



Hello and welcome to your Action for Carers newsletter for Summer.

It's been a little while since your last newsletter - that's because we've been working on expanding our services, and developing a new offer, aiming to reach and better support even more unpaid carers.

In this newsletter you'll find more information on the changes we've made, including new Hub locations, plus all

our events for July. You'll find events for August and September on our website soon.

You can also read more about our new opening hours and new teams, as well as expanded support for younger carers.

We will be publishing another newsletter in a few months' time. If you are receiving a print copy, we'd be grateful if you'd consider moving to digital, as every copy costs us over £1 in postage. See details of switching to digital below. Thank you.

Finally, in exciting news, we are once again delighted to be able

to offer you National Trust Passes, thanks to the wonderful support of the National Trust. They are limited, so please apply soon if you are interested.

Our team are here to help you, please give us a call if you've any caring queries at all: 0303 040 1234.

Wishing you all the best for the summer ahead.

With kind regards,

Sally

**Sally Burton,
Adult Carers Manager**

Going digital

Can you go digital, and receive more updates (and save ACS costs)?

If you are receiving this newsletter in the post, we wonder if you might move to digital? Postage costs keep going up and form a large part of our (limited) budget.

We also send out more digital communications, including updating carers with special events and offers.

If you can change, please email info@actionforcarers.org.uk with your full name and postcode and a note that you can change, or you can call 0303 040 1234. **Thank you!**



National Trust Carers Passes



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

We are now part of the NT's national Acorn Pass scheme, rolled out in part due to the success of our scheme here in Surrey. We are very grateful to the National Trust for this amazing offer.

These new Passes will give you, plus one other adult and up to six children, free access, with parking, to virtually all NT properties in England, Wales and Northern Ireland. The Pass lasts till end of June, 2027 and can be used as often as you like. Full T&Cs are on the link you'll receive with the Pass. **(Only one per household.)**

To apply, please complete this form: <https://tinyurl.com/3dzuc8b9>

If you are **unable** to use the form, you can call us on 0303 040 1234, but our lines can be very busy. Thank you!

Action for Carers' Events

Here are upcoming events for you, taking place at our Hubs, different Surrey locations, and online!

To take part, please click on the link (if you're viewing this online), or visit www.actionforcarers.org.uk/events. You can also call us to book, on 0303 040 1234 — but please note we're currently experiencing a high volume of calls, so using the website is quicker, if you can.



Yoga online

Join us to start the week with a series of positive, fun yoga sessions to look after you in both body and mind.

Monday 6 July, 10am

Monday 13 July, 10am

Monday 20 July, 10am

More events!

These are our events for July. You'll find more events, with new ones continually being added on our website so please visit it frequently! www.actionforcarers.org.uk/events



for a chance to talk to other carers in a similar situation.

Friday 10 July 10.30am

Tuesday 21 July, 6.30pm

Carer Support Group online

All Carer Support Group: Join our online Support Group to share experiences, tips and support, and chat with our staff too.

Saturday 4 July, 10am



Dementia Carers Support Group

This friendly support group, with our staff, for carers supporting someone who has dementia.

Wednesday 15 July, 10.30am



Moving & Handling Car Transfers online

Wednesday 8 July 10:30am

Techniques to help you get the person you care for in and out of a car.



Online Parent Carers Support Group

Parent carers face particular demands and difficulties, join us



Find all our events, news, carer stories, caring information and more on our website: www.actionforcarers.org.uk



Moving and Handling Looking after your back: Cranleigh

Thursday 16 July 12.15pm

Join our Moving and Handling experts for tips on looking after your back, keeping it strong and supple.



Mindfulness online

It's important to find a little time for you. Join us for a mindfulness session where we will practise techniques to promote wellbeing and reduce stress.

Tuesday 7 July 4pm

Tuesday 14 July 4pm

Tuesday 21 July 4pm

Tuesday 28 July 4pm



Evening Mindfulness online

Monday 13 July 7pm

Suicide Awareness and Prevention

This suicide prevention session is

Caring concerns? Call our Helpline on 0303 040 1234

Carer Coffee & Chat

Join our team and other carers for a friendly coffee, tea and chat. Meet others who understand, share experiences, and find out about support available.

These all take place at the Hub venues – see page 5

Epsom

Wed 1 July 10:30am - 12pm

Farnham

Frid 3 July 10.30am - 12pm

Hersham

Thurs 9 July 10.30am - 12pm

Guildford (pictured below)

Thurs 9 July 10.30am - 12pm



Camberley

Tues 14 July 10.30am - 12pm

Epsom

Wed 15 July 10:30am - 12pm

Cranleigh

Thurs 16 July 10.30am - 12pm

Woking

Mon 20 July 10.30am - 12pm

Addlestone

Wed 22 July 10.30am - 12pm

Hersham

Thurs 23 July 10.30am - 12pm

Camberley

Tues 28 July 10.30am - 12pm

Suicide Awareness and Prevention Workshop for Carers

designed for carers to make them aware of some of the signs to be aware of and know what to do and where to go for help.

Dorking Tuesday 7 July, 1pm

Online Thurs 20 August, 9.30am

Online Sat 22 August 9.30am

Mental Health Carers Support

If you are a carer supporting someone with mental health



problems, join us for a friendly coffee or tea and a relaxed chat with our team and other carers.

Reigate: Thurs 9 July, 10.30am

Cranleigh: Mon 20 July, 10.30am

Leatherhead: Fri 24 July, 12.30pm

More events next page



Action for Carers' Events



Contingency Planning for Carers online

Join Action for Carers and Surrey County Council Carer Practice Advisers for a presentation and informal chat looking at contingency planning for carers.

Online: Tuesday 14 July, 6pm



Surrey Men's Carer Group online

Online group for male carers to get together, chat, and discuss

caring matters. The group will be led by Blair Parrott from Surrey County Council, alongside a male member of the ACS team.

Online Wed 15 July, 7pm



A Visit to Hampton Court Palace

Join us at Hampton Court to explore the historic palace for FREE and enjoy a relaxing wander around the beautiful gardens.

Please apply quickly as these events book up very quickly – there are also sessions in August and September.

Friday 17 July 11am

Relaxation session online

Join ACS's Rachel for some



relaxing exercises to reduce stress and bring calm.

Sat 18 July 10am

Neurodivergence and Isolation

Isolation can look different for everyone, and for carers it can bring its own challenges. This session with Mike Leat from **Autism by Experience** will explore why isolation happens and ways to help neurodivergent people feel more comfortable connecting with others.

Thurs 23rd July 7.00pm



Crisis and Resilience Fund: Food Vouchers for Carers

The Crisis and Resilience Fund (CRF) is a new government scheme (replacing the Household Support Fund). We have been allocated funding to provide emergency food vouchers for registered carers who are experiencing financial hardship and need help buying food.

Please note:

- Grant applications open on Monday 6th July and will remain open for one week.
- The fund is for food only (*not* energy bills or other expenses)
- As the fund is limited, grants will be awarded on a first come, first served basis.

Under the terms of the grant, we will need to ask for some evidence of hardship. Grants will be awarded in the form of food vouchers at a supermarket of your choice.

Please note: This funding is for food only and cannot be used to help with household bills, energy costs or other living expenses. We can only accept applications from carers registered with us, and only one application per household.

To apply please complete this form: <https://tinyurl.com/5n73brmd>

If you are **unable** to use the form, you can call us on 0303 040 1234, but our lines can be very busy.



Our Venues

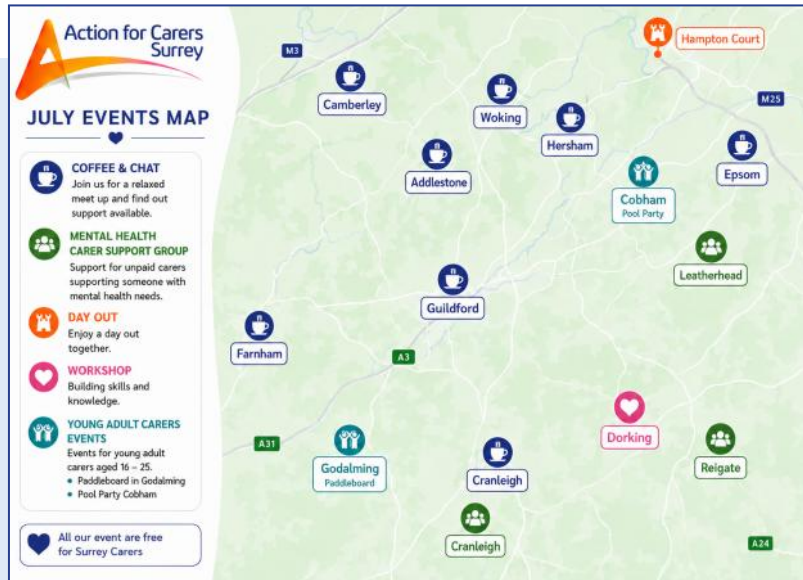
We have events, both regular and 'one-off' at locations across Surrey, as well as at our Hubs. See the map for what's happening where in July, plus a reminder of Hub locations. Please note we are looking to have a Hub in **REIGATE**, details TBC.

Find more Hub details at www.actionforcarers.org.uk/how-we-help/carer-drop-ins-for-support/



ADDLESTONE

Addlestone Community Centre, Garfield Road, Addlestone KT15 2NJ.



CAMBERLEY

High Cross Church, Knoll Road, Camberley GU15 3SY.



EPSOM

St Barnabas Church, Temple Road, Epsom KT19 8HA.



OXTED

Church Lane, Oxted RH8 9LD



HERSHAM

Village Hall, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU.



GUILDFORD

The Lighthouse Guildford 191 High Street, Guildford GU1 3AW



WOKING

Knaphill Methodist Church, Broadway, Woking GU21 2DR

Action for Carers support for carers



Are you aware of all the support we can offer, or the different services we provide? Here's an update, including new and expanded services.

Calling in for support

Our friendly team on 0303 040 1234 can help you with requests for help, such as information, resources, or signposting.

If you need more in-depth help, we have a new team of Carer Advisers who can give you additional support and further information, by phone, online and in person. If you need their support, the Helpline will be able to put you in touch.

Opening Hours

You can now call our Helpline on extended hours. They are open

- 9am-7.30pm Monday, Tuesday, Wednesday and Thursday
- 9am-5pm Friday
- 9am-12.30pm Saturday

Hub & Events Team

As you'll have seen from the previous pages, we have lots of events and activities happening, at Hubs, in different Surrey locations, and online. The team of Sally, Christine and Sam manage these events and look forward to meeting with you.

Hospital Team

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 at Ashford & St Peters, East Surrey, Epsom General and Royal Surrey.

Mental Health Team

Many carers are supporting someone with poor mental health, and that can bring additional, and different challenges. We have a specialist team of Advisers looking after these carers, providing specialist support, as well as events, including support groups.



Moving and Handling Support

We're unique in the UK in having a specialist moving and handling team. If you support someone physically (helping them up from a chair/bed and moving around)

then you need to know how to do this safely – not hurting yourself or them. Our team advise on techniques, manoeuvres and equipment, in person, in group training and online.

Young Adult Carers

A new team is our Young Adult Carers team. This group, aged 16-25, face difficult decisions and pressures as they leave school and move on to college university and work, juggling life and plans with their caring role. Our team offers specialist help, information and events just for them.

Young Carers

For our young carers aged 5-15 we have an exciting programme of activities, as well as regular youth clubs, plus holiday clubs and residential. There's tailored support for them too, and help at school.

Growth & Partnerships

It's vital that colleagues in Surrey Social Care, Health, charities and other partners know how the best to support carers, so our new Community & Partnerships team (pictured) is doing just that.



For whatever help you're after, your first point of contact is our Helpline, who can refer you on to all our services.



Call 0303 040 1234 or
email info@actionforcarers.org.uk

MFT Community Connections

Feeling low, anxious or lonely? Charity Mary Frances Trust service, 'Community Connections' offers FREE emotional wellbeing support to Surrey residents (aged 16+) online and face-to-face in **Banstead, Elmbridge, Epsom & Ewell, and Mole Valley**. There are no waiting lists or time limits.

Their services include: wellbeing activities & courses; advice; crisis support; peer support and more. You can refer yourself for support by completing this form - <https://mft.support-me.org.uk/>

The Brigitte Trust: Bereavement Courses

The Brigitte Trust runs bereavement support courses for anyone in Surrey struggling with their grief and bereavement.

These free 8-week courses are run by a professional grief and bereavement facilitator, providing structured sessions to help people develop tools and techniques to manage their grief.

- **Reigate:** Fridays, 3rd July to 21st August; 10am to 12 noon
- **Godalming:** Fridays, 11th Sept to 30 October; 10am to 12 noon

To book please email sarah.pattenden@brigitte-trust.com or call 07469 932192.

Free Wellbeing Walks in Godalming

There are free wellbeing walks in glorious Godalming and everyone is welcome. These are easy lunchtime strolls, led by a member of the Surrey Holistic team. No need to book. Just turn up! Meet at the centre, off Bridge Street, from 12.45, last Friday of the month. <https://surreyholistic.com/community-walks-6/>

Proposed site for new Frimley Park Hospital

Frimley Health NHS Foundation Trust has identified a proposed site for the new Frimley Park Hospital at Pine Ridge Golf Club in Frimley. This was picked from 18 locations. No final decision is made, but there is a consultation on the site. Further information and to share your thoughts on the proposed site, please visit: [Frimley Health NHS Foundation Trust](https://www.frimleyhealthnhs.org.uk)

New Macmillan Cancer Centre for Surrey

The Macmillan Cancer Support Centre at Ashford Hospital will be welcoming its first visitors through the door this summer. The Centre will provide information and support to cancer patients and their families including counselling, complementary therapies and wellbeing services. The centre can be contacted by email: asp-tr.cancersupport@nhs.net

Thanks from Farhana

ACS Carer Support Adviser Farhana has moved on from her role at Woking Hub to become one of our new online Advisers. She'd like to thank the Hub regulars for their lovely gifts and cards, given to her on her last day. She was most touched, especially by the kind messages.



Youth Mental Health Roadshow – Reigate

Carers and young adults (16-35) are being asked to share their views on what's most important for young people with severe mental health needs.

The events are part of a project from the National Institute for Health and Care Research.

They want to find out what's not working, so future research can focus on what matter most to people. There's a roadshow event at **Merstham Community Centre, Reigate, Thursday 16 July 6-7.30pm**. To attend, please sign up here: www.tinyurl.com/4m2jj4ha

Building children's emotional health

Home Start SEND team are running a parenting workshop to support Positive Mental Health and Resilience in children.

Leatherhead Community Hub Thursday 9th July, 10-12pm

To book please email Lesley.lane@hseeb.org.uk or call 07554 403522.



Sharing your views...

Sharing your views

The below consultations and research studies want to hear from unpaid carers. Your views and experiences should help improve support.

Government carers and work consultation

The government is consulting unpaid carers about their rights as employees (they are also covering the rights of parents with a seriously ill child). This important consultation is open until 1st September and seeks views on:

- the information and guidance available to support carers
- the potential need for further support
- what forms of support would be helpful

Share your views at www.gov.uk/government/consultations/make-work-pay-employment-rights-for-unpaid-carers-and-parents-of-seriously-ill-children

Surrey study: psychosis

OSMOSIS is a three-year research project, run by the University of Surrey, exploring the experiences, support needs and wellbeing of carers supporting people affected by psychosis, schizophrenia or bipolar disorder.

The project is looking for six people to join its advisory group and help

guide the research study.

- They want to hear from people (18+) who have been diagnosed with psychosis, schizophrenia, bipolar disorder, as well as their carers.
- You'll be asked to share your views and experiences to improve support; and
- You will need to attend a meeting every 3 to 6 months, usually online

You'll be supported, get training and reimbursed for your time and agreed expenses. If interested, please email Naomi: naomi.mead@bbbc.org.uk

Mental wellbeing in Surrey

Mental wellbeing – this survey is from Surrey County Council, with charity Oakleaf, to look into the status of people's mental health in Surrey.

The survey is here: <https://tinyurl.com/3faffbsa> and it is open until Friday 31st of July.

Your Opportunity To Influence Support




Oakleaf Enterprise have teamed up with Surrey County Council to conduct research into:

The mental health of individuals within Surrey.

FILL IN OUR QUESTIONNAIRE USING THE QR CODE BELOW!

It only takes 10 minutes!
All responses are anonymous.

Our goal is to better understand the barriers people in our local community face and ensure our services are accessible, relevant, and responsive.

www.oakleaf-enterprise.org
Charity no: 1064824

CUT OUT & SAVE: ACS Contact Details

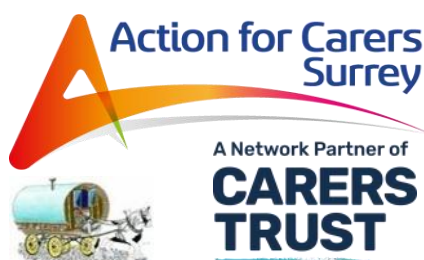
If you need help, advice or support, please get in touch with our Helpline. Open 9am-7.30pm Monday to Thursday; 9am-5pm on Friday and 9am-12.30pm Saturday.

CALL 0303 040 1234

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



Action for Carers (Surrey) is a company limited by guarantee with charitable status. Registered charity number 1116714.

Company number 5939327. Registered in England & Wales.

Registered Office: Astolat, Coniers Way, Burpham, Guildford, Surrey GU4 7HL.

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