

Welcome to the Summer edition of your newsletter, which covers July, August and September events, plus lots of news and updates to help you in your caring role.



Carers Week was a great celebration with many of you joining us for wellbeing events and the Conference (see right). Our big news is that the National Trust have agreed to continue the free carer passes (see below), we are delighted! In this newsletter you'll see the usual wide range of events, including a new First Aid course, also running online. Please have a read and hopefully we will be seeing you at one of our events.

We also need to hear what would be helpful for you in your caring role so do join me for an online or Hub feedback session, email me with your ideas – and see our Carers Forum, right.

The team look forward to seeing you or speaking to you soon. Remember we are here for you!

Rachel Brennan

**Manager Adult Carers Support,
Action for Carers Surrey**

**ACS Helpline Phone
0303 040 1234**



Thanks to all of you who attended an event during Carers Week, and to all those partners and organisations who marked the Week with us. Above are just a few photos from a very busy Carers Week 2025!

Carers Forum

Following the Carer Conference in Carers Week where we heard your views on the improvements we're planning, we are looking to restart our 'Carer Forum' which will meet twice a year.

The Carer Forum is an opportunity for carers to influence and have a voice in our strategy, through its continuous monitoring and improvement. It will look at issues like provision of support, wellbeing and training days and how we develop future services.

**If you are interested or would like more information please email:
Rachel.Brennan@actionforcarers.org.uk**



National Trust Scheme

Thanks to the National Trust, we are delighted to again have a limited number of free **National Trust passes** for our registered carers. Each pass entitles you, plus one, to visit selected properties in Surrey and neighbouring counties, for free!

Please scan this QR code to apply (or use this link <https://forms.office.com/e/Ea6sXuKvaL?origin=IprLink>). If you're unable to do that, you can call us on 0303 040 1234, press option 1.

Please apply today!



Action for Carers' Hub Events

Face-to-face events at our Hubs

July, August and September



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.

Emotional Freedom Technique (EFT)

Caring for others starts with caring for ourselves. EFT is a technique that uses acupressure and psychotherapy principles with the aim of reducing emotional distress and increasing positive emotions. By using EFT, we can reconnect with our innate sense of well-being. Tapping can also be used with those you care for.

HUB:

Banstead 22 July, and 23 September, 12.30-1.30pm

First Aid for Carers **B**

Led by British Red Cross

Learn basic first aid skills to develop your confidence if ever faced with an emergency. A free mini first aid kit for all attendees.

HUBS:

Woking 7 July, 11am-12.30pm

Epsom 3 September, 12.30– 2pm

Merstham 4 September, 10.30am-12pm

Farnham (Maltings)

5 September, 12.30-2pm

Guildford

8 September, 10.30am- 12 pm

Farnham (Hale)

18 September, 12.30-2pm

Addlestone 24 September, 12.30-2pm

Journaling for Wellbeing **B**

Journaling is a powerful way to improve mental health, reduce stress and anxiety and support wellbeing. Whether you're new to journaling or rediscovering please come along! Free journals provided

HUBS:

Farnham (Maltings)

4 July, 12.30-2pm

Leatherhead 8 August,

10.30am-12.30pm

Guildford - Parent Carer session

11 August, 12-1.30pm

Epsom 20 August, 10.30am-12pm

Banstead 26 August,

12.30-1.30pm

Cranleigh 15 September

10.30am-12pm

Horley 17 September, 12.30-2pm

Merstham

18 September, 12.30-2pm

Caterham

25 September, 12.30-2pm



Meet the Benefits Advisers: Q&A **B**

Led by Amanda Liddicott and Drew Buerger

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

HUB:

Epsom 17 September, 12.30-2pm

Mental Health Support Groups

Led by ACS Mental Health CSAs

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

HUBS:

Addlestone 9 July, 13 August,

10th September, 12.30-2pm

Cranleigh 21 July, 18 August,

15 September, 10.30am-12pm

Guildford 28 July, 22 September, 1-2.30pm

Merstham 3 July, 7 August,

4 September, 12.30-2pm

Leatherhead 25 July, 22 August,

26 September, 12.30-2pm

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

Advice and tips on looking after your back and keeping it strong and supple, from our expert Moving and Handling Team. *(More information on page 8.)*

HUBS:

Cranleigh 21 July, 12.30-2pm

Hersham 14 August, 12.30-2pm

SaBP Mental Health Services Feedback Sessions

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 supported by sharing your thoughts and experiences. We will be joined by Luminus' 'Giving Carers A voice' service. *(Details p5.)*

Scam Awareness Talk

Find out more about how to spot a scam and protect you and your loved ones.

HUBS:

Shepperton 2 July, 10.30am-12

Addlestone 10 September, 12.30-2pm

Wellbeing Crafts

There will also be crafts and other wellbeing activities at Addlestone, Banstead, Camberley and Shepperton Hubs — see each Hub listing for more.

THE HUBS...

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

Please also note the special events shown left (page 2), 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

8 July 12.30-2pm

Ecofriendly flower session using all sustainable products, homegrown flower and fauna to make a simple arrangement to take home. **B**



CAMBERLEY HUB

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

NB Hub closed 26th August

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

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

8 July Board Games 12.30-2pm

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, 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

FARNHAM HUB

NB two DIFFERENT venues

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

PLEASE NOTE Unfortunately the cared-for person is no longer able to attend The Maltings at the same time as carers are at the Hub. This is due to a change in service at the Maltings. Our apologies. Any questions, please ask at the Hub.

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

Alzheimer's Society
5 September, 11.30-1pm on

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.*)

NEW!

Parent Carer Support Group
second Monday of each month 12– 1.30pm (*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.

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

The Hub is on Kingston Road, and accessible via the rear of the building (where there's parking). If driving turn down Aperdele Road, take first right and follow the lane around the recreation ground.

Action for Carers' Events (continued)

Carer Stress Management Courses **B**

Led by Psychologists, Centre for Psychology – Find full details of both – search by date – on www.actionforcarers.org.uk/events/

GENERAL COURSE in person, Redhill

Starts 13 August, 10.30am -12.30pm, St Mary's Church Hall, Reigate

PARENT CARER COURSE online

Starts 16 September, 10.30-12.30pm, online

Experience vital respite in Centre for Psychology's free CBT-based 6-Week Stress Management courses, in collaboration with Action for Carers. Learn effective techniques to manage stress, enhance emotional well-being and better cope with the demands of caring. (These are the first of several courses, more to be announced.)

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

Board Games 16 July 12.30-2pm

Crafts 6 August 12.30-2pm

Collaging/Scrapbooking

3 September 12.30-2pm

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

Hampton Court **B**

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

- 16 July 11am-3pm
- 14 August 11am-3pm
- 19 September 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!



Space 2B You Online Workshops



These are free online workshops
for any carer to join directly.

Details of the below, and more
are listed on this Space 2B You
flyer tinyurl.com/yc68vs3y. You
can request a printed copy of the
flyer from us on 0303 040 1234
or email [carersupport@](mailto:carersupport@actionforcarers.org.uk)
actionforcarers.org.uk

Recovery – What Does the Future Look Like?

2 July, 7-8.30pm

An opportunity to understand
what recovery means to you and
explore options for your journey
forward.

Communication Skills

21 August, 7-8.30pm

Explore how we communicate
with ourselves and others,
understand the importance of
language, and develop positive
communication skills.

Validation

24 September, 7-8.30pm

Develop our understanding of
what validation is (and what it is
not), explore the notion of self-
validation, and how validation
promotes positive self-identity
and worth.

Help at the Hubs

At our Hubs you can drop-in
for light touch support.

If you need more substantial
help, such as form-filling,
please contact the Helpline to
set up an appointment, so we
can give you our full attention
and the time you need. Call
0303 040 1234, option 2.



Substance Misuse Workshop

**Led by Liam Tullberg, Nacoda
(The National Association
for Children of Alcoholics)
7th July, 7-8.30pm online**

The effects of parental alcohol misuse don't just disappear once children reach 18. Problems often continue into adulthood. Millions of adults in the UK are still being affected by their parents' drinking. A child of an alcoholic can be aged one or 101.

This online workshop will provide information, advice and support.



Young Adult Carers

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

Get ready for College or Uni!

*Led by Carer Support Advisers
12 August, 2-3.30pm*

Need some advice or equipment to get you ready for college? Join us to find out more.

And please note that if you are awaiting results to go to Uni in September, or are thinking about your future options, considering your caring role, UCAS also have information for young adult carers on their site: www.ucas.com/applying/applying-university/individual-needs/students-caring-responsibilities#more-information-and-support-for-young-adult-carers

Welcome to Adult Carer Support!

*Led by Adult and Young Carer Advisers
16 September, 4-5pm*

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.



Link & Chat

*Led by Carer Support Advisers
Fourth Tuesday each month, 6-7.30pm*

Struggling with caring, or feel on your own? Come and meet with other young adult carers to find out about support or just chat.

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>"Afraid our caring duties prevent us from leaving the house except only for brief periods. Our main concern is what will happen to our daughter after we depart our mortal coil."</i> <i>"Need to have information about what is out there for our son with mental health problems when we are not here anymore."</i>	We have had many carers ask about planning for when you are not able to care. We are working to create a workshop involving all agencies and information around this huge concern. We hope that we will be able to start holding these workshops from October in Hubs and online. Please let me know if there are specific topics you would like us to include in the workshops and if a booklet would be helpful.
<i>"I need more confidence in using First Aid in case anything happens to my wife. Can you arrange some First Aid classes please and online too as it depends how things are as to whether I can get to a Hub."</i>	We have arranged for British Red Cross to run First Aid sessions in our Hubs (running up till Christmas). We will also have an online session in October. Please find the dates for sessions up till September on page 2; others will be listed in the next newsletter.
<i>"I'm not sure that Action for Carers has actually been of any use to me as very little is Spelthorne orientated."</i> <i>"A coffee morning in Dorking would be great."</i>	We are looking to hold more one off events in places across Surrey where we do not have a hub. We appreciate that the hubs are not local to everyone. We will advertise any events in the email and newsletters.

Action for Carers' Online Events

We have many free events taking place each month. Below are our ONLINE events carers.

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

Online Events

July, August, September

Car transfers

Led by ACS Moving and Handling Advisers

15 July, 10.30am-12pm

15 September, 10.30-12pm

See details page 8

Breast Cancer Now

Led by Eden

9 July, 7-8pm

Do you know what's normal for you or the person you care for? Anyone can be affected by breast cancer, so it's important to be breast aware, for yourself and the person you care for.

This public health talk will provide you with breast cancer facts and figures, signs and symptoms of breast cancer, the importance of early detection and how you can

**BREAST
CANCER
NOW** The research & support charity

help
reduce
your
risk.

Carer Feedback Sessions

Led by Rachel Brennan

2 July, 6 August, 3 September
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.

6 Action for Carers Newsletter

Comic Art skills with James

Led by James Pearson, Crazy Comic club

4 September, 11.30am-1pm

25 September, 1-2.30pm

Join super pro comic art tutor James from Comic Club to share and learn awesome storytelling tricks and skills used by professional cartoonists! After this workshop you will be equipped with the power to tell your own stories through the amazing and accessible medium of comic art! No previous artistic experience is necessary - all you need is pencil, paper, optional black outliner, enthusiasm and imagination!

Coping with Caring: Exploring suicidality and its impact on others

Led by Alison Joyce, Space2BYou
11 September, 7-8.30pm

With World Suicide Prevention Day 10th September, this is your chance to air difficulties, challenges or questions about suicidality and its impact on others.

Coping with Caring: Schizophrenia and Psychosis

Led by Alison Joyce, Space2BYou
24 July, 7-8.30pm

On National Schizophrenia Awareness Day it's your chance as a carer to air difficulties or questions that are hard to ask or resolve when caring for someone with schizophrenia and psychosis.



CREATE! Collage

Led by Create! Artist

Starting: 30 September;

7, 14 Oct; 4, 11, 18 November
10-1pm each time

This six-week course explores all aspects of collage. All materials will be provided free and sent to you so sign up, be creative and have some fun!

Delirium: Suspect it, Spot It, Stop it!

Led by Dr Enwere
23 July 1.30-3pm

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



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

Caring concerns? Call our Helpline on 0303 040 1234

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.

Introduction to Action for Carers

Led by Rachel Brennan and Tamzin Ede, ACS

13 August, 10.30am-12 noon

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

Mindfulness

Led by Suzette Jones

Daytime sessions each week on Tuesdays, 4-4.45pm
(starting 1 July)

PLUS Monthly evening sessions, second Monday of the month, 7-7.45pm,

14 July, 11 August, 8 September.

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



Recovering a Life Outside of Caring

Led by the ACS Hospital Carer Support Advisers

7 August, 12.30-2pm

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

Relaxation

Led by Rachel Brennan

NEW! 11, 22 August, 10-11am
Plus third Saturday of the month
19 July, 16 August, 20 September
10-11am



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

Supporting someone with alcohol dependency issues - Looking after your wellbeing

Led by Catalyst

8 July, 1pm – 3pm

An informative workshop in Alcohol Awareness Week, to explore how to maintain your wellbeing when caring for someone with alcohol dependency issues.

WorkWell: Support with employment

Led by Ian Tupper, WorkWell Skills and Employment Advisor

30 July, 10-11.30am

19 August, 1-2.30pm

Are you a carer finding it difficult to get into work or stay in employment? Would you like support to help balance your caring responsibilities with finding or maintaining a job and to improve your mental and physical wellbeing? If so, join us at one of our upcoming sessions to discover how WorkWell can support you. It's a great opportunity to learn more and ask questions.

Yoga

Led by Saara

Mondays, 10-11 am

7, 14 July

No Yoga in August (see Relaxation)

8, 15, 22, 29 September

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

Online Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile.

NB Your booking link will last for three months.

Dementia Carers

Third Wednesday of each month, 10.30am-12 noon

Time to ask questions and share tips around caring for someone with Dementia. .

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 July, 2 August, 6 September

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

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

**5 August, 10.30am-12.30pm
10 September, 10.30am-12.30pm**



Car transfers (online)

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

**15 July, 10.30am-12pm
15 September, 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.

**Cranleigh Hub:
21 July, 12.30-2pm**

**Hersham Hub:
14 August, 12.30-2pm**



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.

Meet the Benefits Advisers: Q&A

This is a 'question and answer' session with our Benefits Advisers taking place at: **Epsom Hub**
17 September, 12.30-2pm
(see page 2)

ACS Mental Health Team

Our team of Carer Support Advisers support those carers looking after someone with a mental health condition.

Mental Health Support Groups

At Hubs (p2) and online (p7). Please come along to join the Support Groups. No booking needed.

SABP Mental Health Services carer feedback

Feedback your views on mental health services.

Epsom Hub 2 July, 10.30am-12.30pm

Join our Carers Practice Partners and the Combating Drugs Partnership Public Involvement service (CDPPI) to feedback about the i-access service. It's your opportunity as a carer to feedback what is working well and what can be done to improve the service.

The Meadows 3 July, 2-3.30pm at The Meadows, West Park Road, Epsom KT19 8GT. This is for carers who are supporting someone under the Meadows service as an inpatient.

EIIP West 17 September, 6-7.30pm An online event for carers supporting someone who is using the EIIP West services.

Do you need support as the person you care for is in a psychiatric hospital and being discharged? Are you finding it difficult to be included in care plans?

Please contact us so we can support you as a carer on 0303 040 1234 or email carersupport@actionforcarers.org.uk



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

Cancer Treatment Workshop

The Brigitte Trust is running a Cancer Treatment workshop, hosted by Clinical Nurse Specialist Elizabeth Darragh from East Surrey Hospital on Thursday 17 July, 10am to 11.30am. A chance to understand the different treatments and options. For further information or to book email admin@brigitte-trust.com.

Telecare Alarms

Landline phones are switching to digital, which could stop telecare alarms working. All landline providers need to know which of their customers use telecare, so they can keep them safe. The switchover is already happening, so please if the person you care for uses a telecare alarm, call your provider to check, or visit digitalphoneswitchover.com to find out more.

Eating Training for LD/Autism Carers

A free course for carers, run by Surrey, exploring practical strategies to help people with Learning Disabilities and/or Autism to eat more health diets. Tuesday 9 September 9:30am - 12:30pm: tinyurl.com/2py489yx

Winter Fuel Payments

Everyone over the State Pension age in England, with an income of, or below, £35,000 a year will now benefit from a Winter Fuel Payment. Details www.gov.uk/government/news/nine-million-pensioners-to-receive-winter-fuel-payments-this-winter.

Carers UK's campaign to protect benefits

The Government's plans to reform the welfare system will have a devastating impact on many unpaid carers and their families. We are part of the Carer Poverty Coalition, working with Carers UK, opposing these cuts.

"It would be catastrophic. We would lose the PIP daily living, Carer's Allowance and possible the LCWRA payment. We are terrified."



Too many carer households already face financial hardship. But the Government's plans to tighten eligibility for Personal Independence Payment (PIP) will see 150,000 carers lose benefits' entitlements by the end of the decade, as PIP is a 'gateway' benefit for many claiming Carer's Allowance.

Campaign today by:

- Signing the open letter to the Prime Minister
- Writing to your MP
- Supporting the campaign on social media and encouraging family and friends to get involved.

Find out more on our news pages www.actionforcarers.org.uk/news/changes-to-pip-threaten-carers-allowance/

CarerSmart Club

CarerSmart is a partner of national charity Carers Trust that offers benefits to unpaid carers. Free to join, benefits include:

- Cash back on shopping from numerous high street retailers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free and discounted legal advice services

<https://carers.org/grants-and-discounts/carersmart-discount-club>



Parkinson's Fundraiser

Horley Hub carer Debbie's husband Ian, formerly a band manager, has produced a compilation charity album to raise money for cureparkinsons.org.uk.

It features music legends including Hank Marvin, Queen's Roger Taylor and Genesis' Mike Rutherford. And is supported by many industry figures, including The Who's Pete Townsend.

More details of 'Think Loud 4 Parkinson's' here www.kindredspiritmusic.org/product-page/think-loud-4-parkinson-s

News and Activities from other Organisations

Do you support someone with sight loss?

RNIB's Living Well with Sight Loss courses

are free sessions for people, including carers, who want to know what help is available, and how best to support someone.

The next course is 3 September at 10am, but they run frequently. To find out more please call 0303 123 9999 or email lwslenquiries@rnib.org.uk

The charity also runs 'Focus on Friends and Families' groups and offer a variety of support to carers. **More here** www.rnib.org.uk/living-with-sight-loss/supporting-others/

RNIB

See differently

Vision Zone 2025

Solutions for Low Vision is an event to learn more about assistive technology, support and services related to sight loss. Takes place Tuesday 30 September, 11am-2.30pm, Christ Church, 23 Waterden Road, Guildford GU1 2AZ. Entry is free.

Vision Zone bring together a variety of services and charities to support you with vision issues, no matter what kind of sight loss condition the person you support has. Gain knowledge and get hands on experience with new technologies to help with daily life and hobbies.

Attendees include: Macular Society, Synaptic, Sensory Services by Sight for Surrey, Orcam, and VOCALeyes.

For details call 0800 1456115 or visit www.lowvisionshop.co.uk



Carers Card: Crossroads

You may be aware of the Carers Cards offered by charity Crossroads for adults, but did you know young carers, aged 13 and up can apply too? More at crossroadscaresurrey.org.uk/our-care-and-support-services/surrey-carers-card/ or call 01372 869970. (Remember when completing the form, to put a different name for emergency contact, not your own.)

FREE Carer Lunch GUILDFORD

The team at the Milmead Centre, Guildford Baptist Church invite all local carers, with their cared for person, to their Carers' Lunch, taking place Saturday 6th September 12.30-4pm.

Please contact Frances Selves on 07817 166798, or email francesselfes@gmail.com to be sent your invitation.

Additional Needs Show Case: Ewell

The [Surrey SEND Local Offer](#) are hosting an Additional Needs Showcase in Ewell, Wednesday 2nd of July, 9.30-2pm. Bourne Hall Spring St, Ewell KT17 1UF.

It's a chance for families and professionals to meet and connect with local services. No need to book, just turn up. A large pay and display car park is available at the venue.

Young Carers Rights

We have a new page on our website all about the RIGHTS young carers have. What they are, why they are important and how to access them: www.actionforcarers.org.uk/who-we-help/young-carers-under-18/young-carers-rights/

Safe Havens

Safe Havens (found in Aldershot, Epsom, Guildford, Redhill and Woking) now have the same opening times. Aldershot has just changed its hours, so now all are open daily, 365 days a year, from 6pm-11pm. Safe Havens provide help & support to adults experiencing a mental health crisis or emotional distress, as well as their carers.

Breaking the Silence

A new Surrey campaign reminds us that men can experience domestic abuse too, often facing additional barriers to getting support, and wants more men to seek help. Surrey's Domestic Abuse services support anyone affected, and Your Sanctuary offers a tailored male service. www.healthysurrey.org.uk/domestic-abuse/help/support-for-men

Memory Café Groups

Alongside home visits the [Dementia Co-ordination Service](#) offers Memory Café Support Groups in Leatherhead, Ewell and Banstead; supportive spaces for families to meet, seek advice on dementia matters, meeting with people in similar circumstances with a coffee and a chat. No booking required: surreydownshealthandcare.nhs.uk/dementia-coordination-service/

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 in Surrey and nationally, 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



Hub of Hope: Mental Health Directory

Surrey & Borders Partnership NHS Trust are exploring using the Hub of Hope, the UK's largest mental health support directory. The directory is aimed at both service users and carers who are looking for a service to help them feel better, or to help them support someone who is struggling.

It includes a wide range of different needs such as addictions, homelessness and crisis services and details what each are able to provide. It also has services to support those aged under 25. It includes services from the NHS and third sector providers.

S&BP want to know if YOU think this would be a useful resource. Their survey is here: <https://forms.office.com/e/jmf3nESAG5> closes Sunday 6th July.

Paying for Care at Home/ in the Community

SCC is running a consultation (until 7th Sept) on proposed changes to how much adults pay for care at home or in the community, to bring their approach in line with national guidance.

As well as a questionnaire, there are LIBRARY drop-in sessions at:
Woking Thurs 26 June 10- 12pm
Camberley Tues 1 July 10-12pm
Godalming Wed 9 July 10- 12pm
Walton Wed 16 July 10-12pm
Horley Tuesday 22 July 10- 12pm

Details at www.surreysays.co.uk/asc-ic/chargingpolicy25

The Council is also writing to those known to Adult Social Care, who

make be affected, to directly seek their views. (NB this consultation does not apply to the charging policy for people living in residential or nursing care homes).

Healthwatch Surrey

Many of you will feed into Healthwatch Surrey (part of Luminus) surveys and consultations. Reports and recommendations are in their Bulletins, latest (June) is here www.healthwatchsurrey.co.uk/report/insight-bulletin-june-2025/

Views of People with LDs in East Surrey

Surrey Coalition of Disabled People are looking to get the views of people with Learning Disabilities in East Surrey on support from health and social care. If you support someone who might be interested (there's a £15 voucher for participation), please email involvement@surreycoalition.org.uk

CUT OUT & SAVE: ACS Contact Details

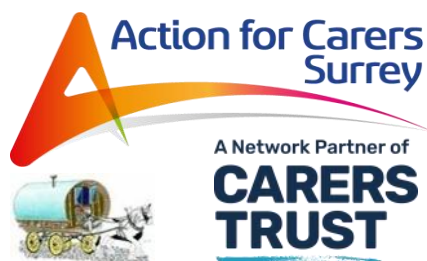
We are here for you. If you need help, advice or support, please get in touch with our Helpline. Open 9am-5pm Monday, Thursday and Friday; open 9am-6pm Tuesday and Wednesday:

CALL 0303 040 1234

EMAIL CarerSupport@actionforcarers.org.uk

TEXT (SMS) 07723 486730

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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