



Welcome to our latest newsletter! Firstly, what a wonderful Carers Week that was! Below you'll see photos from just a few of the 25+ events and activities we held across Surrey and online. I hope many of you were able to participate. Thank you for coming along when you were able — It was great to meet with so many of you.

We're now moving into summer, and you'll find lots of interesting events listed in this newsletter, as well as some news and updates that we hope you find of help. We have some new events in the Hubs and are starting a new online All Carer Coffee and Chat on a Saturday morning (*see page 7*).

Most excitingly, we are delighted to announce that our free pass scheme with the National Trusts is to continue once more. A huge thank you to our friends at National Trust for this— *for more see right*.

With best wishes
Rachel Brennan

Manager Adult Carers Support, Action for Carers Surrey

National Trust

Once again, we are able to offer free annual passes to selected National Trust properties, for our carers (plus guest), starting July.

Many of you have had passes before. We are going to prioritise those who have NOT had a pass before, to enable more people to benefit from this wonderful scheme, so please bear with us while we issue those passes first, then we will be opening it to all. Please apply now!

CSAdmin@actionforcars.org.uk
0303 040 1234, press option 1



Action for Carers' Hub Events

We have many free events taking place each month. The following listings are for face-to-face.

To register for an event please call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk

Closer to the event date, they will also be listed [on our website](#), where you can also register.

Face-to-face events at our Hubs

July, August and September



EVENTS INFORMATION

The events below are repeated at different Hubs—check under your Hub to see what's on there. Please register for events you wish to attend (details above).

ACS Carer Feedback

Hubs: Cranleigh, Camberley

Share your experiences of our services, and say how you think we could develop to meet your needs as carers in Surrey.

Benefits of Lego Therapy

Hubs: Leatherhead

Come along to find out more about how Lego can be used as part of therapy for Autism.

Carers Stress Management Course

Led by Centre for Psychology

This six-week course will aim to empower you with practical tools to help you navigate the stress that can come with being a carer, covering skills such as being assertive, balancing your daily activities, relaxation techniques, managing worries and increasing self-compassion. Please register now for both online and face-to-face courses to be held in Hubs from October.

Crossroads Care: find out about their services

Hubs: Guildford, Woking

Led by David Huntington-

Bradshaw, Head of Care, Crossroads Care Surrey
David will talk about service from Crossroads Care, including the new Emergency Contingency Service, Carer Card and End of Life support.

Emotional Freedom Technique (EFT)

Hubs: Banstead

EFT tapping is an alternative treatment for improving wellbeing including physical pain and emotional distress. Similar to acupuncture, EFT focuses on the meridian points to restore balance to your body's energy. It's thought that restoring this balance can improve wellbeing and relieve symptoms a negative experience or emotion may have caused.

Healthwatch: Luminous

Hubs: Caterham, Guildford (Parent carers and young carers)

Come and share your views and experiences of social care and NHS services as a carer.

Macmillan and CAB Benefits Adviser

Hubs: Caterham, Horley, Woking

Led by Cara Reed, Macmillan and CAB Adviser

Find out about welfare benefits and support available with regards to caring for someone with cancer.

Moving & Handling: Looking After Your Back

Hubs: Camberley, Epsom, Merstham

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

Music for Wellbeing

Hubs: Caterham, Horley, Cranleigh, Merstham, Farnham

Led by ACS CSAs

If you want to firm up your body, you head to the gym. If you want to exercise your brain, it is recommended that you listen to music. Music provides a total brain workout. Music has been proven to significantly improve well-being and communication for those living with a wide range of disorders and conditions, including Autism Spectrum Disorder, Parkinson's, Dementia and Stroke. Come and join us for this fun, interactive session - discovering music for wellbeing.



Self Funded Care and Trusts

Hubs: Woking, Epsom, Hersham

Led by Darren Stiff, Guildford Financial

Darren will explore the issues important to carers involved in assessing self funded care and trust funds.

Understanding The Care Act 2014

Hubs: Caterham

Led by ACS Carer Support Advisers

The Care Act 2014 is an important Act for carers regarding rights and access to support. Find out more how this Act can support carers.

THE 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 July, 14 August, 11 September
10.30am-12 noon

Meet the ACS Mental Health CSA

10 July, 12-2.30pm

BANSTEAD HUB

United Reformed Church,
Woodmanstead Lane, Banstead,
SM7 3EX – second and fourth
Tuesday of each month

All Carers Support Group

Fourth Tuesday of the month
23 July, 27 August, 24 September
10.30am-12 noon

Parent Carers Support Group

Second Tuesday of the month
9 July, 13 August, 10 September
10.30am-12 noon.

EFT tapping

13 August, 12.30-2pm

Meet the ACS Mental Health CSA

24 September, 12-2.30pm

CAMBERLEY HUB

High Cross Church, Knoll Road,
Camberley GU15 3SY
– every Tuesday

All Carers Support Group

First Tuesday of the month
2 July, 6 August, 3 September
10.30am-12 noon

Parent Carer Support Group

Fourth Tuesday of the month
23 July, 27 August, 24 September
10.30am-12 noon

Meet the Carer Practice Adviser

2 July, 6 August, 3 September
10.30am-12 noon

Meet the ACS Mental Health CSA

2 July, 12-2.30pm

Bingo, boardgames and prizes!

16 July, 10.30-12 noon

ACS Carer Feedback

23 July, 10.30-12 noon

Looking After Your Back

13 August, 10.30am-12 noon

Crafts: Decoupage

17 September, 12.30-2pm

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
11 July, 8 August, 12 September
10.30am-12 noon

St Catherine's Hospice

11 July, 8 August, 12 September
10-1pm

Understanding the Care Act

11 July, 12.30-2pm

Music for Wellbeing

25 July, 12.30-2pm

Meet the ACS Mental Health CSA

8 August, 12-2.30pm

CAB: Benefits for Cancer

22 August, 12.30-2 pm

Help at the Hubs

At our Hubs you can drop-in for light touch support.

If you need more substantial help, such as form-filling, we'd rather make an appointment to meet up with you outside of Hub time, to allow staff to give you the full support you need.

Please ring the Helpline to arrange any home support on 0303 040 1234, press option 2.

(please book for this session)

Meet the Carer Practice Adviser

12 September, 12.30-2pm

Healthwatch: Luminous

26 September, 10.30-12 noon

Wellbeing Crafts

26 September, 12.30-2pm

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
1 July, 5 August, 2 September
10.30am-12 noon

ACS Carer Feedback

1 July, 12-1pm

Music for Wellbeing

15 July, 10.30-12 noon

Meet the ACS Mental Health CSA

5 August, 12-2.30pm

Jewellery-making

19 August, 10.30am-12noon

Meet the Hospital Carer Support Adviser

19 August, 10.30-12.30pm

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
3 July, 7 August, 4 September
10.30am-12 noon

Parent Carers Support Group

Third Wednesday of the month
17 July, 21 August, 18 September
10.30am-12 noon

Self Funded Care and Trusts

3 July, 10.30am-12 noon
Drop in 12-2.30pm

Meet the Hospital Carer Support Adviser

17 July, 12.30-2.30pm

Looking After Your Back

4 September, 1-2.30pm

Meet the ACS mental Health CSA

18 September, 12-2.30pm

Action for Carers' Hub Events (continued)

FARNHAM HUB

The Maltings, Bridge Square,
Farnham GU9 7QR – first and
third Friday of each month

*(On the first Friday of the month,
Farnham Maltings also runs a
coffee break with Action for
Carers 10.30am-12pm.)*

All Carers Support Group

First Friday of the month
5 July, 2 August, 6 September
10.30am-12 noon

Meet the ACS Mental Health CSA

5 July, 12-2.30pm

Meet the Carer Practice Adviser

19 July, 10.30am-1pm



Mindful Colouring

16 August, 10.30– 12 noon

Music for Wellbeing

20 September, 10:30 - 12 noon

GUILDFORD HUB

The Hive, Park Barn Drive,
Guildford GU2 8EN – every
Monday.

All Carers Support Group

Third Monday of the month
15 July, 19 August, 16 September
12-1.30 pm *(Sandwiches provided)*

Meet the ACS Mental Health CSA

8 July, 12-2.30pm

Crossroads Care

29 July, 12 -1.30pm
(Sandwiches provided)

Bead bracelets and keyring crafting

5th August, 12-1.30pm
(Sandwiches provided)

Moving and Handling Adviser Drop-in session

23 September, 10.30-12.30pm

Meet the Mental Health Carer Practice Adviser

30 September, 10.30-12.30pm

HASLEMERE HUB

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

– second and fourth Monday
of each month

All Carers Support Group

Fourth Monday of the month
22 July, 23 September
10.30am-12 noon

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
11 July, 8 August, 12 September
10.30am-12 noon

Parent Carers Support Group

Fourth Thursday of the month

Hampton Court

Thanks to Historic Royal
Palaces, we are again able to
offer some free tickets for
carers to visit Hampton Court
Palace and Gardens.

- 19 July 11am-3pm
- 22 August 11am-3pm
- 26 September 11am-3pm

Start with a free coffee or tea
meeting other carers, and
then enjoy a relaxing wander
around this beautiful site. **You
are welcome to stay all day!**



25 July, 22 August, 26 September
10.30am-12 noon

Self Funded Care and Trusts

11 July, 10.30am-12 noon
Drop in 12-2.30pm

Meet the ACS Mental Health CSA

22 August, 12-2.30pm

Meet the Hospital Carer Support Adviser

12 September, 12-2pm

HORLEY HUB

Horley Baptist Church, 289 Court
Lodge Road, Horley RH6 8RG

– first and third WEDNESDAY of
each month.

All Carers Support Group

First Wednesday of the month
3 July, 7 August, 4 September
10.30am-12 noon

CAB: Benefits for Cancer

3 July, 12.30-2 pm
(please book for this session)

Music for Wellbeing

17 July, 12.30-2pm

Meet the Carer Practice Adviser

7 August, 10.30am–2pm

Wellbeing Crafts

21 August, 12.30-2pm

Meet the ACS Mental Health CSA

4 September, 12-2.30pm

ACS Carer Feedback

18 September, 10.30-12 noon

LEATHERHEAD HUB

Leatherhead Community Hub,
Kingston Road, Leatherhead
KT22 7PX – every Friday

*This Hub is on the Kingston Road
and is also accessible via the rear
of the building (where you'll find
parking). If driving, turn down
Aperdele Road, take first right
and follow the lane all the way
around the recreation ground.*

All Carers Support Group

Second Friday of the month
12 July, 9 August, 13 September

Back care support: Woking

We're running new sessions in central Woking all about looking after your back and safely moving the person you care for. Full details page 9.

10.30am-12 noon

Parent Carer Support Group

Fourth Friday of the month
26 July, 23 August, 27 September
10.30am-12noon

Benefits of Lego Therapy

26 July, 10.30-12noon

Meet the ACS Mental Health CSA

13 September, 12-2.30pm



3 July, 7 August, 4 September
10.30am-12 noon

Parent Carer Support Group

Third Wednesday of the month
17 July, 21 August, 18 September
10.30am-12 noon

Meet the ACS Mental Health CSA

17 July, 12-2.30pm

Relaxation with Rachel

21 August, 12.30-1.30pm

MERSTHAM HUB

Merstham Community Hub,
2b Portland Drive, Merstham,
Redhill, RH1 3HY – first and third
Thursday of each month
Hub closed on 4th July (Election)

All Carers Support Group

Third Thursday of the month
18 July, 15 August, 19 September
10.30am-12 noon

Parent Carer Support Group

First Thursday of the month
1 August, 5 September 10.30am-
12 noon

Meet the Carer Practice Adviser

18 July, 12.30am– 2pm

Wellbeing Crafts

15 August, 12.30-2pm

Meet the ACS Mental Health CSA

15 August, 12-2.30pm

Meet the Hospital Carer Adviser

5 September, 12.30– 2pm

Looking After Your Back

19 September, 10.30am-12 noon

Wellbeing Crafts

19 September, 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 Wednesday of the month

WOKING HUB

Now at Knaphill Methodist
Church, Broadway, Knaphill,
Woking GU21 2DR. *(If the door is
locked, please ring the bell.)*
– every Monday.

All Carers Support Group

Fourth Monday of the month
22 July, 23 September
10.30am-12 noon

Parent Carer Support Group

Second Monday of the month
8 July, 12 August, 9 September
10.30am-12 noon

Self Funded Care and Trusts

1 July, 10.30am-12 noon
Drop in 12-2.30pm

Meet the Carer Practice Adviser

15 July, 10.30am-2pm

Macmillan Benefits Adviser

22 July, 10.30-12 pm

Crossroads Care

5 August, 10.30-12pm

Meet the ACS Mental Health CSA

2 September, 12.30am–2pm

New team supporting carers who are looking after someone with mental illness

We have a new team whose aim is to support those carers looking after someone with a mental health condition.

There are several different roles in the team – some working closely with professionals to help THEM identify carers better. We will update more in the next newsletter.

We are pleased that some of the team of Mental Health Carer Support Advisers will be attending our Hubs over the summer, to meet with you and offer support, advice and information.

'Meet the ACS Mental Health CSA' sessions are as follows, all drop-ins at the relevant Hub:

2 July	Camberley
5 July	Farnham
8 July	Guildford
10 July	Addlestone
17 July	Shepperton
5 August	Cranleigh
8 August	Caterham
15 August	Merstham
22 August	Hersham
2 September	Woking
4 September	Horley
13 September	Leatherhead
18 September	Epsom
24 September	Banstead

Please drop in and get any support you may need.

10-11am

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

Yoga

Led by Saara

Mondays, 10.30-11.30am

Starting 1 July

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



Young Adult Carers Meet up

Led by Rachel Brennan

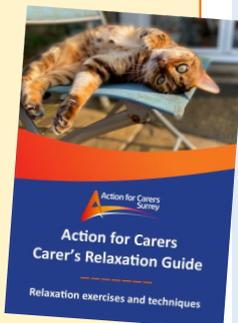
1 August, 6.30-7.30pm

Come and meet other young adult carers (aged 18 –25 years old), have a chat and let us know about your experiences of caring and the services you have used – and the support you would like to see for young carers like you.

Relaxation booklet

Our new booklet, *Relaxation for Carers*, is full of practical exercises, most centred around breathing and mindfulness, to destress and help wellbeing.

Copies were in the Carers Week Goody Bags, but you can simply call us for a copy to be posted out — 0303 040 1234. Let us know how you find it!



Online Support Groups



ONLINE Zoom Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile. **NB Your booking link will last for three months.**

We have some specialist groups as well as our NEW 'Coffee & Chat' for all carers.

Dementia Carers Support

Third Wednesday each month, 10.30am–12 noon (booking link for this event is for one session only)

Time to ask questions and share tips around caring for someone with Dementia.

Learning Disability and Autism

Fourth Tuesday of each month, 7–8.30pm

For carers who care for an adult on the Autistic spectrum over 17 years old.

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.



****NEW****

All Carers 'Coffee & Chat'

First Saturday of each month, 10-11.30am This group is for all carers to attend especially if you are working.

Starting Saturday 6th July

Register on our website, or simply email CSAdmin @actionforcarers .org.uk or call on 0303 040 1234 option 1.

NEW SESSIONS COMING:

We are pleased to announce that we will be running online sessions on Frailty Awareness and other health related issues, later in the Summer/Autum Details to follow.

Carers' Corner

This page is for you! Information and support YOU think would be helpful or fun. For example, ways to keep active – or sane! From interesting, calming hobbies, to de-stressing activities, we're keen to hear from you...

Please email carertocarer@actionforcarers.org.uk.

Were you unable to join us in a Hub or online for Carers Week and would like a **Goody Bag?** We have a few left, so if you'd like one, let us know and we'll post it out!

Wellbeing tips

How are you getting on with your 30 Day Challenge? We sent this grid (pictured right) out in Carers Week to encourage everyone to try and make a little time each day for their own wellbeing (if you've not got one, call us for a copy!)

Please share what you've done! Here's what some carers are doing for their wellbeing, as shared during Carers Week.

- Make myself a really nice cup of coffee and sit and drink it
- Jigsaws

- Drawing, sketching and painting
- Photography
- Playing the piano
- Going for walks
- Seeing friends
- Enjoying music/ playing my drums
- Cooking
- Yoga
- Doing cross stitch, crochet or knitting
- Playing Pokémon
- Bird watching
- Crossfit
- Walking my dog
- Riding bike, trike or motorbike
- Going to car boot sales
- Swimming



- Listening to the sounds of nature
- Orienteering
- A coffee in the garden looking at my flowers
- Dancing
- Singing
- Watching my bird table in the garden
- Reading a good book or on my Kindle



Share YOUR tips!

Tips to share?

Please email carertocarer@actionforcarers.org.uk

You kindly feedback to us via email, chats, surveys and our Hub feedback boxes...

Our responses to recent feedback is below. To share your views, please join one of our Hub or online feedback session or simply email me — Rachel.Brennan@actionforcarers.org.uk

You said...

I was wondering if you were thinking of putting on a working carers coffee catch up, as I think I would have a lot more in common with people who are trying to juggle work and caring.

I find online really hard so I'm not able to attend the relaxation session. Could we have this in the Hub please?

Just received my newsletter and I can only find online zoom meetings to discuss caring for people with mental health. Is there going to be a meeting or seminar for carers such as me to be able to talk to other mental health carers face to face? This is what I need right now.

We did...

Starting from 6th July we will be holding an All Carers Coffee and Chat group on first Saturday of the month for all carers to catch up on information and support.

We have booked some sessions in Hubs. We will continue to run relaxation in Hubs from now on.

We now have our new Mental Health Carer Support Advisers (CSAs) and they will be in the Hubs to support carers individually and also to facilitate workshops. Look for 'Meet the Mental Health CSA' in the Hubs. (See page 5)

Support from our Moving and Handling Team: Woking area...

We regularly run sessions all about Looking after yourself and your back, as well as helping the person you care for move safely. This summer we're running two sessions in a central Woking location, hoping to reach more carers.

The venue is at Blue Bird Care, very close to Lion Retail Park. It's a room designed for training, and a 'hospital style' profiling bed meaning we can demonstrate some bed manoeuvres.

The first two sessions will be:

- **Tuesday 23rd July 10.30-12pm**
- **Wednesday 28th August 10.30-12pm**

We'll have refreshments available and there is ample free parking directly outside the venue (it has its own dedicated car park). And access is level from the car park. It is also on public transport routes (next door to the Lion retail park). Full address: Bluebird Care, Lion House, Oriental Road, Woking, GU22 8AR.

We ask carers to book on these sessions — so please call 0303 040 1234, option 1 or email CSAdmin@actionforcarers.org.uk. Space is limited, so book early!

We are looking at further Surrey locations, and hope to offer more of this training, at different venues in future. *Thank you to Blue Bird Care for the use of training room.*

Have a young carer in school or college?

You may have a young person in your family who's also carrying out a caring role for the person you support. **Meet Ami...**



I'm Ami, ACS Education Lead. The pressures around caring can leave young carers feeling isolated, pressed for time due to their caring duties, have more absenteeism within schools and lower achievement rates. Schools don't always know how to identify young carers, and the official number registered at school is way less than 14,000 (the number of young carers there are in Surrey.)

My role is to work with schools and colleges within Surrey to help identify more young carers and help to develop the support available to them. If your children are attending a school within Surrey and would benefit from our support, please encourage them to get in touch with us.

Support in Surrey's hospitals

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 discharge.

East Surrey Hospital

This post is currently vacant, but in recruitment. Please contact Tamzin (below) for more info.



Epsom General Hospital

Michele Moore

Mondays, Wednesdays, Fridays 07736 561978
Michele.Moore@actionforcarers.org.uk and
Tamzin Ede (team manager) Thursdays 07736
561976 Tamzin.Ede@actionforcarers.org.uk



Royal Surrey County Hospital

Naheeda Majid Monday-Friday 07850 515457
Naheeda.Majid@actionforcarers.org.uk



Ashford and St Peter's Hospital

Sam Caine Monday-Friday 07989 402764
Sam.Caine@actionforcarers.org.uk

Benefits Adviser

We can offer support with completing these forms:

- Disability Living Allowance (DLA)
- Personal Independence Payment (PIP)
- Attendance Allowance
- Carer Allowance
- ESA capability for work if needed

CAB are still commissioned to support with Universal Credit.

If you need support then please contact our Helpline who will ask Benefits Adviser, Amanda to contact you.

News and Activities from other Organisations

Utilities priority registers

Don't forget that if you have vulnerable people in your household, all utility services have a priority customers register. The people registered then get priority support in case of things like water shortages or power cuts. As a caring household this can be especially important. More here www.actionforcarers.org.uk/news/sign-up-to-a-priority-services-register-for-your-utilities/ And an example of how it works with SES Water here seswater.co.uk/your-account/priority-customers

Planning for your Future

Age UK Surrey have a very helpful booklet, *Planning for your Future Checklist*.



All about thinking about being as prepared as you can be, both for your own future and that of those you care for. Sections include:

- Looking after yourself
- Keeping independent
- Talk to others about plans and wishes
- Discover support in your community
- Think about how you might pay for future care
- Planning ahead
- Future money management

Call Age UK Surrey for a copy – 01483 446627 or email planningforyourfuture@ageuksurrey.org.uk

Do you Know...

A little reminder of some key things that might be helpful in case of an emergency.

ICE telephone number

Adding ICE ('In Case of Emergency') to your phone is a way for emergency personnel to locate your next of kin when something goes wrong.

This simple idea was developed by a British paramedic, Bob Brotchie, who recognised the need for speed when emergency personnel are trying to locate next of kin during situations. Simply add one or more emergency contacts to your phone, so that they can be easily contacted (or contact you) in urgent situations.

What Is an emergency contact?

An emergency contact is a contact that's inside your address book that has some additional privileges compared to your other contacts.

There are two reasons to set up an emergency contact on your phone. The first is so that they appear as a next of kin on your Medical ID. This is accessible by strangers from your lock screen and contains information like your name, allergies, blood type, and (once set up) people who should be contacted in the event of an emergency.

You can access your Medical ID by pressing and holding the power and volume up or down buttons until the 'Medical ID' slider appears. You can also access it via the 'Emergency' button on the passcode screen, or by holding the side button (not the digital crown) on an Apple Watch.

The Stroke Charity have very helpful page on their website that explains more <https://www.stroke.org.uk/blog/smart-phone-feature-case-emergency-ice>

What 3 Words App

The emergency services are now using this means of identifying where you are when a call is made for emergency assistance as many people do not know or are unable to share their correct address and postcode.



WHAT3WORDS

The British Red Cross App

This app gives you all the information about managing everyday first aid incidents, setting out what to do at what point.



Could you go digital?

It's much cheaper for us to email this newsletter, rather than print and post it. You can also be emailed our three-weekly update, with extra news and events information. If you'd like to go digital, please email CSAdmin@actionforcarers. THANK YOU!

News and Activities from other Organisations

Food bank access

If you are in need of help from a food bank but struggle to get there because of disabilities or health conditions, there is a scheme called 'Access to Food' to help.

Run by Surrey Coalition of Disabled People (with support from SCC), eligible people are those with a physical or mental disability who need support but would struggle to travel to their nearest food bank. The scheme can provide either a taxi fare to visit the food bank or a voucher for a local supermarket.

For more, email involvement@surreycoalition.org.uk or call 01483 456558 or text 07908 671402. And you can also read more about the scheme here www.surreycoalition.org.uk/accesstofood



Disability Equipment Service



Do you know about the Disability Equipment Service? This is a website that gives you access to free, or very cheap, second hand equipment, and also allows you to sell, or donate, items simply. Donated items' proceeds go to running the service, with 25% being donated to Support Dogs.

This is the DES website www.disabilityequipmentservice.co.uk. For more information you can call call/text 07845 041678 or email team@disabilityequipmentservice.co.uk

Young Onset Dementia – Woking pilot

The Young Dementia Network looks to support people diagnosed and living with young onset dementia (YOD) from the ages of 30 to 64 through providing meaningful and age-appropriate services, whilst also delivering support sessions for family members and loved ones.

The support provided gives participants opportunities to socialise, and take part in activities which have been shown to enhance mood, reduce stress, build confidence and maintain skills. At the same time carers benefit from respite while their loved one attends the support sessions.

Currently operating in Surrey Heath, Farnham as well as Berkshire and NE Hants, they are launchings a six-month pilot in Woking. **More here** <https://youngdementianetwork.org/wp-content/uploads/2024/03/Woking-Launch-Booklet-YPWD.pdf>

Support from Crossroads Surrey

Cards for carers

Crossroads have two cards for carers. Have you requested yours?

Firstly, you can register with Crossroads Care Surrey for its Emergency Service. This will give you a special card to let others know you are a carer in case of emergencies.

You can also request a Carers Card, which lets others know that you're a carer, and provides some discounts.



End Of Life Carer Support

Crossroads provide ongoing support and assistance for those caring for someone in the last twelve months of their life.

Call our Helpline for a referral for any of these services or speak to your ACS Hub or Hospital Carer Adviser.

For more details email enquiries@crossroadscaresurrey.org.uk or call Crossroads Care on 01372 869970.

Surrey Non-Emergency Hospital Transport Service

Surrey Heartlands' Non-Emergency Hospital Transport Service is available to any patient (and escort, if applicable) registered with a Surrey GP, provided that they meet the eligibility criteria and need assistance to get to appointments or place of care because:

- they have a medical need such as requiring oxygen or specialist equipment to travel safely;
- they have limited mobility (e.g. need a wheelchair or stretcher);
- they have a cognitive or sensory impairment.

Details here <https://www.emedgroup.co.uk/surrey/>

News and Activities from other Organisations

Money Help

Carers Credit Benefit

Did you know 'Carer's Credit' can enhance your state pension if you provide unpaid care for 20 to 35 hours/week?

It's designed to protect your NI record from gaps, as many carers might need to give up paid work to provide care for someone. It is a national insurance (NI) 'credit' for people who provide care for at least 20 hours a week and aren't yet at state pension age.

Money Saving Expert has a helpful guide about Carer's Credit that explains what it is, who is eligible, and how to apply. Visit: <https://www.moneysavingexpert.com/family/carers-credit/>

Welfare Benefits for Surrey Carers

Surrey Welfare Rights Unit have published the 2024 version of their very helpful Benefits for Surrey Carers booklet.

It's designed to ensure that however much caring you are doing, and whatever your personal circumstances, that you get your maximum welfare benefit entitlement. Find it here <https://www.swru.org/wp-content/uploads/2024/06/Current-Carer-booklet.pdf>

SIBS booklet for adult sibling carers

Charity SIBS (www.sibs.org.uk) have a helpful booklet if you are an adult sibling carer.

First published in 2020, it has been recently updated, and focuses on all the ways it's important to look after yourself as a sibling carer, looking at what practices you may have picked up that are not so good for your wellbeing and how to prioritise yourself.

Find it here <https://www.actionforcarers.org.uk/wp-content/uploads/2024/06/Sibs-Self-care-for-siblings-June-2020-v2.docx.pdf>



Support for the whole family

Action for Carers Surrey is here to support the *whole* family where there's caring roles going on.

Many families will have more than one person caring, and these can be adults or children.

If there's a child in your household who's also caring, please let them know about our 'Surrey Young Carers' service offering information, tailored support, help at school and events.

Get more — via email

When you registered with us you may have said 'no' to email contact.

But do you know we send an Events Update email newsletter every three weeks? To request it, please call us on 0303 040 1234, press option 1.



Our **volunteer team** is growing but we'd love more! We've a wide variety of roles available - all helping Surrey's unpaid carers



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



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