

B-E-E CARING

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



JULY & AUGUST 2009



Welcome to our combined July & August Newsletter. In this issue we have printed the useful telephone numbers on a separate sheet, which you may like to keep on your noticeboard for future reference.

Please check the dates in the Carers Calendar carefully as we have made changes to venues, dates and times in an effort to make our meetings more accessible to more Carers. Also please remember we

always welcome your views and suggestions on our events and outings to help us tailor our service to our clients.

We hope you have a lovely summer and we are looking forward to seeing everyone who has booked on our trips to Polesden Lacey and RHS Gardens Wisley.

If you haven't booked a place and would like to join us please see inside (page two) for more information and telephone the office as soon as possible.

Carers Calendar July & August 2009

7th July BANSTEAD COFFEE

Open Door Café, All Saints Parish Church, High Street, Banstead.
12.30-2pm

16th July POLESDEN LACEY

11-2PM

Meet there & bring or buy lunch

30th July RHS WISLEY

11.30am - 4.30pm

Enjoy the gardens & bring or buy lunch

4th August EPSOM COFFEE

Chapters Café, Ebbisham Centre
11am - 12.30pm

1st Sept BANSTEAD COFFEE

Open Door Café All Saints Parish Church, High Street, Banstead.
12.30-2pm

10th Sept. CARERS LUNCH

The Vestry Pub, Church Street, Epsom
12noon - 2pm

29th Sept. EWELL AFTERNOON

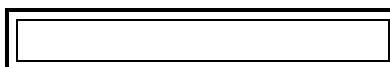
TEA 2pm - 3.30 pm

Bourne Hall Library Café

Coffee Breaks, Lunch meetings and outings are intended to give Carers an opportunity to get together for lively conversation, a chance to have a relaxing break, let off steam or pick up/share some useful tips.

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

UNABLE TO GET OUT TO A
COFFEE BREAK OR OUTING?





Are you a sole carer, with no one to chat with on caring issues? Do you have any caring concerns you would like to chat over with a Support Worker?

Or maybe you live alone with the person you care for and find it very difficult to get out and would enjoy a bit of company and a chat.

If any of the above the above apply to you, why not invite Heidi or Maria round for a cup of tea and a chat?

Heidi & Maria are very happy to make home visits so don't be shy just call

01372 722269

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

MENCAP

MAKING A WILL/SETTING UP A TRUST FOR YOUR FAMILY MEMBER WITH A LEARNING DISABILITY

Are you worried about how your family member will manage financially when you are not around to sort things out for them? Mencap have organised a FREE 2 hour seminar for parents and carers, with information and advice provided by a specialist local solicitor.

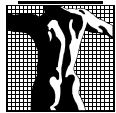
DATE: Monday 13th July 2009

TIME: 12.30pm - 2.30 pm

VENUE: The Link, Derby Road, Haslemere, Surrey GU27 1BP

TO BOOK YOUR PLACE: Phone Gina Collings on 0207 696 6925

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

JULY OUTINGS

POLESDEN LACEY

Thursday 16th July

11am - 2pm



Why not join us at Polesden Lacey for a stroll around the house and gardens?

Come along and either buy or bring your lunch, and enjoy a complimentary cup of tea or coffee and slice of cake with us.

If you are a National Trust member please bring your membership card with you.

We intend to meet at Polesden Lacey, but if you do not have a car we will arrange a taxi, leaving from and returning to Epsom.

If you have not already booked for this trip and would like to join us on this day please telephone the office as soon as possible.

RHS WISLEY

THURSDAY 30th JULY

11.30am - 4.30pm



With all the gardeners amongst our membership in mind, we have planned a trip out to RHS Gardens Wisley, Ripley, Surrey.

So why not come and join us on this outing and be inspired by their gardens and, possibly, pick up some plants in the Wisley shop.

We will be travelling by mini bus from Epsom, leaving at 11.30am and returning to Epsom at approximately 4.30pm.

We are hoping for good weather so bring a packed lunch if you would like to, alternatively buy your lunch in the café there.

If you would like to join us on this trip please telephone the office as soon as possible to check if there are any places still available.

There is no charge to carers for this trip.

We have been informed about concerns raised by several carers about unsolicited letters received from Provident Personal Credit.

Apparently this company has been writing to individuals offering immediate cash loans, but at an interest rate of **254.5%!!!**

If you have received or regularly receive similar mail or receive telephone calls from such organisations, and wish this to stop, we recommend that you register with the Mail and Telephone Preference scheme.

The telephone numbers are as follows:

Mail Preference 0845 703 4599

Tel. Preference 0845 070 0707

Heidi Dendy

BE AWARE & ALERT

We have recently heard of some disturbing incidents concerning people being approached in public places such as supermarket car parks, garage forecourts or at the road side by two or three people who ask what perfume/aftershave you use as they have brand name perfumes for sale at reduced prices.

They then offer samples for you to sniff – **DO NOT DO THIS** – it is not perfume but ether. If you sniff it you will pass out and your valuables will be stolen.

New Phonenumber for Mental Health Problems

A new telephone crisis helpline that people in Surrey with mental health problems can call in times of crisis or distress opened on 1st April.

This service is funded by NHS Surrey and is provided by Surrey and Borders Partnership NHS Foundation Trust. It is staffed by care professionals who are experienced in working with people with mental health issues.

The crisis helpline is available out of hours from 5pm to 9am, Monday to Friday, with 24 hour cover at weekends, including bank holidays.

0300 456 83 42

If the lines are busy, calls will be diverted to an answer phone which will enable the caller to leave their contact details for someone to call back within half an hour.

In normal office hours, the phone will be answered by a trained member of staff and the call will be directed to the appropriate community mental health team or service, who can provide support and undertake a crisis screening assessment.

Article reproduced from the Epsom Guardian newspaper

"TRADING STANDARDS CONCERN"

Now I Remember

This article has been reproduced from Able Community Care Newsletter, with thanks.



Now I remember is a company offering nostalgic CD's which will revive many memories for older people.

Now I Remember has titles such as: **Treasury of Memories** which is full of stories about families, funny incidents, working lives, the Forces, falling in love, all yarns from ordinary people.

Remember Sweet Childhood Days is a CD about childhood, endless summer sun, games such as daisy chains, taking your cod liver oil and malt and the sweet shop on pocket money days.

If any reader is a member of a club there are Memory Lane Quiz Time CD's and also a Let's Sing it Again that any person over 60 can join in with as it plays.

A Good Fun Garden Quiz is also available.

The CD's cost between £5.99 and £12.98 and can be purchased by visiting www.memoriesgalore.co.uk Or telephone 01733 840111

HOME START

Support and friendship for families

Home-Start is a national charity with hundreds of schemes in local communities.

Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non judgemental practical and emotional support.

You could benefit from Home-Starts help if:

- You are feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.
- You are finding it hard to cope if your child is ill or because you are ill.
- You have been hit hard by the death of a loved one.
- You are struggling with the emotional and physical demands of having a baby, young children, twins or triplets.
- You need help with practical things like budgeting or healthy eating.

- You'd like to find out about local further education courses but don't know where to start.

What happens next?

After asking for Home-Starts support you will meet with one of their local organisers who will carefully match you with one of their volunteers.

Your volunteer will visit you at home for a couple of hours a week.

You choose to have a Home-Start volunteer and you decide when Home-Start support should stop.

You can also join in their family groups or social activities if you want to.

Contact your local Home-Start for an informal chat:

Home-Start, Epsom, Ewell & Banstead

128 Great Tattenhams,
Epsom Downs, Surrey KT18 5SE
Tel: 01737 379902

Website: www.home-start.org.uk

Call their free information line:

0800 068 63 68

Heidi Dendy

CARERS UK

The results of two new surveys were announced for Carers Week 2009.

The results show that carers feel they go unrecognised or ignored by different groups in society, and this has a significant negative impact on their lives.

The general public are also unaware how many carers there are in the UK although they do recognise the valuable contribution that carers make.

A survey conducted by YouGov questioned over 2000 people about their beliefs and attitudes towards carers.

When asked to estimate the number of carers in the UK 8 out of 10 were unable to pick the correct figure of 6million, with almost three-quarters (71%) underestimating by over 4.5 million.

There was some good news, however, as the survey also revealed that the public ranked carers alongside the emergency services in terms of their contribution to society. Six out of seven people (86%) believe that carers make a valuable contribution, behind only nurses (91%) and firefighters (90%).

The overwhelming majority also agree that carers' benefits are far too low, with over three-quarters (76%) stating that the level of Carers' Allowance is unreasonable.

Meanwhile, the Carers Week survey revealed the shocking number of carers who have been pushed to extreme levels of stress and depression as a result of caring.

Almost three-quarters (74%) of carers told us that they feel that they have reached breaking point.

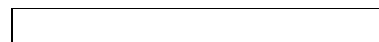
Over a third (41%) of carers stated that 'frustration with bureaucracy' pushed them to breaking point, often the complex and lengthy procedures for welfare benefits, healthcare and social services. Other factors include a deterioration in the health of the person being cared for, lack of sleep and financial worries.

For most carers 'practical support' would, or did, make the difference when they were at breaking point, with 'just having someone to talk to' a close second. Nearly a third (32%) say that more money would make a difference - hardly surprising given that Carers Allowance is the lowest benefit of its kind at just £53.10 per week.

A massive 8 out of 10 carers feel that their role is overlooked or ignored by professionals, who include GPs, social workers and hospital staff. Three-quarters of all carers also feel that their role is unrecognised by family members and friends.

Almost two-thirds (63%) of carers say that their lives are made 'much more difficult' as a result of being overlooked or ignored. More than half (54%) say that being overlooked has affected their health and a slightly higher number (55%) say that it has left them worse off financially.

The ten charities who organise Carers Week are calling on the Government to do more to support carers, along with other organisations such as the NHS, which can do so much to improve carers' lives.



AGE CONCERN

GENTLEMEN - ARE YOU FED UP WITH YOUR OWN COMPANY?

Would you like to meet some other men in similar circumstances and try out some new activities?

Make new friends?

Age Concerns new Men's Club is specially for older men who live on their own.

They meet once a month at the Longmead Social Centre and take part in all sorts of difference activities including cookery demonstrations.

Cost (which also entitles members to use the facilities at the Longmead) is only £10 a year.

Contact Michael Godliman on 020 8393 4327 or the Age Concern office on 01372 732456 for more details.
Transport can be arranged

SUPERMARKET SHOPPING



Do you or someone you care for have difficulty getting to the Supermarket?

Read on

We are all aware that we can order our groceries from most of the big supermarkets online, but we have recently learnt that Sainsbury's offer the same service, but you can order by telephone.

You can telephone them with your shopping list and they will go through it in detail and deliver your shopping to your home at a pre-arranged and convenient time to yourself.

If they are one minute over the pre-arranged time slot then you are refunded £10 from the price of your shopping. Depending on whether your delivery is at the weekend or midweek the delivery cost varies from £3.50 to £6.00.

The Freephone telephone number to call is **0800 328 1700**. You will need to register, and at this stage you can elect to have communications sent to you in an accessible format.

After you have completed five orders with them, they will send you a list of your most frequently purchased items for you to check.

This then speeds up your subsequent orders as you can then just quote reference numbers listed alongside the products.

This service or online ordering could also be useful if you care for an elderly or disabled person who lives alone and some distance from you who find it difficult to get out to the supermarket.

Rather than finding a paid care worker to do the shopping for them have you considered doing their grocery order online or by telephone from your home and having it delivered to the person you care for at their home at a time convenient to them.

CHECK YOUR TAX

Article reproduced from Sutton Carers newsletter, The Benhill Bugle, with thanks.

Check your tax code

If you pay income tax, check whether HM Revenue & Customs has given you the correct tax code. Your tax code determines how much tax you pay and it can be wrong, so it's worth checking.

Your tax code should be on your payslip or any recent tax notice and you can find out how to check for errors at website Direct.gov.uk or by contacting your local tax office.

Check your Age-Related Personal Allowance

In the 2009/10 tax year, people under 65 can earn up to £6,475 a year rising to £9,490 between the ages of 65 and 74, and £9,640 from age 75. Many older people may think HM Revenue and Customs automatically adjusts their personal allowance at the ages of 65 and 75 but it doesn't always do this. So check your personal allowance and claim back any money you may have overpaid.

Don't Pay Savings Tax you Don't Owe

If you are a non-taxpayer, make sure you reclaim the 20% savings tax that is automatically deducted from any interest. Complete form R85 to receive interest free of tax and reclaim any overpayments with form R40.

Tax Credits

Every year billions worth of pension credit, child tax credit and working tax credit go unclaimed. You don't have to be on the breadline to claim.

Many families with children are eligible, as are many childless families on low incomes, and older people also fail to claim pension credit. If you already receive any of the above tax credits and your income has dropped during the past year, or you have lost your job you may be entitled to an increase in payments.

The Tax Credit Helpline can be contacted on 0845 300 3900.

Pensions Tax Relief

If you top up your personal or company pension, you can claim 20% or 40% on your contributions depending on your tax bracket. Even non tax payers can claim 20% relief on pension contributions.

Have you Claimed Your Child Trust Fund Cash

If a child or grandchild in your family was born after 1st September 2002 they should be eligible for the Child Trust Fund which allows family and friends to save up to £1,200 a year tax free on their behalf until they turn 18. The Government sets the ball rolling with a free £250 voucher (£500 for low income families) and a similar booster at age 7. Some families still fail to claim their Child Trust Fund.

Disabled Travel Advice



www.disabledtraveladvice.co.uk is a website which contains over 50 articles written by their experts who continually update and add new content.

Articles featured recently have been:

- Bus Travel for Deaf or Hearing Impaired
- The Motability Car Scheme Explained
- All about Shopmobility
- Air Travel when Deaf or Hearing Impaired
- Air Travel when Blind or Visually Impaired
- Bus Travel and Wheelchair Users
- Bus Travel and the Blind or Visually Impaired
- Air Travel for Wheel Chair Users
- Safari Holidays for Disabled People

Feel Good Feet By Lorraine Mace



Feet have a lot to put up with. You stand on them, walk or run on them, sometimes force them into uncomfortable shoes and generally take them for granted.

You might think pampering your feet is a waste of money and effort, but you'd be wrong. Cared for feet can improve not only your outlook on life, but also your general health as well.

Reflexology claims to alleviate the body's ills through foot massage. You might not want to visit a reflexologist, but even a pedicure could improve your sense of well-being.

If you can't afford professional foot treatment you can pamper your feet at home by following these easy steps once a week.

You will need:

- A low chair - or a normal height chair and a sturdy footstool
- A bowl large enough for your feet to fit in comfortably - partly filled with warm water.
- Foot scrub
- Toenail clippers
- Toenail file
- Pumice stone
- Moisturiser
- Two towels

Step by step

- Put a towel on the floor (or stool) and place a bowl of water on it.
- Soak feet for about 15 minutes and then dry on second towel.
- Clip toenails - going straight across to prevent ingrown toenails.
- Use nail file to remove rough edges
- Remove hard skin with the foot scrub - using the pumice stone if needed.
- Rinse feet in warm water.
- Dry feet thoroughly, paying particular attention to between the toes.
- Apply some moisturiser
- Massage feet as detailed below.

Massage

A ten minute foot massage will help to relieve stress and also improve circulation.

There are two important actions to use when massaging your feet and these are stroking and pivoting.

Stroking stimulates the blood vessels.

Take your foot firmly in your hands and massage the top surface with your thumbs.

Move them in a slow, firm stroking motion, starting at the toes and travelling to the ankle. When you reach the ankle, follow the same line back to the toes using similar movements. Apply lighter pressure the nearer you are to the toes and slightly firmer pressure near the ankle. Repeat five times and then use the same technique to the sole of the foot.

Pivoting is extremely relaxing and is especially soothing when applied to the ball of the foot. Gently hold your foot with one hand and use the other to massage the sole of the foot with your thumb only.

Start by massaging directly below the big toe before slowly moving on to the other toes. Press gently with your thumb and then roll it back and forth. When you have massaged below the toes, move on to the ball of the foot and apply a little more pressure with somewhat firmer movements.

Servite Houses

Assisted Living Homes to Rent

Servite Houses provide sheltered housing for older people aged 60 years and above to help them live independently for as long as possible. They also have active elderly properties available for older people aged 50 years and above. Each home is self contained but there are shared facilities and activities available for those who wish to use them. There is a manager on site to offer support and an alarm system in each flat to call for help when needed.

Each applicant receives security of Tenure, no deposit is required and Housing Benefit is accepted.

Servite are currently taking Direct Applications from people who are looking for accommodation and they have a number of vacant properties throughout London and beyond.

Servite operate in the following Boroughs:

London

Barnet, Bromley, Epsom & Ewell, Greenwich, Hammersmith and Fulham, Haringey, Kensington & Chelsea, Wandsworth, Westminster.

Outside London

Ipswich, Maidenhead, Mole Valley, West Sussex and Woking.

For more information or to request an Application Form please contact:

Kate Haggis, Lettings Officer

Phone: 020 8333 6000

Email:

kate.haggis@servitehouses.org.uk

GAS SAFE REGISTER

Replacement for the CORGI Registration Scheme

CORGI has maintained a register of approved gas fitters for the last 17 years and all gas fitting work, domestic or commercial, must be carried out by such fitters.

From 1st April 2009, a new registration scheme, called the **GAS SAFE REGISTER**, replaced CORGI registration.

Under this scheme, anyone carrying out repairs or maintenance to gas appliances must be registered. Employers and landlords must ensure an employee who carries out work to a gas fitting or service pipe-work has been approved by the Health and Safety Executive. Self employed fitters must also have been approved to carry out such works. Under the Gas Regulations, employers and the self employed must ensure that any gas appliance, installation, pipe-work or flue installed at any place of work under their control is maintained in a safe condition. Landlords of domestic property must protect tenants from unsafe gas appliances. A landlord with a long term contract to carry out inspections and maintenance must ensure that the contractor is registered under the new scheme.

Note that registration under the scheme does not mean that a fitter is trained to carry out every kind of gas repair or maintenance.

If you need to employ a gas fitter or repairer, please check on the back of their Gas Safe Register identity card for the works they are trained to carry out.

Do not employ them if the card does not show the kind of work you wish done.

Disabled Accessible Holidays

This is a firm which can give information and take bookings for disabled access holidays around the world.

The company can arrange accessible holiday flights, accommodation, travel insurance and wheelchair adapted taxi transfers.

Their website is at:

www.dah-europe.com

They have a manned telephone line, available 24 hours a day, seven days a week at the following numbers

9am-5pm - 0845 2570113

5pm-9am - 07798 917405

Good Gift Idea

Many elderly and disabled people cannot just pop out to the shops when they remember that it is someone's birthday.

The ability to send a card or wrap a present is often dependent on being able to go and get the card, the gift tag, the stamps and wrapping paper at the time.

Make an elderly or disabled person's situation a little easier by giving a gift on their birthday that will be welcomed.

Put a selection of cards, stamps, sheets of wrapping paper and matching gift cards in a pretty gift bag (that can be re-used) and you will be giving a present that will really be appreciated.

Using Taxis with an Assistance Dog



Drivers of both taxis and mini cabs have a duty to carry assistance dogs free of charge in their vehicles. A booking cannot be legally refused because of being accompanied by an assistance dog.

If you have any problems you should contact your local taxi licensing authority.

However, if a driver is allergic to dogs, as for example someone with asthma may be, the driver will have been issued with an exemption certificate and will have been issued with a notice which they must clearly display.

The Children's Safety Education Foundation

This is a registered charity which wants to keep children safe. It publishes many books which are used as teaching aids in

schools but can also be purchased by individuals.

A recent publication titled "Play Safe, Stay Safe, Keep Safe" is about preventing accidents in younger children.

Subjects covered in the book include:

Safety at home Road safety

Electricity safety First aid

Gas safety Water safety

Making a 999 call

The book is illustrated in a cartoon format and has questions and answers to work through with children.

The book costs £9.99 and can be bought online from their website at:

www.csef.net

or by contacting them at:

Hilton House, Lord Street
Stockport, SK1 3NA

Tel: 0161 477 5122

Artificial Limbs

The earliest reference in history to an artificial limb was in the time of approx. 500 BC.

A prisoner escaped from his chains by cutting off his foot which he later replaced with a wooden substitute.

A copper and wood leg has been unearthed which dates back to approx. 300 BC. This was found in Italy in 1858.

A French surgeon, Ambroise Parc, who lived from 1510 to 1590, introduced amputation as a life saving measure and developed his own artificial limbs as a result.

Ambroise was also a pioneer in that he began making artificial eyes from enamelled gold, silver, porcelain and glass.

In 1946 major advances were made as large numbers of soldiers returning from WW11 required artificial limbs. In 1946 at the University of California a suction sock for above the knee prosthesis was invented.

In 1960 Russian experts created a functioning, moveable fake hand and soon after American expertise pioneered an entire working arm.

Improvements have continued to take place with the result that artificial limbs are now more comfortable, flexible and appropriate for current living activities.

Research is also ongoing to manufacture artificial limbs for pets and animals that may have lost limbs through disease or injury.

Duck's Eggs & Hen's Eggs, the Difference?

It is only recently that duck's eggs have become common in supermarkets and Farmers markets, but how do they differ from hen's eggs?

Ducks eggs are richer in that they have about 10% more fat and about 20% more calories than a hen's egg.

Unlike hen's eggs, duck's eggs are not regulated, so there are no rules or guidelines on quality.

Duck's eggs have larger yolks and give amazing results in baking (i.e. sponge cakes).

Duck's eggs have more calcium and iron and a higher level of vitamins than hen's eggs.

Duck's eggs contain approx 50% more cholesterol than hens eggs.

Duck's eggs boiled or scrambled have a richer taste.

Both eggs are good for us and are rich in nutrients and minerals. If you have not tried a duck's egg, give them a try, but it will all come down to personal choice of taste in the end!

The above articles were reproduced from Able Community Care Newsletter - with thanks.

RNIB

The RNIB has an on line shop which has numerous useful items for sale including a compact magnifying mirror, a wide range of books and magazines and a range of Talking Watches. These watches are available in a selection of designs and are suitable for people of all ages.

The watches range in price from £6.84 to £39.10

For more information visit their online shop on:

www.onlineshop.rnib.org.uk

or telephone them on 0845 702 3153

Surrey Welfare Rights Unit

More control for disabled people

A national consultation that could dramatically change the way every disabled person lives their life was

launched in June by the Secretary of State for Work & Pensions.

Right to Control is a shake up of the way disabled people can use the funding they receive from the state. The policy forms part of the Government's radical welfare reforms and will for the first time enshrine in legislation the principle that disabled people are the experts in their own lives and have the right to choice and control over their support.

Under the new scheme, disabled people will be able to choose who delivers their services and how they receive them. They can have as much or as little control as they wish and they could choose to spend the money on a wide range of support to help them to live their lives with greater independence and freedom.

For example, public bodies may currently only be able to offer a limited choice of services, such as access to a day centre and a specific employment programme. In the future, a disabled person could decide to employ someone directly to help them with work, home and leisure activities. They could decide to keep things the way they are, or have a mixture of both.

Disabled people and their organisations are being asked to help shape this initiative - by taking part in the consultation they can influence how the Right to Control works.

The Right to Control is a major part of the Government's goal to achieve equality for disabled people by 2025.

The scheme will be tested in a limited number of trailblazer areas, before a decision is made on whether to implement the policy nationally. Pilots in a small number of public authorities will run in England from 2010 for an initial period of 2-3 years.

Individuals and organisations can take part in the consultation by visiting:

www.odi.gov.uk/right-to-control

or by calling

020 7449 5093

**Surrey NHS
Primary Care Trust**



MEDICINES AND FALLS

Some Key Facts

- There are a number of medicines that may increase your risk of having a fall.
- These include medicines that lower your blood pressure and those that may make you drowsy.
- Some medicines that you can buy at the Pharmacy can increase your risk of having a fall – these include antihistamines (which may make you drowsy). These are commonly found in hay fever and cold & flu remedies.
- If you take a combination of four or more different medicines every day they you are at a greater risk of suffering from side-effects.

Medicines that may cause problems

Medicines that lower your blood pressure: Many medicines that are used for treating high blood pressure and heart disease cause 'postural hypotension' (literally low blood pressure when you stand up!) This sometimes means that you will feel dizzy when you first get out of bed in the morning or if you get up from a chair.

These include:

- Beta-blockers, Diuretics ('water tablets') and other medicines for treating high blood pressure.
- Glyceryl Trinitrate (GTN) and other medicines for treating Angina and heart disease.

Medicines that cause drowsiness, dizziness or light-headedness:

Many medicines can make you drowsy. You may not realise how much they are affecting you until you have an accident. It is, therefore, important to take care if you are taking any of these medicines.

Sleeping tablets are generally long-acting and you may feel drowsy for several hours during the following morning.

These include:

- Sleeping tablets and tranquilizers
- Antidepressants
- Antihistamines
- Some medicines used for treating Parkinson's Disease

Government Policy

The National Standards Framework for Older People recommends that:

"All people over 75 should normally have their medicines reviewed at least once a year and those taking four or more medicines should have a review every 6 months".

Reducing the Risk

- If you normally get your medicines on repeat prescription and haven't seen your GP for over a year then it might be worth making an appointment for a medication review.
- A medication review with your GP will allow him/her to make sure that you are getting on with your medicines. If you have been feeling very drowsy, or experiencing dizziness, while on your medicines, your GP may be able to lower the dose or recommend an alternative.
- If you are not sure whether your medicine might be increasing your risk of a fall then talk it over with your pharmacist next time you get your prescription dispensed.
- If you are taking medicine that might cause 'postural hypotension' then try to avoid sudden movements. Take your time getting out of bed in the morning and, if you've been sitting down for a while, make sure that you get up slowly. If you feel dizzy then sit down again until you feel better.
- Medicines that make you drowsy will carry a warning label – "Warning: May cause drowsiness". If any of your medicines carry this warning then you should not drink alcohol. Alcohol will increase the drowsiness caused by the medicine and greatly increase your risk of a fall.
- Remember – your pharmacist and GP are there to advise you. Don't be afraid to contact them if you have any questions or worries about your medicines.

EGGS



Bird's eggs have been eaten for thousands of years, with different varieties including duck, goose, guinea fowl, gull or even ostrich. However, the most popular in the UK is the chicken's egg, with us consuming a massive 29 million each day.

Facts

The shell of an egg is perfectly edible, and very rich in calcium. Mind you, given where it comes from, you might want to get your calcium elsewhere.

Legend has it . . .

In 1911, American Joseph L Coyle found himself involved in a dispute between a farmer and the owner of an hotel, regarding a regular order of eggs often arriving with the majority broken.

Coyle set to and designed the very first egg box, made from paper.

Why you should eat them

Eggs are nature's own vitamin tablets, containing protein, choline, iron, vitamins A, D, B6, B12 and E, folic acid, calcium and potassium – as well as all the essential amino acids.

Why you shouldn't

Up until recently there has been an ongoing debate about the levels of cholesterol in eggs. However, in February, a paper published by the British Nutrition Foundation ruled out any evidence linking the consumption of eggs with such health problems.

However, due to the risk of salmonella poisoning, care should be taken when cooking with eggs.

RECIPE

CHEESE AND ONION QUICHE

This is effectively a soufflé in a pastry case.

For maximum effect serve straight from the oven, but 5 minutes cooling will make it easier to eat although it will sink a little.

As it needs a relatively short time in the oven, it makes a nice summer meal served with a mixed salad and baby potatoes.

Serves 4

Oven at 180 degrees C or slightly lower for a fan oven.

Ingredients:

Large shortcrust pastry case

3 large eggs

Small finely chopped onion

150ml single cream

100g-150g strong cheddar cheese, grated

Olive Oil

Salt & Pepper to taste.

1. Fry the onion in the olive oil until soft and slightly browned
2. Break the eggs into a jug, pour in the cream and add salt & pepper. Beat well for a minute until the mixture is smooth.
3. Put a layer of half the cheese and all the fried onion into the pastry case.
4. Gently pour the egg mixture into the case, then sprinkle the remainder of the cheese on top.
5. Put into the oven straight away and cook for 20-25 minutes or until golden brown on top.

The above two articles were reproduced from the West Ewell Connection magazine – with thanks.

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.

DISAWAY



Disaway is a charity that organise group package holidays, both in the UK and abroad. There is a reduction for a Carer accompanying a disabled person. A state registered nurse is available on the trips.

Holidays are organised in groups of 30-50 people, so there is an opportunity to meet lots of new friends.

For more details call:

0208 878 2054

STUDY OF STROKE SERVICES BY NATIONAL AUDIT OFFICE

The National Audit Office (NAO) is asking people with stroke (and their carers) about their experience of services for people with stroke.

This study is part of NAO fieldwork into the provision of services for people with stroke. The findings will be reported to Parliament in 2009 and it is hoped will identify ways in which stroke services could be improved.

The study represents a unique opportunity for people with stroke and their carers, to identify issues in stroke services that people with stroke believe should be brought by the NAO to the attention of Parliament.

The results of this study will be published on the NAO website later this year.

The survey is being conducted online on a specialist survey website, allowing everyone who takes part to remain ANONYMOUS.

The deadline for taking part in this NAO survey is Friday 28th August 2009.

To enter the NAO's stroke survey please go to:

www.surveymonkey.com/s.aspx?sm=CP6NeFmdFOEjBDnRbRwVJQ_3d3d



Support Meetings

Former Carers are welcome to join Carers at their monthly lunch meeting.

Outings/events

We welcome former carers to join these trips, but priority for places will be given to carers.

On some trips we may have to ask former carers for a contribution to the cost of the outing.

July

Gemstone - Ruby
Flower - Larkspur

Henley Royal Regatta takes place during the first week of July on a stretch of the River Thames at Henley-on-Thames in Oxfordshire. The Regatta began in 1839 with a single afternoon of rowing races and now lasts for five days.

Swan Upping

The census of swans takes place annually during July on the River Thames in a ceremony known as Swan Upping. Swans are counted and marked on a 70 mile, five day journey up the River Thames.

St Swithin's Day is July 15th, a day on which people watch the weather, as tradition says that whatever the weather is like on St Swithin's Day. It will continue for the next forty days.

St Swithin's Day, if thou dost rain,
For forty days it will remain

St Swithin's Day, if thou be fair,
For forty days 'twill rain nae mair'

July Anniversaries

1st July 1937, - 999 service introduced.
1st July 1837 Registration of births, marriages and

deaths began in Britain.

1st July 1997 British Rule in Hong Kong ended after 99 years

2nd July 1928 Equal voting rights granted to women in Britain.

3rd July 1938 The 'Mallard' broke the speed record for steam engines, 126 mph.

13th July 1985 Live Aid concert, organised by Bob Geldof, to raise money to help starving people in Africa.

July & August Anniversaries

21st July 1837 Euston Railway Station, the first in London, opened.

21st July 1969 Neil Armstrong was first man on the moon in Apollo 11.

28th July 1586 The first potatoes arrived from Columbia.

28th July 1901 First fingerprints used for identification.

August

Gemstone Agate
Flower Gladiolus

1st August 1774 Joseph Priestley in Wiltshire, England, discovered oxygen

2nd August 1875 UK's first roller skating rink opened.

3rd August 1492 Columbus set sail on his first voyage which was to the Canary Islands

4th August 1914 The First World War began. (It ended on 11th November 1918).

6th August 1762 The Earl of Sandwich asked for meat to be served between slices of

bread to avoid interrupting a gambling game. So the sandwich was born and named after the Earl.

6th August 1962 Jamaica gained independence, after being a British Colony for over 300 years.

8th August 1963 The Great Train Robbery.

12th August 1908 The Model T Ford, known as the Tin Lizzie and the first mass-produced car, went on sale.

12th August 1960 The first communications Satellite, Echo 1 was launched from Cape Canaveral in Florida.

12th August "The Glorious 12th". The start of the Grouse season in Britain.

13th August 1941 Josef Jakob, a German spy during World War II was the last person to be executed at the Tower of London.

13th August 1964 Britain carried out its last executions before the abolition of capital punishment - Peter Allen was hanged at Walton Prison, Liverpool, and John Walby at Strangeways Prison, Manchester - both convicted murderers.

14th August 1945 World War II ended.

15th August 1872 The first regular police detective force in Britain was formed.

18th August 1941 National Fire Service established in Britain.

21st August 1911 The Mona Lisa by Leonardo

de Vinci, was stolen from the Louvre Gallery and was not recovered until 1913.

24th August 79AD Mount Vesuvius erupted near Pompeii in Italy. More than 2,000 people were buried under seven feet of molten lava, ash and pumice.

26th August 1936 The first high definition T.V. pictures were transmitted by the BBC.

27th August 55BC Official date for the Roman landing by 10,000 men of the 7th and 10th Roman Legions.

27th August 1966 Sir Francis Chichester left Plymouth on the Gypsy Moth IV, on the first successful attempt to sail single handed around the world.

28th August 1963 Martin Luther King (1929-1968) American civil rights campaigner, made his famous "I have a dream" speech.