

B-E-E CARING

Produced & Distributed by Carers of Epsom
Supporting Carers in Banstead, Epsom & Ewell



JANUARY & FEBRUARY 2009



Welcome to the New Year at Carers of Epsom. We have all started the new year refreshed and with new ideas for 2009.

Please note we have made some alterations to the times and venues of the Carers Coffee and lunch meetings, which we hope you will find more convenient. We have also planned the programme of outings and events for 2009, incorporating ideas from our members. More information inside and in future newsletters.

We are very pleased to welcome Michele to 'The Team' as an Admin Assistant.

Michele joined us just before Christmas to take over from Heidi as Admin Assistant. Heidi, who as you know, is now a Carer Support Worker.

Michele will be in the office on Mondays, Wednesdays and Fridays and is looking forward to speaking to many of you when you phone the office.

Carers Calendar January & February



- 13th Jan EPSOM COFFEE
- 22nd Jan CARERS LUNCH
Vestry Pub, Epsom
- 3rd Feb EPSOM COFFEE
Chapters Café
- 19th Feb CARERS LUNCH
Wetherspoons Pub
Backcare Advisor in attendance
- 3rd Mar BANSTEAD COFFEE
Caffe Italia coffee shop
Backcare Advisor in attendance
- 12th Mar EWELL COFFEE
Ganache Coffee Shop
- 19th Mar CARERS LUNCH -
Vestry Pub, Epsom
- 7th April BANSTEAD COFFEE
Caffe Italia Coffee Shop
- 23rd April CARERS LUNCH
Spring Pub, Ewell Village

These meetings are to give Carers an opportunity to get together for lively conversation, a chance to let off steam or pick up/share some useful tips, over a cup of coffee.

All Carers are very welcome and a Support Worker is always available for a chat or to request information or help.

SUPPORT MEETINGS - VENUES

BANSTEAD COFFEE BREAK

Caffe Italia
High Street, Banstead.
1st Tuesday, alternate months
1.30-3pm

EPSOM COFFEE BREAK

Chapters Café, Ebbisham Centre,
Epsom.
1st Tuesday, alternate months
11am - 12.30 pm

EWELL COFFEE BREAK

Ganache Coffee Shop, Ewell Village
Thursday 11.30-12.30

MEET FOR LUNCH

12 noon at various venues in Epsom.
See Carers Calendar for date and venue.

EVENING MEETING

The Haywain Pub, Dorking Road,
Epsom. 8pm - 10pm Meet in the bar.

**CHANGES TO COFFEE
MORNINGS & EVENTS**

We would like to thank all of you who completed our monitoring forms with ideas for trips and your views on coffee & lunch breaks.

After considering your views we have made some changes to our programme for 2009 and have included some of the events which were requested.

We have made quite a few changes to our Coffee and Lunch Break programme and request you read the carers calendar carefully as there are quite a few changes to dates and venues.

These changes are on a trial basis and may be altered slightly depending on the response of members and success of the event.

**BACK CARE ADVISORY
SERVICE**

Our Back Care Advisory Service is open to any carer who feels that they could benefit from advice on lifting, moving and handling. We give practical advice on how to look after your back.

If you would like more information on Back Care or to make an appointment with a Back Care Advisor, please contact us on 01372 729947

QUIZ
Wednesday 4th March 2009



Following an offer from one of our Carers at our Christmas Lunch to run a Quiz for us, and the enthusiastic response to the idea from many of the members who were at the lunch, we have now arranged a lunchtime Quiz and Buffet Lunch.

We hope lots of you will be able to join us for what we are sure will be a fun event.

For more information and booking form, see page 7

TAKE A BREAK



We administer this scheme to help carers get an all important break.

The scheme runs all year round and you may apply at any time.

If you haven't had a break for a while and would like help to organise a break please call us at the office and we will arrange for our Support Worker to talk through your situation with you and help you get a break.

WE'LL BRING THE BISCUITS



Do you live alone with the person you care for?

Are you the sole carer?

Is it very difficult to get out and socialise?

Would you enjoy a bit of company and a chat?

If you answered yes to the above, why not invite Heidi or Maria round for a cup of tea and a gossip? Tell them what your favourite cakes or biscuits are and they'll bring them along. Don't be shy just call

01372 722269

now and make a date, Heidi & Maria are waiting to hear from you.

**ARE YOU TAKING CARE OF
YOURSELF?**



When you are a Carer it is so easy to put the needs of the person you care for first all the time, until little by little caring becomes your whole life.

Although it may be hard to get cover for the person you care for, it is very important to take time out for yourself regularly or you may become in danger of becoming overwhelmed by your caring situation.

If you find caring becomes too much for you perhaps you should consider finding alternative care solutions. A lot of people feel they are solely responsible for their loved ones which sometimes leads to Carers feeling guilty if they consider alternative solutions. Try to remember caring can put a lot of stress on the carer and you are entitled to a life beyond caring.

If you find yourself in this situation try talking your situation through with someone you trust and feel comfortable with to see if there are any alternatives which are acceptable to you and the person you care for.

Our Carer Support Workers would be happy to talk through any caring situation with you.

New Footpath - Leatherhead

A new easy access trail between the Town Bridge and the Thorncroft Bridge in Leatherhead has just been opened. It provides opportunities for a variety of people to enjoy the scenery along the riverbank. The new path has been designed to provide a pleasant recreational route for pedestrians, cyclists and wheelchair users.

The path is an important link between the town centre and the surrounding countryside as well as providing opportunities for local people to undertake short walks.

Heather Ward, of the Leatherhead Area Partnership Board says 'This new accessible path provides good access along a lovely section of the river and enables more people to enjoy it. It has been installed in a way that ensures the character of the river is not damaged.'

WHAT IS BIPOLAR?

Bipolar (sometimes referred to as Manic Depression) is the general name for forms of mental illness in which the sufferer has "high" and "low" periods. In low periods the person may become very sad and depressed, perhaps trying to avoid contact with others. In high periods the person can be very happy but may have over-ambitious plans, spend too much money or have irrational thoughts. Some people almost "click" between high or low, with others it can be a slow progression and often includes long periods without any symptoms of the illness. Bipolar affects different people differently and so can be very hard to diagnose.

Most people have to use a trial and error process to see which medicines work best for them and this can be very distressing as it means the person is often taking many tablets at once and some of these tablets may have bad effects.

Why do people get it?

It is unclear why people develop Bipolar (basically scientists are a bit confused about it!) but it is a relatively common illness with 1 in every 100 people having been diagnosed (that doesn't sound like a lot but a lot of cases go undiagnosed and you are extremely likely to come into contact with someone with the illness at some point in your life). Many famous people suffer from Bipolar but it is rarely talked about in the press and is sometimes mistaken for depression.

How does it affect carers?

People who care for someone with Bipolar often find themselves taking on different jobs depending on the stage the person they care for is in. They may have to motivate the person when they are depressed or calm them down if they are manic. Carers may have to take on housework and cooking when a parent with the illness is not able to do these things. When the person they care for is depressed it is important that the carer is able to get out and about with friends so that they don't get brought down too. People experiencing high episodes may be very critical and easily irritated by the people they are closest to, often meaning their carer.

QUIZ

Reproduced from Mid Surrey Crossroads newsletter, with



Can you name the sweets?

1. Wise guys
2. Wobbly infants
3. Refined thoroughfare
4. Edible fasteners
5. 9 o'clock 10 o'clock
6. Dark occult
7. Alcohol for the teeth
8. Sport for a Prince
9. Fruit falls
10. 100% metal
11. Receptacle in a dairy
12. Tartan granite
13. Aromatic spheres
14. Royal herb
15. Mother's local
16. Bovine peepers
17. Tommy rot
18. Frozen tropical fruit
19. A lot but not a million
20. A varied black medicine

Answers on page 7

FREE BRITISH TELECOM DIRECTORY ENQUIRY SERVICES FOR BLIND PEOPLE

In order to use this service British Telecommunications requires a form to be completed which requires confirmation of a persons disability by a care professional such as home help, warden, district nurse, etc. Once accepted the disabled person qualifies for exemption from paying directory enquiry charges.

To obtain the BT Free Directory Enquiry Service Application form call 0800 587 0195.

BOOK FAIR



Epsom Methodist Church in Ashley Road, Epsom will be holding a book fair on Thursday 19th and Friday 20th February (from 10am to 8pm) and Saturday 21st February (10am-4pm).

Donations will be accepted at the Church from Wednesday 17th February between 9am and 8pm.

The GO50 Project



The GO50 project, supported by Age Concern Surrey, aims to introduce people over the age of 50 to the benefits of regular exercise and healthier lifestyles.

With the help of over 70 dedicated volunteers, GO50 organises a year round programme of free activities including countryside walks, off-road cycling, health walks, community projects and 'taster days' at leisure centres to introduce people to new activities. There are 2 - 3 led walks and 2 - 3 led cycle rides throughout Surrey every week - there is no need to book, just turn up and there will be someone there to meet you and lead the way.

If you have often thought about going for a cycle ride or country walk but had no one to go with, then this could be for you.

For further information about GO50 or to obtain a copy of their programme, please contact the Project Coordinator on 01483 534706, or at go50@acsurrey.org.uk.

Oakhouse Foods

This organisation have a large range of frozen meals and desserts for free home delivery. Dishes are offered to suit most dietary requirements, including diabetic, low salt, small appetites, gluten free and many others. For more information or to request a brochure go to: www.oakhousefoods.co.uk or telephone 0845 634 2009.

MS Society Drop In Centre

North Surrey Branch of the MS Society are proud to announce that the popular Drop in Centre is expanding.

From Monday 5th January 2009 they will be open every Monday from 10am to 2pm at their New Venue, the Epsom Methodist Church in Ashley Road, Epsom

For more details call
0845 045 0847
Or visit

www.mssociety.org.uk/northsurre

Y

Holidays With Help

Respite care breaks for people with disabilities and their carers

This charity was formed in 2000 by a group of British Red Cross Society members with over thirty years experience of organising holidays for large groups of people with disabilities. All of the organisers and helpers are volunteers.

In 2009 there are three holidays to choose from:

Blackpool Holiday Centre, Lancs

30th May to 5th June

Price from £308 per adult

South Downs Holiday Village, Nr. Chichester, Sussex

5th September to 11th September

Price from £360 per adult

Seacroft Holiday Village Hemsby Norfolk

27th November to 30th November

Price from £149 per adult

Accommodation is in comfortable rooms with en suite bathroom, tv, and tea & coffee making facilities.

Three meals a day are provided, including vegetarian options.

There is an evening programme of entertainment.

A wide range of leisure activities are available.

There are trained and experienced helpers; medical and nursing advice; staff trained in wheelchair management; friendly and caring helpers.

Mobility scooters and wheelchairs are available for hire.

For more information and picture gallery visit:

www.holidayswithhelp.org.uk

email:

holidays.with.help@lineone.net

GREEN DRINKS

Green Drinks is part of an international movement, with hundreds of similar meetings up and down the country.

There is an Epsom based group who meet every 2nd Wednesday of the month at Wetherspoons Pub in Epsom High Street from 7.30pm – 11.00pm.

If you are interested drop in for a drink and an informal chat with like minded people.

For more information go to www.greendrinks.org.

Post Scam



If you receive a card posted through your letterbox from a company called PDS (Parcel Delivery Service) suggesting they were unable to deliver a parcel and they would like you to ring them on 0906 6611911, do not call this number. This is a mail scam and if you called the number you would hear a recorded message and the bill to you would be £15.

If you receive such a card through your door, please contact the Royal Mail Fraud on 0207 239 6655.

GUIDANCE FOR CARERS

Useful tips for dealing with difficult behaviour

'Defusion' is the means of reducing tension between you and a person you care for with verbal and non-verbal methods. It can be an important strategy in dealing with a mentally ill person in a tense situation. For some carers, dealing with difficult behaviour is a fact of everyday life. You still need to plan for how you are going to cope in the long run. There will be times when you want to give up caring. A better strategy is to plan for your role and get a Carers' Assessment of your own needs. The tips listed here were developed from practice. The more you employ these strategies, the better at them you will become.

1. Don't invade their space. People like to have their own bit of territory, such as their own chair.
2. Get to know the signs of rising tension. These could be rocking, stuttering, colouring of the face, pacing, or hand-wringing.
3. Keep neutral body postures. You are trying to make you own non-verbal communication non-threatening. They say that 90% of all communication is non-verbal, so it is of extreme importance. Smile!
4. Be self aware. If you are in a grotty mood, don't pretend you are feeling great or that it doesn't matter. Just being aware of your mood can help you make adjustments to how

you deal with any given situation.

5. Count to ten. When first faced with a situation, start counting to ten. As you do this, check your mood, assess the situation, decide on a first course of action, confirm it to yourself, then do it.
6. Accept that your life has changed, at least for as long as your cared for or loved one is ill. If a problem develops, be prepared to stop everything, ignore a deadline or be late for something. It also means take breaks yourself, even when that also inconveniences someone. You all need respite breaks.
7. Develop your own ways of defusing that suit your family, your personality, and the one who is ill. Apply the solution that fits. If that means getting a respite break because you are not getting enough sleep apply for a carers' assessment and ask for what you believe you need.
8. Know how to call for help in an emergency. Have the means to do so handy, such as the number of the local crisis response team written down next to the phone or in the phone memory.

WILLS & TRUSTS

Mencap provides a range of free booklets to give parents, family members and carers practical information about writing a will and setting up a trust that will benefit someone with a learning disability.

The booklets are easy to understand and can be ordered by post, over the telephone or online.

- **Guide to making your will**
- **Leaving money in trust**
- **List of legal professionals**
- **Guide to being a trustee**
- **Make a difference**

To order your free booklets call 020 7696 6925

Email: willsandtrust@mencap.org.uk

Website:

www.mencap.org.uk/willsandtrusts

SMILES



Some things never change:

Saturday morning, although recurring at regular and well foreseen intervals, always seems to take Baker Street Station by surprise.
W. S. Gilbert

Children nowadays are tyrants: they contradict their parents, gobble their good and tyrannise their teachers.

Socrates, 425BC

Getting Older

There are three stages of man: he believes in Santa Claus; he does not believe in Santa Claus; he is Santa Claus.

Bob Phillips

You know you're getting older when you stoop down to tie your shoes and wonder what else you can do while you are down there.

George Burns

Going into space

As I hurtled through space, one thought kept crossing my mind - every part of this capsule was supplied by the lowest bidder.

C. T. Jones

Are you left handed?



Anything Left-handed is the world's oldest and largest specialist left-handed business.

Established in 1969 it has a wide range of products from items for the home to the garden, including children's products. Interested? Then take a look at their website www.anythingleft-handed.com

PARKINSON'S DISEASE

The condition has been known about since ancient times and was described in 175AD as "shaking palsy"

In 1817 a London Doctor, James Parkinson, wrote a detailed essay on the subject entitled "An Essay on the Shaking Palsy" and established the disease as a recognised medical condition.

Sixty years after this essay was published a French neurologist studied the disease, realised the importance of James Parkinson's work and named the disease after him.

In the 1960's the chemical differences in the brains of Parkinson's patients were identified and this led to the first effective medicinal treatment of the disease.

In 1957 The Parkinson's Disease Foundation was established in America.

In 1999 in the UK the Parkinson's Disease Nurse Specialist Association was formed of practitioners related to the care of patients with the disease. They offer a support service and have specialist knowledge.

In 2000 the actor Michael J Fox had the Michael J Fox Foundation named after him and it has raised in excess of 90 million US dollars in its bid to fund further research.

Telegram from the Queen



If you want to ensure that a person receives either a 100th or a 105th birthday telegram from the Queen you can arrange this by contacting:

Chief Clerk
PSO Buckingham Palace
London SW1

You can download a form from www.royal.gov.uk/output/page4893.asp or telephone 0207 930 4832

60th Wedding anniversary telegrams can be arranged in the same way.

ACTION FOR CARERS SURREY

You could be eligible to receive up to £1000 towards training costs to help you return to work (paid or voluntary)

Find out more at Action for Carers

CARERS DIRECT PAYMENTS WORKSHOP

**Wednesday 4th February 2009
10am-2.30pm**

**At
Park House
Randalls Road,
Leatherhead, KT22 0AH**

There will be stands with information from:
Surrey Independent Living Council

Job Centre Plus
Stepping Stones
NVQ Providers
Hillcroft College
Volunteer Centre
NextStep

Information from ACE on
Carers Assessments
Carer Legislation
Flexible Working

For further information contact ACE (Yvonne or Dreen) on 01737 244220

CAFÉ MONDAY & WEDNESDAY

This Café is run by members of Pathway in partnership with Cheam Baptist Church and Hallmead and is open Mondays 11am-2pm and Wednesdays 10am-1.30pm.

There is a very relaxed and happy atmosphere and the service is excellent. There is a good menu, which is very reasonably priced, (Jacket Potato £1.50) and there are regular 'specials'.

This is a really good place to meet up with friends for a long chat over coffee or a snack lunch, particularly in the winter months when outdoor activities are not appealing.

Café Monday & Wednesday is easy to find, it is right next to the Memorial garden in front of the Library as you leave Cheam Village going towards North Cheam.

COMFORTABLE SHOES



CASSELDENS SHOE SHOP

Casseldens Shoes is a shoe retailer and repairer in Bookham. They are an old established family firm who stock many brands of footwear, including Kshoes; Van Dal; Lotus shoes and Loake etc.

Casseldens are at:
33 Church Road, Bookham

Tel: 01372 454022

130 South Street, Dorking

Tel: 01306 882340

MENCAP LEISURE SERVICE

This organisation run a social activity group, called The Cool Crew Club, for people with a mild to moderate learning disability aged 18 and over.

This term runs from Wednesday 21st January – 6pm to 9pm alternate weeks – until 1st April 2009.

They meet in the Ebbisham Centre, Epsom.

There is a £35 membership fee per term or £4.40 per session.

For more information and how to apply please contact Brian Day on 01737 230149 or 07795 110425

January interesting facts

1770 - 2nd January, a huge Christmas pie was baked for holiday consumption in London. According to the Newcastle Chronicle, it was made of "two bushels of flour, twenty pounds of butter, four geese, two turkeys, two rabbits, four wild ducks, two woodcocks, six snipes, four partridges, tongues, two curlews, seven blackbirds and six pigeons. It was nearly nine feet in circumference at the bottom and weighed about twelve stones.

1772 - The London Credit Exchange Company issued the first travellers cheques.

1756 - Mozart was born on the 27th in Austria.

1759 - Robert Burns was born on the 25th

1807 - On the evening of the 28th, London's Pall Mall became the first street in the world to be lit by gas lights

1809 - Louis Braille was born on 4th January. He was three years old when an accident caused him to lose his sight.

1856 - The Victoria Cross originated from the 29th. The medals were made from the metals of guns captured in the Crimea.

1863 - On the 10th January the London Underground began operating

1864 - Charing Cross Station, London, opened

1882 - A. A. Milne, English author of Winnie the Pooh stories was born on the 18th Jan.

1912 - Robert Scott and his party reached the South Pole.

1927 - The BBC began broadcasting its first programmes

1930 - The BBC in London made its first world broadcast

1931 - Traffic policemen were introduced in Great Britain in 1931

1954 - The first televised weather broadcast featuring a present on screen was transmitted from the BBC's Lime Grove Studios.

1986 - Motorists were required by law to wear seat belts.

February interesting facts

February, along with January, was introduced onto the Roman calendar by Numa Pompilius when this calendar was extended from ten to twelve. The word February comes from the word 'februa' - which means cleansing or purification, and reflects the rituals undertaken before Spring.

February Anniversaries

14th - St. Valentines Day

11th - 1578 - Sir Francis Drake became the first known Englishman to sail the pacific.

23rd 1632 - Birth of Samuel Pepys

23rd 1685 - Birth of George Frederick Handel.

8th 1750 - A minor earthquake shook Britain

5th 1788 - Birth date of Robert Peel. Formed first police force in London, hence nickname 'Bobbies'.

12th 1809 - Birth of Charles Darwin

7th 1812 - Charles Dickens was born in 1812

11th 1847 - Thomas Edison born.

The phonograph and the motion-picture projector were only a few of Thomas Edisons more than 1,000 inventions.

20th 1896 - The cinema came to Britain when a programme of films was shown for the first time to a paying audience.

6th 1952 Queen Elizabeth 11 came to the throne.

15th 1971 - Britain went decimal. All the banks were shut on the 11th & 12th to prepare for the change over. Three million pounds was spent converting the country's phone boxes to take the new two pence pieces. Every cash register in the country had to be changed.

2. Jelly Babies
3. Quaffy Street
4. Chocolate buttons
5. After Eight
6. Black Magic
7. Wine Gums
8. Palos
9. Pear drops
10. All Gold
11. Milk bottles
12. Edinburgh Rock
13. Aniseed balls
14. Mint imperials
15. Mars bar
16. Balleegies
17. Humbug
18. Coconut ice
19. Hundreds & thousands
20. Liquorice allsorts

Ex Carers Corner

Carers lunch meetings dates

22nd January

The Vestry Pub, Epsom

19th February

Wetherspoons Pub, Epsom

Unfortunately we are unable to spare a Carers Support Worker to facilitate Ex Carers meetings at present, but would like to invite Ex Carers to join Carers at their monthly lunch meeting.

We do hope ex carers will continue to meet regularly, either at carers lunches or by organising your own meetings, as we feel it can be helpful to meet others in a similar situation during the first year or two while making transition from carer to ex carer and hope to welcome you at our lunches during this time.

QUIZ ANSWERS

1. Smarties