

## Adult Carers Support News and Events

July-August-September 2023



Summer cricket, Surrey

**W**hat a Carers Week that was! Thank you to all carers who were able to participate in any way, and professionals, volunteers and organisations who supported the Week.

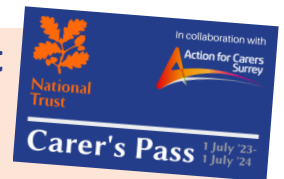
From online chats to Hub craft sessions, wellbeing events and stalls in hospitals, we enjoyed meeting you, sharing a laugh and celebrating the privilege of supporting you all. See just a few photo highlights below. A particularly huge thanks to all our great volunteers without whom we could not manage!

In the rest of this Summer newsletter, you'll find events for July, August and September. We're pleased to be welcoming some new staff into our Hub teams and also Amanda Liddicott to a new role of Benefit Adviser. And, excitingly, there's great news (see right) on our National Trust Carers Pass!



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

### National Trust Passes



We are delighted to announce that our scheme with the National Trust is being renewed for 2023-24!

We have 1,500 passes for those of you currently caring, giving you and a 'plus 1' free entry to multiple NT properties in Surrey, Kent, Sussex and London. (Plus a free parking pass.)

To apply, please email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk), or if you prefer call 0303 040 1234 choosing option 1.

A HUGE thank you to the National Trust for repeating the scheme!



**Carers Week 2023!**



# 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](mailto: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 July, August and September

### 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.

#### Create a Jar of Positivity

Create your own jar which you can fill with things that make you feel good including thoughts, quotes, positive feelings, photographs, special letters or just a simple thank you note. Be inspired to create a jar of happy thoughts!



#### 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 p9: 'have a bad back?'

#### Meet the Continence Nurse

Led by Ceris Steel, Continence Nurse

Issues with continence are linked with many different conditions. Find out more about managing continence and help that is available.



#### Parkinson's Workshops

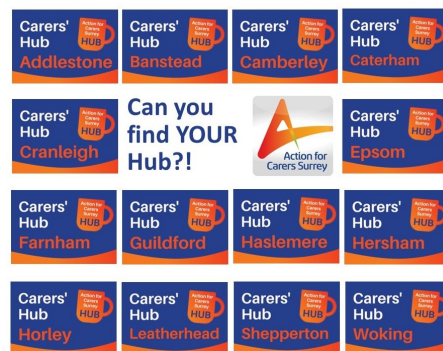
Led by Parkinson's UK and ACS

The workshop will focus on understanding this condition, tips to manage the different behaviors and resources available 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.



## 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 July, 9 August, 13 September  
10.30am-12 noon

#### Parent Carers Support Group

Fourth Wednesday of the month  
26 July, 23 August, 27 September  
10.30am-12 noon

#### Healthwatch Surrey

9 August 10.30am-12.30pm

## 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 July, 22 August, 26 September  
10.30am-12 noon

#### Parent Carers Support Group

Second Tuesday of the month  
11 July, 8 August, 12 September  
10.30am-12 noon.

#### Healthwatch Surrey

22 August 10.30am-1pm



## CAMBERLEY HUB

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

**All Carers Support Group**  
First Tuesday of the month  
4 July, 1 August, 5 September  
10.30am-12 noon

**Meet the Continence Nurse**  
4 July 11.30am-1.30pm

**Meet the Social Prescribers**  
4 July 10am-12 noon

**Meet the Cancer Navigator**  
4 July 10am-12 noon

**Meet the Mental Health Carer Practice Advisor**  
18 July 10am-2pm  
15 August 10am-2pm

**Meet the Dementia Navigator**  
18 July 10.30am –12 noon

**Meet the Carer Practice Advisor**  
5 September 10.30am-2.30pm

## CATERHAM HUB

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

**NB** Hub closed on 27 July

**All Carers Support Group**  
Second Thursday of the month  
13 July, 10 August, 14 September  
10.30am-12 noon

**St Catherine's Hospice**  
13 July, 10 August, 14 September

10.30-1.pm

**Meet the Carer Practice Advisor**  
24 August 10.30am-12.30pm  
28 September 10.30am-12.30pm

**Healthwatch Surrey**  
14 September 10.30am-12.30pm

**SES Water 1:1 advice**  
28 September 10.30am-12.30pm

**Meet the Dementia Navigator**  
28 September 1-2.30pm

**Meet the Continence Nurse**  
28 September 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 July, 7 August, 4 September  
10.30am-12 noon

**Healthwatch**  
17 July 10.30-12 noon

**Create a Jar of Positivity**  
4 September 12-1.30pm

**Meet the Continence Nurse**  
18 September 10am-12 noon



## EPSOM HUB

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

**All Carers Support Group**  
First Tuesday of the month  
4 July, 1 August, 5 September  
10.30am-12 noon

**Parent Carers Support Group**  
Third Tuesday of the month  
18 July, 15 August, 19 September

10.30am-12 noon

**Healthwatch**  
5 September, 10.30-12 noon

## 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  
7 July, 4 August, 1 September  
10.30am-12 noon

**Meet the Dementia Navigator**  
7 July 11.30am-1pm  
4 August 11.30am-1pm  
1 September 11.30am-1pm

**Meet the Continence Nurse**  
21 July 10.30am-12 noon

**Healthwatch**  
4 August 10am-12 noon

## GUILDFORD HUB

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

**All Carers Support Group**  
Third Monday of the month  
17 July, 21 August, 18 September  
**NEW TIME 12-1.30**  
(Sandwiches provided)

**Healthwatch**  
3 July 10.30-12.30

**Being Well, Doing Well Workshop**  
3 July 12-2pm

## 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.



# Action for Carers' Hub Events (continued)

(Sandwiches provided)

## Safeguarding Workshop

10 July 12-2pm

(Sandwiches provided)

## Meet the Carer Practice Advisor

17 July 10.30-12.30pm

## Create a Jar of Positivity

31 July 12-2pm

## Looking After Your Back

7 August 12-2pm

## Meet the Continence Nurse

21 August 10am-12 noon

## Meet the Hospital Advisor

4 September 10am-2.30pm

## 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 July, 25 September  
10.30am-12 noon

### Parkinson's Workshop

11 September 10.30am-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 July, 10 August, 14 September  
10.30am-12 noon

### Parent Carers Support Group

Fourth Thursday of the month

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27 July, 24 August, 29 September  
10.30am-12 noon

## HORLEY HUB

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

### All carers Support group

First Wednesday of the month  
5 July, 2 August, 6 September  
10.30am-12 noon

### Meet the Carer Practice Advisor

12 July, 10.30am-12.30pm  
26 July, 10.30am-12.30pm  
9 August, 10.30am-12.30pm  
13 September, 10.30am-12.30pm

### Safeguarding Workshop

12 July, 10.30am-12.30pm

### Create a Jar of Positivity

16 August, 10.30m-12 noon

### SES Water 1:1 advice

23 August, 10.30am-12.30pm

### Meet the Hospital Carer Advisor

30 August 10am-12 noon

### Healthwatch Surrey

4 September 10.30am-12.30pm

### Looking After Your Back

27 September 10.30am-12 noon



## LEATHERHEAD HUB

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

**NB This Hub can be tricky to locate.** It's on the Kingston Road and is also accessible via the rear of the building (where you'll find parking). So if driving, turn down Aperedale 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 July, 11 August, 8 September  
10.30am-12 noon

### Parent Carer Support Group

Fourth Friday of the month

## 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*

- **Epsom Hub** on 4 July Michele Moore
- **Farnham Hub** on 4 August Tamzin Ede
- **Horley Hub** on 30 August Katie Davey
- **Guildford Hub** on 4 September Naheeda Majid
- **Hersham Hub** on 14 September Sam Caine

**\*\*NEW\*\*** We're planning a new online session, all about aspects of care and supporting people at home which you as a carer are interested in finding out more about as well as an inpatient.

**Details will be on the website and in the regular email.**



## Hampton Court Visits

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

- 27 July 11am-3pm
- 24 August 11am-3pm
- 21 September 11am-3pm

Visit and explore the palace for FREE. Start with a free coffee or tea meeting other carers, and then enjoy a relaxing wander around this beautiful site.

You are welcome to stay all day.



28 July, 25 August, 22 September 10.30am-12noon

## SHEPPERTON HUB

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

**NB** Closed from 12.30 on 19 July

### All Carers Support Group

First Wednesday of the month  
5 July, 2 August, 6 September  
10.30am-12 noon

### Parent Carer Support Group

Third Wednesday of the month  
19 July, 16 August, 20 September  
10.30am-12 noon

### Looking After Your Back

5 July, 10.30am-12 noon

### Healthwatch Surrey

2 August 10.30am-12.30pm

### Being Well, Doing Well Workshop

6 September 12 –2pm  
(Sandwiches provided)

## WOKING HUB

The Vyne Centre, Knaphill GU21 2SP – every Monday

### All Carers Support Group

Fourth Monday of the month  
24 July, 21 August, 25 September  
10.30am-12 noon

### Parent Carer Support Group

Second Monday of the month  
10 July, 14 August, 11 September  
10.30am-12 noon

### Meet the Continence Nurse

24 July 10.30am-12 noon

### Parkinson's Workshop

7 August, 10.30am-12.30pm

## Are you registered with your GP?



It is important to let your surgery know you are a carer.

Ask at the surgery for a GP Carer Registration form (from Surrey NHS), or you can download a copy from our website (search 'register with your GP') or register on your GP surgery's website. There's also a form for young carers.

Simply fill in the form and hand it to the receptionist, and you will be recorded as a carer on your notes.

This is important, as GPs need to understand the impact of caring on your own health and how they can support you with flexible appointments and possibly a personal health budget for a break away from caring.



## Workshops coming October to December

- Lasting Power of Attorney and Mental Capacity
- Understanding PDA in a young person
- Continuing Health Care
- Managing behaviours of distress and violence at home
- Understanding mental health and how you as a carer can be involved in care planning

These are topics which you as carers have let us know that you are interested in and would like us to organise as a workshop.

To send us your suggestions please use the feedback boxes in the Hubs, attend a monthly online feedback session or speak to a CSA.

## 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@actionforcarsers.org.uk](mailto:CSAdmin@actionforcarsers.org.uk) to say so. **THANK YOU!**



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

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

## Online Events July, August and September



### Yoga

Led by Saara

**Mondays, 10.30-11.30am**  
**3, 10, 17, 24 July**

**NB No sessions in August**  
**4, 11, 18, 25 September**

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



### Mindfulness

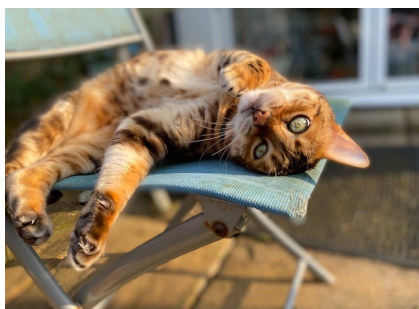
Led by Suzette Jones

**Weekly day sessions Tuesdays**  
**at 4-4.45pm, starting 4 July**

**PLUS monthly evening sessions:**  
**10 July, 14 August, 11 September**  
**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

**3rd Saturday of the month**  
**15 July, 19 August, 16 September**  
**10-10.45am**

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

### Coping with Caring: Caring for an Adult with a Mental Illness

Led by Alison Joyce, Space 2BYou

**24 August 7-8.30pm**  
Validation, and how to ground you, and the person you care for.

**14 September 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.

### Coping with Caring: Caring for an Adult with Autism

Led by Marie-Anne McKee,

### Space 2BYou

**27 July 7-8.30pm**

This workshop will look at types of medications and their effective use.

**31st August 7-8.30pm**

Understand theories of Autism and aspects of the condition.



### Delirium, Suspect it – Stop It and Stop it!

Led by our  
Hospital Carer

*Support Advisors and Dr Enwere*  
**24th August 1pm**

Join us for an opportunity for ALL carers to learn how to spot the signs of delirium and understand what actions to take if delirium is suspected. Led by Dr Peter Enwere, Consultant Geriatrician, Clinical Lead for Senior Adult Medical Services and Clinical Lead for Dementia and Delirium at St Peter's Hospital.



### Carer Feedback and Consultation Sessions

Led by Rachel Brennan

**5 July 7.30-8.30pm**  
**2 August 7.30-8.30pm**  
**6 September 7.30-8.30pm**

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

There will be opportunities to meet with Rachel in the Hubs for carer feedback starting in October.



## Make Up tutorial

Led by Sam Caine

**15 August 6.30-8pm**

Have fun on this 'how to' workshop learning how to get the most out of your makeup brushes, what brushes are best for what products and how to care for your brushes and makeup.

## Safeguarding

Led by Rachel Brennan, ACS

**5 September 7-8.30pm**

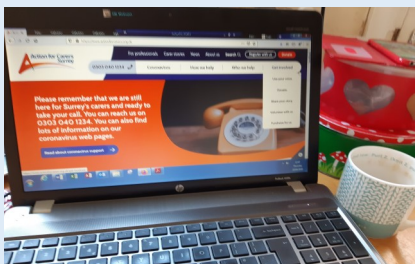
Everyone should understand safeguarding – what to look out for to ensure an adult, or child, is not being abused. This workshop looks to explain some of the key aspects of safeguarding, who is involved and who to go to, to report an abuse. There will be opportunities to ask questions.

**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](mailto:syc@actionforcarers.org.uk)

# 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](mailto:CSAdmin@actionforcarers.org.uk) or give us a call on 0303 040 1234 option 1.**



# Carers' Corner

This page is for you! 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 [carertocarer@actionforcarers.org.uk](mailto:carertocarer@actionforcarers.org.uk).**

## Chat with Laura Dent, our Chair of Trustees – a volunteer role



**How long have you been a trustee?**  
 I can't believe it, but it's been 8 years! I was Vice Chair for 7 years before becoming Chair last year. I step down next March when I will have completed my trustee term of office.

**What does the role involve in terms of commitment?**

The duties of a trustee are very important. The board are responsible for making sure that Action for Carers meets its legal, accounting and reporting requirements. This means attending four board meetings a year plus relevant sub group meetings, such as finance. We have to be fully prepared for meetings, which involves putting time aside to read board papers beforehand. It's also great to get involved

with staff away days, fundraising events and Carers Week.

**What does it take to be a trustee?**

The majority of our trustees are or have been carers. Alongside lived experience, our board members have a diverse professional skill set and we want to be representative of communities that we serve in Surrey. We are always looking for people to join us! In particular people with experience in fundraising, communications, HR and finance.

**What do you get from the role?**

A truly rewarding experience! The board are a great group of people and we know that the discussions and decisions that we make will have a genuine impact on the lives of adult and

### Ideas to keep us going...

*Positivity flipchart with a phrase to inspire and guide you every day.*



Create your own to display... And add a fridge magnet to the back. Done!



Why not Join us to create a 'Jar of Positivity' in a Hub near you (see p2).

young carers. Trusteeship is a voluntary non-executive role (out of pocket expenses are paid). We get training on governance, safeguarding, data protection and confidentiality, plus other learning and development opportunities.

**What would you say to others considering applying?**

Don't hold back! Just get in touch. We can chat about what's involved. We're currently seeking a trustee with professional finance skills to be our new treasurer. If you're interested, or know someone who might be, please get in touch!  
**Call 0303 040 1234 or email [volunteering@actionforcarers.org.uk](mailto:volunteering@actionforcarers.org.uk)**

## Your feedback on our support

You kindly feedback to us via email, chats, surveys and our Hub feedback boxes. You can see our recent responses below. To give feedback of any kind, please email me [Rachel.Brennan@actionforcarers.org.uk](mailto:Rachel.Brennan@actionforcarers.org.uk)

You said...	We did...
<i>I am not able to go online or get to Astolat so I can't join in the Carer Parliament. I also do not really feel the name is suitable. Could it be less formal?</i>	Many of you said how hard it is to travel and find time to give us feedback on our service. From October, Rachel will book time in each Hub for feedback and ideas about how we can improve the support we offer.
<i>There has been much feedback over the new tender and no support with filling in benefit application forms. You have let us know how this has impacted on you as carers with loss of benefits and increased stress.</i>	We organised an event for Commissioners to meet with carers to voice concerns. We have also presented your views and complaints to commissioners. This resulted in us being invited to bid for funding for a Benefit Adviser post which is now filled and offering support to carers again. It is only 18 hours a week but we hope to continue talks with Commissioners about how we can increase the provision and make it permanent.



# Specialist support from ACS, and NHS

## NHS Urgent Community Response service

A service called the 2-Hour Urgent Community Response service aims to help if the person you care for has a crisis of some kind, by providing support at home, thus avoiding the need to go to hospital.



The team (supported by GPs, social care, nurses etc) can carry out assessments, order tests/equipment, diagnose and prescribe. They will work together to keep the person you care for safe at home.

### What situations apply?

Ideally, you have a plan in place for emergencies already, but if it looks like this plan is not going to work, and looks likely that the person you care for will be admitted to hospital, unless they are seen within two hours, then call 111 or your GP in order to get the Urgent Community Response service.

Example situations are things like: if the person you care for needs urgent catheter care, or urgent support for diabetes, or if there's a sudden deterioration in their frailty or mobility, or if they have become increasingly confused.

NHS guidelines about the service here <https://www.england.nhs.uk/community-health-services/urgent-community-response-services/>

## Have a bad back?

Our Moving and Handling team provide expert advice on helping the person you care for move about, but can also offer you back care advice even if you *don't* help your cared-for physically.

Our 'Looking after your back' sessions run at our Hubs give simple and effective tips on keeping your back strong and avoiding pain and injury. *Details of sessions on pages 2-4.*

To get a referral to our service, please call us on 0303 040 123.



## HPV vaccination programme

In England, boys and girls aged 12 to 13 (born after 1 September 2006) are routinely offered the HPV vaccination from Year 8 at school, given in two doses.

If you're under 25, and missed it at school, it's available for free on the NHS up until you turn 25.

**Contact your GP surgery to request a free vaccination or to check if you are not sure if you have had one or both doses.**

The vaccine is effective at stopping **people getting the high-risk types of HPV** that cause cancer, including most cervical cancers and some anal, genital, mouth and throat (head and neck) cancers. It's important to have both doses to be properly protected.

More here: <https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>

**Our Hospital Carer Advisors can help you when your loved one is in hospital.** They can bridge communication gaps and offer advice, information and emotional support, as well as help with discharge.



### East Surrey Hospital

**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

**Naheeda Majid** Monday-Friday 07850 515457  
Naheeda.Majid@actionforcarers.org.uk



### Ashford and St Peter's Hospital

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

# News and activities from other organisations

## Financial support and information

### Support from CAP

CAP (Christians Against Poverty) are a charity that provide free advice and support on money issues, including help with the cost of living and particularly debt advice. They are there to help you if you are feeling under pressure regarding your financial situation.

<https://capuk.org/> Call 01274 761999, [contact@capuk.org](mailto:contact@capuk.org). If you'd like a referral in Surrey, call our Helpline 0303 040 1234.

### Grants for struggling households

The government has given Surrey County Council £10m to help the county's poorest households via the Household Support Fund. Action for Carers has some of this funding to support carers.

This is for families who are struggling financially, giving financial assistance for food, fuel, water and other essentials. If your household is in financial difficulty then please contact us and we can find out from you what help you need.

Come into a Hub to speak to a CSA or contact our Helpline on 0303 040 1234.

## Tech to connect: get on line!

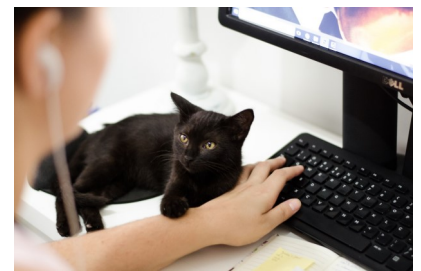
Tech to Community Connect, a collaborative project between the Surrey Coalition of Disabled People, ourselves Action for Carers Surrey, and other partners, aims to get people online, and communicating with others.

The service can loan you a tablet, smart phone, or smart home device and a sim card with data on it for those who don't have Wi-Fi. Then you're matched up with a volunteer 'Tech Angel' (a very friendly, down-to-earth helper), who will teach you anything and everything you need to know to use your device, then support you as and when you need it.

One participant said: *"I cannot tell you enough how grateful I am for what you've taught me today, and I'm excited about the things I will now be able to do. My life feels brighter and more hopeful now."*

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 today!

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



## Strength and fitness training at home

**Active Lives** is a FREE, EASY TO USE interactive website helping people improve their strength and fitness levels easily and safely. The activities fit in around daily life and are tailored to every fitness level.

*"I like Active Lives because I can fit the activity in without having to go to a gym, or go to a club. I tend to do them more frequently than I would if I went somewhere."* Sheila, 66

It has been designed by experts and members of the public – making it easy to use and safe for everyone.

A trial of users found that in a week, people did 173 minutes more of activities and 43 minutes more of strength training. Using Active Lives can help you improve your quality of life, prevent falls and to live independently.



Active Lives is free to use: [tinyurl.com/FrimleyHealth](https://tinyurl.com/FrimleyHealth)

## Bereavement Support Groups



The Brigitte Trust is running free structured 8-week bereavement programmes run by a professional facilitator for anyone in Surrey struggling with their own grief

and bereavement. The sessions are a maximum of 12 people and will be offered in different parts of Surrey according to need.

The programme aims are to:

- provide support with focus
- encourage mutual support
- share experiences
- learn new coping strategies

- develop some altered thoughts

**Next course: Ashted Wednesdays, starting 6 September, 10-12pm for eight weeks. For more information or to book, please contact Sarah Pattenden on 07469 932192 or email [sarah.pattenden@brigitte-trust.com](mailto:sarah.pattenden@brigitte-trust.com)**



# News and activities from other organisations

## Disability Equipment Service

**Do you know about the Disability Equipment Service?** This is a website that gives you access to free, or very cheap, second hand equipment, and also allows you to sell, or donate, items simply. Donated items' proceeds go to running the service, with 25% being donated to Support Dogs.

This is the website [www.disabilityequipmentservice.co.uk](http://www.disabilityequipmentservice.co.uk). For more info call/text 07845 041678 or email [team@disabilityequipmentservice.co.uk](mailto:team@disabilityequipmentservice.co.uk)



## News in brief

In West Surrey, Farnham, Haslemere and Hindhead, you can have **the best of local news, recorded by volunteers, to listen to at home, for free.** Especially useful for those who are visually impaired or who can't get out to buy their local paper. Listeners get a free playback unit and each week they deliver memory sticks with the best local news stories to your home. Or simply get on the website to listen online. **To find out more call 01252 719266; [enquiries@fatntalkingnews.org.uk](mailto:enquiries@fatntalkingnews.org.uk) [www.fatntalkingnews.org.uk](http://www.fatntalkingnews.org.uk)**

**Grassroots is a free community event on Bellfields Green, Guildford, 12-2pm on Thursday 27th July.** There will be information and advice from 30+ groups and charities, free activities, volunteering information and more. **More details on 01483 444150.**

**Gateway Community Allotment based at New Pond Allotments in Reigate** provides families and adults opportunities to work with trained volunteers on a range of horticultural activities. These include everything from developing and maintaining the site to more therapeutic activities such as sensory planting and craft activities.

Additional life skills activities, such as healthy eating, budgeting and employment advice, are also offered.

And if you are struggling with your mental health, and are under 30, they currently have a free, 12 week Outside & Active course to help you.

**More here:** [www.surreycaretrust.org.uk/what-we-do/working-with-nature-to-nurture-wellbeing/](http://www.surreycaretrust.org.uk/what-we-do/working-with-nature-to-nurture-wellbeing/)

## Emergency Carers Card: Crossroads

Working with Surrey County Council, charity Crossroads have a Carers Card, to let others know you are a carer, in case of emergencies. It's free. To request, email [enquiries@crossroadscaresurrey.org.uk](mailto:enquiries@crossroadscaresurrey.org.uk) or call **01372 869970.**



## Specialist dental services

If you or the person you care for find going to the dentist difficult or it makes you anxious, here's information on Surrey's specialist community dental services, which should be able to help.

[surreynehantscommunityservices.nhs.uk/our-services/community-dental-services/](http://surreynehantscommunityservices.nhs.uk/our-services/community-dental-services/)

[www.nhs.uk/nhs-services/dentists/dental-treatment-for-people-with-special-needs/](http://www.nhs.uk/nhs-services/dentists/dental-treatment-for-people-with-special-needs/)

[www.surreyandsussex.nhs.uk/our-services/surgery/dental-services/special-care-dentistry](http://www.surreyandsussex.nhs.uk/our-services/surgery/dental-services/special-care-dentistry)



## FREE Circus Star Tickets

**We are pleased to be able to offer some FREE tickets to Circus Starr, taking place on 26th September at Epsom Playhouse.**

Circus Starr's mission is to bring circus fun to everyone. Ordinary events can be difficult for some children, so their circus shows are 'tut-free zones' where shouting out, dancing and jumping up and down are expected!

We are grateful to Circus Star to be able to offer 50 tickets for each of the two performances, one at 4.45pm and one at 7pm. We will allocate tickets on a first come, first served basis, please email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk),

stating how many tickets you'd like (max 4 per applicant, unless special conditions apply.)

**Due to the volume of requests for these tickets, If you do not hear from us within seven working days after applying, you can assume you have been unsuccessful in receiving tickets.**

[www.circus-starr.org.uk](http://www.circus-starr.org.uk)



## Consultations & updates

### Sharing your 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 consultations, running locally and nationally: [www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/](http://www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/) and find all SCC's open consultation's on [www.surreysays.co.uk](http://www.surreysays.co.uk)**

### Complex Psychosis

SABP are developing a new model of supporting people with 'complex psychosis' by providing rehabilitation and support in the community to prevent relapse. The model is an alliance with social services and community partners.

They are setting up a clinical reference group to provide oversight and direction to ensure the model meets the needs of clients and their carers and would like to invite carers who feel they are able to contribute or be a part of this.

The first meeting is 9-10am Thursday 13<sup>th</sup> July online and

probably every month or so from thereon. This first meeting will explain more about the model and agree how to work together. If interested please email Rachel. Brennan@actionforcarers.org.uk

### Family Short Breaks

Can you tell Family Voice Surrey how important short breaks are to children/young people and families? Short Breaks Survey here [www.surveymonkey.co.uk/r/HYJW3BW](http://www.surveymonkey.co.uk/r/HYJW3BW) (closes 16th July).



### Giving Carers a Voice

Healthwatch Surrey who now run the 'Giving Carers A Voice' programme, have been getting feedback from carers this past year, and have released a report, and video, focusing on carer identification.

Read the report, and its recommendations here <https://tinyurl.com/5xh6kbar>  
See the video here [www.youtube.com/watch?v=aCINh04Fd3Q](http://www.youtube.com/watch?v=aCINh04Fd3Q)

## 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.

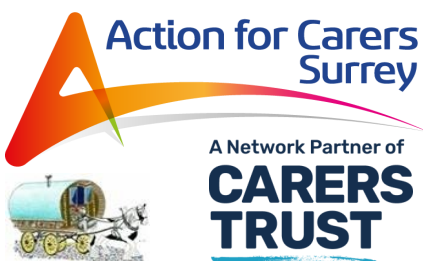
Visit <https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/> for more, or call us on **030 040 1234**.



### 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](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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