



Welcome to the Autumn edition of your newsletter covering events for October, November and December.

This November, we will be marking Carers Rights Day, on Thursday 20th. During that week we will have a number of events, so please join us. This includes an informative session with rights expert, Professor Luke Clements (*see right*).

Please do find time to read through the newsletter to find out what is going on in our service and others in Surrey. Remember we are here for you!

Rachel Brennan

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

PS Christmas Opening We will be open for support over the Christmas period from 29 to 31 December. See details page 7.

IMPORTANT

ACS phone system change...

We have a new phone system which is more efficient, allowing us to save time and manage calls better.

So now, whenever any of our team call you, the number you'll see displayed on your phone will always only be 0303 040 1234.

If you had a direct line for any member of staff, this is now closed. Please instead call the main number, 0303 040 1234, and you will be put through.

Carer's Rights Day

Join us to celebrate Carers Rights Day with Hub and online sessions.



As a carer, knowing your rights empowers you with information about what you're entitled to and helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether this is in the workplace or education, in accessing health or social care, or when interacting with professionals, or at home.

Carers Rights with Professor Luke Clements

20 November, 10am -12.30pm

Luke Clements is a solicitor and Cerebra Professor of Law and Justice. He is a widely-known, respected campaigner for carers' rights and written a guide "*Carers and their Rights*".



Join us in an online, interactive event; the first part is about rights for all carers, the second part will focus on the Law Commission's recent work on the reform of Disabled Children's Social Care law around assessment and support of disabled children and their carers. Please submit any questions before the session for Luke to address.

To book www.actionforcarers.org.uk/event/carers-rights-2025-luke-clements/ or call 0303 040 1234 (press option 2).

Know Your Rights Quiz Sessions

Taking place in Hubs and online: see details on pages 2 and 6

Carers Assessments & the new SCC respite break offer

Led by SCC Carer Practice Advisers: 18 November, 7-8.30pm

Find and book all the above at www.actionforcarers.org.uk/events

We'll also have a revised *Carers Rights leaflet*, including your rights as a working carer. Pick up your copy in the Hubs or call 0303 040 1234.

National Trust Scheme

A reminder that thanks to the National Trust, we are delighted to again have a limited number of free National Trust passes for our registered carers.



**National
Trust**



Each pass entitles you, plus one guest, to visit selected properties in Surrey and neighbouring counties, for free!

Please scan this QR code to apply or use this link forms.office.com/e/Ea6sXuKvaL?origin=IprLink.

If you're unable to do that, you can call us on 0303 040 1234, press option 2.

Action for Carers' Hub Events

Face-to-face events at our Hubs

October, November and December



Below are details of 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.

Carers Rights Day: Know your rights quiz

Join us for a fun quiz session to find out how much you know about carers rights. Prizes for winners!

Hubs: Cranleigh, Godalming, Woking, Shepperton, Epsom, Horley, Merstham and Farnham

(see under each Hub for dates).



Exploring Emotional Freedom Technique (EFT Tapping)

Led by Judith Hider, ACS

Banstead Hub:

25 November, 12.30-1.30pm

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.

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:

Hersham 9 October, 12.30-2pm

Horley 15 October, 12.30-2pm

Leatherhead 24 Oct, 12.30-2pm

Health and Wellbeing for Carers in Surrey Heath

Farnham Maltings Hub

3 October, 10.30am –12.30pm

Are you looking for support to manage your health? Come to this event for help and information on: cancer support; health weight and nutrition; stopping smoking; help with misuse of drugs/alcohol; energy/heating costs support and FREE blood pressure tests. No need to book just turn up.

Healthwatch: Luminus

Woking Hub, 3 Nov, 10.30am-2pm

Share your views and experiences of social care and NHS services with Luminus's 'Giving Carers a Voice' service.

Meet the Surrey County Council Carer Practice Adviser (CPA)

Farnham Hub: 3 Oct, 10.30 -1pm

Epsom Hub: 19 Nov, 10.30-12

Meet Carer Practice Advisers from Adult Social Care to discuss support and information about assessments and other social care guidance.

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

8 October, 12 November, 10 December, 12.30-2pm

Cranleigh

20 October, 17 November, 15 December, 10.30am-12pm

Guildford 27 October, 24 November, 1-2.30pm

Merstham

2 October, 6 November, 4 December, 12.30-2pm

Leatherhead 24 October, 28 November, 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: Caterham

23 October, 12.30-2pm

Addlestone 26 Nov, 12.30-2pm

See car transfers and other moving & handling sessions on page 8.

SABP Mental Health Services Feedback

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. (Details page 9)

Festive Fun

There will also be crafts and other wellbeing activities in all the Hubs – see each Hub listing for details.



Help at our Hubs

At Hubs you can drop-in for light touch support. Please just come yourself as we are not able to accommodate children or the person you care for.

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. Please call 0303 040 1234, option 1.

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

Collaging Crafts
8 October, 12-2pm

Christmas Craft
12 November, 12.30-2pm

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

Banstead Hub Creative Gathering
28 October, 12.30-1.30pm
Join us for a relaxed creative
session! Bring your current project:
knitting, embroidery, sketching,



anything handmade or any work-in-progress. Get inspired, share ideas, tips and techniques. Bring your own supplies and enjoy a cosy time of creativity and conversation.

Christmas Wreath Making

9 December, 12.30-2pm
We will use all sustainable products, homegrown flowers and fauna etc to make a wreath for you to take home.

CAMBERLEY HUB

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

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

Citizen Advice Bureau

28 October,
25 November,
9 December,
10.30-12pm

**Halloween/
Autumn Crafts**
28 October, 12.30-2pm

Christmas Crafts
9 December, 12.15-1.30pm

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

Adult Colouring and Chat
27 November, 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

Know Your Rights Quiz
17 November, 12.30-1.30pm

Christmas Crafts
3 November, 10.30-12 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

Crafting: Mosaic Coasters B
5 November, 12.30-2pm

Know Your Rights Quiz
19 November, 12.30-1.30pm

Christmas Crafts
17 December, 12.30-2pm

citizens
advice

Dorking Coffee and Chat

Facilitated by ACS staff

**Dorking Football Club:
Meadowbank Football Ground,
Mill Lane, Dorking RH4 1DX.
Limited Free parking on site.**

3 December, 10am-12 noon

Come and enjoy a coffee and chat with other carers. There will be opportunities to talk with some other community services and ACS Advisers too.

Action for Carers' Events (continued)

FARNHAM HUB

NB two DIFFERENT venues

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

Christmas Crafts

5 December, 12.15-1.30pm

All Carers Support Group

First Friday of the month,

VENUE 2: Waverley 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

Know Your Rights Quiz

20 November, 12.30-1.30pm

Christmas Crafts

18 December, 12.15-1.30pm

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

Know Your Rights Quiz

18 November, 12.30-1.30pm

Create a Sock Snowman!

2 December 10.30-12pm

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.*)



Parent Carer Support Group

Second Monday of each month
12-1.30pm (*Sandwiches provided*)

Crochet Christmas Stars

8 December, 11.30am-1pm

HERSHAM HUB

The Village Hall, 7 Queens Road, Hersham, KT12 5LU

– Second and fourth Thursday of each month

All Carers Support Group

Second and fourth Thursday of the month, 10.30am-12 noon

Crafting: Mosaic Coasters B

27 November, 12.30-2pm

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

Know Your Rights Quiz

19 November, 12.30-1.30pm

Christmas Crafts

3 December, 12.30– 2pm

LEATHERHEAD HUB

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

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

Christmas Crafts

12 December, 12.30-2pm

MERSTHAM HUB

Merstham Community Hub, 2b Portland Drive, Merstham,

Redhill, RH1 3HY – first and third Thursday each month.

Unfortunately Merstham Hub will close from January 2026, due to low attendance. We will keep you posted should anything change.

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

Know Your Rights Quiz

20 November, 12.30-1.30pm

Christmas Crafts

18 December, 12.30– 2pm

SHEPPERTON HUB

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

All Carers Support Group

First and third Wednesday of the month, 10.30am-12 noon

Know Your Rights Quiz

19 November, 12.30-1.30pm

Christmas Crafts

5 November, 12.30-2pm

Christmas Quiz and Wrapping

3 December, 12.30-2pm

Christmas Bingo

17 December, 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

Know Your Rights Quiz

17 November, 12.30-1.30pm

Christmas Crafts

15 December, 10.30-2pm

Hampton Court B

Visit Hampton Court Palace and Gardens free with us.

- 15 October, 11am-3pm
- 6 November, 11am-3pm
- 5 December, 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!



Looking After Your Mental Wellbeing

Led by Julie Lloyd, ieso

10 October 10-11am online

5 November, 7-8pm online

Celebrate World Mental Health Day and Stress Awareness Week by exploring text-based cognitive behavioural therapy with ieso.

These one-off sessions will help you look after your own mental health and wellbeing when caring for an adult with mental health issues.

ieso

Stress Management

Led by Psychologists,

Centre for Psychology B

January 2026 – venue: Staines

Experience vital respite in Centre for Psychology's free CBT-based, six-week Stress Management courses, in collaboration with Action for Carers. Learn techniques to manage stress, enhance emotional wellbeing and better cope with the demands of caring.

Young Adult Carers

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

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.

Make a Sock Snowperson! *Led by Carer Support Advisers* Find details on our website:

Join us online to have fun in making your own festive snowman or person. All the materials will be posted to you before the session so make sure you sign up in good time!



Space 2B You Workshops

These are free online workshops for any carer to join directly. Details and links are on this Space 2B You flyer tinyurl.com/yc68vs3y



Changing Relationships

Monday 13 October, 7-8.30pm

Issues covered in this workshop will include: loss and the grief cycle, shifting responsibilities, guilt, and acceptance.

Neurodivergence: RAID (Reinforce Appropriate, Implode Disruptive)

Wednesday 19 November, 6-8pm

During this training you will develop your understanding of:

- The RAID approach is and how it works in different contexts
- Understand key terminology regarding the RAID approach
- Understand the theoretical underpinnings of the RAID approach
- Develop an awareness of how you can support using this approach.

Navigating Mental Health Services

Thursday 4 December, 6-8pm

During this training you will develop your understanding of: the mental health Act; and navigating the system regarding mental health – how to ask the right people the right questions.

If you have difficulty accessing these workshops, please email admin@space2byou.co.uk



Please share your views

Please share any thoughts or ideas about our service and what you would find helpful in your caring role.

You can scan this code, or email directly: Rachel.Brennan@actionforcarers.org.uk
Thank you! Your views and experiences inform what we do.

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 2); or email CSAdmin@actionforcarers.org.uk

****We're moving from Zoom to TEAMS****

From October all our online events will be on Teams. It's easy to use and you simply need to click the link we send you – there's no need to instal anything! Any concerns, please call us on 0303 040 1234, option 2.



Online Events

October, November, and December

Bra Fitting

Led by Mary Maguire,
Bras At Home (brasathome.co.uk)
25 November, 12-1.30pm

Bra Fitting Busted! Mary will address: Why wear a bra?; bra fitting basics; common fitting problems and solutions; the right bra for every stage of life; types of bras; bra shopping and measuring tips – and answer your questions.

Benefits Advisers: Q&A

Led by ACS Benefit Advisers
11 November, 12-1.30pm

This is a 'question and answer' session with our Benefits Advisers (see details page 8)

Car Transfers

Led by ACS Moving and Handling Advisers
14 November, 10.30am-12pm
11 December, 10.30am-12pm
See details page 8



Carers Assessments and the new SCC Respite Break Offer

Led by SCC Carer Practice Advisers
18 November, 7-8.30pm

As part of Carer Rights week join our local Carer Practice Advisers to find out more about the new respite offer and update on the Carer Assessment process.

Carer Feedback Sessions

Led by adult Carer Support team
1 October, 5 November, 3 December, 7.30-8.30pm

Please share your views on ACS services and how we might improve our support, and share your suggestions for events

Carers Rights Day: Know Your Rights Quiz

Led by ACS CSAs
21 November, 10.30am-12pm

Join us for a fun quiz session to find out how much you know about carers rights. Prizes for the winners!

Coping with Caring: Caring for an Adult with Autism

Led by Marie-Anne Mckee, Space2BYou
6 October, 7-8.30pm

It's your chance as a carer to discuss difficulties or raise questions that are hard to ask or resolve when caring for someone with Autism when they have rigid routines or they don't want to leave the house.

Coping with Caring: Caring for an Adult with OCD

Led by Stephen Robinson, Space2BYou
16 October, 7-8.30pm

It's OCD Awareness week, this is your opportunity to discuss difficulties and challenges or ask questions about OCD.

First Aid for Carers

Led by British Red Cross
22 October, 10.30-12 noon

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

Introduction to Action for Carers

Led by Jacqui MacLean, ACS
23 October, 10.30am-12 noon

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

Men's Pit Stop

Led by Blair Parrott
5 November, 10.30-11.30am

Find out more about this community-led initiative that offers men a safe, supportive space to take a break, connect with others, and look after their mental wellbeing.

Mindfulness

Led by Suzette Jones
Weekly Tuesdays, starting 7 October until 23 December, 4-4.45pm PLUS Monthly evening



sessions, second Monday of the month, 13 October, 10 November, 8 December, 7-7.45pm

Take time and look after yourself with our mindfulness sessions where we'll practice techniques to promote wellbeing and reduce stress.

Recovering a Life Outside of Caring

Led by ACS CSAs

30 October, 11.30am-1pm

Rediscover and find yourself as a person, explore issues around what holds us back and how to build some 'you time' into your life.

Relaxation

Led by Rachel Brennan

18 October, 15 November,

20 December, 10-11am

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

Understanding and improving your sleep

Led by Helen McNamara, Senior Occupational Therapist specialising in sleep

12 November, 1-2pm

This session is to help both you and the person you care on problems with sleep. Helen will talk about what is 'normal' sleep, why sleep goes wrong, recommendations on how to improve sleep and a brief look at medication. She will share resources and answer questions.

Yoga

Led by Saara

Mondays, 10-11 am

6, 13, 20 October

3, 10, 17, 24 November

1, 8, 15 December

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

Online Support Groups

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

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
4 October, 1 November, 6 December.

You can book a place on our website, email CSAdmin@actionforcarers.org.uk or call on 0303 040 1234, choosing option 2.

Christmas cover and activities

We will be here to support you over the festive period, as follows:

29-31 December 10am-3pm: **Helpline open**

29-31 December (daily) 10.30-11.30am, online: **'Drop In' session, open to all carers**

23 December, 4-5pm, online: **Mindfulness**

29 December, 1-2pm, online: **Quiz, with prizes!**

30 December, 1-2pm, online: **Relaxation session**

31 December, 1-2pm, online: **Knit and natter**

31 December, 1-2pm, online: **Bingo**

2 January, 1-2pm, online: **Knit and natter**

(Our Hubs are CLOSED from 22 December to 2 January.)

Click on the events as shown on www.actionforcarers.org.uk/events or call us for a link (you can even do that on the day of the event.)

The Hubs and events restart in full from 5 January 2026.



Specific support from Action for Carers

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

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

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 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. **Upcoming events include:**

Basic Moving and Handling Techniques

Bluebird Care Woking Lion House, 147 Oriental Rd, Woking GU22 8AR
Dates TBC but will be on our website and event emails

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.

Car Transfers

Online: 14 November, 10.30am-12pm

Online: 11 December, 10.30am- 12pm

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

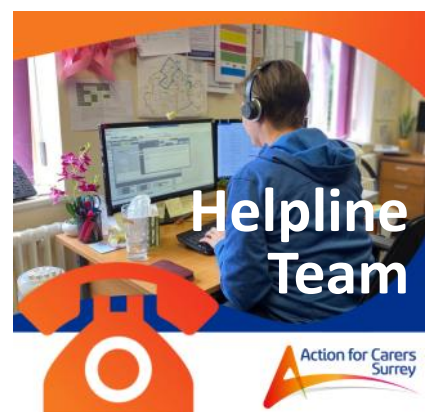


Looking After Yourself and Your Back

Caterham Hub: 23 October, 12.30-2pm

Addlestone Hub: 26 November, 12.30-2pm

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



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

The Advisers, Belinda, Mary and Catherine, will talk you through any concerns you have and answer queries on caring matters. They do all the below and more!:

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

Open 9am-5pm, Monday, Thursday and Friday; 9am-6pm on Tuesdays and Wednesdays.

Carer's experience with the Helpline

"I registered with Action for Carers Surrey after my partner was diagnosed with early onset Alzheimer's and vascular dementia.

When things started getting worse, I wasn't coping very well at all. The deterioration was rapid and I was trying to balance working full-time with caring and feeling like I was failing all round. Battling to get the support I needed was a battle I didn't have time for because I was so busy.

One day, something happened and I cracked. I rang the helpline at AFCS and spoke to a lovely lady called Mary. She literally talked me down from the precipice and made me realise that I wasn't as much of a failure as I thought I was. She put me in touch with an adviser who helped me complete some of the paper work I needed to do and advised me where to go next.

At a time when I was feeling at my lowest, Mary's kind voice and the efficient help from the adviser helped me so much. I didn't feel quite so alone and hopeless."

Specific support from Action for Carers

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 and Pension 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

Online: 11 November, 12-1.30pm (See page 6)

This is a 'question and answer' session with our Benefits Advisers where you can raise any concerns you have.

Mental Health Carers Team

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

Mental Health Support Groups

Please come along to join the Support Groups and find out that you are not alone. No booking needed. For more details see Hubs (p2) and online (p7).

SABP Mental Health Services Carer Feedback

With Woking CMHRS

7 October, 1.30-2.30pm online

Join our Carers Practice Partners and Woking CMHRS team to feedback on mental health services. It's your opportunity as a carer to feedback what is working well and what can be done to improve the service for you and the person you care for.

SABP Carer Feedback Session – Victoria Ward, Farnham Road Hospital

13 November, 1.30-3pm

In person session on the ward for those carers who are supporting someone who is receiving services under Victoria Ward (soon to be New Juniper Ward).

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



Royal Surrey County Hospital
Naheeda Majid
Monday-Friday



Epsom General
Julie Law
Mondays, Tuesdays, Thursdays



Ashford and St Peter's
Sam Caine
Monday-Friday

If you need support from one of the Hospital Carer Support Advisers then please ring Helpline on 0303 040 1234.

News and Activities from other Organisations

Cuckooing Booklet

Cuckooing is the term used for when criminals take over the home of a vulnerable person and use it as a base for illegal activities (e.g. drug dealing).

Surrey Adult Safeguarding has helpful information here: www.surreysab.org.uk/wp-content/uploads/2019/07/SSB-Cuckooing-web.pdf as well as a new easy read guide for the person cared for: www.surreysab.org.uk/wp-content/uploads/2023/11/Cuckooing-Easy-Read-web.pdf



Planning for Your Future: Age UK & SCC

Age UK Surrey and Surrey County Council are running further 'Planning for your future' events this autumn.

They provide information and advice on planning ahead for when you may need a little more support. The aim is to encourage early conversations, to prevent decisions having to be made at times of crisis.

There are eight daytime events this September and October plus two online evening seminars. Events are free.

More information and booking here: www.ageuk.org.uk/surrey/activities-and-events/planningforyourfuture/joinusatlocalevent/

Managing Emotions Programme



SABP is running Managing Emotions courses for carers.

This is a psycho-educational programme (not a therapy group) and has been co-developed with individuals with experience of mental health difficulties. **It is specifically designed for carers who are supporting an adult with emotional dysregulation or a personality disorder.** The course focuses on:

- Supporting carers to understand emotional regulation and personality disorders, and the impact they can have,
- To learn more about self-harm and suicidal behaviours and how to deal with them
- To learn about positive risk taking and boundary setting
- To learn coping skills, to support their own wellbeing and resilience.

Find details, including a self-registration form for carers at www.sabp.nhs.uk/our-services/mental-health/Complex-Emotional-needs-and-personality-disorder/managing-emotions-programme-MEP

Carer Wellbeing Break Payments

Carer wellbeing break payments are for carers to take a break and do something for themselves. They are provided by Surrey County Council.

It's a one-off payment of £300 to help you take a break from your caring role. You can spend it in any way that helps you take a break, such as: exercise, a hobby, learning a new skill, or a day trip.

It's for 18+ carers who look after someone who lives in Surrey.

And you need not to have had a previous payment/break offer, and not be getting support from Adult Social Care.

Find full details here: www.surreycc.gov.uk/adults/carers/break-payments



Tailored Gambling Support for Women

Women getting addicted to gambling is a growing issue. As gambling becomes more accessible through online platforms, some women are turning to it as a coping mechanism for stress, trauma, or loneliness, and this could be the situation for some female carers.

Surrey has therefore now got specialist support, including specialist outreach practitioners and group support. Find out more and sign up for help here www.oakleaf-enterprise.org/i-need-help/



News and Activities from other Organisations

Dementia Training for Carers in Waverley

Surrey County Council, with Age UK Surrey are running free training for unpaid carers looking after someone with dementia.

Sessions take place at the Clockhouse Community Centre, Chapel Lane, Milford GU8 5EZ (accessible venue) 3.30-4.30pm:

- 2 October **Introduction**
- 9 October **Managing behaviours**
- 16 October **Falls prevention**
- 23 October **Nutrition and hydration**
- 30 October **Dignity and independence in personal care**
- 6 November **Carer wellbeing**
- 13 November **Tech in care**
- 20 November **Advanced Dementia Care**
- 27 November **Financial help**

To book your place on any of the sessions please email: communitiesandpreventionprojects@surreycc.gov.uk

Your Rights as a Working Carer

Carers UK have a free online course to help you understand your workplace rights.

Course topics include your legal rights, flexible working options, and leave entitlements. It also explores important areas like how to talk to your employer and colleagues about your caring role, as well as guidance on leaving and returning to work.

Whether you're balancing work and care now or planning ahead, this course offers practical support.

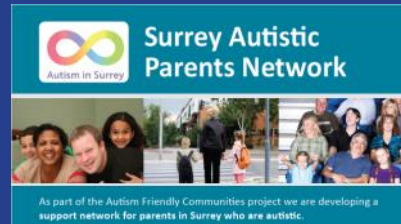
Find it here carersdigital.org/



Carers Card: Crossroads

Surrey Charity Crossroads Care have Carers Cards available, for unpaid carers aged 13 and upwards. **More at crossroadscare.surrey.org.uk/our-care-and-support-services/surrey-carers-card/ or call 01372 869970.**

(Please remember when completing the form, to put a different name for emergency contact, not your own.)



Autistic Parents Network Surrey

Surrey has an Autistic Parents Network (part of the Autism Friendly Communities Project.)

There's a Facebook group for any autistic parent to connect, share information and provide mutual support:

www.facebook.com/groups/1244751550385941/

There's also a new Autistic Mums' Group, meeting online monthly, Tuesday evenings. They're looking to set up a Dads' Group too.

For further info, please email AFC@autismbyexperience.co.uk



Sibling Carers

National charity Sibs (www.sibs.org.uk/) supports carers (adults and children) who help a brother or sister. On 14th March next year they have a day-long event for adult sibling carers, in Reading, to share with others, gain new information and build your confidence. **Full details here, apply soon (tickets limited) www.sibs.org.uk/reading.**

Community Health Fair: Tadworth

On Wednesday 8th October, 10-3pm there's a drop-in health fair at Tadworth Leisure Centre. There'll be a range of health care professionals and organisations offering advice and practical help, plus talks, including: blood pressure and other health checks, mental health, money and budgeting advice, support with accessing the NHS online, physiotherapy and more.



Fight to Keep Healthwatch

The government has announced plans to abolish the national, independent service Healthwatch, which uses public feedback on health and social care to improve services.

There's an open letter to review this decision, you can sign it here: petition.parliament.uk/petitions/732993

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

SCC Surveys

Find all SCC's consultations at
www.surreysays.co.uk

Healthwatch Surrey

Healthwatch have an open survey (www.smartsurvey.co.uk/s/GCAVcarersurvey/) for Surrey carers of all ages, gauging your experiences on caring. It's anonymous. Responses are fed back to the NHS and SCC.



Surrey Youth Focus

SYF seek youth researchers, especially young carers (14-25) who've used mental health or emotional wellbeing services. You get training, can lead projects, and are rewarded (vouchers). Visit our consultations page (link above).



Accessing Mental Health Services and Support

Surrey/North East Hampshire NHS want your views on accessing support for mental health.

The aim is to make it easier for people to access the levels of support they need, when they need it, without being repeatedly referred to multiple services and to proactively support people with complex needs. Find the survey here: forms.office.com/e/uxufCWrBkH

Measuring Carer Stress

King's College London seek carers to measure their stress levels with a new tool. Details on our consultations page (link above).

Want to make a difference to carers?

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 events, to drivers picking up equipment and people to help with recruitment.

Find out more here
www.actionforcarers.org.uk/get-involved/volunteering/



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:

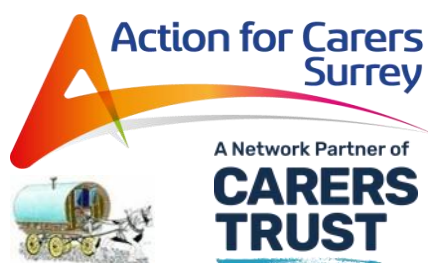
CALL 0303 040 1234 (Option 1 for Helpline, 2 for anything else)

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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