



**W**elcome to the latest edition of our newsletter, covering October, November and December. This year has seen a lot of change including, locally, the retender of the carer support service in Surrey and the establishing of our new Hubs.

We need to hear from you about our service to ensure that we continue to provide support which reflects the help you need in your caring role. *We would really appreciate you spending a few moments completing our annual survey (see below).*

We will be celebrating Carer's Rights Day on 24th November with a week of Carer Information Fairs in our Hubs. We'll send out a special newsletter with more information about all the events planned.



Kind regards,  
*Rachel Brennan*  
**Manager Adult Carers Support,  
Action for Carers Surrey**

**PS** Don't forget your Flu Jab – find your voucher on the back page.

## Carers' Rights: getting the most out of your Carer's Assessment

Many of you asked for more information on Carer's Assessments so we have new workshops in most Hubs led by the Carer Practice Advisers. **See page 4 to find a workshop near you.**

## We have new staff to introduce.

Katie Davey joins us as Hospital Carer Support Advisor at East Surrey, and Debbie Cox and Celia Johnson are Carer Support Advisors.

Welcome all!



## Annual Carer Survey – complete TODAY!

The support we offer is shaped by you, our carers and the feedback you give us. We look forward to hearing from you throughout the year at consultation and feedback sessions, emails, Hub based feedback and also our annual carer survey.

*This year's survey is included with this newsletter, there's a printed copy or use this link <https://www.surveymonkey.co.uk/r/AdultCarerSurvey22>*

Please return your completed forms by **Friday 11th November**. You can choose to enter our prize draw to win one of three prizes, a £200, £100 or £50 gift voucher of your choice. The draw will be announced before December.

PS if your loved one has recently been in hospital you may also get a feedback questionnaire asking for comments about your experience.

*Thank you—we appreciate your time is valuable.*

## FREE FILE BOXES

Do you want a lockable file box for all your important documents? We have 20 to give away. To request, call 0303 040 1234, option 1, or [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)



# Action for Carers' Zoom Online Events

We have many free events taking place each month. Events on these two pages are mainly online (via Zoom), the following pages have face to face events.

We'll send simple instructions when you register for a Zoom event. We can also send an easy-read guide if you're not yet confident on Zoom. Just ask.

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](mailto:CSAdmin@actionforcarers.org.uk)

## Zoom Events October, November and December

### Yoga

Led by Saara

Mondays, 10.30-11.30am

3, 10, 17 October

7, 14, 21, 28 November

5, 12 December

Start the week with a positive, fun yoga session to look after yourself in both body and mind.



### Mindfulness

Led by Suzette Jones

Weekly day sessions Tuesdays at 4-4.45pm, starting 4 October

Monthly evening sessions:

10 October, 14 November,

12 December at 7-7.45pm

Take some time for yourself and join our mindfulness sessions



where we'll practice techniques to promote wellbeing and reduce stress.

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

Led by Alison Joyce, Space 2BYou

27 October, 7-8.30pm

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

### Moving & Handling workshops

Please see all our M&H events on page 8

### Coping with Caring: caring for an adult with Autism

Led by Marie-Anne McKee,

Space 2BYou

3 November, 7-8.30pm

The workshop will focus on how

to support someone on the spectrum and promote their independence.

### Learn how your Hospital Carer Advisor can Help

Led by our Hospital Carer Support Advisors

29 October, 10.30-11.30am

If you are caring for someone who is frequently in hospital or are expecting to have your cared for visiting hospital in the future, come along and find out how our Hospital Carer Support Advisors can help support you and what our local hospitals offer to help support carers using them.

HCSAs are also available to meet in the Hubs, see page 6 for more details.



### Carer Feedback and Consultation Sessions

Led by Rachel Brennan

5 October, 7.30-8.30pm

2 November, 7.30-8.30pm

7 December, 7.30-8.30pm

### Volunteering with Action for Carers

Led by Tracey S and Rachel B

27 October 10.30am –12 noon

Volunteers needed!

Do you have a few hours to



## Zoom Events

spare? Come along and find out how you can make a real difference and support unpaid carers across Surrey.

There are lots of different ways you can help, whether it is a regular weekly commitment or a few hours here and there.

Join us to find out more about how we support our volunteers and the various opportunities available.



### Make-Up Tutorial

Led by Sam Caine, HCSA, ACS

**8 December, 10.30am-12noon**

Sam is sharing her knowledge and make-up skills from her career in cosmetics with this 'How to workshop'. Tips on skin care, prep, fashion trends and how to do a great 'day look' and glamorous 'evening look'. Free cosmetic products provided

### Co-Dependency: Finding a healthier relationship

Two workshops led by Alison Joyce, Space 2BYou

**17 and 24 November, 7-8.30pm**

We'll look at what isn't working in your relationship with the person you care for and learn techniques to make the changes from dependency to independence.

The first session will explore issues you as carers are facing and techniques to help you. The second session will focus on how you used the techniques and supporting you in adapting any you have tried, with problem solving tips.

## Hubs: Drop-in venues for YOU

### Weekly Hubs

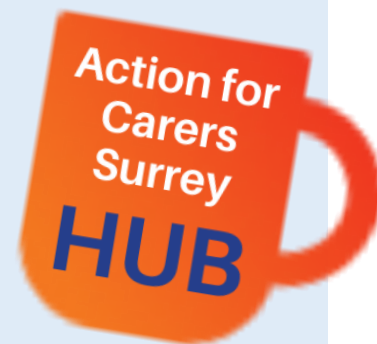
**CAMBERLEY:** High Cross Church, Knoll Road, Camberley GU15 3SY – every **Tuesday**

**GUILDFORD:** The Hive, Park Barn Drive, Guildford GU2 8EN – every **Monday**

**HORLEY:** Horley Baptist Church, 289 Ct Lodge Rd, Horley RH6 8RG – every **Wednesday**

**KNAPHILL:** The Vyne Centre, Knaphill GU21 2SP – every **Monday**

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



### Hubs held every TWO weeks

**ADDLESTONE:** Addlestone Community Centre, Garfield Road, Addlestone KT15 2NJ – **second and fourth Wednesday** of each month

**CATERHAM:** Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG – **second and fourth Thursday** of each month

**CRANLEIGH:** The Bandroom, Village Way, Cranleigh GU6 8AF – **first and third Monday** of each month

**EPSOM:** St Barnabas Church, Temple Rd, Epsom KT19 8HA – **first and third Tuesday** of each month

**FARNHAM:** The Maltings, Bridge Square, Farnham GU9 7QR – **first and third Friday** of each month  
(NB In addition to the Hub, on the first Friday of the month, Farnham Maltings runs a coffee break with Action for Carers from 10am-12pm. More on our website.)

**HASLEMERE:** Wesley Room, The Methodist Church, 5-7 Junction Place, Haslemere GU27 1LE – **second and fourth Monday** of each month

**HERSHAM:** Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU – **second and fourth Thursday** of each month

**SHEPPERTON:** Greeno Centre, 14 Meadow View, Glebeland Gardens, Shepperton TW17 9DH – **first and third Wednesday** of each month

# Action for Carers' Face to Face Events

We have many free events taking place each month. Events on these two pages are mainly at our Hubs (locations p3) The previous pages have Zoom events.

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](mailto:CSAdmin@actionforcarers.org.uk)

## Face to Face Events October, November and December

### Meet the Carer Practice Advisors in your Hub

Come along and have time to discuss any social care issues with the local Carer Practice Advisor.

**7 October, 10.30-12.30pm**

**4 November, 10.30-12.30pm**

**Mental Health CPA**

Leatherhead Community Hub

**12 October, 10.30-12.30pm**

Horley Hub

**27 October, 10.30-12.30pm**

Caterham Hub

**24 October, 10.30-12.30pm**

Guildford Hub

**4 November, 10.30-12pm**

Farnham Hub

**1 November, 10.30– 12** Epsom Hub

**10 November, 10.30– 12pm**

**LD and Autism and MH CPAs**

Hersham Hub

**2 December, 10.30-1pm**

**LD and Autism CPA**

Leatherhead Hub

**14 November 10.30-12.30pm**

**LD and Autism CPA**

Woking Hub

### Meet the Dementia Navigator

Drop in and meet your local advisor to ask any Dementia-related question.

**7 October, 10.30-12.30pm**

Camberley Hub

**10 October, 10.30-12.30pm**

Guildford Hub

**12 October, 10-12.30pm** Horley Hub

**13 October 1-2.30pm** Caterham Hub

**7 November, 10.30-12.30pm**

Woking Hub

10 November, 1-2.30, Caterham Hub

**6 December, 10.30-12.30pm**

Epsom Hub

**8 December, 1-2.30pm**

Caterham Hub

### Looking after yourself and your back

*Please see these and all our Moving & Handling events on page 8*

### Benefits advice:

#### Surrey Welfare Rights

**3 October, 10.30–2.30pm**

Woking Hub

**11 October, 10.30-1pm**

Camberley Hub

**21 October, 10.30-1pm**

Farnham Hub

**7 November, 10.30-1pm**

Guildford Hub

**15 November, 10.30-1pm**

Epsom Hub

**16 November, 10.30-1pm**

Spelthorne Hub

Lou Glencross is a specialist adviser in benefits for parent carers and young adult carers.

### Citizens Advice Bureau

**4 October, 10.30-1pm**

Camberley Hub

**28 November, 12.30-2.30pm**

Haslemere Hub

**5 December, 12.30-2.30pm**

Cranleigh Hub

Advice on debt, benefits, money problems and budgeting.

### Mindfulness in the Hubs

*Led by Suzette Jones*

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

**18 October, 1-2pm**

Camberley Hub

**10 November, 1-2pm**

Caterham Hub

**14 November, 12.30-2pm**

Guildford Hub

**18 November, 1-2pm**

Farnham Hub

**30 November, 11.30-12.30pm**

Horley Hub

### Carers Rights: Understanding Carers' Assessments

*Led by Carer Practice Advisor and an ACS Advisor*

**10 October, 12.30-2pm** Woking Hub

**24 October, 12.30-2pm** Guildford Hub

**23 November, 1-2pm,** Horley Hub

**24 Nov 10.30-11.30am** Caterham Hub

Find out more about Carers' Assessments, how to prepare for them, when they need to be reviewed and how you as a carer can benefit from an assessment.

### Substance Misuse Workshop

*Led by Pietro Viglienghi CPA*

**18 November 10.30-12pm**

Leatherhead Hub

Find out more about mental health and substance misuse and the support on offer with the Substance Misuse team and other agencies for you and your loved one.

## Being Well, Doing Well

Led by *Taj Gilligan*, *Even Keel for Life*

**19 October, 10.30-12.30pm**

Horley Hub

**14 November, 10.30-12.30pm**

Haslemere Hub

**28 November, 12.30-2pm**

Guildford Hub

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.

The workshop will focus on introducing you to ways of giving yourself time out that will fit within your busy life as a carer, so you can feel better and enjoy life more.

## National Autistic Society

Meet 1:1 with an advisor to find out about the support on offer.

**10 October, 10-12.30pm**

Haslemere Hub

**17 October, 10.30-12.30pm**

Cranleigh Hub

**20 October, 10.30-12.30pm**

Shepperton Hub

**25 October, 10.30-12.30pm**

Camberley Hub

**26 October, 12-2pm**

Horley Hub

**28 October, 10.30-12.30pm**

Leatherhead Hub

**4 November, 10.30-12.30pm**

Farnham Hub

## End of Life Support

*St. Catherine's Hospice*

Stephanie Finch, Carer Support Worker at St. Catherine's Hospice will be at the Hubs to support carers and answer any questions around hospice care.

**13 October, 10.30-1.30pm**

**10 November, 10.30-1.30pm**

**8 December, 10.30-12.30pm**

Caterham Hub

## Brigitte Trust

**21 October, 10.30-12pm**

Leatherhead Hub

Find out about the support on offer from the Brigitte Trust for you and your loved one.

## SES: Help with your bills

Find out about help with arranging affordable payment plans, offering free money saving devices, Priority Services Register and money off your water bills.

**12 October 10.30-2pm**

**14 December, 10.30-2pm**

Horley Hub

**11 November, 10.30-2pm**

Leatherhead Hub

## Make a Comfort Box

**9 November, 12.30-2pm**

Horley Hub

Make and decorate a comfort box to fill with things that relax and calm you to self-soothe and distract to help in getting through difficult times.

## Scam Awareness

**1 November, 1-2pm**

Epsom Hub

Learn how to identify a scam and how to protect our loved ones.

## Healthwatch Sessions

Come and share your experiences of social care and services. **More information and dates on page 11**



## Visits to Hampton Court

**27 October, 11am-3pm**

**17 November, 11am-3pm**

**15 December, 11am-3pm**

Visit and explore the palace for FREE and enjoy a relaxing wander around this beautiful historic site. You are welcome to stay all day.

## Mindfulness Workshop

**Saturday 12 Nov, 10-12.30pm**

**Polesden Lacey**

Led by *Claire and Diane*

Join us for a restful and relaxing workshop around coping with stress

at Christmas in the beautiful setting of the National Trust's Polesden Lacey. Enjoy the gardens after the workshop for free.

## Carer Information Fairs

21-26 November

More details in the Carer Rights update newsletter.



## Christmas Crafts

Join us for some Christmas fun making festive wreaths, crafts and cards. Festive refreshments and materials provided.

**24th November, 10.30am-12pm**

Hersham Hub

**2 December, 10-12pm**

Farnham Hub

**5 December 10.30-12.30pm**

Woking Hub

**7 December 12.30-2pm**

Shepperton Hub

**8 December 12.30-2pm**

Caterham Hub

**13 December**

Camberley Hub

**14 December 10.30-12.30pm**

Horley Hub

**14 December 12.30-2pm**

Addlestone Hub

**16 December, 10.30-12.30pm**

Leatherhead Hub

## Christmas Wreath workshop

Led by *Lynis Williams*, *Ashstead Flower Arrangement Group*

**14 December, 10.30-12.30pm**

**St Martin's Community Hall, Horsley**

Join us to enjoy making a festive wreath, using festive materials and foliage from the garden.



# Specialist Action for Carers Support



## Moving & Handling team and events

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 advise on safe techniques, equipment and manoeuvres to help you.

We offer support in person, in group training and via Zoom (see right). Call on 0303 040 1234 to find out more. Here are upcoming events, open to ALL.

## Face to face sessions at our Hubs

### Looking after yourself and your back

Join us for tips/techniques to help you care for your back and move the person your care for safely.

**5 October, 10:30 –12pm**

Spelthorne Hub,

**27 October, 10:30-12pm**

Caterham Hub

**9 November, 10:30-12pm**

Addlestone Hub

**23 November, 10:30-12pm**

Horley Hub

**13 December, 10:30-12pm**

Camberley Hub

## Zoom sessions

### Car transfers

**Saturday 15 October, 10.30-12pm**

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

### Falls prevention

**Saturday 19 November, 10.30-12**

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

### Bed transfers

**Saturday 10 December, 1030-12**

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



## Meet Hospital Advisors at the Hubs

Meet your Hospital Carer Support Advisor in your local Hub and learn how they can support you.

Your local Hospital Carer Support Advisors are attending sessions at our Hubs to answer any questions you have regarding the support that they and the hospitals can offer.

All available 10am–2.30pm

- **Epsom Hub** on 4 October, Michele Moore
- **Shepperton Hub** on 5 October, Seema Kang
- **Guildford Hub** on 10 October, Seema Kang
- **Farnham Hub** on 21 October, Naheeda Majid
- **Caterham Hub** on 10 November, Katie Davey
- **Cranleigh Hub** on 5 December, Tamzin Ede
- **Woking Hub** on 12 December, Sam Caine



## Dementia Carers Cafes

**4 October, 1-3pm, Milford Hospital**

**8 November, 1.30-3.30pm, Haslemere The Hunter Centre**

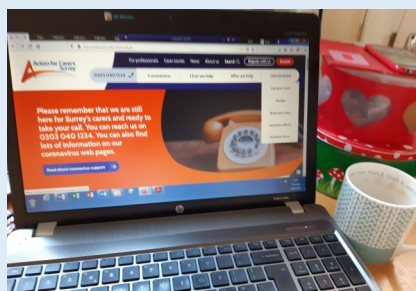
**6 Dec, 1-3pm Milford Hospital**

This is an opportunity for carers to meet other people caring for loved ones with Dementia, speak to a Specialist Dementia Care Nurse and to Action for Carers Hospital Carer Support Advisors.

Our Hospital Carer Advisors, Naheeda or Seema, will be attending Milford Hospital's and Haslemere's Dementia Carers' Cafés, and will be pleased to chat with you and tell you all about the support we can offer.

**No booking needed– just drop in.**

# 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 others 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 aged 18-25

**Third Thursday of each month, 1-3pm**

Support for parents of a young person with mental health problems

## 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.

## 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.

## FACE-TO-FACE Support Groups

All Carers and Parent Carers Support Groups in our Hubs, all from 10.30am till 12 noon. To book, call 0303 040 1234, option 1 or email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

### All Carers 'Coffee & Chat' Support Groups

**The Hive, Guildford** Third Monday of the month

**High Cross Church, Camberley** First Tuesday of the month

**The Bandroom, Cranleigh** First Monday of the month

**Methodist Church, Haslemere** Fourth Monday of the month

**The Vyne, Woking** Fourth Monday of the month

**Addlestone Community Centre** Second Wednesday of the month

**Greeno Centre, Shepperton** Third Wednesday of the month

**St. Barnabas Church, Epsom** First Tuesday of the month

**Leatherhead Community Hub** Second Friday of the month

**Hersham Centre for the Community** Second Thurs of the month

**Westway Caterham** Second Thursday of the month

**Farnham Maltings** First Friday of the month

**Baptist Church, Horley** First Wednesday of the month

### Parent Carers Support Groups

**Greeno Centre, Shepperton** First Wednesday of the month

**Leatherhead Community Hub** Fourth Friday of the month

**St. Barnabas Church, Epsom** Third Tuesday of the month

**The Vyne, Woking** Third Monday of the month

**Hersham Centre for the Community** Fourth Thurs of the month

**Addlestone Community Centre** Fourth Wednesday of the month

## Carers' Corner

This 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](mailto:carertocarer@actionforcarers.org.uk).**

### Help with the cost of living crisis

Many of you have been contacting us due to the financial crisis we are all facing. We are meeting up with other agencies to ensure we can support you.

*Could you share ideas and tips?*

We will be sharing the locations of community fridges across Surrey, free meals, energy and water bill savings and also financial help through funds.

One carer has suggested that we make our own Action for Carers cheap meals cook book. Do any of you have really healthy, cheap

recipes to share, with how much each meal would cost?

Please let us know any tips to save on your bills which we can also share.

All ideas, tips and recipes to: [carertocarer@actionforcarers.org.uk](mailto:carertocarer@actionforcarers.org.uk) **THANK YOU**

**Could you help us?**  
Could you put up a poster in your library, community centre, or place of worship to tell other carers about our support? If you could, please call and we'll post one out!



### This edition's carer-recommended book is ...

***The Frustrated Carer***  
by Brianne George.

I would not normally have read a poetry book, but this one is different. It is a mixture of poetry about caring for your elderly relative, disabled person and also the young and it definitely makes you think.

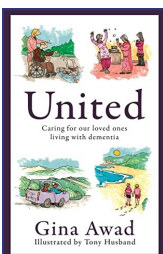
It covers the trials and tribulations of the caring role which includes hospital appointments, care homes and not forgetting the endless form filling that the carer finds themselves doing. It is lovely light heart and definitely thought provoking book.



I would recommend it.

**Please email your book suggestions to: [carertocarer@actionforcarers.org.uk](mailto:carertocarer@actionforcarers.org.uk)**

### New dementia book for carers



*United* is a moving and beautifully illustrated book that captures the real life tales of people living with dementia, as told by their loved ones caring for them.

A novel approach to sharing carer stories, with illustrations. You can buy a copy here <https://www.amazon.co.uk/United-Caring-loved-living-dementia-ebook/dp/B09HSG9852>

### Hello Sunshine Embroidery

I had been thinking of something that I could do in my spare time and, as it doesn't take up too much houseroom, I decided to reawaken my embroidery skills.

I searched on-line where one can find all kinds of embroidery kits/designs/tutorials and I chose this stitch sampler. It would reacquaint me with the basic embroidery stitches AND give me something to focus on in the mornings once I'd hung it up.

It was whilst completing each stitch that I realised how mindful this task was – making sure that the needle entered the cloth precisely where it should for each stitch. I have used colouring



pictures to distract me but this holds even higher levels of concentration. One can do as much or as little at a time as one is able, making it ideal to pick up and put down. The hoop keeps all work secure till the next time.

The added bonus of this little sampler is the design: each morning I get up and see its cheerful message which puts a smile on my face to start the day. I've shown this picture to a few people and hope that, by sharing it with you, it will put a smile on your face too.

**Sue**



We get feedback from yourselves in a number of ways, including surveys and our Carer Parliaments. You can see how we've responded to your feedback in the chart below.

## Our Annual Survey

Can you help shape our support for carers in Surrey, by completing our Annual Survey? If you receive a printed copy of this newsletter, a printed survey is enclosed. Otherwise, you can do it online:

[www.surveymonkey.co.uk/r/AdultCarerSurvey22](http://www.surveymonkey.co.uk/r/AdultCarerSurvey22)

If you choose to leave your name, you could win a £200, £100 or £50 gift voucher. Deadline is **Friday 11th November. THANK YOU!**

## Certificates for carers

Following carer feedback, if you attend any of our carer training workshops, you'll receive a certificate of attendance afterwards which you can use with potential employers etc.

Thanks to those carers who made this helpful suggestion.



**GENERAL FEEDBACK** If you have any feedback, observations, improvements or ideas to share about our services at ACS, please feel free to email me, [Rachel.Brennan@actionforcarers.org.uk](mailto:Rachel.Brennan@actionforcarers.org.uk)

You said...	We did...
<p><i>I just wondered if there might be a specific contact number and a invitation for readers to provide feedback, (just as I'm doing today), provide suggestions and even raise issues that they would publicised through the newsletter.</i></p>	<p>We have an email dedicated to this which has been in the newsletter on the Carer to Carer (now Carers' Corner) page. We would love to hear from you about your ideas and comments. <a href="mailto:carertocarer@actionforcarers.org.uk">carertocarer@actionforcarers.org.uk</a>.</p>
<p><i>How about a 'Carers' Corner' for the ACS newsletter e.g. Dear Carers' Corner - do other carers like me think that the Carers Allowance should be raised to help with the rising prices of energy and food? Why are carers excluded from specific help?</i></p>	<p>Our page in the newsletter was 'Carer to carer'. We are happy to rename this page 'Carers' Corner' for all your comments, ideas and letters. <a href="mailto:carertocarer@actionforcarers.org.uk">carertocarer@actionforcarers.org.uk</a>.</p>
<p><i>The 'live' online yoga sessions provided by Action for Carers are invaluable to Carers, who in general put themselves last in any priority list. These sessions allow a carer to commit to a specific time set aside for themselves - which otherwise they would not take. The mind and body benefit as a result. They are truly valuable to carers. Please could you continue these online.</i></p>	<p>We continue to provide online yoga sessions on a Monday morning as we appreciate that for many carers being able to leave your loved one or join a community session is just not possible.</p>
<p><i>I wanted to write to say how deeply sad I am that the parental support group for those with young people 16-25 with mental health challenges, (which I have attended monthly since last year), has been stopped.</i></p> <p><i>I know that other members of the group feel similarly, as this has been quite a lifeline for many of us, due to Lynne's expertise and the supportive group members.</i></p>	<p>Now we have started the new carer support service tender we are able to relook at some of the sessions which we had to cease quite rapidly.</p> <p>We have heard from carers in this support group, and from October we will be restarting the group on the same day and time.</p>
<p><i>I recently was supported by ACS to apply for a council tax reduction. Could you share this information in the newsletter so other carers can benefit please.</i></p>	<p>The information about council tax reduction is on page 11. We will highlight other benefits or allowances or savings in each newsletter.</p>

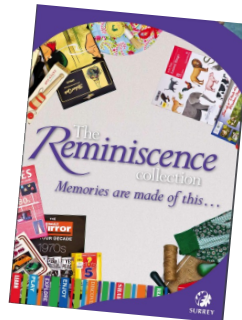
# News and Activities from other organisations

## The Reminiscence Collection

This collection is designed for anyone in Surrey who is supporting someone with dementia or memory impairment, whether at home or in a care or group setting. The collection consists of a wide range of materials for use in reminiscence therapy, including books, DVDs, games, flashcards, activities, jigsaws, music and artefacts, all aimed at evoking memories and stimulating discussion and conversation. The service is FREE to registered Reminiscence Borrowers.

Some materials have been gathered together into Themed Reminiscence Boxes. These boxes contain a selection of different items on a specific theme (such as Wartime, Family Life, Seaside). They are designed to make it easier for you to choose a selection of items without having to go through the whole catalogue.

For further information, please ask at your [local library](#) or email [libraries@surreycc.gov.uk](mailto:libraries@surreycc.gov.uk).



**Like a Chat?** runs from 10am to 12:30pm every Thursday in the Yvonne Arnaud Theatre café.

Drop by for a chat, to read the paper, play a board game or a game of cards, or whatever else takes your fancy!

This welcoming weekly session is a chance to catch up with old friends, meet new ones and enjoy a change of scenery.

## Dementia CrISP training



The Alzheimer's Society offer two programmes for carers, called Carer Information and Support Programme (CrISP), which provide support and information, for Dementia carers to share experiences

and find out about services. There are two programmes: CrISP1 and CrISP2.

**CrISP1** is for carers of someone with a recent diagnosis. There's 4 x2hr sessions, covering understanding dementia, providing caring, legal

and money matters, and coping day to day.

**CrISP 2** is for carers of people who have been living with Dementia for some time. There are 3 x 2hr sessions, covering understanding how Dementia progresses, living with change, and living well, including occupation and activities.

The next course coming up is A CRISP 1 in **Caterham** (The ARC Caterham, 39 Weston Drive, CR3 5XY), on **Wednesdays 5th, 12th, 19th and 26th of October.**

**However, new courses are added all the time. Please give our Helpline a call to find out more and to be referred, on 0303 040 1234.**

## Brigitte Trust 'death and dying'

It's a difficult subject, but Surrey charity Brigitte Trust have many free activities about death and dying. Firstly their 'Death Cafés' aim to encourage thoughtful conversations about dying, over coffee and cake. They acknowledge death is something we all find hard to talk about, but they want to help people to talk through their thoughts and feelings around death and dying, including things like what makes a good death, and advance planning.

They are holding a session in Leatherhead Hub on 21 October <https://www.brigitte-trust.org/death-cafe/>

Secondly, they have an 8 week bereavement support group, to help anyone struggling with bereavement. <https://www.brigitte-trust.org/bereavement-support-2/>

They also have the novelty-named 'Coffin Club', a free 6-week course, meeting one day a week for a one hour talk from an invited speaker with Q&A and discussion, followed by refreshments and an optional coffin decorating workshop. Next sessions start in Clandon in October. <https://www.brigitte-trust.org/coffin-club-surrey/>



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## Council Tax – are you eligible for a discount?

**A carer is disregarded for council tax purposes if she/he is providing care or support (or both) to another person:**

- on behalf of an official or charitable body, or
- is employed by the person being cared for to provide care and support and was introduced by a charitable body, or
- is caring for someone in receipt of certain benefits

Surrey Welfare Rights has produced detailed information for carers to provide information as to whether they could be eligible for a discount.

Find out more: p26 of the Surrey Welfare Rights Unit *Carers Booklet*  
<https://www.swru.org/wp-content/uploads/2021/07/Carers-Booklet-24th-edition-July-2021.pdf>

If you'd like a printed copy of this booklet, please get in touch. Call 0303 040 1234, option 1, or email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

## Free Swim!

Tadworth Leisure Centre is offering a complimentary swim for carers and the person they care for on Thursday 6th October between 1-2pm. Just turn up and say you are registered with Action for Carers.'



**Would you like help to cook cheap, healthy meals with free ingredients!?**

Carers in the Woking area are being offered Foodwise free cookery skills training on how to prepare and cook nutritional food on a restricted budget. All the equipment and food required for each session is free. Course participants get to take the meal they have prepared home with them. Interested? Email Rachel.brennan@actionforcarers.org.uk



**Healthwatch Surrey give people the opportunity to share their experiences of using health and social care services in Surrey and ensure that this valuable feedback reaches the powers that be and leads to change.**

Giving Carers a Voice is the opportunity for carers to have their voices heard within the system.

Carers can do this in many ways and all experiences are anonymous. All we need to know is the name of the GP surgery/hospital or service. You can:

Complete the feedback form  
[www.healthwatchesurrey.co.uk/feedback-centre](http://www.healthwatchesurrey.co.uk/feedback-centre)

Call: 0303 3030023, or email [carers@healthwatchesurrey.co.uk](mailto:carers@healthwatchesurrey.co.uk)

## Come share your views

The Giving Carers a Voice team of Lisa and Sarah are also out and about in the community listening to what carers are saying. Here's where they'll be this October and November:

### October

Tuesday 11 Oct 10-12, Loseley Fields Family Centre, **Godalming**

Weds 12 Oct 10.30-12.30pm, **Addlestone** Community Centre

Friday 14 Oct 10.30-12, **Leatherhead** Community Hub

Monday 17 Oct 10.30-2.30pm, Woking Carers Hub, The Vyne Centre, **Knaphill**

Saturday 22 Oct 10-2pm, Patient engagement event,

## Camberley Theatre

Tuesday 25 Oct 10-12, St Davids GP surgery, **Stanwell**

### November

Tuesday 1 November 10-12, **Royal Surrey Hospital**

Wednesday 2 Nov 12.30-2.30pm, Carers Hub, Greeno Centre, **Shepperton**

Wednesday 9 Nov 10-2.30pm, **Horley** Carers Hub, Horley Baptist church

Weds 16 Nov 10.30-12.30, Wellbeing café, The Hive, **Guildford**

Monday 21 Nov 6.30-8.30pm, Alzheimer café, St Martins Church, **Camberley**

Thursday 24 Nov 10-12, **East Surrey Hospital**

# Flu vaccination voucher for you

## Flu season is upon us, and you as a carer in Surrey, are entitled to a free flu vaccination.

Cut out the voucher below, and you can present it to the pharmacy or your GP to show you are eligible for a free vaccination. Most pharmacies are giving NHS jobs, but check first.

### Why Surrey carers should get the flu jab

Getting your flu and Covid vaccines are two of the most important things you can do to keep yourself and others around you safe this winter.

- The flu vaccine is a safe and effective vaccine.
- The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading. The flu season generally lasts from October to March.
- Flu can make you take to your bed for several days, and often strikes without warning—potentially causing dangerous and difficult situations for carers and those they care for.

Find out more about the flu vaccination programme and this voucher on our website:

[www.actionforcarers.org.uk/flu](http://www.actionforcarers.org.uk/flu)



## Surrey Carers Flu Jab Voucher 2022-2023

This voucher is evidence that you are an eligible carer under this scheme. It can be used at pharmacies and GP practices in Surrey to obtain a free flu vaccination.

**Having a flu vaccination helps to cut your risks of catching and spreading flu.**

0118 Surrey Heartlands 2022

Search online for

Find a pharmacy  
that offers the  
NHS flu vaccine.



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](mailto:carersinfocentre@actionforcarers.org.uk) Or you can register on our website: [www.actionforcarers.org.uk/register-with-us/](http://www.actionforcarers.org.uk/register-with-us/)



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