

## Welcome – from Rachel Brennan



Dear Carers,

Carers Week is here again, and this year the theme is 'Make caring

visible, valued and supported' to ensure the challenges of caring are recognised and valued by everyone in society and carers should have access to the support and information they need.

We have planned events for Carers Week, taking place both online and face-to-face. In this special edition you'll find details of our Carers Week celebrations happening in our new Hubs where we'll celebrate all you fantastic carers. Come and join us! *(All Hub details on reverse.)*

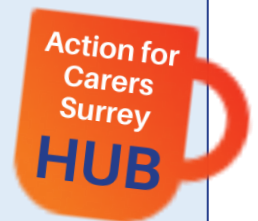
Rachel Brennan, Adult Service Manager



## New Drop-in Hubs & Carers Week Celebrations

We have new 'drop-in' venues across Surrey, called Hubs.

At the Hubs you can meet with Action for Carers' staff and volunteers, and get information and advice on your caring role and the support available.



During Carers Week we'll be having special **celebratory tea and cake at the Hubs**. Please come along and join us!



## Mindfulness Workshop at Polesden Lacy

Led by Claire and Diane  
Saturday 11 June, 10-12 noon

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

Enjoy a free 'behind-the-scenes' guided tour the gardens after the workshop for free.

*Few spaces still available.*

## National Trust scheme to continue!

We're delighted to announce that our collaboration with the National Trust is to continue – launching in Carers Week. We'll have free annual passes with a 'plus 1' and free car parking for multiple properties. Email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk) or call 0303 040 1234, option 1, to go on the list for passes.



## Carers Week events ON ZOOM



### Yoga – with Saara

Mon 6th June, 10.30-11.30am

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

after you in both body and mind.

### All Carers Support Group

Tues 7th June, 10-11.30am

Join us for a chat, plus a free coffee and biscuit using your favourite mug! Please register by 1 June to receive your freebies.

### Mindfulness

With Claire and Diana  
Tues 7th June, 4pm-4.45pm

Take some time for yourself. Join us for a mindfulness session where we will practise techniques to promote wellbeing and reduce stress.



### Parent Carers Support Group

Sat 11th June, 10.30am-12 noon

Join us for a chat, plus a free coffee and biscuit using your favourite mug! Please register by 1 June to receive your freebies.

For more information or to book, please give us a call on 0303 040 1234, option 1; or email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

## Carers Week in our new Hubs

We're delighted to have our new Hubs for carers running across Surrey. They're places for any carer to drop in to for advice and support.

### Free cake and goody bags!



Please join us in celebrating Carers Week, by dropping in to one of our new Hubs and enjoying some tea and cake with us.

**We also have FREE 'Just for you' goodie bags to give away to carers!**

We will be joined by some other community organisations, also offering information and support.

See details of all the Hubs open in Carer Week and what's happening at each, below. And keep an eye on our website as we add more information/activities closer to the Week.



## 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/activity at:

- **St Peter's**, Wednesday 8th June
- **Epsom**, stall up all week (with leaflets, booklets etc) and ACS staff there Monday 6th and Friday 10th June
- **East Surrey**, stall up all week
- **St Catherine's Hospice**, Horley is holding a carer session on Tues 7th June, 2-4pm
- **ALL HOSPITALS**, online event Monday 6th June, 7-8.30pm **'How the Hospital Carer Support Advisors can help you.'**

## Carers Week Hubs: when, where and what's on!



The Hubs are open from 10am-2.30pm on the days shown below, with coffee/tea and cake on offer throughout that time.

### MONDAY 6th June

**CRANLEIGH:** The Bandroom, Village Way, Cranleigh GU6 8AF

**GUILDFORD:** The Hive, Park Barn Drive, Guildford GU2 8EN. You'll be able to meet the Hospital Carer Support Advisors from the Royal Surrey (RSCH).

**KNAPHILL:** The Vyne Centre, Knaphill GU21 2SP. Information stalls and **FREE CARERS' LUNCHEAS** from Woking Borough Council Community meals email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk) for details!

### TUESDAY 7th June

**CAMBERLEY:** High Cross Church, Knoll Road, Camberley GU15 3SY. Healthwatch Surrey are visiting for a consultation with carers to hear YOUR

**For ALL Surrey carers: FREE soft play and FREE swimming sessions at Woking Leisure Centre (6-10th). For details, please email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)**

views on services for carers in Surrey.

**EPSOM:** St Barnabas Church, Temple Road, Epsom KT19 8HA

### WEDNESDAY 8th June

**ADDLESTONE:** Addlestone Community Centre, Garfield Rd, Addlestone KT15 2NJ

**HORLEY:** Horley Baptist Church, 289 Ct Lodge Road, Horley RH6 8RG. We have a Carers Week quiz taking place quiz 10.30-11.30am!

### THURSDAY 9th June

**CATERHAM:** Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG

**HERSHAM:** Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU. There'll be a big coffee morning alongside our Hub with loads of information from other organisations.

### FRIDAY 10th June

**LEATHERHEAD:** Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX

## SATURDAY 11th June GUILDFORD

**Drop-in Carers' Fayre at the Hive, Park Barn, Guildford from 10am-2pm. Lots of stalls offering advice and information for carers.**