



Welcome to the latest edition of our newsletter, covering April, May and June. We were pleased to find out recently that we have been awarded the four contracts we applied for, to run carers services. Please see p2 for a full update.

We are starting to look forward to Carers Week, taking place 6-12 June. You'll see some events on page 4, but look out for a special Carers Week newsletter that will be sent out in May.

Finally, it's Action for Carers' 30th Anniversary this year! Find out more about our history and some plans to mark the anniversary on page 3.

Rachel Brennan

Manager Adult Carers Support, Action for Carers Surrey



Surrey County Council Awards New Carer Contracts — read more about our new service on page 2

National Trust Pilot a Great Success

In 2021 we were offered a fantastic opportunity of 500 free carers' passes to a select number of local National Trust (NT) properties and gardens. The pilot was just for three months to see the value of such time away from caring and the affect on carers' wellbeing.

We had very positive feedback, including comments like these: *"My spirits were really lifted by the visit and I felt really happy and positive for a long time after going there!"*... *"After visiting these properties I felt more refreshed, relaxed and in a happier mood as it let me escape for a while."* ... *"It was very relaxing and calming. Made me feel happy. The gardens are beautiful which helps relieve stress."*

We shared the feedback with NT and they are now discussing with us the possibility of annual free passes for carers to more properties and gardens in Surrey, plus some in Kent and Sussex. If this is approved we hope to start this new partnership from 1st June.

Look out for an update in our Carers Week newsletter to obtain your free pass!



Carers' Health Checks

We have organised two more health checks days offering Health Checks face-to-face.

The phone appointments are still available, open to all. The face-to-face appointments are open to you if you are:

- Aged between 40 and 74
- Not had a health check in the last five years or being supported by a GP for ongoing physical health issues
- Not on medication for a long term health issues e.g. stroke, diabetes, high blood pressure, kidney disease

Hersham Community Centre
Monday 11 April, 9.30am-3pm
The Maltings, Farnham
Wednesday 18 May, 9.30-3pm

Please get in touch today to book your appointment:
0303 040 1234, CarerSupport
@actionforcarers.org.uk

Surrey County Council Awards New Carer Contracts



As you may know, Action for Carers Surrey (ACS) is contracted

by Surrey County Council (SCC) and Surrey Heartlands and Frimley clinical commissioning groups to provide much of its service to carers. These contracts are usually given for 3-5 years.

The Surrey Carers' Strategy 2021 to 2024 sets out their commitment to improve and develop services to better support unpaid carers.

At the end of last year, we re-applied for four carer contracts, and are pleased to announce that we have been awarded all four. They are:

- **Adult Carer Hubs**, to be delivered by our Carer Support service
- **Hospital Carers Support**, to be delivered by our Hospital Carers Advisors
- **Young Carers Support**, to be delivered by our Surrey Young Carers service
- **Moving and Handling for Carers**, to be delivered by our Moving and Handling service

We know we are the right organisation to support Surrey's carers and are delighted that we can continue to offer support.

New services for carers

Several other carer services are also re-contracted, including for carers breaks, and personal health budgets. Additionally, there are new services, including a service that will specifically support carers of people with mental health needs – currently being designed with carers, and a 'carer passport' for carers to use in case of an emergency. So overall a greater

number of carers will be able to access support that addresses their particular needs.

We previously held the contract for Giving Carers a Voice – holding online and face to face sessions to hear carers' view on our own services and others'. In alignment with the co-produced Carers' Strategy, the Commissioners (through the integrated carers team) have remodelled the service as an independent service (not delivered by a provider of services), so we were unable to apply. However, the contract has been awarded to Healthwatch Surrey, with whom we work closely, and we look forward to working with them more in future. (See page 9.)

What are the Hubs?

Our Carer Support service will continue to have Carer Support Advisors working across Surrey. But we will also have five 'Hubs' for carers to visit and speak in person with our staff.

These will be in North West Surrey, Guildford and Waverley, Surrey Downs, East Surrey, and Surrey Heath and Farnham.

We'll announce exact details of when and where these will be open soon.

What other changes?

The specifications – that is the details of the contracts awarded – are different in parts to what we previously delivered. Much of what you were previously offered remains the same. However, the Commissioner's new approach and additional support means there is less funding for our particular service, and so there are some changes to our offer, with some internal restructuring of



how we operate, and the staff roles we have.

- Young adult carers will move to our (adult) Carer Support service which will enable them to benefit from being able to drop in the new hubs, and we will continue to offer them tailored activities and events.
- Carers with particularly high needs will be referred to relevant specialist services to be supported, when appropriate, including for high level benefit advice needs.
- SYC will now be operating in a cross-Surrey model to best meet the needs of young carers.
- Our Moving & Handling (M&H) team previously subcontracted the north of Surrey M&H support to charity White Lodge. White Lodge have decided to no longer do this type of work, so Action for Carers will now provide support across the whole county, delivering it individually, in groups and online.

Moving forward

We are looking to continue to grow our income from other sources, such as grants and fundraising. We will go through a period of change as we settle into our new structures and ways of working, but are confident of being able to support you as we move forward, and ensure you get all the help you need.

Action for Carers' Volunteering and Anniversary

VOLUNTEERS NEEDED!



Could you think about being a volunteer to help ACS and other carers?

Looking ahead, we will be asking for people to join us in voluntary roles.

The details of these are not yet fully defined, but are likely to include the roles below.

We will update you soon with more details of these roles, what they entail, and how to apply. We'll share this in our regular Email, Newsletter, and on the website, so keep an eye out!

Hub helpers

When our new 'hubs' are established (see page 2) we will be looking for volunteers to help out in each of the Hub locations across Surrey.

These volunteers will work alongside our Carer Support Advisors, offering support to carers. The role will likely include things like 'meeting and greeting', chatting to carers, making tea/coffee and helping with events the Hubs will hold.

Events and stalls

We regularly have stalls to promote ACS at events and will be looking for volunteers to help us. Similarly we'll be seeking help for some of our events (eg Hampton Court visits) to assist with things like checking visitors in.

Fundraising fun

You might be interested in helping by fundraising? Here's what one carer is up to.

Robina, from Staines, is proving to be a very proactive fundraiser! Having arranged her first coffee morning at her church, Robina is already looking at other events such as a cultural evening with friends (to include some yummy food) and also a movie night.

Robina is raising funds for our 'Little Time for Me' fund which provides our carers with funding for respite breaks and other ways to support your wellbeing in your caring role.

If you think you might like to organise a small fundraising event for Action for Carers then please do get in touch. We help with tips and advice, to make it as easy for you as possible! Thank you!



Fundraising help

If you have any ideas about fundraising, or need any help or materials, please get in touch with our Fundraiser, Sarah, who co-ordinates and supports our fundraising activities.

You can email fundraising@actionforcarers.org.uk or call Sarah on 07773 618136.



It's our birthday!

We've been here for Surrey's unpaid carers since 1992. Do you remember our early days?

The charity was established in April 1992 after a group of carers and supporters saw the need for an organisation that would recognise carers in the county. A formidable and passionate group got together and worked hard to establish the new organisation. It set out to provide information, publicise caring and carers, inform professionals and make sure carers had a voice. Much of which remains our focus today.

If you have any stories (or photos) from our early days to share, please do let us know.



Fundraising help

Could you help us keep going another 30 years by doing some fundraising? Visit our website (search 30th) for ideas or click here <https://www.actionforcarers.org.uk/30th-anniversary/> Or get in touch with Sarah, above. Rachel Brennan is planning on baking and selling batches of 30 fairy cakes. **What could you do?!**

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 in the event/s there.

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



April, May and June

Yoga

Led by Saara
starting 25 April
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.



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 5 April
Monthly evening sessions:
11 April, 9 May, 13 June
7-7.45pm
Take some time for yourself.



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

Knit and Natter

Led by ACS Carer Advisors
21 April, 10.30-11.30am
23 May, 7-8pm
21 June, 1.30-2.30pm

Relax, chat and share knitting projects All abilities welcome.



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

Led by Alison Joyce, Space 2BYou

12 May 7-8.30pm

And a session focusing on the long-term impact of this kind of caring: 16 June, 7-8.30pm

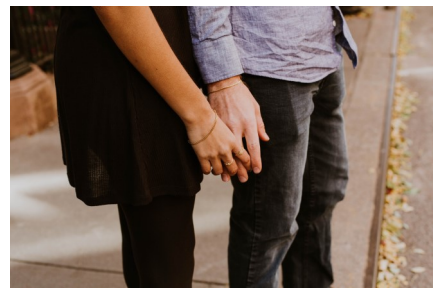
Unresolved difficulties: Your chance to air difficulties, challenges or questions that are hard to ask or resolve when caring for someone with mental health problems

Coping with Caring: caring for an adult with Autism

Led by Marie-Anne McKee, Space 2BYou

28 April, 7-8.30pm

The workshop will be on autism and tools for carers.



Autism: Support with Teenage Relationships

10 May, 12.30-2pm

Led by Dr. Mark Brown, Special Needs Consultant, Special Help 4 Special Needs

Join Mark to look at issues around teenage relationships, including family, peers and teachers and practical tips for managing this difficult issue. This

New to Zoom? New to using Zoom or having difficulty using it? We have an easy read guide to help you get going with Zoom and join our groups and events. To request a copy call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk or find it on our website.

Zoom Online Events

workshop is suitable for parent carers of teenagers on the Autistic spectrum.



Moving & Handling: Sit to Stand

21 April. 1.30-3pm

Led by our Moving & Handling Advisors

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



Moving and Handling: Falls Prevention

12 May 10:30 – 12:00

Led by our Moving & Handling Advisors

14 July, 10.30-12.00pm

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

Moving & Handling: Car Transfers

Led by our Moving & Handling Advisors



15 June, 1.30-3pm

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

Meet the Hospital Carer Support Advisors

Led by our Hospital Carer Support Advisors

23 May, 1-2.30pm

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.



How to book on to our groups and events

Booking is essential. You can:

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

Once booked, we'll send instructions.

How our Moving and Handling team can support you

Do you help the person you care for move around? That's quite common for unpaid carers. But it can be challenging physically, and dangerous – both for you and your loved one.

Our Moving & Handling team can help. They can advise on safe techniques and manoeuvres to help you. For example, how to get someone out of bed safely, or into a car.

They can also advise on equipment – and further sources of help and information. We offer support in person, in group training and via Zoom (see opposite).

With their help, you can look after your back – and keep yourself and your loved one safe.

Here's what carers say:

"Excellent team of advisers, treated with courtesy and respect, prompt action for all our needs."

"I cannot thank Action for Carers enough for the patience they have shown me whilst explaining all the positive solutions to my handling of my husband."

"I was very grateful to the lovely lady that came out to show me how to move my mum. She was very helpful with lots of tips and advice."

Give us a call on 0303 040 1234 to find out about getting a referral. And search 'Moving and Handling' on our website – you'll also find several NEW videos that demonstrate some of the key techniques.

Action for Carers' Face to Face Events

Mindfulness Workshop at Polesden Lacy

Led by Claire and Diane

Saturday 11 June, 10am-12 noon

Join us for a restful and relaxing workshop in the beautiful setting of the National Trust property of Polesden Lacy. Enjoy the gardens after the workshop for free.

Hampton Court visits

7 April, 11am-3pm

11 May, 11am-3pm

Visit and explore the palace for FREE and enjoy a relaxing wander around this beautiful historic site. ACS staff will be on hand from 11am-3pm. You are welcome to stay all day.



Tai Chi in the Park

Led by Anita Ho, Tai Chi Instructor

10 May, 10.30-11.30am,

Nonsuch Park, Epsom & Ewell

21 June, 10.30-11.30am Sunbury Walled Garden, Sunbury Park

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

End of Life Matters Marketplace

Event organised by The Brigitte Trust

5 May, 2-7pm Holiday Inn Guildford

The Brigitte Trust are holding an information fair with community resources and services specialising in end of life care. Come and find our stall and also find out what support is available.



Being Well, Doing Well: wellbeing workshop for carers

Saturday 30 April 10am-2pm Polesden Lacy

Looking to keep yourself well and doing well? Being Well, Doing Well gives you the tools to help you to 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.

And also have time to relax, have a picnic and explore the grounds and gardens at beautiful Polesden Lacy.

There is also a free guided tour of the house at 12.30pm.

How to book on to our groups and events

Booking is essential.

You can:

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

Once booked, we'll send instructions.



Carers Week 2022 6th-11th June

As usual, Carers Week will highlight and celebrate all that the UK's six million carers do, helping people better understand carers' lives and needs. This year's theme is **'Make caring visible, valued and supported.'**

We will send you a special Carers Week newsletter in May listing all our events. So far we have:

- Mindfulness at Polesden Lacy, see opposite.
- We'll be at the Guildford Carer Fair at the Hive on the 6th.
- We'll have stalls run by our Hospital Carer Advisors (see front page) at St Peters, The Royal Surrey, Epsom Hospital, and East Surrey. Keep an eye out for them if you're at any of these hospitals.

New Hubs

We'll be celebrating Carers Week in each of our Hubs with a Carer Tea Party. Watch this space for more.



Action for Carers' Support Groups

ONLINE Zoom Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile. (Your booking link will last for three months.)

We have some specialist groups as well as our general 'Coffee & Chat' 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.

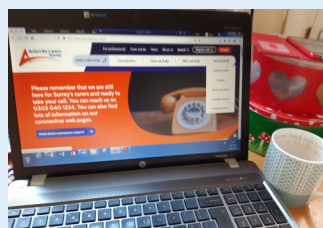
Mental Health: Caring for Young People
Third Thursday of each month, 1-3pm

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 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 each month, 10.30am-12 noon (booking link is for one 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.

Mental Health: Caring for a Partner
Third Thursday of the month 7-9pm

For those caring for a partner with a mental health problem.

Learning Disability and Autism
Fourth Tuesday of each month 7.30-9pm

For carers who care for an adult on the Autistic spectrum over 17 years old.

New to Zoom?

New to using Zoom or having difficulty using it?

We have an easy read guide to help you get going with Zoom and join our groups and events. To request a copy call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk or find it on our website.

FACE-TO-FACE Support Groups

All groups are open to ALL carers. To book, call 0303 040 1234, option 1 or email CSAdmin@actionforcarers.org.uk

Groups will run in April and will possibly change to be located in the new Hubs.

The Spike, Guildford

Third Tue, 10:30am-12 noon

High Cross Church, Camberley

First Wednesday, 10.30am-12

Baptist Church, Cranleigh

First Wed, 10.30am-12 noon

Methodist Church, Haslemere

Third Wednesday, 1.30-3pm

The Vyne, Woking

First Monday, 10am-11.30am

Addlestone Community Centre Third Tues, 1-2.30pm

Kings Fairway, Ashford
Second Tuesday, 1-2.30pm

St. Barnabas Church, Epsom
First Tuesday, 9.30-11:00am

Leatherhead Theatre
Third Tuesday, 10am-11.30am

Squire's Garden Centre, Elmbridge
First Thursday, 10am-11.30am

Methodist Church, Redhill
Fourth Monday, 11am-1pm

Caterham
Third Tuesday, 1-2.30pm

Oxted, The Library
Second Thurs 10.30am-12 noon

Farnham Maltings—in partnership with The Maltings
First Friday, 10-12 noon

Baptist Church, Horley
First Thursday, 10am-12 noon

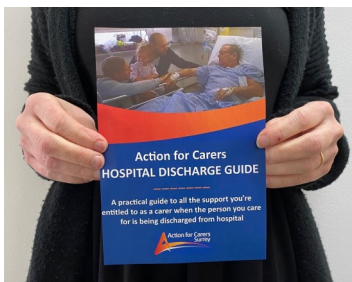
Hospital Support for Unpaid Carers

It can be a particularly challenging time when your loved one is in hospital. There can be issues with communication, a lot for you to take onboard, and it's often very hard emotionally.

Don't forget that we have Advisors working in Surrey hospitals to help you. They can help bridge any communication gaps between you and the hospital, and offer advice, information, as well as emotional support. Importantly, they can speak on your behalf, including at some meetings; and support with the discharge process, so important to get right.

Feel free to contact the Advisors directly: their contact details are all listed here. ▶

NEW BOOKLET Hospital Carers' Discharge Guide



We've also got a new **Hospital Discharge Guide** to help you. it covers all the issues carers might need to know, and think about, when their loved one is attending hospital. Crucially it goes into depth on the 'Discharge to Access' protocol and outlines all the stages and actions carers have a right to expect.

Call us on 0303 040 1234, option 1, to request a copy, or search 'Hospital Discharge' on our website to download.

Get in touch with our Hospital Carer Support Advisors



East Surrey Hospital

Stuart Woods

Mondays and Tuesdays

07989 402781

Stuart.Woods@actionforcarers.org.uk



Epsom General Hospital

Michele Moore

Mondays, Wednesdays, Fridays

07736 561978

Michele.Moore@actionforcarers.org.uk



Royal Surrey County Hospital

Seema Kang

07850 515458

Seema.Kang@actionforcarers.org.uk

and



Naheeda Majid

07850 515457

Naheeda.Majid@actionforcarers.org.uk



St Peter's Hospital

Sam Caine

Tuesday-Friday

07989 402764

Sam.Caine@actionforcarers.org.uk

Meet the Hospital Carer Support Advisors

A Zoom event for all carers

Led by our Hospital Carer Support Advisors

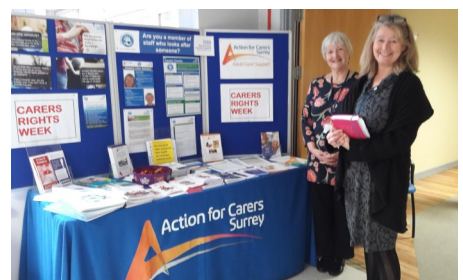
Monday 23 May, 1-2.30pm

Get to know our Hospital Carer Support Advisors, and find out more about what they do and how they can help you. Join our Zoom event, open to all, this May.

Hospital stands

Our Hospital Carer Support Advisors will be running regular stalls in their hospitals throughout the year, so please look out for them if you are in any of the above hospitals.

There will be stands during Dementia Awareness Week (15-21 May) and of course during Carers Week (6-12 June).





Carer booklets

We have several free booklets that may be of interest. To order a copy, simply call us on 0303 040 1234, option 1. Or you can download from the 'Information Booklets' section of our website. They include:

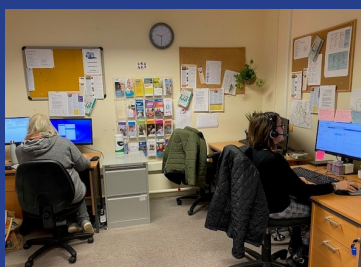
- *Hospital Discharge Guide* (see more on page 8)
- *Supporting Someone at the End of Life*
- *The Carers' Checklist* – all your rights as a carer
- *Former Carers*

Here to help

Do you know all the ways ACS can support you?

- Our Helpline
- Support from a Carer Support Advisor by phone, Zoom or face to face
- Support at our Hubs (see p2)
- Support from our Hospital Carer Support Advisors
- Wellbeing & Training events and Support groups
- Break payments for time away from caring

For support, please call the Helpline on 0303 040 1234.



Giving Carers a Voice

As you will have read on p2, Surrey's 'Giving Carers a Voice' service will now be run by Healthwatch Surrey www.healthwatchsurrey.co.uk.

Healthwatch Surrey is an independent organisation which gives people in Surrey a strong voice to help improve, shape and get the best from local health and social care services. We have worked with Healthwatch very closely in the past, and look forward to working with them more, as they take on this important role for carers.



Please note: we will continue to advise carers of local and national consultations and surveys of interest, via our newsletters and on our website's consultations page (see 'Get Involved' - 'Use your voice')

School Travel Assistance Policy Survey

An important survey is SCC seeking views on its Home to School Travel Assistance Policy, which it's refreshing, including changes like the introduction of collection points, which may affect you as a parent carer. It's here <https://www.surreysays.co.uk/csf/h2s/> (You will find all open Surrey surveys on www.surreysays.co.uk)

SASH Carers Focus Group

Do you have experience of supporting a family member or loved one at East Surrey Hospital?

If so they would really value your input to help develop a carers guide and any other additional resources that would support the experience of both the patient and the carer.



They will be running two virtual focus groups on Friday 25 March at 9.30am and Tuesday 29 March at 7pm. For more information and to register please contact Charlotte Rowbotham. Please email charlotte.rowbotham1@nhs.net or 01737 768511 ext 1294.

Carer consultation and feedback sessions



We will now be holding carer consultation and feedback sessions around your views about our service. Our consultations take place on Zoom, alternating on the first Wednesday and Friday of the month. Next dates are:

- **Wednesday 6 April, 7.30-8.30**
- **Friday 6 May, 1.30-2.30pm**
- **Wednesday 1 June, 7.30-8.30pm**

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

Dementia Carer Update and Armed Forces News

Carer Information and Support Programme: Dementia

The Carer Information and Support Programme (CrISP) provides support and up-to-date, information in a group setting, for dementia carers to share experiences and find out about local and national services. There are two programmes: CrISP1 and CrISP2.

CrISP1 is aimed at family members/carers of someone with a recent diagnosis of dementia. There's four x two hour sessions, covering understanding dementia, providing care, legal and money matters, and coping day to day.

CrISP2 is for family members/carers of people who have been living with dementia for some time. There's three x two hour sessions, covering understanding how dementia progresses, living with change, and living well, including occupation and activities.

The next course is in Warlingham in April. For more email: surrey@alzheimers.org.uk

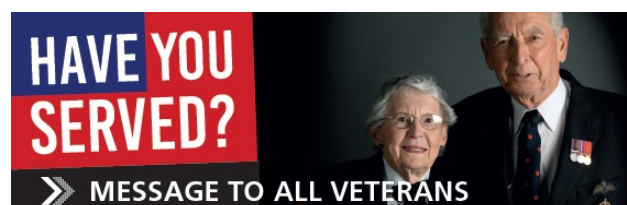


Veterans Friendship Groups

Are you a veteran or do you know of any friends or family who have served in the Armed Forces (including national service and reservists/territorial army) and would like to make new friends?

SCC are developing some local mixed friendship groups for veterans in the Epsom and Ewell, Surrey Heath and Guildford areas and would love to hear from you if you'd like to be involved. These groups are free to join, and they will be arranging some voluntary activities to create new friendships with people with shared experiences.

In recognition of their service, veterans will be




offered the opportunity to record their life stories which will be transcribed into a booklet for them and their loved ones and if agreed this can also be archived for future generations to access.

Please get in touch to find out more:

Epsom and Ewell: tracey.morris@surreycc.gov.uk
Tel: 07790 585352 / Surrey Heath: mike.rowlands@surreycc.gov.uk
Tel: 07971 604497 / Guildford: marne.stiles@surreycc.gov.uk
Tel: 07815 410205.

Veterans Hubs & Drop-ins across Surrey and Surrey Borders

Epsom and Ewell Veterans Community First Tuesday of each month Hub 1030hrs, The Army Reserve Centre, Welbeck Close, Ewell, KT17 2BG	Veterans Hub Fordbridge Fourth Tuesday of the month 1100hrs Fire Station, Staines Road West, Shepperton, TW15 3SB	Veterans Support Association. Every Monday 1000-1600hrs, 3rd Molesey Scout Hut, St Peters Road, West Molesey, KT8 2QE	Woking Veterans Hub, Woking Third Wednesday of the month 1030hrs Fire Station 40 Goldsmith Road, Woking, GU21 6LE
Mole Valley Veterans Hub Ashted Last Friday of each month 1230hrs. Leg of Mutton and Cauliflower Pub, 48 The Street, Ashted, KT21 1AZ	Veterans & Families L-P Second Monday 1000hrs High Cross Church, Knoll Road, Camberley, GU15 3SY	Guildford Veterans Drop-in Guildford Last Thursday 1030hrs Fire Station, Ladymead, Guildford, GU1 1DL	Chertsey Veterans' Hub Every Thursday 1400-1600hrs Gogmore Youth and Community Centre, Gogmore Farm Car Park, Curfew Bell Road, KT16 9BB
Shots Foundation Veterans Hub First Wednesday 1030hrs EBB Stadium, High Street, Aldershot, Hants, GU11 1TW	Cranleigh Armed Forces and Veterans Breakfast Club Third Sunday of each month 1000-1300hrs The Three Compasses, Dunsfold Road, Alford, GU6 8HY	Epsom Armed Forces breakfast club Every Sunday 1100hrs Dia Y Noche Lounge, 39 The Oaks Square, Waterloo Road, Epsom, KT17 2BG	Download the Armed Forces Connect Link and keep up dated of what's happening for veterans in Surrey. 

News and Activities from other Organisations

Surrey Coalition of Disabled People

The Surrey Coalition of Disabled People are a not-for-profit organisation that promotes the rights of disabled people to have equality of opportunity and to live independently. They are run and managed by disabled people for disabled people.

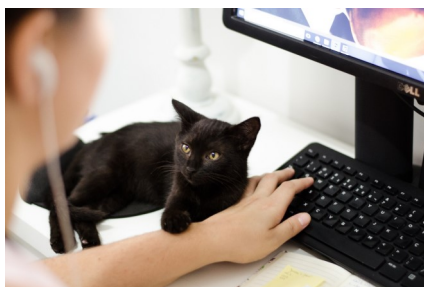
They cover five main areas:

- 1) Co-production, service monitoring and consultation activity
- 2) Technology and innovation
- 3) Mental Health and emotional wellbeing
- 4) Wider determinants of health
- 5) Campaigning and influencing

If you are disabled or a carer for someone disabled then consider signing up. More here <https://surreycoalition.org.uk/>

Tech to Connect

When you are a carer, you *can* feel isolated and cut off from others. A project from the Surrey Coalition of Disabled People, working with us, Action for Carers is providing technology and support in using tech, to reduce loneliness in Surrey.



If you know someone who's not online yet but might benefit from getting support and tech to get on line, and 'meet' others there, please refer them to this project 'Tech to Connect'.

The project can lend carers a tablet-like device, participants don't need Wi-Fi (just a sim-card like device that the project will also help with). They will then be put in touch with one of their team of 'Tech Angels', volunteers who can help people use the device, stay safe on line, and learn how to join virtual groups and meetings.

If you are, or know a carer who may be lacking tech skills, but would benefit from learning how to communicate with others online, sign up!

Call on 01483 456 558 or send an SMS text to 07563 997 932.

<https://surreycoalition.org.uk/tech-to-community-connect-project/>

Easy-to-read Digital Guides

Another way to get more confident on line, is by using one of Digital Unite's extremely clear and straightforward guides.

They cover a whole host of digital topics From 'Computer Basics' to 'Using the Internet' on to guides to WhatsApp, Skype and Email. Anything you want to know about, they'll have it covered in one of their 400 award-winning guides.

Find them all, including some very useful Easy Read Tech Guides, here: <https://digitalunite.com/technology-guides>

Easter Lindt Gold Bunny Hunt



The Lindt GOLD BUNNY hunt is back this Easter at both Hampton Court Palace and Kensington Palace. Aimed at children up to 12 and families, you hunt for bunny statues, getting a Lindt Gold Bunny (10g) when you get them all. Available with normal ticket admission. **Book early to avoid disappointment.**

Olio: Free Sharing App

Olio is an App for sharing, and re-using items, including food – connecting those with surplus food with those who need it. You can also get free stuff, borrow and lend household items and shop homemade from your community. More at <https://olioex.com/>



Dementia Carers



Do you feel isolated? Would you like someone to talk to, who knows how you're feeling? Try the

Haslemere's Welcome Club on Tuesdays (1.30-3.30pm, Marjorie Gray Hall) either on your own or with the person you care for. The last Tuesday of the month is a lunch club. Light lunch provided.

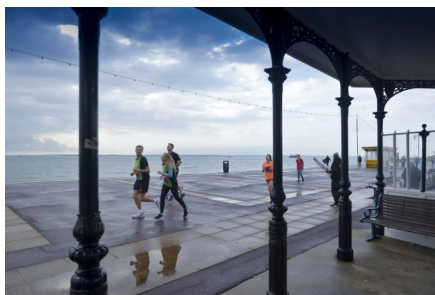
A variety of activities are on offer, including gardening, as well as puzzles, crosswords, arts and crafts and flower arranging. There's visits from professionals including Dementia Navigators (Alzheimer's Society) and local solicitors to advise on legal issues.

Contact Denise 01428 654710 or deputy@thehuntercentre.co.uk

Fundraising News

Bluebell Run Help

We're looking for volunteers to help at wonderful Leatherhead Rotary's Bluebell Run (more at www.rotarymidsummer10k.com) which is raising funds for us (thank you!) on Sunday 29th May. Mainly needed to help marshal runners. **If you could help, please email SarahFerris@actionforcarers.org.uk**



Great South Run

We have just two places left for the famous Great South Run, taking place in Portsmouth on Sunday 16th October.

Could you, or a friend or family member take a place? We ask that you raise a minimum £250 in sponsorship. It's a beautiful run, seeing all the historic sites of Portsmouth, and a fabulous atmosphere.

Interested? Email Sarah.Ferris@actionforcarers.org.uk

Useful numbers

Action for Carers

0303 040 1234

Our Helpline 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

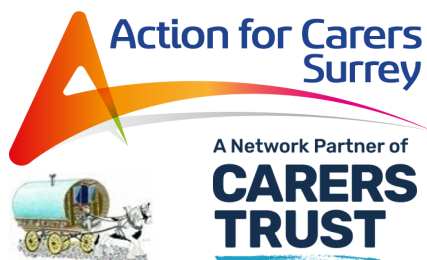
100 Hats Swim Challenge

You may have seen in the local press stories about our amazing fundraiser Jule, who's swimming 100 outdoor swims, each time in a memorable hat!

She's been featured in the national press and her story goes from strength to strength. She's raising funds both for us and for Alzheimer's Research UK. Read the full story on our website. Or visit www.justgiving.com/team/onehundredhatschallenge



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/



Action for Carers (Surrey) is a company limited by guarantee with charitable status. Registered charity number 1116714.

Company number 5939327. Registered in England & Wales.

Registered Office: Astolat, Coniers Way, Burpham, Guildford, Surrey GU4 7HL.

©Action for Carers Surrey. ACS0001_03.22