

Welcome to the newsletter leading us into a new year! We have some changes to some of our services and also some new events and groups which you have asked us to provide.



We now have a meeting in Dorking and also a male carer chat online. Please do read through the newsletter to find support and also information which we hope is helpful.

Looking forward to seeing or hearing from you in 2026!
Remember we are here for you.

Rachel Brennan

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

****NEW GROUPS****

**Male Carers Group
Evening Parent Carer
Support Group**

Two new groups to help
you in your caring role.

Find details on page 7.

**ACS Helpline Phone
0303 040 1234
(choose option 1)**



Holiday opening and activities

Action for Carers remains open over the holidays – apart from Christmas Day, Boxing Day and New Years Day (and we finish at 1pm Christmas Eve). Our hours are slightly reduced (10am-4pm) but our office and Helpline will be open, plus we have a variety of ONLINE events, as follows:

Monday 29th December

- Helpline/office open 10am-4pm
- Carers Drop-in Coffee and Chat, 10.30-11.30am
- Carers Christmas Quiz, 1-2pm

Tuesday 30th December

- Helpline/office open 10am-4pm
- Carers Drop-in Coffee and Chat, 10.30-11.30am
- Relaxation Session, 1-2pm

Wednesday 31st December

- Helpline/office open 10am-4pm
- Carers Drop-in Coffee and Chat, 10.30-11.30am
- Knit and Natter, 1-2pm
- Christmas Bingo, 1-2pm

Friday 2nd January

- Helpline/office open 9am-5pm
- Christmas Knit and Natter, 1-2pm

Saturday 3rd January

- Carer Information and Support Group 10-11.30am

To book, click above, visit our website, or call us. You can even book on the day. Hubs and events, plus normal office and Helpline hours, restart from Monday 5th January. *Wishing all our carers a peaceful break, and all the best for the New Year.*

Action for Carers' Hub Events

Face-to-face events at our Hub



Help at the Hubs

At our 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. Call 0303 040 1234, option 1.

January, February, March

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.

Citizens Advice

Camberley Hub

27 January, 24 February, 10 March, 10.30-12pm

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.

Banstead Hub

27 January, 10 March, 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 attenders.

Godalming Hub

20 January, 11am -12.30pm

Camberley Hub

27 January, 12.30- 2pm

Cranleigh Hub

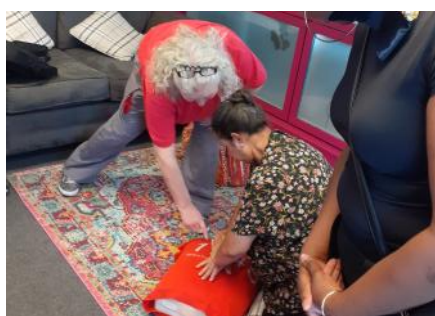
2 February, 11am -12,30pm

Banstead Hub

10 February, 12.30-2pm

Caterham Hub

12 February, 12.30-2pm



Healthwatch

Led by Katherine Newman

Shepperton Hub

7 January, 10.30-12pm

Looking After Your Back **B**

Advice and tips on looking after your back and keeping it strong and supple, from our expert Moving and Handling Team.

Camberley Hub

24 February, 12.30-2pm

Leatherhead Hub

13 March, 12.30-2pm

See more details and all our Moving and Handling events, including Car Transfers on page 8.

Mental Health Support Groups

Led by ACS Mental Health CSAs
Face to face support group for carers supporting someone with a mental health problem.

Horley Hub

7 January, 4 February, 4 March, 12.30-2pm

Addlestone Hub

14 January, 11 February, 11 March, 12.30-2pm

Cranleigh Hub

19 January, 16 February, 16 March, 10.30am-12pm

Leatherhead Hub

23 January, 27 February, 27 March, 12.30-2pm

Guildford Hub

26 January, 23 February, 23 March, 1-2.30pm

SaBP Mental Health Services Feedback

Led by Mental Health Carer Practice Partners **Details p9**

Self Funded Care, Discretionary Trusts and LPAs

Led by Darren Stiff from Guildford Financial

Exploring the issues important to carers involved in assessing self funded care and trust funds, as well as Lasting Power of Attorney.

Hubs:

Guildford 9 February, 10.30-12pm

Shepperton 18 February, 10.30-12pm

Epsom 18 February, 12.30-2pm

Hersham 26 February, 12.30-2pm

Woking 2 March, 12.30-2pm

Addlestone 11 March 10.30-12pm

Banstead 24 March, 12.30-2pm

Led by Julie Berrill from
One Financial Solutions UK
Shepperton 18th Feb, 10.30-12pm
Addlestone 11th March, 10.30-12

Wellbeing Activities and Crafts

There are crafts and other wellbeing activities in all the Hubs, including Easter/Spring events – see each listing for more details.

Hubs: Banstead, Godalming, Cranleigh, Horley, Guildford, Camberley, Caterham, Woking, Addlestone, Shepperton



WorkWell: Support with Employment

Led by Ian Tupper, WorkWell Skills and Employment Advisor

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 sessions to discover how WorkWell can support you. It's a great opportunity to learn more.

Horley Hub 21 January, 12.30-2pm
Farnham Hale Hub 19 March, 12.30-1.30pm

Carers Card

Do you have your Crossroad carers card? Details here crossroadscare Surrey.org.uk/our-care-and-support-services/surrey-carers-card/ or call 01372 869970.



THE HUBS...

Each Hubs is open twice a month, 10am-2.30pm (not open on Bank Holidays)

Please also note the special events shown 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

Easter Crafts
25 March, 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

Creative gathering:

Learn Cross Stitch B
24 February, 12.30-1.30pm
Enjoy an inspirational and relaxed session. Supplies provided.

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

Wellbeing Crafts
10 February, 12.30-2pm

Easter Crafts
24 March, 10.30-2.30pm

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

Spring Crafts
26 March, 10.30-2pm

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

Easter Crafts
16 March, 10.30-2.30pm

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,
due to change in their services.

All Carers Support Group
First Friday of the month,

Action for Carers' Events (continued)

Hampton Court B

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

- 28 January, 11am-3pm
- 26 February, 11am-3pm
- 27 March, 11am-3pm

Start with a free coffee/tea meeting other carers, and then enjoy a relaxing wander around this beautiful place.



FARNHAM VENUE 2: Hale Sure Start Family Centre, Upper Hale Road, 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

Easter Crafts
3 March, 10.30-2.30pm

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*)

Easter Crafts
23 March, 10.30-2.30pm

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

Spring Crafts
18 March, 12.30-2pm



Coffee and Chat: Dorking

Facilitated by ACS staff
4 March, 10am-12 noon
Dorking Football Club:
Meadowbank Football
Ground, Mill Lane,
Dorking RH4 1DX.

Limited Free parking on site.

**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.**

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 rec. ground.*

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

A reminder that this Hub is now
closed.

SHEPPERTON HUB

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

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

Spring Crafts
18 March, 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

Easter Crafts
16 March, 12.30-2pm

Young Adult Carers

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

Welcome to Adult Carer Support!

Led by Adult and Young Carer Advisers – 12 March, 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, 7-8.30pm

Struggling with caring, or feel on your own?

Come and meet with other young adult carers to find out about support or just chat.

Each month we will look at a different issue around caring:

- **January:** caring for a parent with mental health problems
- **February:** caring for a loved one with physical health issues
- **March:** caring for a sibling



Journaling for Wellbeing

Led by Carer Support Advisers –

5 March, 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.**



Young Adult Carer Council 'Nothing About Us Without Us!'

Led by Rachel Brennan, Adult Team Manager – 26 March, 7-8.30pm

Life can be difficult as a young adult carer so come along to share your views and ideas around the type of service and help you would like and also about other caring related topics.



Do you know a runner? Maybe you're one yourself?

We have places in the 2026 Surrey Half Marathon, taking place 22nd March!

Do you know someone who likes to run, and might join our team and help raise money to support Surrey's carers?

The Surrey Half is a loop from Woking into the surrounding countryside. It's a fun-packed day with live performances from bands, aid stations and **LOTS** of cheering spectators.

INTERESTED?

Read more on our website www.actionforcarers.org.uk/get-involved/fundraising/surrey-half-marathon-2026/ or email fundraising@actionforcarers.org.uk

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...

I care for my children and I would really like to come along to the online parent carer support group but I have my children around during the day so not able to join. Could there be a group in an evening please?

I missed the session on Sleep which is really what I need to find out more about both for me and my husband. Could you hold this session again please.

We did...

We have had several requests for an evening parent carer support group so we have organised for the first evening session to be on Tuesday 20 January, 7-8.30pm (see page 7). We hope that this will be a good time for most carers and hope that we have a good number to support so we can look to make this a regular group online going forward.

We are only too happy to repeat a session if this is helpful for you. Please let us know and then we can arrange to rebook the presenters. We are also interested in other topics which you would find of benefit for us to organise. Please let me know by email or join in one of the carer feedback sessions in a hub or online (See page 6).

Action for Carers' Online Events

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

To book visit www.actionforcarers.org.uk/events/ or call 0303 040 1234 (option 2); or email CSAdmin@actionforcarers.org.uk

Online Events

January, February, March

Benefits Q&A session

Led by ACS Carer Support Advisers

7 February, 10-11.30am (Saturday)

19 March, 10-11.30am

This is a 'question and answer' session with our Advisers for all benefits.

Car transfers

Led by ACS Moving and Handling Advisers

19 January, 10.30am-12pm

11 March, 10.30am-12pm

See details page 8

Carer Feedback Sessions

Led by Rachel Brennan, Manager, Adult Carer Support

7 January, 4 March,

4 February, 7.30-8.30pm

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

Comic Art with James

Led by James Pearson, Crazy Comic club

29 January, 7-8.30pm

20 March, 10.30-12 noon

Join professional comic art tutor James from Comic Club to share and learn the storytelling tricks and skills used by professional cartoonists. Comic art is very accessible and creative way to express yourself. No experience necessary - all you need is pencil,

paper, optional black outliner, enthusiasm and imagination!

Coping with Caring: Caring for an adult with Autism

Led by Marie-Anne Mckee, Space2BYou

25 March, 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 mental health problems

Led by Alison Joyce, Space2BYou

15 January, 7-8.30pm.

You'll learn new communication approaches, and how to minimise behavioural escalation when caring for someone with mental health issues



CREATE! Sculpture

Led by Liz Jackson, Create!

Starting: 28 January 10-1pm each time

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



Introduction to Action for Carers

Led by ACS Advisers

4 February, 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 6 January

PLUS Monthly evening sessions, second Monday of the month, 12 January, 9 February, 9 March 7-7.45pm,

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

11 March, 7-8.30pm

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

Third Saturday of the month

17 January, 21 February, 21 March

Start your weekend with some

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

***NEW* Time to Talk**

Led by one of the ACS Mental Health Carers Support Team

5 February, 12.30-1.30

(and separate session, same day)

5 February, 7-8pm

Marking MIND's national 'Time to Talk Day', an interactive session to help you start conversations about mental health.

Understanding and Improving Your Sleep

Led by Helen McNamara, Senior Occupational Therapist specialising in sleep

11 March, 12-1pm

A session to help both you and the person you care with sleep issues. 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'll also answer questions and share resources.

See also our sleep article, p9.

Warmth Matters

Led by Katie Cappalonga, Warmth Matters project officer
29 January, 10.30-12 noon

Warmth Matters provides energy advice and assistance, from helping families struggling with energy bills to helping people take action, eg switch supplier or sign up for new grants and schemes, and providing homeowners with the knowledge they need to make their homes more energy-efficient. Join us to find out more and ask questions.

Yoga

Led by Saara
Mondays, 10-11 am
5, 12, 19, 26 January
2, 9 February
2, 9, 16, 23 March

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

Online Support Groups



Join our TEAMS video 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

18 February, 7-8.30pm

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

Mental Health: Caring for Young People aged 16-25

19 February, 1-2.30 pm

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



Parent Carers

Second Friday of each month, 10.30am-12 noon

Are you a parent supporting your child under 18? Join us to talk to our experienced staff, and others in a similar position.

***NEW* All Carers Support and Information Session**

First Saturday of each month, 10-11.30am. NB The 7th February event will be a Benefits Q&A, see page 6.



***NEW* Parent Carers Evening support Group**

20 January, 17 February, 17 March 7-8.30pm

Are you a parent supporting a child under 18? Join us to talk to our experienced staff, and others in a similar position.



***NEW* Male Carers Group**

Led by Blair Parrot, Pitstop alongside a male ACS carer support worker

11 February, 7-8.30 pm

An opportunity for men to chat to other male carers about caring matters.

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

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 (choosing option 1), or you can email CarerSupport@actionforcarers.org.uk. You can book on sessions via the website, or by emailing CSAdmin@actionforcarers.org.uk

Moving & 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 and they advise on equipment. We offer support in person, in group training and online.



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.

Bluebird Care Woking Lion House, 147 Oriental Road, Woking GU22 8AR:
9 February, 10.30am-12pm
18 March, 10.30am-12pm

Car transfers (online)

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

19 January, 10.30am-12pm
11 March, 10.30am-12pm

Looking after yourself and your back

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

Camberley Hub:
24 February, 12.30-2pm
Leatherhead Hub:
13 March, 12.30-2pm



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 – shown above in their Christmas finery – are very experienced and will talk through any concerns you have, and 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 specialist teams, (such as Hospitals and Moving and Handling)
- 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 9am-6pm on Tuesdays and Wednesdays. Call 0303 040 1234 (option 1) or email CarerSupport@actionforcarers.org.uk

Get MORE online

You may have set your communication preference with us to 'post only'. But did you know we send an email every three weeks, full of news and information? If you'd like to sign up to that, please let us know. Postage is also a huge cost for us – if you could move to a digital newsletter, we'd be very grateful.

You can update your preferences here www.actionforcarers.org.uk/privacy-policy/ or call us on 0303 040 1234, option 2, or email CSAdmin@actionforcarers.org.uk

Specific support from Action for Carers

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 and events

These take place at Hubs (see page 2) and online (see pages 6-7). Please come along to find support.

SABP Mental Health Services carer feedback

These are regular sessions to feedback your experiences of mental health services. Share your thoughts and experiences (good and less positive) to help improve how carers are supported. We will be joined by Luminus' 'Giving Carers A voice' service.

Juniper Ward, Farnham Road Hospital, Guildford

8 January, 1.30-3pm

Join our Carers Practice Partners and Woking Hub team to feedback about their services.

CMHRS Woking – 27 January, 1.30-2.30pm

For those carers who are supporting someone who is receiving services under CMHRS Woking. This is **online** so register with ACS.

The Meadows, Epsom – 5 February, 2-5pm

Please come along to the carer coffee session to share your views.

Do you need support as you care for a loved one in a psychiatric hospital / being discharged? Are you finding it difficult to be included in care plans? Please contact us so we can support you. Call 0303 040 1234 or email carersupport@actionforcarers.org.uk

Sleep help

Many of you have asked us for support around sleep not just for the person you care for but also for yourselves. It's so important for carers to get a good night's rest.



Healthy Surrey has lots of helpful sleep information www.healthysurrey.org.uk/mental-wellbeing/self-help/sleep



Thesleepcharity.org.uk/ also have some excellent resources. Their courses do have a charge, but we are looking to see if they can run workshops for us. Their resources include:

- An adult sleep e-book and one to help your child sleep.
- Teen sleep journal and advice sheets with useful techniques.
- A Sleep Helpline 03303 530541 open Monday, Tuesday and Thursday evenings 7-9pm and Monday and Wednesday mornings 9-11am.

And in March we have an 'Understanding and Improving Your Sleep' event, led by Helen McNamara, Senior OT specialising in sleep. Takes place 11th March, see page 7.

Hospital Carer Support Advisers

Our Hospital Carer Advisers can help you when your loved one is in hospital. They can bridge communication gaps and offer advice, information and emotional support, as well as help with the hospital discharge process. The team are:

- Ashford and St Peter's **Sam Caine** Monday-Friday
- East Surrey **Stacey Holman** Monday-Friday
- Epsom General **Julie Law** Mondays, Tuesdays, Thursdays
- Royal Surrey County Hospital **Naheeda Majid** Monday-Friday
- **Katie Davey**, Team manager

Please contact Helpline on 0303 040 1234 if you need support from a Hospital Carer Support Adviser, and they'll put you in touch.

Hospital booklets for carers

Surrey's Adult Carer Support service have a useful **Carers' Hospital Discharge Guide**. It's here www.surreycc.gov.uk/adults/care-and-support/carers/hospital-discharge-guide.

We also have a general **Carers' Hospital Guide**, www.actionforcarers.org.uk/how-we-help/information-booklets/

Or call us to request print copies of these.



News and Activities from other Organisations

Vaccine reminder

Don't forget people 75+ are entitled to a COVID vaccination; and all carers are able to get a flu jab, at their GP or participating pharmacies. (Details on our news pages.)

Leatherhead carers

Carers in the Leatherhead/Bookham area are invited to a drop-in event with lots of information and support: Wed 4 Feb 1-3pm, Bookham Scouting Centre, Eastwick Park Avenue, Leatherhead KT23 3 NA.

Brain Tumour talk

Brigitte Trust have an online talk on 27th January with the Brain Tumour Charity, who'll talk about their work, research, support and issues for people with brain tumours. Sign up at www.eventbrite.co.uk/e/1976742907248?aff=oddttdcreator

Warm Welcomes

SCC's Warm Welcome venues are places where you warm up, get a free hot drink, receive energy advice, and enjoy a chat. There's often additional services like free meals and activities. Visit www.surreycc.gov.uk/ and search 'warm welcome'.

Getting back to work after brain injury

Headway Surrey has a new programme for brain injured clients, called 'Be Ready', which aims to get people back to work/education. People will get help with goals, rebuilding confidence and skills, work preparation and support with employers. To find out more, call 01483 454433 or email enquiries@headwaysurrey.org



WorkWell

WorkWell supports people with health issues/disabilities and carers to return to work, with 121 support, and local connections. You can refer yourself or contact us if you need our support to refer you. www.surreycc.gov.uk/jobs/employability-and-skills/workwell

Dementia Reminiscence Service

Surrey Libraries have a service for anyone in Surrey who is supporting someone with dementia or memory impairment: [the Reminiscence Collection](#).

The collection consists of materials for use in reminiscence therapy, including books, DVDs, games, flashcards, activities, jigsaws, music and artefacts, all aimed to help you evoke memories and stimulate discussion and conversations.

And don't forget, if you're a dementia carer and can't get to a library, you can use the Library Direct Home Service—and a volunteer will deliver to your home.

For more information either contact your local library or search 'reminiscence' on the SCC website www.surreycc.gov.uk.



Surrey's Connect to Support website is for people to find essential information about all kinds of care and support, including details of services, both local to you and across Surrey. It's simple to use and very helpful. Find it here www.connecttosupportsurrey.org.uk/



Intergenerational Music Making use music and the arts as powerful tools to support health and wellbeing across all ages. They provide free online singing sessions for all ages and also work in schools and care homes. They have a Friday morning singalong session online. www.imm-music.com/music-making

News and Activities from other Organisations

Mental Health & Debt Guide

This free 44-page PDF booklet supported by Mind, Rethink, CAP UK and others, is for people with mental health problems and those caring for them. It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more. www.moneysavingexpert.com/credit-cards/mental-health-guide/



Alternative Provision

Surrey County Council has published a list of independent Alternative Provision Providers. This includes such services as tutoring and vocational-based learning, for young people unable to regularly attend specialist or mainstream school due to exclusion, illness, or other needs. More here surreyeducationsservices.surreycc.gov.uk/Article/180536

OCD Group

Catalyst's Compulsive Disorder Support Group for those with mild to moderate OCD, is a space to explore experiences, share strategies and talk about how to manage OCD in daily life. Details of this and other groups at catalystsupport.org.uk/services/mental-health/community-connections/activity-timetable/

Lunch Club for Men

Horsley's Lunch Club for Men has spaces for new members. The group meet twice a month to cook, learn new skills, chat, and enjoy a tasty lunch! For info, email horsleylunchclubformen@gmail.com

Memory Cinema

Guildford's G Live have monthly dementia-friendly, £5 'relaxed' showings of classics. Coming up *Singing in the Rain* and *Breakfast at Tiffanys*. trafalgartickets.com/g-live-guildford/en-GB/event/film/film-memory-cinema-singin-the-rain-tickets

Steady on Your Feet

Website **Steady on Your Feet** provides advice, and resources to help you stay active and reduce the risk of falls east-surrey.steadyonyourfeet.org/

Healthy Eating Training for Carers of People with a Learning Disability or Autism

This free training for carers, from Surrey County Council will focus on the impact of food on our health and will address some of the challenges encountered by carers when trying to ensure the people they care for enjoy a healthy and nutritious diet.

Online Wednesday 21 January, 9.30-12.30pm, book at <https://www.healthysurrey.org.uk/professionals/mecc-training>

Garden Therapy

Charity Catalyst have two community gardens and run gardening groups every week.

At Flourish Community Garden, Frimley, people gather every Tuesday 1-3pm to grow herbs and vegetables, develop wildlife areas, learn new skills and take part in craft and practical projects.

And at the Arch Community Garden, Maybury, Woking, people meet Thursdays, 10-12pm, in the peaceful environment for planting, pruning, learning and connecting.

Find out more on the Catalyst website catalystsupport.org.uk/services/mental-health/community-connections/community-gardens/ Or email gardening@catalystsupport.org.uk



CareSeekers are 'Care Home Consultants', helping people find the right care home for their loved one.

Finding the right care takes time and effort, and can be especially hard when you are under time pressures if the person you care for is being discharged from hospital.

The team are very experienced and will quickly identify suitable care homes or in-home care options for people funding their own care, providing a personal and friendly service – and ensuring a diverse selection of care providers to choose from.

For more information call them on 01483 203636.

Find more on their website www.careseekers.co.uk/

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



Eating Disorders

The Adult Eating Disorders Service wants to hear from people, including carers, interested in joining a group to help improve the service. You can just register to be kept informed, or to take part. <https://forms.office.com/e/NdjJzERkuC> More info from Debbie Weller Debbie.Weller@sabp.nhs.uk

Financial Scams and Older People

A University College London study is looking at scams, to better understand the types of scams that affect older people, their impact, and ways to improve prevention and support. There's an online/phone interview for 30-60 minutes, and participants receive a £25 Sainsbury's voucher. The study is called PILLAR, and is open to people themselves aged over 60 who have experienced fraud, or

carers of someone over 60 who has been frauded. Please contact Hoi Tat Kwok at h.kwok.23@ucl.ac.uk

Adult Mental Health

Surrey and Borders NHS are looking for carers of people who have used adult community mental health services (in the last five years) to help design services so they are more person-centred, joined up and efficient. You would join one of their working groups. Sign up by 11 Jan at <https://forms.office.com/e/vwLcwAddcY> More information from Colette Lane, 07918 956298.

SCC Budget Consultation

Surrey have drafted their budget and want to hear views from residents on the plan – where money is to be spent (and saved). Find the consultations and how to

comment here surrey-county-council.civilspace.io/en/projects/surrey-county-council-2026-27-budget-consultation
Closes on 4th January.

PhD study – Ambulances

A paramedic is doing a PhD study (with Cardiff Uni) on patient safety, looking at when ambulances attend patients but then don't proceed to the Emergency Department. She wants to talk to patients and carers to find out about your experiences, to create guidelines for ambulance clinicians which will take account of patients and carers needs. Contact Samantha at LawsSA@cardiff.ac.uk or on 07855 524770.

Men in Surrey Survey

Charity Mentell, in partnership with SCC is running a study on men's connection and belonging: what helps, what gets in the way and what would actually make things better in Surrey. Find the survey here i.emlfiles4.com/cmpdoc/2/0/1/7/4/3/files/13813_survey-flyer-pdf.pdf?dm_i=7FTQ,B7VS,MPOOJ,1HFI3,1

CUT OUT & SAVE: ACS Contact Details

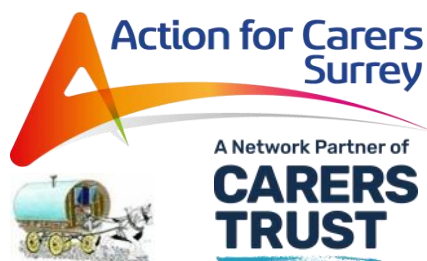
We are here for you. If you need help, advice or support, please get in touch with our Helpline. Open 9am-5pm Monday, Thursday and Friday; open 9am-6pm Tuesday and Wednesday:

CALL 0303 040 1234 – option 1

EMAIL CarerSupport@actionforcarers.org.uk



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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