

PRESS RELEASE

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## Free training and advice for Surrey's unpaid carers on looking after their backs.

Many of us get bad backs, and unpaid carers are no exception, but many at additional risk of developing problems as they help the person they care for move around.

Uniquely in the UK, charity Action for Carers Surrey has a long-standing team of experts whose sole role is to help these carers look after their backs, learn how to move someone safely and understand how best to use equipment.

Our six-woman strong Moving & Handling offer support to carers most-in-need at home, but also provide online and face-to-face training sessions, often focusing on key challenges, such as getting someone in and out of a car, or helping them move their loved one around in bed.

Our training sessions are held online, via Zoom, and also at our carer Hubs – 14 drop-in locations across Surrey where we offer advice, support and a wide range of events.

People can find all our Hub information and events here <https://www.actionforcarers.org.uk/events/>

### ***Upcoming Moving and Handling events include:***

#### **Car transfers**

When you're a carer for someone with mobility issues, it's important to know how to help them correctly – without hurting them or yourself. The friendly experts from our Moving & Handling team will share tips and manoeuvres to help you safely get the person you care for in and out of the car. Book yourself on these at <https://www.actionforcarers.org.uk/events/> or call **0303 040 1234, option 1**, and we'll book you in.

- 25<sup>th</sup> February, 10.30-12pm, online via Zoom
- 18<sup>th</sup> March, 10.30-12pm, online via Zoom

#### **Looking after your back**

Advice for all carers, whether or not you are physically helping the person you care for move about. This session will ensure you are looking after *your* back, making sure you're doing things like standing the right way to wash the dishes. You'll get simple and effective tips on keeping your back strong and avoiding pain

and injury. These are fun, friendly sessions which can really make difference to how you feel. Just drop in, no need to book.

- 7<sup>th</sup> March, 10.30-12pm, Epsom Hub, St Barnabas Church, Temple Road, Epsom KT19 8HA.
- 13<sup>th</sup> March, 10.30-12pm, Haslemere Hub, Wesley Room, Methodist Church, 5-7 Junction Place, Haslemere GU27 1LE.

### Free video guidance

For those who can't yet make a session, we have some of the key manoeuvres available to watch as free videos, for example, helping someone to stand up, and helping THEM move forward in their chair:

<https://www.actionforcarers.org.uk/how-we-help/practical-support/help-with-moving-and-handling/moving-and-handling-videos/>

### More about the Moving & Handling service

People can read more about our service and how to get the support here:

<https://www.actionforcarers.org.uk/how-we-help/practical-support/help-with-moving-and-handling/>

*"Yilian, who came to train us in equipment at home, was a ray of sunshine at a very dark time and probably the kindest and most helpful person I have ever met. Action for Carers is a wonderful charity that provides exactly the support, compassion and information that a patient and family need."*

Surrey carer

*"The service is exceptional, and I feel very lucky to have benefited from the care and exceptional expertise. I can't think of one thing to improve on something that is perfection already. Thank you to you all for a wonderful service."* Surrey carer

*"I am so thankful to Action for Carers for providing this fantastic service. Before speaking to ACS's Kush, I was feeling desperate as I just didn't know where to turn or how to help Mum. Throughout our meetings, calls and emails, I've felt supported and listened to and it's made a whole world of difference."*

Surrey carer

ENDS

### FOR MORE INFORMATION, PLEASE CONTACT

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### NOTES TO EDITORS

#### About Action for Carers

Action for Carers Surrey provides events, information, advice and support for carers aged 5-95. Support includes benefits help, advocacy, guidance on moving and handling, hospital carer advisors, workshops, information and relaxation events (by Zoom and face to face), support groups, free resources and more.

There's a specialist service, Surrey Young Carers, for 5-17s, offering drop-ins, information and activities to give them a little time out from caring.

**Please get in touch by calling on 0303 040 1234; text on 07714 075993; or email**

[CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk). Press enquiries, email [Barbara.cormie@actionforcarers.org.uk](mailto:Barbara.cormie@actionforcarers.org.uk)