



Dunsborough Park, Ripley

Welcome to the Spring edition of your newsletter, which covers April, May and June events, plus lots of news and updates to help you in your caring role.

I am aware of the fact that we will be celebrating a few important events in the next few months – our first year of the new Hub model, Carers Week and then the Coronation of King Charles. We will be sending out a special newsletter with all the details our events for Carers Week in May.

I would like to thank those of you who have supported us in so many different ways, especially the volunteers in our Hubs, visiting GP surgeries and at Hampton Court.



Finally I would like to wish you all on behalf of my team, a very Happy Easter. I look forward to hearing from you and hopefully meeting you soon!

With best wishes
Rachel Brennan
**Manager Adult Carers Support,
 Action for Carers Surrey**

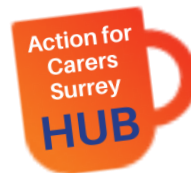
Carers Week 2023

Not long now until Carers Week, a time for the nation to recognise and celebrate all that the country's six million plus carers do.

It takes place this year from Monday 5th till Sunday 11th June, with charities, organisations and individuals getting together to show their support.

The theme this year is 'Recognising and supporting carers in the community' and we are planning activities at our Hubs across Surrey, hoping to reach out to more carers as well as of

course supporting those who we already know. Details are TBC but we should have celebrations at each Hub, with some treats in store. **Look out for our Carers Week newsletter in May, with full details.**



carersweek.org

GP Folders

Look out for our 'red folder' in your GPs. These folders help us reach out to new carers and tell them about support available.



We have volunteers visiting practices to update these and inform staff of our support. If you can't see one in your practice, please ask the reception staff where it is!

Thanks to the volunteer team for visiting an amazing 43 out of 128 of Surrey's practices! If you might be able to help us reach more, please email volunteering@actionforcarers.org.uk

Could you volunteer?

And don't forget, we've lots of other interesting and rewarding volunteer roles, including delivering gifts, helping at Hubs and supporting events. Search 'volunteering' on our website.



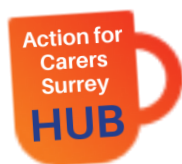
Action for Carers' Hub Events

We have many free events taking place each month. The following listings are for face-to-face events taking place at our 14 Surrey 'Hub' locations.

To register please call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk

Closer to the event date, they will also be listed [on our website](#), where you can also register.

Face-to-face events at our Carer Hubs



April, May and June

EVENTS INFORMATION

We will repeat events at a number of our Hubs. Details about these events is below, and you'll find the location/date details under the Hub listings.

Being Well, Doing Well

Led by Taj Gilligan, from Even Keel for Life

Caring can be stressful but it's so important to look after you. This session talks about approaches to help you look after yourself better, physically and especially mentally, to help you feel more in control.

Crafts and create a Comfort Box

A comfort box holds items that can help calm and reassure you at times of stress. Making the



comfort box encourages us to focus on learning self-soothing and distracting activities that might be useful in getting through difficult times. Bring a box and join us for a fun session decorating your box or just enjoying being creative.

Continuing Health Care

Led by Lesley Palmer

Making sure the Continuing Health Care form is completed correctly is essential to giving the best chance of getting an award. Get tips and hints on how to present the facts in the best way to ensure they are looked at

Healthwatch Sessions

Come and share your views and experiences as a carer of social care and NHS services.

Moving & Handling/ Looking after your back

See details on page 9.

One Surrey Health Checks

Come along and have a free health check as a carer in the Guildford Hub.

PARKINSON'S^{UK}

CHANGE ATTITUDES. FIND A CURE. JOIN US.

Parkinson's Workshop

Led by Parkinson's UK and ACS
The workshop will focus on understanding this condition, tips to manage the different

behaviors and resources locally for carers. Our team will also deliver a moving and handling workshop on safe management of someone with Parkinson's.

Safeguarding

Everyone should understand safeguarding — what to look out for to ensure an adult, or child, is not being abused. This workshop looks to explain some of the key aspects of safeguarding, who is involved and who to go to, to report an abuse. There will be opportunities to ask questions.

Surrey Choices

Surrey Choices provides services to improve disabled people's independence, confidence and life skills. Find out more about the support offered and ask questions about services available.



Tips on how to complete DLA and PIP forms

Led by Lesley Palmer. Lesley has been in practice dealing with Wills, LPA and EPA and Court of Protection work for 20 years + and was a Tribunal Judge in the 1st Tier Social Entitlement Chamber for 20 years (now retired).

She says: "Making sure that these forms are filled in correctly is really important in getting the best chance of a favorable decision at first instance. Generic phrases are best avoided and I will go through common mistakes I have seen from my own experience."

ADDLESTONE HUB

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

All Carers Support Group
Second Wednesday of the month
12 April, 10 May, 14 June
10.30am-12noon

Parent Carers Support Group
Fourth Wednesday of the month
26 April, 24 May, 28 June
10.30am-12noon

Surrey Choices workshop
24 May 10.30-12 noon



BANSTEAD HUB

United Reformed Church,
Woodmanstead Lane, Banstead,
SM7 3EX – second and fourth
Tuesday of each month

All Carers Support Group
Fourth Tuesday of the month
25 April, 23 May, 27 June
10.30am-12noon

Parent Carers Support Group
Second Tuesday of the month
11 April, 9 May, 13 June
10.30am-12noon.

Meet the Hospital Advisor
25 April 10.30am-2.30pm

Looking After Your Back
16 May 10.30am-12noon

CAMBERLEY HUB

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

All Carers Support Group
First Tuesday of the month
4 April, 2 May, 6 June
10.30am-12noon

Looking After Your Back
25 April 10.30am-12noon

Meet the Hospital Advisor
16 May 10am-2.30pm

Safeguarding Workshop
23 May 10.30-12.30

Healthwatch
Tuesday 13th June 10.30-12

CATERHAM HUB

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

All Carers Support group
Second Thursday of the month
13 April, 11 May, 8 June
10.30am-12noon

St Catherine's Hospice
13 April, 11 May, 8 June
10.30-1.30pm

Meet the Hospital Advisor
27 April 10.30am-2.30pm

Meet the Carer Practice Advisor
27 April, 22 June 10.30-12.30pm

SES Water : 1:1 advice
25 May 10am-12.30pm

**Tips on how to complete DLA
and PIP forms**
25 May 10.30am-12 noon

Looking After Your Back
8 June 10.30am-12noon

Family Information Service
Find out about available support



Get more events info – via email

When you registered with us you may have said 'no' to email contact. But do you know we send an email newsletter every three weeks—full of news and upcoming events? To request this, call us on 0303 040 1234, press option 1.

22 June 10.30am-12.30pm

Meet the Dementia Navigator
22 June 10.30am-12.30pm

CRANLEIGH HUB

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

All Carers Support Group
First Monday of the month
3 April, 5 June 10.30am-12noon

Meet the Hospital Advisor
3 April 10am-2.30pm

**Meet the Mental Health Carer
Practice Advisor**
17 April 10.30-12.30pm

Meet the Carer Practice Advisor
15 May 10-12noon

Crafts and create a Comfort Box
15 May 12.30-2pm

Looking After Your Back
5 June 10.30am-12noon

Being Well, Doing Well Workshop
19 June 10.30-12.30pm

EPSOM HUB

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

All Carers Support Group
First Tuesday of the month
4 April, 2 May, 6 June
10.30am-12noon

Parent Carers Support Group
Third Tuesday of the month
18 April, 16 May, 20 June
10.30am-12noon

Action for Carers' Hub Events (continued)

FARNHAM HUB

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.)

All Carers Support Group

First Friday of the month
5 May, 2 June
10.30am-12noon

Meet the Carer Practice Advisor

21 April 10am-1pm

King's Coronation Celebration

5 May 10.30-12noon – Cake!

GUILDFORD HUB

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

All Carers Support Group

Third Monday of the month
17 April, 15 May, 19 June **NEW TIME** 12-1.30 Sandwiches provided

Meet the Carer Practice Advisor

17 April 10.30-12.30pm

One Surrey Health Checks

24 April 10-2pm

Spring crafts

24 April 12-2pm

Meet the Mental Health Carer Practice Advisor

5 June 10.30-12.30pm

HASLEMERE HUB

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

All Carers Support Group

Fourth Monday of the month
24 April, 22 May, 26 June
10.30am-12noon



Meet the Mental Health Carer Practice Advisor

22 May 10am-12noon

Meet the Carer Practice Advisor

12 June 10.30-12.30pm

HERSHAM HUB

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

All Carers Support Group

Second Thursday of the month
13 April, 11 May, 8 June
10.30am-12noon

Parent Carers Support Group

Fourth Thursday of the month
27 April, 25 May, 22 June
10.30am-12noon

HORLEY HUB

Horley Baptist Church, 289 Court Lodge Road, Horley RH6 8RG – every Wednesday

All carers Support group

First Wednesday of the month
5 April, 3 May, 7 June
10.30am-12noon

Crafts and create a Comfort Box
19 April, 10.30-12pm

SES Water : 1:1 advice

26 April, 28 June
10.30am-12.30pm

Meet the Carer Practice Advisor

26 April, 24 May, 28 June
10.30am-12.30pm

Tips on how to complete DLA and PIP forms

10 May 10.30am-12 noon

Meet the Dementia Navigator

17 May 10.30am-12.30pm

Being Well, Doing Well Workshop

24 May 10.30-12.30pm

Safeguarding Workshop

14 June 10.30-12.30

Parkinson's Workshop

28 June 12.30-2pm

LEATHERHEAD HUB

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

NB This Hub can be tricky to locate. It is situated on the Kingston Road and is also accessible via the rear of the building (where you'll find

Hospital Advisors at the Hubs

Meet advisors to discuss any questions you have about the support that they and the hospitals can offer. *All available 10am-2.30pm*

- **Cranleigh Hub** on 3 April Naheeda Majid
- **Banstead Hub** on 25 April Michele Moore
- **Caterham Hub** on 27 April Katie Davey
- **Camberley Hub** on 16 May Tamzin Ede
- **Shepperton Hub** on 17 may Seema Kang
- **Woking Hub** on 12 June Sam Caine

****NEW**** We're planning a new online session, all about hospice care, and supporting people at home as well as as an inpatient. **Details TBC but will be on the website and in the regular email.**

Autism Reality Experience

Astolat, Burpham, Guildford
Friday 30th June 9.30am-4pm

The Autism Reality Experience is an innovative, immersive and hands on training which has been developed to give non-autistic people an experience of the sensory processing difficulties faced by people on the autism spectrum.

The experience will be by booking a timed hour slot with post experience support from ACS Advisors. There will also be other talks from carers and Autism specialists. **To book your time slot, please call us on 0303 040 1234, option 1.**



parking). So if driving, turn down Aperdele Road, take first right and follow the lane all the way around the recreation ground.

All Carers Support Group

Second Friday of the month
14 April, 12 May, 9 June
10.30am-12noon

Parent Carer Support Group

Fourth Friday of the month
28 April, 26 May, 23 June
10.30am-12noon

Family Information Service

Find out about available support
28 April 10.30am-12noon

Healthwatch Surrey

28 April 10.30am-12noon

Being Well, Doing Well Workshop

11 May 1-2.30pm

SHEPPERTON HUB

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

All Carers Support Group

First Wednesday of the month
15 April, 3 May, 7 June
10.30am-12noon

Carer Parliament

11 May 5.30pm –7.30pm
Astolat, Guildford (see page 8)

Parent Carer Support Group

Third Wednesday of the month
19 April, 17 May, 21 June
10.30am-12noon

Parkinson's Workshop

3 May 12.30-2.30pm

Tips on how to complete DLA and PIP forms

17th May 12.30-2pm
(sandwiches provided)

WOKING HUB

The Vyne Centre, Knaphill GU21 2SP – every Monday

All Carers Support Group

Fourth Monday of the month
24 April, 22 May, 26 June
10.30am-12noon

Parent Carer Support Group

Second Monday of the month
12 June 10.30am-12noon

Being Well, Doing Well Workshop

3 April 10.30am -12.30pm

Healthwatch Surrey

22 May 10.30am -2.30pm

Benefits advice with SWRU

5 June 10.30am-12.30pm

Meet the Hospital Adviser

12 June 10.30am–2.30pm

Safeguarding Workshop

19 June 10.30-12.30

Meet the Dementia Navigator

24 April, 22 May, 26 June
10.30am-12.30pm

Hampton Court



Thanks to Historic Royal Palaces, we are again able to offer some free tickets for carers to visit Hampton Court Palace and Gardens.

- 20 April 11am-3pm
- 4 May 11am-3pm
- 15 June 11am-3pm

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

Young adult carers, share your views!

Partner charity Healthwatch Surrey would love to hear from more young adult carers. Their 'Giving Carers a Voice' team is especially interested to hear about services you've used, and how you found them, and services you'd like to see.

They are looking to set up small groups (with pizza involved!) to chat about your views. **To find out more or share a view, call Lisa 07961 053430 or email lisa.roberts@healthwatchsurrey.co.uk**

healthwatch
Surrey C.I.C

Are you aged between 18-24?

Are you looking after or supporting someone who couldn't manage without your help?



Giving Carers a Voice

Action for Carers' Online (Zoom) Events

We have many free events taking place each month. Below are online (Zoom) events for you.

To register please call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk

Closer to the event date, they will also be listed on our website, where you can also register.

Online Events

April, May and June



Yoga

Led by Saara

Mondays, 10.30-11.30am

3, 17, 24 April

8, 15, 22, 29 May

5, 12, 19, 26 June

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



Mindfulness

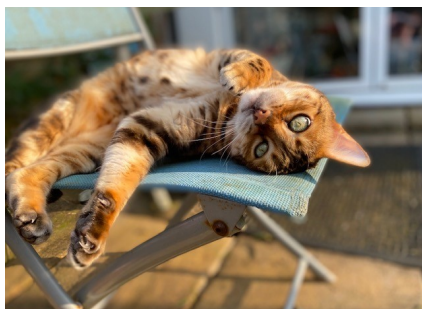
Led by Suzette Jones

Weekly day sessions Tuesdays at 4-4.45pm, starting 18 April

PLUS monthly evening sessions: 12 June 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.



Relaxation

Led by Rachel Brennan

8 April, 6 May, 24 June

10-10.45am

Start your weekend with some easy relaxation exercises which you can use daily to manage stress.

Moving & Handling: Car Transfers

our Moving & Handling team

22 April, 10.30am-12pm

13 May 10.30am-12pm

17 June, 10.30am-12pm

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, expert Advisors from our Moving and Handling team will share tips and maneuvers to help you get



the person you care for in and out of a car. Plus time for questions.

Knit and Natter

Led by Carer Support Advisors

26 April 2-3pm

23 June, 10-11am

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

27 April 7-8.30pm

Validation and how to ground you and the person you care for.

25 May 7-8.30pm

How to motivate someone with depression and anxiety.

Coping with Caring: Caring for an Adult with Autism

Led by Marie-Anne McKee, Space 2BYou

18 May 7-8.30pm

This workshop will look ways to manage angry responses and behaviour in someone with Autism.

Learn about Hospices

Led by our Hospital Carer Support Advisors

tbc June 10.30-11.30am

If you are interested in finding out more about hospices then join us in meeting the Carer leads from the main hospices in Surrey. They can answer any questions or worries you might have.

HCSAs are also available to meet in the Hubs, see page 4 for more details.

Carer Feedback and Consultation Sessions

Led by Rachel Brennan

Are there young people in your household also with a caring role?

Do you know they can get support from our Surrey Young Carers service?

Call 0303 040 1234 or email syc@actionforcarers.org.uk



5 April 7.30-8.30pm

3 May 7.30-8.30pm

16 June 1-2pm

Please join us to share your views on ACS's support and services.

Volunteering with Action for Carers

Led by Tracy and Rachel

7 June, 10.30am –11.30am

Volunteers needed!

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

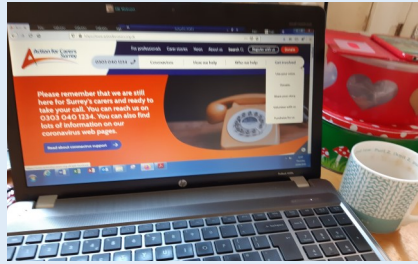
There are lots of different ways you can help, whether it is a regular weekly commitment or a few hours here and there. Please join us to find out more about how we support our volunteers and the various – and varied – opportunities available.



Our volunteer team is growing but we'd love more! We've a wide variety of roles available – **all helping Surrey's unpaid carers**



Online (Zoom) 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, 7-8.30pm

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

Mental Health: Caring for Young People aged 16-25

Third Thursday of each month, 1-2.30 pm

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

Dementia Navigator Support

Third Wednesday each month, 10.30am–12 noon (booking link for this event 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, 7–8.30pm

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

Register on our website, or by email CSAdmin@actionforcarers.org.uk or give us a call on 0303 040 1234 option 1.

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.**



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

Don't Lick the Mailbox
by Denis Deasy.

Like most people who have no connection to autism in their life, IT professional Danny has little or no knowledge of the condition.

But that is about to change dramatically after he receives a Facebook message from his ex-wife of ten years on Christmas Day. It's an unexpected contact

that proves to be the catalyst for a life-changing experience as Danny enters the baffling and unpredictable world of 11-year-old autistic boy, Sam.

Although this is a fictional storyline, it is based on Denis's life's experiences, as he cares for two autistic sons. He also wanted to highlight the strain bringing up an autistic child and has now written a trilogy!

We are hoping that Denis, who is a local author, will join us at our Autism Experience day (see page 5).



Carer Parliament

11 May 5.30pm –7.30pm
Astolat, Burpham, GU4 7HL

Led by Rachel Brennan and ACS Hub and Hospital team managers

It's a year since ACS was given the new carer contracts by SCC, and started our new Hub model of support. Join us to review this first year.

We will have opportunities to look at issues raised by you and other carers in small groups with our Adult Service Managers across Hubs, Hospitals and Admin. This will be used to improve our service.

There will be refreshments provided. If you are not able to attend in person then please contact us to find out if attending online is possible.

To book your seat, please call us on 0303 040 1234, option 1, or email CSAdmin@actionforcarers.org.uk

Your feedback on our support

We get feedback from yourselves in a number of ways, including surveys, feedback boxes (in Hubs) and our Carer Parliaments (see above right for details of the next one).

You can see how we've responded to your feedback in the chart below. To give any comments or feedback of any kind, please email me Rachel.Brennan@actionforcarers.org.uk

| You said... | We did... |
|--|--|
| <i>I am not able to attend the weekly Mindfulness session as I work and evenings are hard too. Could you have something on a Saturday please.</i> | We will be holding a Saturday morning relaxation session once a month. We will pilot this from April to June to find out if this is at a time which is convenient for you as carers. |
| <i>Understanding the LD and Autism service. It would be helpful to know the referral process and meet some of the team to ask questions.</i> | The LD and Autism CPA, Melanie has started by attending the online support group with Occupational Therapists and is now going to hold workshops in Hubs for carers to attend. |
| <i>I needed help when there was violence towards me but I wasn't going to press charges. Nobody talks about this and I need help with violence from children due to conditions/illnesses/drugs etc also please consider Dementia carers too.</i> | We have made contact with an organisation who specialise in supporting carers who experience violence at home. We are currently organising workshops to run in Hubs from July. |

Hospital Carer Advisors

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.

We have Advisors in Surrey's hospitals to help you. They can help bridge communication gaps between you and the hospital, and offer advice, information, as well as emotional support. They can speak on your behalf; and support with the discharge process, so important to get right. Feel free to contact Advisors directly, contact details below.

They also regularly attend the Hubs. See pages 2-4 (and the box on page 4) for details of who's attending which Hub and when.

East Surrey



Katie Davey

Monday-Friday
07989 402663

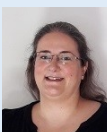
Katie.Davey@actionforcarers.org.uk

Epsom General Hospital



Michele Moore

Mondays,
Wednesdays, Fridays.
07736 561978



Michele.Moore@
actionforcarers.org.uk
and

Tamzin Ede

(Team manager) Thursdays
07736 561976 Tamzin.Ede@
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

Monday-Friday 07989 402764
Sam.Caine@actionforcarers.org.uk

Carer Cafes for Dementia Carers

Meet other people caring for loved ones with Dementia at one of these two Surrey Carer Cafes.

You can speak to a Specialist Dementia Care Nurse and to the Hospital Carer Support Advisors – either Naheeda or Seema will be there and pleased to tell you all about the support we can offer.

There's no booking needed – please just drop in.



Dementia Carers Café at Milford Hospital, Tuesley Lane, Godalming, Guildford, GU7 1UF
Tuesday 4 April, 1-3pm, and Tuesday 6 June, 1-3pm

Dementia Carers Café, The Hunter Centre, Marjorie Gray Hall, Grayswood Road, Haslemere, Waverley, GU27 2BW
Tuesday 9 May, 1.30-3.30pm



Moving & Handling: have a bad back?

Our Moving and Handling team provide expert advice on moving the person you care for, but they can also offer you back care advice if you *don't* help your cared-for physically. Many of us get stiff backs, often from doing tasks (like washing the dishes) wrongly.

Our 'Looking after your back' sessions run at our Hubs (see

pages 2-4 for details). All about you and your back, you get simple and effective tips on keeping your back strong and avoiding pain and injury. These friendly, relaxed sessions can make a big difference to how you feel.

And to find out about getting a referral to the service, please call us on 0303 040 123.



Could you go digital?

It's much cheaper for us to email this newsletter, rather than print and post it.

If you're happy to receive it digitally, please email CSAdmin@actionforcarers.org.uk to say so. Thank you!

News and activities from other organisations

New opportunity to be part of shaping the future for carers in Surrey as an Independent Lay Chair of the **Surrey Carers Partnership Board**

The Board's remit is to promote, champion and deliver the improvements to carers' lives, working across the whole of the health and social care system in Surrey.

They are seeking an independent lay co-chair (to work with another co-chair) to support work focused on making a real difference to Surrey's carers, including helping to make sure that the aims in both [Surrey's Adult Carers Strategy](#) and [Young Carers Strategy](#) become a reality, helping make a real difference to Surrey carers' present and future lives.

They are looking for someone who can bring their experience, insight and skills to this lay leadership role. You will make sure that the voice of carers is heard in the planning and delivery of services, and that the interests of carers remain at the heart of discussions and decision making.

Visit <https://www.actionforcarers.org.uk/news/surrey-carers-partnership-board-seeks-independent-carers-lay-chair/> for details and email kim.jacobs@nhs.net for a chat about the role.



If you're care for someone with dementia/Alzheimer's you may worry that they might, at some point, wander off.

It may just be into the street for a short time, but people can go further and sadly can get lost.

An important tool in these situations, is the Herbert Protocol. It's a form with specific information to help the police should the person you care for get lost. You fill out the form, which covers things like a recent photo of the person, any medication, places they've previously wandered to, etc.

If your loved one goes missing, you won't need to remember or repeat all this information, and the police can quickly get on with the search.

George Herbert was a Normandy landing veteran who had dementia and sadly died while missing.

Read more about the protocol and find the form on Surrey Police's website: <https://www.surrey.police.uk/notices/af/herbert-protocol/>

The Camelia Botnar Foundation

This organisation was recommended by one of our carers whose son was able to attend and has now transformed his life with their support.



The Camelia Botnar Foundation was created to support young adults aged between 16 and 21 who are disadvantaged or in problematic situations.

The Foundation provides residential training and work experience, helping young people to learn a skilled trade, embark on a useful career path and successfully make their own way in life.

Call them on 01403 864556 to find out more, or visit <https://cameliabotnar.com/>

National Siblings Day

...is 10th April, and the theme is #SiblingStrengths. Join specialist sibling carer charity SIBS in celebrating the unique sibling relationship. More info at: www.sibs.org.uk/nsd/



Support from the Brigitte Trust

The Brigitte Trust run bereavement courses and are now also holding meditation sessions, plus sessions on support for people with MND.

Use the links to find out more and book or call 01306 881816:

Meditation Workshop: www.eventbrite.co.uk/e/578871479177

MND Workshop: www.eventbrite.co.uk/e/587202367087



News and activities from other organisations

Surrey Choices

Surrey Choices provides a range of services to improving the independence, confidence and life skills of disabled people. They also offer some support for carers, including their 'Restore2Mini' free online training to spot the signs of deterioration in people who have Autism or learning disabilities.

Part of their learning for employment offer, is 'Choice Waves' a podcast which looks at key issues—they interviewed ACS's Rachel Brennan about carers rights, last November for example ('Who claps for me' Surrey Voices Disability Podcast onpodbean.com.)

To find out more look at their website [Surrey Choices - Every Life, Every Chance - Surrey Choices](https://www.surreychoices.org.uk/) or come along to a workshop in our Hubs (see page 2).



Crossroads

Don't forget about two very useful new items from our partner charity, Crossroads. Their new Directory for Carers has a comprehensive list of sources of support and events: **It's here: <https://crossroadscaresurrey.org.uk/directory/>**

Emergency Carers Card

And working in partnership with Surrey County Council, Crossroads have a Carers Card, designed to let others know you are a carer, in case of emergencies.

It's free, apply here: **01372 869970** or email enquiries@crossroadscaresurrey.org.uk



Free cookery courses, East Surrey

Are you worried about the rising cost of food and how to eat healthily on a tight budget? Then join one of these free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money. All you need is a kitchen and a phone!



They deliver three step-by-step recipes AND all the ingredients (FREE) to your door, and you'll get support from a personal mentor by phone, with lots of tips and advice. It takes about two weeks but you'll work at your own speed. It's open to qualifying participants in Reigate and Banstead. **To enquire, call 07915 923930; [cooking@loveworks.org.uk](https://www.cooking@loveworks.org.uk) www.loveworks.org.uk**



Like to sing?

There's quite a few choirs that might be of interest if you, or the person you care for enjoy singing.

Topic of Cancer Health Choir, Guildford, meet Mondays at 7pm, and is for anyone with or who's had cancer, and carers. This is a chance to connect, chat and sing some uplifting songs. <https://www.topicofcancer.org.uk/>

[support-groups/toc-voices/](https://www.support-groups/toc-voices/) email voices@topicofcancer.org.uk

And Include charity's Redhill Choir meets Wednesday evenings. This is a very inclusive choir with everyone welcome, and lots of carers and those they care for attending, signing taking place as well as singing. includechoir@include.org.

If you're caring for someone with memory issues and live near Godstone, you might like 'Sing for Joy' which is for those with memory issues and their carers, to 'revive memories and lift spirits'. Takes place Mondays, 10.30am. **Please call Debbie on 07967 294474, or email debbie@godstonebc.org.**

Mental health & school attendance

The Department of Education has issued new guidance on school attendance when the child/young person has mental health issues, explaining how they should be supported.

This includes emotionally-based school non-attendance, and those with and without an EHCP.

www.actionforcarers.org.uk/wp-content/uploads/2023/02/Summary_of_responsibilities_where_a_mental_health_issue_is_affecting_attendance-07.02.23.pdf

Consultations & updates

It's important that carers share their views.

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/

Healthwatch Surrey are commissioned by SCC to hear the views of carers. Find out more here <https://www.healthwatchesurrey.co.uk/giving-carers-a-voice/>

And Surrey County Council's own open consultations can be found on the Surrey Says website:

<https://www.surreysays.co.uk/>

iSupport study

If you're caring for someone with dementia, there's an important new research study, iSupport, which is testing online support for people like you.

'iSupport' is an education and self-care website for carers of people



with dementia, developed by the World Health Organisation (WHO). Right now, 33 countries are adapting iSupport in 31 different languages. It's the first study of its kind to investigate the benefits of an online support programme for carers.

A research team, led by Bangor University, need your help to investigate whether iSupport is effective in reducing stress, and in improving resilience and knowledge of dementia.

Find out more about the study and taking part: <https://dcdc.bangor.ac.uk/isupport-for-dementia-carers.php.en>

They have made a 2-minute video about the study here: <https://youtu.be/rvFz3muoWzs>

You can also contact the team directly for more information about taking part, for England it's isupportstudy@ucl.ac.uk

Support for the whole family

You probably know, but just in case you don't, Action for Carers Surrey is here to support the *whole* family where there's caring roles going on. Many families will have more than one person caring, and these can be adults or children.

If there's a child in your household who's also caring, please let them know about our support for THEM.

We have a specific service 'Surrey Young Carers' offering information, tailored support, help at school and events.

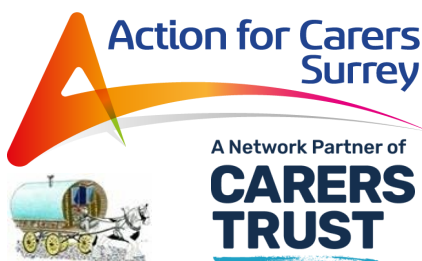
Visit <https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/> for more, or call us on **030 040 1234**.



Do you have friends, colleagues or neighbours 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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