



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 Carers Week in June so have included the main events we will be holding this year – and see column right.

You have hopefully already seen our big survey, asking what you think of our services and support. It closes very soon (Friday 4th April) so please complete it if you haven't already. There are vouchers to be won by three lucky participants (£100, £200 or £300.) Details below.

I would like to thank those of you who have supported us in so many different ways, especially the volunteers in our Hubs, at Hampton Court and in admin. We have many other roles for volunteering (see the back page), please do contact us if you are interested.

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!

Rachel Brennan

Manager Adult Carers Support, Action for Carers Surrey

PS If you have benefited from one of our National Trust Passes this year, please keep an eye out for our little questionnaire which asks how you enjoyed it. Hopefully the NT will continue the scheme for a another year. And we have a few Passes left – contact us if you'd like one!



Carers Week takes place from Monday 9th June till Sunday 15th June

This year, as well as our Hub activities, we are running two conferences.

11th June, 10am-12.30pm: online

14th June, 9.30am-1pm: Surrey venue (TBC)

Both events will look at the Surrey Carers Strategy, with SCC Carer Commissioners attending as this will be consulted on next year; our new support, learning/training offer to carers; a chance for you to share what you want as carer; as well as free wellbeing sessions.

Interested? Please email CSAdmin@actionforcarers.org.uk to reserve your place. More Info on our website and next email.

Wellbeing at the Hubs

You're also invited to your local Hub to celebrate the Week, and enjoy wellbeing activities there. You'll also find us at stands in Surrey's hospitals – please come and say hello!

Missing carers: can YOU help?

Finally can you help us? Around Carers Week we're running a campaign trying to help carers identify AS carers, and come forward for help. We'll share more soon, but for now, could *you* help by becoming a stand volunteer? Details on back page.

Are we delivering the help you need?

We want to ensure that the support we offer to Surrey's unpaid carers is right for everyone.

Can you please complete our survey, which asks about you, and what you think of Action for Carers and the support you've either received or would like to receive.



Survey is here: <https://forms.office.com/e/4A3R2bLbd5>

Because we know carers are extremely busy people, to encourage participation, we will be giving vouchers of £300, £200, or £100 to three-randomly selected participants, once the survey closes.

The information you give will improve support for *all* Surrey's carers.

Thank you – the survey closes very soon, Friday 4 April.

Action for Carers' Hub Events

We have many free events taking place each month. The following listings are for face-to-face events.

Please **BOOK** for those events with **B** next to them. To register visit www.actionforcarers.org.uk/events/ or call 0303 040 1234 (option 1); or email CSAdmin@actionforcarers.org.uk

Face-to-face events at our Hubs April, May & June



EVENTS INFORMATION

Below are details of special events being held at various Hubs. You'll see *which* Hubs underneath the special event information below. Hubs are drop in, but the **B** means you need to **book** for that event.

Carer Feedback

Hubs:

Caterham 24 April, 10.30-12pm

Epsom 21 May, 12.30-2pm

Godalming 17 June, 12-1pm

Led by Rachel Brennan

Share your experiences of our services, and say how you think we could develop to meet your needs as carers in Surrey.

Journaling for Wellbeing **B**

Hubs:

Addlestone 9 April, 11.30-1pm

Guildford 12 May, 10.30-12pm

Shepperton 4th June 11-12.30pm

Journaling is a powerful way to improve mental health, reduce stress and anxiety and support wellbeing. For those new to journaling, or rediscovering it. Free journals will be provided.

Mental health services at SaBP feedback session

Led by Mental Health Carer Practice Partners

Regular sessions for you to

feedback your experiences of the mental health services. Help us celebrate good practice and also improve how carers are included in care plans by sharing your thoughts and experiences. We will be joined by Luminus's 'Giving Carers A voice' service. (Details p5)

Mental Health Support Group **B**

Led by ACS Mental Health CSAs

Face to face support group for carers supporting someone with a mental health problem.

Hubs:

Addlestone 9 April, 14 May, 11 June, 12.30-2pm

Cranleigh 19 May, 16 June 10.30am-12pm

Guildford 28 April, 12 May, 23 June, 1-2.30pm

Merstham 3 April, 1 May, 5 June 12.30-2pm

Leatherhead 25 April, 23 May, 27 June, 12.30-2pm

Moving & Handling: **B** Looking After Your Back

Hubs:

Camberley 24 June 10.30-12 noon

Merstham 15 May, 12.30-2pm
Advice and tips on looking after your back and keeping it strong and supple, from our expert Moving and Handling Team. More info page 8.

Understanding Carer's Assessments

Led by Rachel Brennan and CPAs

Hubs:

Addlestone 14 May, 12.30-2pm

Guildford 9 June, 10.30-12pm

Horley 21 May, 10-30-12pm

Merstham 12 June, 12.30-2pm

Find out more about carer's assessments, new changes to the process and why this is important.

St George's and Epsom and St Helier (GESH) Carers Charter Carer Engagement Session

Epsom Hub, 2 April, 12-1pm

St George's and Epsom and St Helier (GESH) are committed to working in partnership with their community. This means actively listening, acting on, and learning from the experience of patients and carers. They want to know what carers want from the Trust, and what good patient experience means to a carer. They are holding a 'listening event' at Epsom Hub to hear from carers and develop a GESH Carers Charter.

Wellbeing Crafts

Hubs will all be holding crafts for wellbeing and fun with an Easter or summer theme.

Hubs:

Banstead

10 June

12.30-2pm

Ecofriendly flower session using all sustainable

products, homegrown flower and fauna to make a simple arrangement to take home.

Caterham 26 June, 12.30-2pm

Guildford 14 April, 10:30 – 12pm (Easter crafts)

Horley 4 June, 12.30-2pm

Merstham: 19 June, 12.30-2pm

Shepperton 16 April, 11am (Easter crafts)

Woking 16 June (flower arranging)



THE HUBS...

Each Hubs is open twice a month, 10am-2.30pm
(NB closed bank holidays)

Please also note all the special events as shown page 2 (left), that take place at the different Hubs.

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,
10.30am-12 noon

BANSTEAD HUB

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

All Carers Support Group
Fourth Tuesday of the month,
10.30am-12 noon

Parent Carers Support Group
Second Tuesday of the month,
10.30am-12 noon

CAMBERLEY HUB

High Cross Church, Knoll Road,
Camberley GU15 3SY
– second and fourth Tuesday of
the month

Change to Support Group dates

All Carers Support Group
Fourth Tuesday of the month,
10.30am-12 noon

Citizens Advice will attend the
Camberley Hubs 10.30-12pm on 22
April, 13 May and 10 June.

Parent Carer Support Group
Second Tuesday of the month,
10.30am-12 noon

Alzheimer's Society 11.30-1pm on
27 May

CATERHAM HUB

Westway Community Café,
25 Chaldon Road, Caterham

Help at the Hubs

Drop into a Hubs for light touch support – but if you think you'll need a bit more time, please ask the Helpline for an appointment.

CR3 5PG – second and fourth
Thursday of each month

All Carers Support Group
Second Thursday of the month,
10.30am-12 noon

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,
10.30am-12 noon

EPSOM HUB

St Barnabas Church, Temple Road,
Epsom KT19 8HA on first and third
Wednesday of each month.

All Carers Support Group
First Wednesday of the month,
10.30am-12 noon

Parent Carers Support Group
Third Wednesday of the month,
10.30am-12 noon



Hampton Court B

We have free tickets for carers to visit Hampton Court Palace and Gardens.

- 30 April, 11am-3pm
- 22 May, 11am-3pm
- 26 June, 11am-3pm

Start with a free coffee/tea meeting other carers, and then enjoy a relaxing wander around this beautiful place, stay all day if you wish!

FARNHAM HUB

NB two DIFFERENT venues

VENUE 1: The Maltings, Bridge
Square, Farnham GU9 7QR –
first Friday of each month

All Carers Support Group
First Friday of the month,
10.30am-12 noon

Alzheimer's Society 11.30-1pm on
4 April, 2 May, 6 June

VENUE 2: Hale Sure Start Family
Centre, Upper Hale Rd, Farnham
GU9 0LR – third Thursday of
the month

Parent Carer Support Group
Third Thursday of the month,
10.30am-12 noon

GODALMING HUB

Godalming Library, Bridge Street,
Godalming GU7 1HT – first and
third Tuesday of each month

All Carers Support Group
Third Tuesday of the month,
10.30am-12 noon

GUILDFORD HUB

The Hive, Park Barn Drive,
Guildford GU2 8EN – second and
fourth Monday of the month

All Carers Support Group
Fourth Monday of the month,
12-1pm (*Sandwiches provided.*)

HERSHAM HUB

The Village Hall, 7 Queens Road,
Hersham, KT12 5LU
– Second and fourth Thursday
of each month

All Carers Support Group
Second Thursday of the month,
10.30am-12 noon

Parent Carers Support Group
Fourth Thursday of the month,
10.30am-12 noon

HORLEY HUB

Horley Library, Meeting Rooms
1&2, 55-57 Russell Square, Victoria
Road, Horley RH6 7QH
– first and third Wednesday of
each month.

Action for Carers' Events (continued)

B Autism Awareness Day

Friday 4th April, 10am -4pm
Astolat, Coniers Way,
Burpham, Guildford GU4 7HL

Come to our Autism Awareness Day. Have a session on the Autism Experience Bus to get a deeper understanding of what having autism feels like and talk with specialists from Surrey wide organisations for more support and information.



It is essential to book your preferred Bus time slot.

Unfortunately this event is not suitable for the person you care for to attend.

All Carers Support Group

First Wednesday of the month,
10.30am-12 noon

LEATHERHEAD HUB

Leatherhead Community Hub,
Kingston Road, Leatherhead KT22
7PX – second and fourth Friday of
the month

This Hub is on the Kingston Road and is also accessible via the rear of the building (where you'll find parking). If driving turn down Aperedle Road, take first right and follow the lane all the way around the recreation ground.

More at the Hubs — please look at the special events also taking place at our Hubs, information given on page 2, with details of which Hub, and when, underneath.

Addiction issues: Family Workshops B

7 April, 10am-12:30pm: Kingswood Primary School, Buckland Road, Lower Kingswood, Reigate and Banstead, KT20 7EA

30 May, 10am-12.30pm: Epsom Downs Primary School, St Leonards Road, Epsom KT18 5RJ

If you care for someone living with addiction, whether that's alcohol or substance misuse, we would like to invite you to join one of our family workshops, which is for you, and the other adults and children in your family.

The sessions aims to provide advice and support, including activities and fun for young people.

(PLEASE NOTE: these are family-only events – you must have young carers (under 18) in your family to attend. We will be running further addiction/substance misuse workshops just for adult carers, later in the year.)



All Carers Support Group

Second Friday of the month,
10.30am-12 noon

Parent Carer Support Group

Fourth Friday of the month,
10.30am-12 noon

MERSTHAM HUB

Merstham Community Hub,
2b Portland Drive, Merstham,
Redhill, RH1 3HY – first and third
Thursday of each month

All Carers Support Group

Third Thursday of the month,
10.30am-12 noon

Parent Carer Support Group

First Thursday of the month,
10.30am-12 noon

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,
10.30am-12 noon

Parent Carer Support Group

Third Wednesday of the month,
10.30am-12 noon

Dementia Awareness,

2 April 11am-12pm Workshop from the Dementia Friendly Spelthorne Steering Group

VE Day Celebrations, 7 May 11am

National Autistic Society,

21 May, 10.30am

WOKING HUB

Knaphill Methodist Church, Broadway, Woking GU21 2DR (If the door is locked, please ring the bell.) – First and third Monday of the month

All Carers Support Group

First Monday of the month
10.30am-12 noon



Dementia Action Week 19-25 May

Marking the Week we are pleased to have Dementia Carers Count joining us on 21st May, 10.30-12pm to talk (online) about their service and support.

A national organisation, Dementia Carers Count helps Dementia carers who may be feeling alone, overwhelmed or worried about money.

Its friendly specialist advisors offer free counselling, benefits advice and practical support. They help carers to navigate and cope with challenges they are experiencing.

Dementia carers can call the Carer Support Line on 0800 652 1102 Monday to Friday 9am-5pm. There is also online help and support available to dementia carers 24/7. Visit www.dementiacarers.org.uk

ACS Mental Health team

Our team of Carer Support Advisers support those carers looking after someone with a mental health condition. Some of the team work directly with carers, and some focus on improving how Surrey’s professionals work with carers. You can meet the team at some of our events – see below.

Mental Health Support Groups Hubs (p2) and online (p7)

S&BP Mental Health Services carer feedback

Feedback your views on mental health services, sharing your thoughts and experiences to celebrate good practice and improve support for carers (further details on page 2).

- **3 April Merstham Hub** 12.30–2pm
- **23 May Leatherhead Hub**
Meadows Ward Manager in attendance 12.30–2pm
- **16 June Cranleigh Hub** 10.30–12pm



Mental Health Week 12-18th May

This Mental Health Week why not attend one of our wellbeing sessions or Support Groups?

Monday 12th May

- Online Yoga,
- Online Evening Mindfulness
- Mental Health Support Group (Guildford)

13th Online Mindfulness

14th Mental Health Support Group (Addlestone)

15th

- Look After Your Back (Merstham),
- Online Mental Health Support Group for Caring for a Young Person,
- Online Coping with Caring : self-harm and suicidality

16th Journaling for Wellbeing

17th Online Relaxation

You kindly feedback to us via email, chats, surveys and our Hub feedback boxes...

Our responses to some recent feedback is below. To share your views, please join one of our Hub or online feedback session or simply email Rachel.Brennan@actionforcarers.org.uk

You said...	We did...
<i>I have loved doing something I find fun (CREATE! Workshop sessions). They have been absolutely fantastic. It's so nice to be able to spend time doing something I really enjoy, rather than the children. The first time in seven years I've actually done anything for me.</i>	We have had a lot of feedback about the creative sessions we've run so are planning more sessions in the summer both online and out and about in parks and hubs. We are also considering running a monthly creative group session online. Please let me know if you are interested in these ideas and also interested to support as a volunteer
<i>I have been a carer for over 12 years and doing yoga with Sara on Mondays has made the last couple of years so much easier. Many, many thanks. Namaste</i>	We will continue to run the online Yoga session on a Monday morning. It is so good to hear how beneficial this is to you all. Please do feel welcome to join in.
<i>Many of you living in the Ashford/Spelthorne area have asked for more locally run workshops and events which are easier for you to attend.</i>	We ran our Carer Rights Fair in Ashford last year and are looking to hold one off events in both areas. Let us know if there are any particular sessions you would like. Please do come along to the Hubs in Addlestone and Shepperton or ring us if you need support.

Action for Carers' Online Events

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

To register visit www.actionforcarers.org.uk/events/ or call 0303 040 1234 (option 1); or email CSAdmin@actionforcarers.org.uk

Young Adult Carers

Here's some events if you are a Surrey carer aged 18-25

Journaling for Wellbeing

Led by Katie Davey, ACS
25 June, 7-8.30pm

Journaling is a powerful way to improve mental health, reduce stress and anxiety, and support your general wellbeing. Join us whether you are new to journaling or need to rediscover this in your life. Free journals will be provided.



Welcome to Adult Carer Support!

Led by Adult and Young Carer Advisers 15 May, 5-6pm

Find out more about the support for you as a young adult carer now you are 18 and moving from Young Carer service to Adults.

NEW Link & Chat

Led by Carer Support Advisers
Fourth Tuesday each month, 5-6.30pm

Are you struggling with caring and feel on your own? Come along and meet with other young adult carers to find out about support or just chat.

Online Events April, May, June

Yoga

Led by Saara

Mondays, 10-11 am
Starting 28 April; 12, 19 May;
2, 9, 16, 23, 30 June

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

Mindfulness

Led by Suzette Jones

Daytime sessions each week on Tuesdays, 4-4.45pm (starting from 1 April)
PLUS Monthly evening sessions, second Monday of the month, 7-7.45pm,
14 April, 12 May, 9 June

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



Living Well: Nutrition

Led by Moira Edwards, Dietician,
Phyllis Tuckwell Hospice

20 May, 1.30-2.30pm
General support in understanding nutritional needs of the person you care for. Session provided by a dietitian from Phyllis Tuckwell Hospice. This session is not

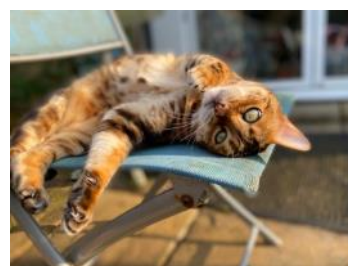
designed to replace specialist support from the NHS for individuals with complex needs.

Relaxation

Led by Rachel Brennan

Third Saturday of the month
19 April, 17 May, 21 June,
10-11am

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



Recovering a Life Outside of Caring

Led by the ACS Hospital Carer Support Advisers

8 April, 7-8.30pm

Ideas, guidance, and support with speakers to give you confidence to build a life outside of caring.

Coping with Caring: Caring for an Adult with Autism

Led by Marie-Anne Mckee,
Space2BYou

9 April, 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 autism.

Carer Feedback Sessions

Led by Rachel Brennan

2 April, 7 May, 4 June
7.30-8.30pm

Please share your views on ACS services and how we might improve our support, and share your suggestions for events. There will also be opportunities to meet with Rachel in the Hubs.

Introduction to Action for Carers

Led by Rachel Brennan and Tamzin Ede, ACS

13 May, 10.30am-12 noon

Find out about all the services offered by Action for Carers and how we can support you.

Understanding The Care Act 2014

Led by ACS CSAs

23 April, 10–1.30am

The Care Act 2014 is an important Act regarding your rights and access to support. Find out more how this Act can support carers.



Coping with Caring: Caring for an Adult with self-harm and suicidal thinking

Led by Alison Joyce, Space2BYou

15 May, 7-8.30pm

Your chance to air difficulties, or questions around self-harm and suicidality. There will be support around triggers, risks, impact and helpful strategies.

Journaling for Wellbeing

Led by Katie Davey and Claire Terry, ACS

16 May, 10-11.30am

Journaling can improve mental health, reduce stress and anxiety and support wellbeing. Join us whether you are new to journaling or need to re-discover it. Free journals will be provided.

Meet the Benefits Advisers: Q&A

Led by Amanda Liddicott and Drew Burger

6 May, 10-11.30am

This is a 'question and answer' session with our Benefits Advisers around benefits and form filling.

Online Support Groups



ONLINE Zoom Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile. **NB Your booking link will last for three months.**

We have some specialist groups as well as our NEW 'Coffee & Chat' for all carers.

Dementia Carers

Third Wednesday each month, 10.30am-12 noon

Time to ask questions and share tips around caring for someone with Dementia. On 21st May we will have a speaker from Dementia Carers Count joining us, marking Dementia Awareness Week.



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.

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.

All Carers Support and Information session



Now on the first Saturday of each month, 10-11.30am

5 April: Understanding carer assessments

3 May: topic TBC

7 June: Carers Week

You can book a place on our website, or email CSAdmin@actionforcarers.org.uk or call on 0303 040 1234, choosing option 1.



GET MORE... via email!

When you registered with us you may have said 'no' to email contact. But do you know we send an Events Update email newsletter every three weeks? It's full of news and updates as well as listing free upcoming activities from us and other organisations.

To move to digital, please call us on 0303 040 1234, option 1, or email CSAdmin@actionforcarers.org.uk

Specific support from Action for Carers

As you might have a particular need, or be new to our service, we thought it would be a good time to remind you of the different teams we have at Action for Carers and the specific support they can offer.

To be referred to any of the specialist teams, please call 0303 040 1234, or email CSAdmin@actionforcarers.org.uk. You can book on sessions via the website, or by contacting the same email address.



Helpline Team

Our Helpline is your first point of call for advice, information and just a friendly chat with someone who really understands what you're going through.

The three Advisers – Belinda, Catherine and Mary – are very experienced and will talk you through any concerns you have to answer your queries on all caring matters – practical, emotional and financial. They are able to:

- offer advice and information
- provide booklets and leaflets
- talk through benefits and payments you might be eligible for
- refer you to our Benefit Advisers and Hospital Carer Support Advisers
- help you understand how to apply for breaks
- give emotional support
- put you in touch with a Carer Support Adviser in your area

The Helpline is open 9am-5pm, Monday, Thursday and Friday, and open 9am-6pm on Tuesdays and Wednesdays.

Call 0303 040 1234 (choose option 2) or email CarerSupport@actionforcarers.org.uk

"I just want to say a very big Thank you, for spending the time to talk to me, listening and understanding. Just having that time and support has helped me so much." Sarah

Moving and Handling Service

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 and Handling team can help. They can advise on safe techniques and manoeuvres to help you. For example, how to get someone out of bed safely, or into a car. They can also advise on equipment – and further sources of help and information. We offer support in person, in group training and online.

With their help, you can look after your back – and keep yourself and your loved one safe.

Upcoming events include:

Demonstration of basic moving and handling techniques (Woking)

This session explains what safe moving and handling means, and we'll demonstrate some basic manoeuvres on how to help someone get into and out of both a chair and a bed.

Held at Bluebird Care Woking Lion House, 147 Oriental Rd, Woking GU22 8AR

30 April, 10.30am-12pm
3 June, 10.30am-12pm



Car transfers (online)

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

24 April, 10.30am-12pm
20 May, 10.30am-12pm

Looking after yourself and your back

Join us for some tips & techniques to help you care for your back when caring for someone.

Merstham Hub:
15 May, 12.30-2pm
Camberley Hub:
24 June, 10.30-12 noon



Specific support from Action for Carers

ACS Benefits Advisers

Do you need help with completing benefit forms?

We have two (part-time) Benefit Advisers covering Surrey, Amanda and Drew.



They can offer support with completing these forms:

- Disability Living Allowance (DLA)
- Personal Independence Payment (PIP)
- Attendance Allowance
- Carer's Allowance



- ESA capability for work if needed

(CAB are still commissioned to support with Universal Credit, so unfortunately we can't help with that). Please contact our Helpline for a referral to our Benefit Advisers.

Upcoming events include:

Meet the Benefits Advisers: Q&A

This is a 'question and answer' session with our Benefits Advisers taking place online. **6 May, 10-11.30am, online** (see page 7)

ACS Booklets

We've got free booklets to help you in your caring role. You can download them free at www.actionforcarers.org.uk/how-we-help/information-booklets/ or get in touch and we can post a printed copy.

They include:

The Carer's Checklist:

Covers your rights as a carer and the support you're entitled to.



The Carers' Hospital Guide

What to know and do before, during and after your loved one's hospital stay.

All about Us: A record

A document to record everything about your caring role, all in one place if required in any change of circumstances.

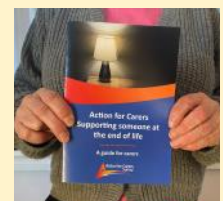


Relaxation for Carers

Practical, de-stressing, breathing and mindfulness exercise.

Supporting Someone at the End of Life

A guide for carers whose loved one is reaching the end of their life, with guidance on all you need to do and consider at this difficult time.



Hospital Carer Support Advisers

Our Hospital Carer Advisers can help you when your loved one is in hospital. This can often be an additionally stressful time and our team are there to help.

They can bridge communication gaps and offer advice, information and emotional support, as well as help with the discharge process.



East Surrey
Stacey Holman
Monday—Friday



Epsom General
Julie Law
Mondays, Tuesdays, Thursdays



Tamzin Ede
(team manager)
Thursdays



Royal Surrey County Hospital
Naheeda Majid
Monday-Friday



Ashford and St Peter's
Sam Caine
Monday-Friday

News and Activities from other Organisations

Down's Syndrome photo competition

'My Perspective' photography competition offers the chance for photographers who have Down's Syndrome to show their point of view. The competition is open to adults and children who have Down's Syndrome around the world. Closes 27th June.

Details at <https://www.downs-syndrome.org.uk/our-work/our-voice/my-perspective/>

Need help getting online or online skills?



Tech Angels help people who are not yet online, or feel they could get a lot better online. A friendly 'Tech Angel' will support you to develop your skills! To find out more call 01483 456558 or visit surreycoalition.org.uk/areas-of-work/technology/tech-to-community-connect/

Age UK Lifebook

We can offer you our 'All about Us' booklet to record your caring role (see p9) but Age UK have a booklet that helps you keep a record of all the important documents in your own life, from who insures your car to where you put the TV licence. Find The Life Book here www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/lifebook/ Or ask for a printed copy on 0800 678 1602.

Carers' 'Green prescription'

Roots for the Future brings people together to get the most from their local green spaces through tree planting, community gardening and ecotherapies, such as mindfulness in nature and forest bathing.



They have been given a grant by SCC to enable them to provide subsidised places (£5 per session plus booking fee) to Surrey's carers for a social prescription of 'eco-therapy'. Sessions are in the form of mindfulness in nature in a local green space as well as more remote woodland sessions of forest bathing.

The aim is to help carers maintain healthy bodies and minds, to be able continue with their caring role. And the sessions should lay the foundations for people to get into regularly using nature for their wellbeing.

Events take place across Surrey, till Autumn. Full details here rootsforthefuture.co.uk/wellbeing-in-nature-for-unpaid-carers/

Tourette's Action

Tourette's Action is a national charity dedicated to supporting individuals with Tourette Syndrome and their families, with the aim of a world where people are accepted, supported and embraced.

If your family is affected by Tourette's, take a look at their leaflet: found at www.tourettes-action.org.uk/

Their support includes a dedicated Helpdesk; an education service who can liaise with school/college to ensure the right support is in place; free e-learning modules; a grant system for people with Tourette's; online support groups, including for parents/carers and wider family; and more.

Find everything on their website, www.tourettes-action.org.uk



Sensitive screenings



Many cinemas now run special screenings catering for people with additional needs, such as Autism. For example, The Light Cinemas offer regular dementia-friendly screenings, and the Odeon have Autism-friendly screenings usually on the third Sunday each month. Why not find out what's on at your local cinema?

News and Activities from other Organisations

Dementia training for Surrey carers

Community and day care venues around Surrey are hosting sessions for carers of people with Dementia. Surrey County Council's communities team is offering free training sessions to support you to provide the best possible care at home, helping your loved one to live safely and well.

There will be a variety of hour-long modules available, covering:

- Understanding Dementia
- Nutrition and hydration
- Preventing falls
- Managing concerning behaviours
- Coping strategies and wellbeing
- Advanced Dementia care
- Financial support
- Promoting dignity and independence during personal care
- Signposting to other sources of support



Sessions are being set up 'on demand' – i.e. in the areas where most carers request support, but happening across Surrey. **If interested, please complete this short form (<https://tinyurl.com/4uhvfcb>) saying where you are, and which topics most interest you.**

Or call them on 0300 200 1005 (or if hard of hearing, use text 07527 182 861. Further details here www.healthysurrey.org.uk/community-health/dementia-care-training.

Pegasus scheme

Surrey emergency services have a scheme called Pegasus, for those with a disability or illness that makes it hard to communicate.

Once you register (free), the services have your details. You get a PIN number, and in case of any emergency or situation, you call, say 'Pegasus' and give your PIN, and they can see your details right away, saving time.

You can also show your card to emergency services staff if you need assistance in person and they'll know you may need extra help and support.

More information here <https://www.surrey.police.uk/contact/af/contact-us/us/contact-us/sspegasus-scheme/pegasus-card-scheme/>



Wheelchair users' 'Meet and Greet'

On Friday 16th May, Surrey Wheelchair Service are holding a Meet & Greet at their Woking centre (11am-1pm), followed by a chance to have your say at their Service User Engagement Forum, 1pm-2pm. There will be a buffet and refreshments.

It's at Unit 2B, Kingsway Business Park, Forsyth Road, Woking, GU21 5SA. **Register here <https://form.globo.io/share/ross-care-dev/125323?locale=en>.** Call 0330 124 8210.

Cost of Living support

Surrey Coalition of Disabled People have a range of support for its members on the costs of living, including help with food access, warm packs, and fuel vouchers. **More here <https://surreycoalition.org.uk/how-we-can-help-you/>**

Enable magazine

The latest edition of UK disability magazine, *Enable*, has features on caring, including the role of the sibling carer – their various experiences and expectations on them.

Read it here: issuu.com/dcpublishing/docs/en_ma25

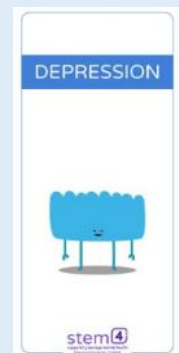


Sibling carers leaflets

Charity SIBS for sibling carers of all ages has two new leaflets for younger sibling carers, to understand more about behaviour that challenges, with advice on ways to cope: **www.sibs.org.uk/supporting-young-siblings/parents/when-to-be-concerned-about-your-sibling-child**.

STEM4

Charity STEM4 supports positive mental health in young people. They have a great website **stem4.org.uk/** full of free resources and apps for parents ('Combined Minds') and young people on a range of issues.



Sharing your views...

Sharing your views

Many consultations and studies want to hear from carers. We have a variety of requests from researchers and open surveys, both local (in Surrey) and national, all seeking carers' views.

Find details of below consultations, plus more, at:
www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/



SCC Surveys

Please note you'll find all SCC's consultations at

www.surreysays.co.uk

Patient transport survey from Healthwatch

Do you use EMED, the non-Emergency Patient Transport Service (NEPTS) provider in Surrey Heartlands?

Non-Emergency Patient Transport (NEPT) is a free transport service for people who, due to their mobility needs or medical condition, are unable to travel safely by other means for medical care. It is booked in advance, not an ambulance called in an emergency. The transport booked may be a small minibus, an ambulance-style vehicle or a taxi and may have the name EMED on it.

Healthwatch Surrey are seeking experiences from people about booking and using EMED services. Please complete their survey: <https://www.smartsurvey.co.uk/>

s/HWSyEMED2025/ – five participants will be randomly selected for a £10 voucher. CLOSES 6th APRIL.

Transition from CAMHS

A researcher from Royal Holloway University is looking at how parents of autistic young people experience the process of their child transitioning from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services (AMHS).

Existing research highlights that autistic young adults are more likely to fall in the gap between CAMHS and AMHS, possibly contributing to an increased caring burden for parents who may play a role in providing additional emotional support for their child when they are not offered therapeutic support.

Researcher Charlotte would like to speak with you for a one-hour max interview (phone or online) Charlotte.Roche.2022@live.rhul.ac.uk Details on our consultations webpage CLOSES 3rd APRIL.

Want to make a difference to other carers? Why not volunteer with us?!

If you have a little spare time, either regularly, or as a one-off, could you consider volunteering with us?

We have a variety of roles, from helping out at our Hubs and at events, to drivers picking up equipment and people to help with recruitment.

We are currently particularly looking for people who would be able to man a stand for a few hours (including during Carers Week) – reaching out to new carers and letting them know about our support.

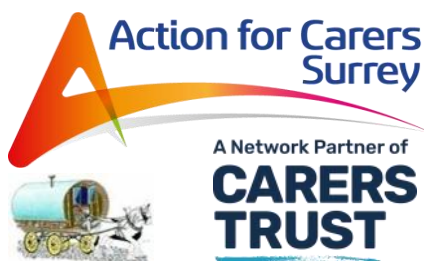
Find out more here <https://www.actionforcarers.org.uk/get-involved/volunteering/>
Or call us on 0303 040 1234.



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



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 carersupport@actionforcarers.org.uk Or you can register on our website: www.actionforcarers.org.uk/register-with-us/



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