



Carers Count



CARERS SUPPORT SPELTHORNE NEWSLETTER

WWW.CARERSUPPORTSPELTHORNE.CO.UK

June 2007
Issue No. 29

CARERS WEEK 11th - 17th JUNE, 2007

CARERS UK IS THE VOICE OF CARERS

As this week is *Carers Week* and Carers UK is the 'lobbying arm' for Carers, below you will find some useful information that highlights that Carers are not always *on their own* - there is a larger voice campaigning on your behalf.

Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.

Carers give so much to society yet as a consequence of caring, they experience ill health, poverty and discrimination.

Carers UK is an organisation of Carers fighting to end this injustice. It will not stop until people recognise the true value of Carers' contribution to society and Carers get the practical, financial and emotional support they need.

⇒ Campaigning for change - *Carers UK* campaigns for the changes that make a real difference for carers

⇒ Providing Information and Advice - *Carers UK* provide information and advice to carers about their rights and how to get support

⇒ Gathering hard evidence - *Carers UK* gather hard evidence about what needs to change. Find out about our research programme

⇒ Mobilising supporters - *Carers UK* mobilise carers and supporters to influence decision-makers and gather hard evidence about what needs to change.

⇒ Transforming understanding of caring - *Carers UK* want to transform the understanding of caring so that carers are valued and not discriminated against.

Registered Office:
20/25 Glasshouse Yard, London EC1A 4JT.
0207 490 8818

www.carersuk.org
Charity Registration No. 246329

See page 2
to get your voice heard!

Carers Line: **0808 808 7777** (Wednesdays and Thursdays 10-12noon & 2-4p.m.)

STOP PRESS!
Carers Support Spelthorne AGM
Wednesday 3rd October, 2007, Education Room, Ashford Hospi-



EVENTS / INFORMATION



Book this date! CSS WORKSHOP

Community Care Day
'Carers and Their Rights'
Wednesday
31st October, 2007
10a.m. - 3p.m.
The Goddard Room
Spelthorne Council Offices



A flyer will be enclosed with
our next newsletter in September.

LEGAL INFORMATION DAY

23rd May, 2007

If you missed our Legal Information Day
and would like information hand-outs of
the topics covered on the day -

please contact the office:

01784 4462324



COMMUNITY SUPPORT DESK PROJECT

A new project has been launched to provide information and advice for older people,
their families and Carers at local health Centres throughout Spelthorne.

Watch out for **Marina Rigg** in the mornings at:

- Stanwell Health Centre - *Mondays*
- Staines Health Centre - *Tuesdays*
- Studholme Health Centre (Ashford) - *Wednesdays*
- Shepperton Health Centre - *Thursdays*
- Sunbury Health Centre - *Fridays*

Partners in the project are:

Age Concern Spelthorne; Age Concern England; Spelthorne Borough Council; Spelthorne Citizens Advice Bureau; Surrey County Council Local Committee in Spelthorne; Health Centres and local and social care professionals.

For more information contact:

Age Concern Spelthorne **01784 444200/211**

SPELTHORNE NEIGHBOURHOOD WATCH

- ⇒ 120 watches in the Borough
- ⇒ encompassing 300 roads
- ⇒ covering 30% of the population
- ⇒ access to crime prevention advice
- ⇒ local crime trend updates

Neighbourhood Watch Administrator:

Linda Kempton

01784 446420

'TELL GORDON BROWN'

Is a campaign spearheaded by
Carers UK to tell Gordon Brown that:

Carers want

'real change not short change'

Visit the website to find out more information and make your voice heard

www.carersuk.org/Newsandcampaigns/Shortchanged/TellGordonBrown



OUT AND ABOUT

SPELTHORNE BRANCH OF MS SOCIETY

Carers Day on *Friday 6th July*

Notcutts, Laleham - 12 noon to 2p.m.

The branch will provide tea, coffee, snacks etc. They would like to get as many Carers together as possible in order to set up some sort of group, where you can have your say and ask questions of our Support Officers.

- ☺ This a 'day' *FOR YOU* ... so no queuing up, just sit down and relax in friendly company.
- ☺ They genuinely want to help you and believe that by running a regular group we can possibly achieve this.
- ☺ Please come along for an hour or so. You can then decide whether this is for you, you can also decide how you would like to move forward and what you would like to do at any future meetings i.e. trips out; lunch meetings; whatever you like?



For more information contact:

Eileen Treveil - 01784 241167 / Christine Lynch - 01932 569320

Steve Mills via email: SteveMills277501@aol.com



SPELTHORNE AND WEST ELMBRIDGE BRANCH ALZHEIMER'S SOCIETY

Annual Open Evening

Tuesday 19th June, 2007

6.30p.m.

The Council Chamber
Spelthorne Council Offices



ACTION FOR CARERS SURREY

Carers Forum

Thursday 11th November, 2007

Venue to be finalised

Watch the next CSS newsletter for
more information.



NEW BRANCH OF EPILEPSY ACTION

There is a newly formed branch serving Staines, Chertsey, Ashford, Richmond and surrounding area. The new SW London branch has been meeting for the past few months in Feltham and offers:

- ◇ Monthly meetings 2nd Tuesday 7.30-9.30p.m.
St. John Ambulance HQ, Uxbridge Road, Feltham.
- ◇ Support to both adults and children
- ◇ Advice and information on living with epilepsy
- ◇ Programme of interesting speakers
- ◇ Opportunities for mutual support and shared experiences
- ◇ Ability to raise awareness and to educate people about epilepsy



For more information please contact:

Sally **01784 229430** or Sarah **0208 893 9770**

TAKING-A-BREAK ACTIVITIES

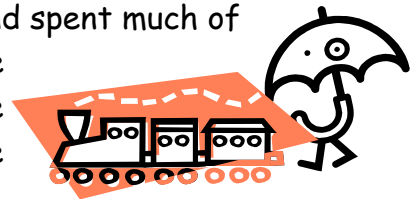
Watercress Line

During the school holidays two coaches took Carers, Parents Carers and their children together with some Ex Carers and friends to the Watercress Line to see Thomas the Tank Engine and his friends. As fate decrees, my husband's operation was finally scheduled for the same day so I was unable to be with you and so you were almost on your own but our Trustee Joan Theaker did a valiant job of ticket sorting and shepherding. Believe me it is not easy being an organiser responsible for so many people so I would like to thank Joan for dealing with this responsibility thrown on her at the last moment. I have had good and not so good reports of the day but I think, in general, most had a good day, I know many of the children had a super day.



Kew Gardens

Our trip to Kew Gardens on the other hand was disastrous, a very grey day gave us a decision to make: either chance it at the gardens or go to the pictures - we chanced it and got very wet but everyone was cheerful and spent much of the time in the restaurant or the green houses. We squelched our way home early - never mind, there have not been too many events rained off during the years we have been 'taking a break' together.



Calamity Jane




'Carousel' at the Magna Carta Arts Centre Theatre in Egham was so entertaining that I was persuaded to get tickets for 'Calamity Jane' in May. This also was very well produced and acted by members of Hatton Operatic Society.

Future events

As you can see from the enclosed leaflets Claire and I have sorted out some exciting events for you. The trip to the *London Wetlands Centre in Barnes* will need a good sunny day so let's hope the weather will be kind to us. Please return your booking form for this event promptly. I would emphasise that the leaflet for *Frogmore House and Saville Gardens* **MUST** be returned to the office **BEFORE** 6th July, any received after that date will be too late. As the house is a royal residence we have to notify them and buy tickets by that date, so do get your booking forms straight away. The trip to *Beaconscot Model Village* has been planned for the school holidays, and like the Watercress Line is especially planned for the children and Parent Carers. This of course does not mean that our older Carers will not be welcomed and I am sure will be equally delighted by this wonderful village.

The *Kneller Hall* visit this year is for the **last** night of the concert evenings so if you plan to come with us don't forget your hats and flags (and of course your umbrellas - just in case). See you soon.

Angela

Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<p>June</p> <p>7 ADHD/ADD Support Group 10-12 Community Link</p> <p>19 Aspergers Support Group 10-12 Community Link</p> <p>27 Alzheimer's Support Group 10-12 Community Link</p> <p>July</p> <p>2 Spelthorne Carers Forum 10.15 Community Link</p> <p>5 ADHD/ADD Support Group 10-12 Community Link</p> <p>10 Aspergers Support Group 10-12 Community Link</p> <p>11 ASD Support Group 10-12 Community Link</p> <p>17 Older People's Forum 12 noon Goddard Room</p> <p>19 Phys. & Sensory Forum 12 noon Community Link</p> <p>25 Alzheimer's Support Group 10-12 Community Link</p> <p>August</p> <p>22 Alzheimer's Support Group 10-12 Community Link</p> <p>September</p> <p>13 ADHD/ADD Support Group 10-12 Community Link</p> <p>14 ASD Support Group 10-12 Community Link</p> <p>25 Aspergers Support Group 10-12 Community Link</p> <p>26 Alzheimer's Support Group 10-12 Community Link</p>	<p><i>'Independent advice, support and information for Carers and Parent Carers'</i></p> <p>A 'Listening ear' and support for individual Carers.</p> <p>Information about services and benefits.</p> <p>Assistance with form filling, letter writing, telephone calls.</p> <p>Advocacy.</p> <p>Support groups and workshops on a variety of topics.</p> <p>Special events and outings.</p> <p>The service provided is confidential.</p> <p>For more information Contact:</p> <p>Team Leader / Parent Carers Support Worker Jacqui MacLean 01784 444233</p> <p>Carers Support Workers Celia MacKay 01784 446234 Rayner Ward 01784 444225</p>  <p>Carers Support Spelthorne Community Link Knowle Green Staines Middx TW18 1XA Registered Charity No. 1061488</p> <p>www.CarersSupportSpelthorne.co.uk</p>	<p>Action for Carers & Employment: 01483 565874</p> <p>Age Concern: 01784 444200</p> <p>Alzheimers Society: Local Group 01784 444214 National Helpline 0845 300 0336</p> <p>Carers' Helpline (Carers UK): 0808 808 7777</p> <p>Carers UK: 0207 490 8818 www.carersuk.demon.co.uk</p> <p>Carers Net: www.carersnet.org.uk</p> <p>Children with Complex Needs East Surrey: 01737 737828</p> <p>Citizen's Advice Bureau: 01784 444220</p> <p>Contact a Family Helpline 01784 460842</p> <p>Crossroads: 01784 446294</p> <p>Disability Info. Service Surrey: 01306 875156</p> <p>Good Neighbours Schemes: Ashford 01784 423222 Shepperton 01932 254604 Stanwell 01784 250837 Sunbury 01932 779867</p> <p>Hope Club: 01932 223511</p> <p>Link Leisure: 01483 770037</p> <p>Local Radio: www.carersnet.org.uk/careadio</p> <p>Multiple Sclerosis Society: 01932 569320</p> <p>Neighbourhood Watch 01784 446420</p> <p>National Autistic Society: 0207833 2299</p> <p>NHS Direct 0845 46 47</p> <p>Samaritans: 01932 844444</p> <p>Spelthorne Shopmobility: 01784 459416</p> <p>Spelthorne Social Care Team: 08456 009 009</p> <p>Voluntary Action in Spelthorne: 01784 446358</p>