



Carers Week 2024: 10th – 16th June All about: *Looking after you*



Dear Carers,

Carers Week is nearly here, and we will be celebrating in our Hubs and in our online groups, and other spaces across Surrey. It's a chance to thank you for all that you do.

This week our focus is very much on YOU. We want to celebrate you and all that you do, as well as help you find ways to look after yourself.

Carers are invited to attend our Hubs, which will have cakes and coffee, plus special activities, across the week (*see reverse for details*). We've also events online (*see right*) and a Being Well, Doing Well session at Polesden Lacey (*see below*). At all these events you'll receive a Goody Bag, which includes some brand new resources, including our 'Relaxation for Carers' booklet – simple practices to help restore you.

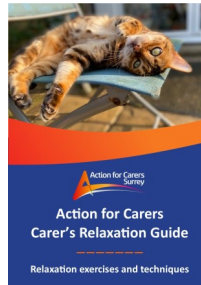
Additionally, thanks to our new partnership with Nuffield Health Centres we'll have free 7-day passes for four venues, to share with carers attending our Carers Week events.

You may also see our staff at Surrey's hospitals, where we will have Carers Week stands, and some Nuffield Health Centres too!

I look forward to seeing many of you during the Week.

Rachel

Rachel Brennan, Adult Service Manager, ACS



Carers Week events online via Zoom

Please register and join in these events to be sent your free Goody Bag!

Yoga – with Saara

Monday 10th June, 10.30-11.30am
Start Carers Week with a positive, fun yoga session to look after you in both body and mind.

Mindfulness

Tuesday 11th June, 4pm-4.45pm
Take some time for you with a mindfulness session where we will practise techniques to promote wellbeing and reduce stress.

Skin Care – get unready!

Wednesday 12th June 7-8pm
Our 'how to' workshop will have lots of tips and ideas on skin care, focused on night time skin routines.



Parent Carers Support Group

Friday 14th June, 10.30am-12 noon
Parent carers face demands beyond the everyday concerns a parent feels for their child. Join our group for chat and support.

Relaxation session

Saturday 15th June, 10-10.45am
Join ACS's Rachel for some relaxing exercises to reduce stress and bring calm.

Being Well, Doing Well – wellbeing at Polesden Lacey

Led by Taj Gilligan

Saturday 8th June, 10-12.30pm

Looking to keep yourself well and doing well? Join us to address issues that arise because of your caring role like stress, giving yourself time out, while increasing your confidence and self-esteem.

After the session, there's a free tour of the house and gardens, plus plenty of time to relax and enjoy this beautiful setting.



Hubs: when, where and what's on!

Free cake, activities and goody bags!

We have nine Hubs holding celebrations during Carers Week, with coffee and cake, some special activities and free Goody bags – some treats, our new relaxation resources and items to help your wellbeing.

The Hubs are **open 10am-2.30pm** on the days shown below, with coffee/tea and cake on offer throughout, but sessions at set times.

Full details of all what's happening is also on our [Carers Week](#) page, with all the events listed individually on our events pages. *(Please note, no Farnham Hub this week.)*



Hubs are open 10am-2.30pm

MONDAY 10th June

GUILDFORD The Hive, Park Barn Drive, Guildford GU2 8EN.

Looking after you 10.30-11.30
Mindful colouring (all day)

HASLEMERE Wesley Room, The Methodist Church, 5-7 Junction Place, Haslemere GU27 1LE.

Looking after you 10.30-11.30
Relaxation session 1-2pm

WOKING Knaphill Methodist Church, Broadway, Knaphill, Woking GU21 2DR. Carer Practice Advisor from SCC's Disability team joining us.

Looking after you 10.30-11.30
Arts & Crafts 12.30-2.30

TUESDAY 11th June

BANSTEAD United Reform Church, Woodmansterne Lane, Banstead, SM7 3EX.

Looking after you 10.30-11.30

CAMBERLEY High Cross Church, Knoll Road, Camberley GU15 3SY. Mental Health Carer Practice Advisor attending.

Looking after you 12pm onwards
Tai Chi 10.30-11.30

Please note there's **NO FARNHAM HUB** this week.



WEDNESDAY 12 June

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

Looking after you 10.30-11.30
Craft activity (all day)

THURSDAY 13th June

CATERHAM Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG. Our Moving and Handling team are with us at this session for advice.

All Carers Support Group 10.30-12pm
Looking after you 12.30-1.30pm

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

Looking after you 10.30-11.30

FRIDAY 14th June

LEATHERHEAD Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX.

Looking after you 10.30-11.30
Music for Wellbeing 12.30-2pm

Nuffield Health

It's so important to look after yourself as a carer. So we're delighted to be working in partnership with Nuffield Health.

We'll have information stands at four of their Clubs (Guildford, West Byfleet, Leatherhead and Farnham) across the week – please drop in! (Times will be on our [Carers Week](#) page.)

They're also providing free 7-day passes to carers, helping you have a little moment to relax, and use their facilities including gyms, classes, pools and saunas.



Say hello at our hospital stalls!

Look out for our stalls in Surrey hospitals and find out about our support for carers with a loved one in hospital. *Find us...*

MONDAY at **East Surrey** with the Dietitians team, between 1-3pm; and **Epsom**, 3.30-5.30pm

TUESDAY at **East Surrey**, a stand with Sight for Surrey 10-12pm and with Healthwatch 1-3pm

WED at **Royal Surrey**, 12-3pm; at and **St Peters**, 10-2pm.



Work with us: Hospitals CSAs

We're recruiting for a Hospital Carer Support Advisor to work with us at **East Surrey**, with another post open soon. Please get in touch if you or someone you know might be interested: www.actionforcarers.org.uk/about-us/jobs/