health problems.

Mental Health: Caring for Young People
Third Thursday of each month, 1.30-3pm

Support for parents of a young person with mental health problems.

Eating Disorders

Fourth Wednesday of each month, 7-9pm

Are you supporting someone with an eating disorder? Join our new specialist support group, to talk to other carers in a similar position, explore new ideas for recovery and have a chance to look after your own needs.

Dementia Navigator Support

Third Wednesday, 10.30am-12noon
(booking link is for 1 session only)

Time to ask questions and share tips around caring for someone with dementia.

Former Carers

Second Tuesday of each month, 10.30-11.30am

A group for carers experiencing loss and bereavement to find support from others.

NAAFI Break

28 July, 25 August, 22 September, 10.30-11.30am

Hosted by our Armed Forces Carers Support Coordinator. July: What's out there for Veterans, August: Funds available to you. September: PTSD where to go for help. So bring a brew and a bacon buttie and come and join us.

New to Zoom?

New to using Zoom or having difficulty using it?

We have an easy read guide to help you! Our guide will help you get going with Zoom and join our events.

For a copy call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk

Or find it on the website.

HOW TO BOOK ON OUR EVENTS AND SUPPORT GROUPS

Booking is essential.

You can book in 3 ways:

- Visit our website events section
- Call us on 0303 040 1234 option 1
- Or email CSAdmin@actionforcarers.org.uk

Once booked, we'll send instructions.

'R.A.N.T.'

Third Friday of the month 10.30-11.30am

Your sports team not performing well? Fed up with 'expert' comments on social media? Family or neighbours not returning things they borrow? Life can be frustrating!

How about setting some time aside from caring to chat about **Random And Non-care-related Topics** in our R.A.N.T Group! Other groups are for caring issues – this one is exclusively for RANT purposes!

Mental Health: Caring for a Partner

Third Tuesday of the month 7-9pm

For carers who care for a partner with a mental health problem.

Autism

Fourth Tuesday of each month 7.30-9pm

For carers who care for an adult on the Autistic Spectrum.

Armed Forces Carers News

Are you caring for someone in the Armed Forces or a member of their family? Are you a veteran or care for a veteran?

We are here to support you. We would like to hear from you about the support that you feel would help you in your caring role. Call 0303 040 1234, email CarerSupport@actionforcarers.org.uk



NAAFI Breaks

28 July

What's out there for Veterans

Talk about what is available in the area for Veterans to contact and to attend different hubs. How to find these.

25 August

Funds that are available to the Armed Forces and how to apply for them.

22 September

PTSD and where to find help and how to connect to it.



Using Your Voice to Help Others

Overall, our consultations have been well attended. You have not allowed COVID to get in the way of expressing your views, opinions and feedback.



I would like to say a huge thank you to all the carers that have taken part so far and you're welcome to attend any future consultations. If, however the consultations via Zoom are not for you, then please feel free to email your views to me Maria.Young@actionforcarers.org.uk

Once the consultations have been completed Rachel Brennan and I review the comments and action points in the upcoming newsletters.

GENERAL FEEDBACK If you have any feedback, observations, improvements or comments to make about our services at ACS please feel free to email me, Maria.Young@actionforcarers.org.uk

Contingency Planning session

In January, carers and I met with Adam Watkins **Senior Joint Carers Lead (Carer Contingency Planning)** for Surrey Heartlands (local NHS), via Zoom. Carers were asked for their views and ideas on how to help carers when it comes to contingency planning.

Adam is finalising the design of the new service and we will be organising a meeting for him to present an update to carers in late summer (details will be shared in the email and website.)

Minority Ethnic Communities Carers

We had a consultation in June, talking about our support for carers from minority ethnic communities. Carers said that seeing staff and images of people who 'look like me' makes them feel more welcome. However, they also said "I have always felt very welcome at ACS, so haven't felt different or not included. It gave me confidence especially when speaking English. I then didn't worry about making mistakes."

They said that ACS "offers a good range of services, that are becoming more inclusive". There was interest in more language support though, with questions around the languages spoken by staff, and additional languages on the website.

Overall feedback was very positive, and encouragingly carers reported more openness to seeking help: "Asking for help is slowly becoming more accepted in some cultures." Finally carers were keen for us to target groups, faiths and organisations to help people identify that they are a carer and find out about our offer.

We want to hear from you

Our consultations take place on Zoom, on the first Wednesday and Friday of the month. Next dates are:

Wednesdays 7.30-8.30pm: 7th July, 4th August, 1st September

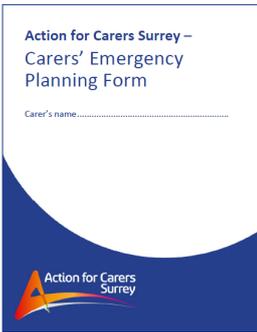
Fridays 1-2pm: 2nd July, 6 August, 3rd September

And hold the date for the Carers' Parliament, 24 September, see p3

To book a place please call the Admin Team on 0303 040 1234, select option 1. Or email us on: CSAdmin@actionforcarers.org.uk

Carer News – and Support for You

Emergency Care Plan



Action for Carers has developed with carers a *Care Plan* which you can complete with details around how

you care for your loved one and any other relevant information if you are unable to continue caring. We have recently updated the plan with some really useful suggestions.

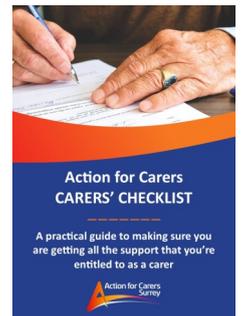
If you would like a copy of the new plan in print or a PDF, then please call 0303 040 1234 opt 1 for admin, or email CS Admin@actionforcarers.org.uk

Do you know all the ways ACS can support you? They include
Our Carer Information Centre | Support with a Carer Support Advisor by phone, Zoom or face to face in a garden or open space | Filling in forms e.g. Blue Badge, Council Tax | Benefits advice and completing PIP, DLA, Attendance Allowance forms and Carer Allowance | Support in meetings | Support from our Hospital Carer Support Advisors | Wellbeing and Training events | Support groups | Break payments for time away from caring
If you need support, then please call us: 0303 040 1234.

NEW Carers' Checklist Booklet

We have a new booklet, a *Carers' Checklist*, to help you understand what's available for you as a carer. It covers all sorts of matters, health, legal, social services, etc, for you to check you are getting all that you should in terms of support in Surrey. It will be useful whether you've been caring for a while, or are new to caring.

Call us for a copy (print, or PDF) 303 040 1234, press option 1, or email CS Admin@actionforcarers.org.uk



Free PPE for carers at different addresses

Do you live *apart* from the person you care for and need PPE?

Personal Protective Equipment (PPE) includes things like gloves, aprons, face masks and eye protection that help to reduce the spread of coronavirus. If you:

- support (unpaid) someone who cannot manage without you, and
 - live in a different household to the person you care for
- you can get free PPE to help keep you and them safe, and reduce the spread of COVID.



If you are a carer who lives in the *same* household as the person you care for and are concerned about coronavirus being spread you may also be able to get free PPE.

Please get in touch—call 0303 040 1234, CarersInfoCentre@actionforcarers.org.uk to find out more and make a request.



Letter to 'Prove' You are a Carer

Sometimes you may need to 'prove' you are a carer, e.g. when attending a medical appointment with the person you care for, or for priority shopping.

We have an official letter for our registered carers, authorised by Surrey County Council and the NHS in Surrey, the **NHS Carer COVID Identification Letter**.

If you'd like a letter made up for you, and your situation, please call us on 0303 040 1234, or email CarerSupport@actionforcarers.org.uk

Surrey Coalition's helpful 'how to' videos

Surrey Coalition has a number of useful videos on its YouTube channel, including 'how to' guides on IT topics like using Zoom, turning on subtitles, etc. Take a look! www.youtube.com/channel/UCSyW0iOD8b0MUKIAr9e_nYg



Carer to Carer

This new section of our newsletter is for you to share with other carers updates, information and support YOU think would be helpful or fun. For example, ways to keep active – or sane! Interesting, calming hobbies, or de-stressing activities, we're keen to hear from you! **Please email any items you wish to be included to carertocarer@actionforcarers.org.uk.**

Carers Breaks

One of carers' biggest needs is a break – please see our story about getting Breaks on page 11. Here is how one of our carers reports finding his break at Claridge House:

"I needed some peaceful time without any stress and I found it on a mini-break provided by Action for Carers.

The one night at Claridge House was possible with a special carer discount at £52 including evening meal, breakfast and lunch.

Perhaps this is newsworthy as not everyone can take a long break away from caring. A short high-quality affordable one is a great alternative that has given me a boost of sleep and energy.

It was nice to have vegetarian meals made and served for me without lifting a finger:)

Thank you again, I really needed a turning point after the main lockdown came to an end."

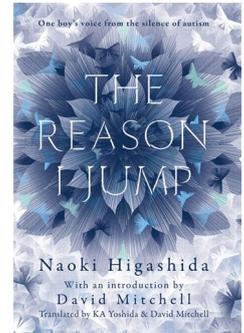
Free activities: Why not 'go on Safari!'

Have a look at this amazing set of live video feeds from across Africa

<https://www.explore.org/livecams/african-wildlife/african-watering-hole-animal-camera>



This edition's featured book recommended by a carer is: **'The Reason I Jump'** by Naoki Higashida



The book follows the lives of children who are 'non-speaking' people with Autism and shows their daily struggles and personal victories. It is also a film.

If you've read a really good book lately or an audible one then please let us know so we can share it! **Please email your recommendation to: carertocarer@actionforcarers.org.uk**

University of the Third Age – new interests and friends

"I don't think I've ever known my husband John be free of pain ever since his fall from a roof 45 years ago. Despite operations to reset his feet he has always walked with difficulty and when 7 years ago he suffered his third sepsis attack, rendering him partially paralysed, doctors decreed he was living on borrowed time. The high levels of pain killers and morphine had the added effect of leaving him listless and disinterested in life, as he sat most days watching wall to wall *Time Team* episodes.

The effects on family life as our adopted son struggled with his own demons and I tried to keep on top of my job, meant that I turned to counselling. The solution was simple it seemed – take time out to do something for myself. So, I joined a local line dancing group run by the Dorking u3a (University of the Third Age). Within months I was editing their newsletter and was asked to join the Committee.

u3a

John came to one of our meetings and was hooked. In spite of the wheelchair, he decided to join the Photography group and was made custodian of the hearing loop for the monthly meetings. Three years on,

he is membership secretary and organises all the Zoom meetings for our 600 strong membership. He's joined other groups, such as Archaeology, and the daily contact with others by phone or Zoom has given him new interests and expectations of life.

There are 1,057 u3as. Average membership is less than £20 per year and open to everyone no longer in full-time work. Members can access workshops, chat groups, days out and organised trips in the UK and abroad, but above all it provides companionship with like-minded people. Call 020 8466 6139 for more info, or check the website www.u3a.org.uk for details of a u3a group near you."

Beryl, Dorking

POEM: 'Confusion'

Trevor Dunford , May 2021

When I was young and full of beans
I thought seldom of future scenes
But when I dwelt on what lay ahead
All was clear and free from dread
With certainty I then advanced
As nothing was risked or chanced
All was so clear and not confused
As I upon the future mused
There seemed nothing then to fear
As I grew older year on year
Much was planned the future bright
Whatever came, I'd be alright
So I progressed with age and logic
With good health and ever stoic
And when advancing across the years
All was well and so few tears
Realising I was then far older
The burn of youth had grown colder
With certainty of the past all used
Alone in darkness I was confused
To think of clarity from time's mist
Now my progress has lost the gist
Black has turned to grubby white
And right has vanished from my sight
Of course there was no going back
So slowly trod the rutted track
But all that I had learned and gained
Are faded now and not explained
It's such a shame, so very sad
That most the values I once had
Are crushed or deeply bruised
Positivity has become confused
What can I do and where should I go
All certainty passed on long ago
Could my aims have been off target?
Has my triumph changed to regret?
I have much to sort within myself
Despite the burden of age and health
But by another's fading I'm impinged
As she becomes slow unhinged
A butterfly with light wings singed
To think I'm in a sorry place
Increasing problems loom to face
So I'd best prepare and firmly brace
And with conviction I can boast
Untroubled by my troubles host
It's just the way it always was
And just the way it is because
For her not worried or alarmed
With me close she'll be not harmed
But I'm now anxious and confused
Tossed between the don'ts and do's
Life has witnessed me sorely used
All future plans have been undone
All brightness gone, the dark side won
The future's in doubt within my head
Clarity altered to turmoil instead
It makes no difference how hard I try
But in confusion I'll scrape on by
Uncertainty reigns I won't pretend
Confusion drives me round the bend
But in years to come, let me be clear
When you look for me, I'll still be here.

Action for Carers Newsletter Summer 2021

Carers Week – what a week!

A lot of you will have participated in our busy Carers Week 7-13th June, and hopefully noticed carers in the news too.

We had a lot going on, including: four picnics in Surrey parks, drumming workshops, online events including a special SEND advice Parent Support Group, MP Q&A, and a session on Wills and Power of Attorney, plus wellbeing sessions in yoga, illustration and mindfulness; *and* a carers consultation. We also had stands at Guildford Co-ops; and had our new videos about our support shown in Surrey Hospitals.

Special guests

We were pleased that Sinead Mooney, new SCC Cabinet Member for Adult Social Care, attended the Painshill Picnic – she has special focus on carers.

And Friday saw a Q&A session with Dominic Raab MP for Esher and Walton, and Foreign Secretary. He responded to questions including on the Health and Social Care Bill, financial challenges/Carers Allowance, access to dentists, and the predominance of female carers. He promised to promote the role of carers, especially in regards to the Bill. See 'news' on our website for more details. One of the carers who submitted questions said: *"Thank you so much. It is incredible to get questions from carers direct to the government."*

We were pleased with lots of sharing of our information by other charity organisations and partners. You may also have seen us in some of the free newsletters dropped to Surrey households – *VantagePoint* and *Round & About*. We also had articles in *The Woking News & Mail* and the *Surrey Mirror* and Rachel Brennan, Adult Carer Manager, spoke on 'That's South East' TV.

We do hope you enjoyed the Week if you were able to take part. Please note there's still time to add your voice to the national Carers Week campaign about breaks. Go to 'consultations' on our website.



Are you caring for someone aged 18 or over who has a Learning Disability?

Surrey NHS Nursing team have FREE online events (via Teams)

Cancer Screening for People with Learning Disabilities Awareness

Tuesday 6 July 1-3.30pm www.eventbrite.co.uk/e/cancer-screening-for-people-with-learning-disabilities-tickets-156722744949

Annual Health Checks, Flu, Sepsis, Aspiration Pneumonia Awareness for People with Learning Disabilities: Wednesday 15th September 12-2pm <https://www.eventbrite.co.uk/e/learning-disability-event-ahc-flu-sepsis-and-aspiration-pneumonia-tickets-156728975585>

Activities and Groups from other Organisations

Beyond Words

Books Beyond Words are award-winning **wordless picture stories** covering topics such as physical and mental health, lifestyle and relationships, abuse and trauma, grief and bereavement, employment, and criminal justice.

Each story is co-created with and for people who find pictures easier to understand than words. This includes people with learning disabilities and/or autism, people with cognitive or communication difficulties, such as Dementia, people who have difficulty with reading, including some Deaf people, and people who do not use the language of the country where they are living. [Booksbeyondwords.co.uk](https://www.booksbeyondwords.co.uk)



Dementia Monitoring

The TIHM Monitoring Service is a free NHS service to remotely monitor the health of both people with dementia/mild cognitive impairment or diagnosed anxiety/depression and their carers.

The service combines easy-to-use remote monitoring devices installed at home, with a clinically-led Monitoring Team to reassure people about their health, alert them to potential health issues and, where necessary, ensure they receive prompt treatment and support. The team is available daily, 8am-8pm.

For more information or to be referred please call us 0303 040 1234, or email CarersInfoCentre@actionforcarers.org.uk



Appeer: Autistic support for women and girls

Appeer is a non-profit Surrey organisation set up to benefit girls and women with Autism Spectrum Condition (ASC) and other neurodiverse conditions, and those around them, including their families and professionals.

Recently set up by parents/carers and Autistic/Neurodiverse women, they provide online and face-to-face sessions and programmes, allowing autistic and neurodiverse girls, teens and women – and those around them – to enjoy activities, receive support, and connect.

Find them here: <https://www.appeer.org.uk/>

'Memory Trail' at Leatherhead Parish Church

An Arts Society Memory Trail has been created in partnership with Leatherhead Parish Church, to provide an enjoyable activity for people living with dementia and their carers. The trail describes things to see, hear and feel as you walk round the church and surroundings, designed to stimulate all the senses, evoke

STUDIO 3

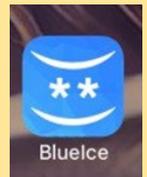
This organisation offers support and clinical interventions for people with Autism in their own home. It also provides a range of online training including for Low Arousal (£35) and free webinars on a range of issues.

<https://www.studio3.org/>



Blue Ice Mental Health App

Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.



It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Search online: 'NHS Mental Health Blue Ice App'



memories and prompt conversations.

The Trail PDF is free; go to <https://leatherheadparish.com/> and search 'Memory Trail'.



NHS
Surrey and Borders
Partnership
NHS Foundation Trust

SUN
(Service User Network)

New peer-led SUN service for people in the community with complex emotional needs

Find out how more at: www.sabp.nhs.uk/sun
or email: sun.admin@sabp.nhs.uk

Community Connections Surrey
Supporting your mental health

New Mental Health Crisis Line for Children

A new 24-hour mental health crisis line for children, young people and families in Surrey has been launched by the county's NHS mental health trust: Surrey & Borders Partnership NHS Foundation Trust.

The freephone number – **0800 915 4644** – is the same phone number as the adult mental health crisis line, and it is now also available for all children and young people from the age of six, and their families, by simply selecting option one.

The crisis line is staffed by a team of trained call handlers and mental health nurses. It provides emotional wellbeing support, advice and signposting to a range of community services for



children and young people (and their families and carers) who are in a mental health crisis.

Carer Breaks

It is never easy to take a break from caring and this became even more complex and difficult during the pandemic.

Please get in touch to find out about the various grants and break payments that may be available to help give you some precious time for yourself. Our Carer Support Advisors can even make the application for you in most cases.

You may also be eligible for a GP carer break payment and we can give you information on how to contact your GP about this discretionary one off payment.

To find out more please call us on **0303 040 1234** or email CarerSupport@actionforcarers.org.uk.

Claridge House, Lingfield

Claridge House is a Surrey retreat centre offering discount overnight respite breaks for carers:

- Supported package of £127 which includes replacement Crossroads care worker, three meals and tea on arrival
- Independent package of £52 (no replacement care worker)

For more information ring **0303 040 1234** or email CarerSupport@actionforcarers.org.uk

Carers' Coffee Break

Farnham Maltings, first Friday of each month, 10am-12noon, starting 2 July. Please email emily.clifford@farnhammaltings.com if you wish to attend – so they know numbers.

Farnham Connects have a new regular opportunity for local carers and former carers to connect, relax and talk to others with similar experiences. It's very relaxed, stay for as long as you like, and enjoy a cuppa and company!

We plan to include some activities such as cake tasting or smoothie making. **The group is hosted by Farnham Maltings with ACS staff to welcome you.**

Are you caring for someone with dementia?

Do you feel isolated? Would you like someone to talk to, who knows how you're feeling? Pop down to see the Welcome Club, Haslemere, on a Tuesday afternoon, from 13 July 1.30-3.30pm either on your own or with the person you are caring for. There will be a variety of activities on offer .

For more information, please contact Denise 01428 654710 deputy@thehuntercentre.co.uk Welcome Club is at: Marjorie Gray Hall, Grayswood Road, Haslemere GU27 2BW.

THE HUNTER CENTRE
Supporting those living with
DEMENTIA



Consultations

There are always consultations going on, wanting to hear from you – either about carers' issues, or the conditions and issues of your loved ones. Please visit our website to find a full list:

www.actionforcarers.org.uk/get-involved/use-your-voice/



Surrey and Sussex Healthcare

Review SASH's updated Carers' Strategy

SASH are committed to making a difference to carers in local communities, and its staff carers. They have refreshed the current Carers' Strategy so that it reflects the priorities outlined in the most recent national and local policy.

They would like Surrey's carers to comment on this draft, via a survey. You can see the full Strategy via the survey link. The survey closes on 8 July.

Find the survey here

<https://t.co/g78jldMu7R?amp=1>

Young Carers Strategy

Surrey County Council wants to get the views of more young carers (and their parents and guardians) as they work on their updated Young Carers Strategy for Surrey. They especially want to

hear about the impact of the pandemic, as well as understand how caring affects school life, health, and wellbeing. The more that SCC knows about the lives of young carers, the better they will be able to design future young carers' services. There's a draw for Thorpe Park tickets **CLOSES 1 JULY**

<https://www.surreysays.co.uk/csf/young-carers-strategy-survey/>



Carers' Breaks

Take part in this year's Carers Week campaign, which asks the government to invest £1.2 billion of additional funding for carers' breaks to help with post-COVID recovery as well as longer term sustainable funding for breaks for carers. Write to your MP to share your experience and views:

www.carersweek.org

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

Do you have friends, neighbours or family members in Surrey who have a caring role? Could they benefit from our support?

Why not encourage them to contact us? We'd be happy to have a chat and see if we can support them either now or in the future. They can self-refer on our website or call us on **0303 040 1234**.

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: www.actionforcarers.org.uk/register-with-us/



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