

B-E-E CARING

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



JUNE 2008



Welcome to our June Newsletter.

This month is promising to be an exciting, if busy, month, with our 20th Anniversary Lunch and Carers Week. Not to mention our Coffee Breaks and Relaxation Session!

The Carers Week theme this year is 'Carers can't afford to be ill'.

We will have a stand in the Ebbisham Centre, on the Concourse outside the library during Carers Week, and we hope the publicity will help non carers understand another aspect of the pressure carers work under.

We are looking forward to meeting lots of you at our Anniversary Lunch, and hearing about the early days from the founder members.

We are sure this will be a very enjoyable event, with lovely food and an excellent live jazz trio.

CARERS CALENDAR

3rd June Banstead Coffee
10th June Epsom Coffee
11th June ANNIVERSARY LUNCH
25th June Relaxation session
1st July Banstead Coffee
3rd July Carers Lunch
8th July Epsom Coffee
17th July Ex Carers Lunch
30th July Evening Meeting

BANSTEAD COFFEE BREAK

The Squirrels, The Horseshoe, Banstead.
1st Tuesday of each month 2-4pm

EPSOM COFFEE BREAK

Ebbisham Centre, Epsom.
Meeting room varies, check screen at reception
2nd Tuesday each month 11am - 1pm

MEET FOR LUNCH

At The White Horse Pub, Dorking Road, Epsom (next door to Epsom Hospital) at 12 noon.

RELAXATION SESSION

Meet in the Spa Lounge, Ebbisham Centre, Epsom. 11.00 -12.30

EVENING MEETING

The Haywain Pub, Dorking Road, Epsom. 8pm - 10pm
Meet in the bar for lively chat and a glass of something.

Our meetings are for all carers. Please feel free to join us on any date you wish and be sure of a very warm welcome.

Relaxation Sessions

The next Relaxation session will be held on

Wednesday 25th June

In the Spa Lounge, Ebbisham Centre, Epsom.

Join us for coffee and a relaxation session.

If you would like to attend this session please call us in the office on 01372 722269 to book your place.

SUPPORT MEETINGS

If you would like to join us at any of our meetings but have difficulty getting to them please contact us as we may be able to arrange transport for you.

CARERS LUNCHTIME MEETINGS

Our next meeting will be on
Thursday
3rd July

at The White Horse Pub, Dorking Road, Epsom. Next door to Epsom Hospital.

EVENING MEETING

Meet Jean & Maria in the Haywain Pub, Dorking Road Epsom on

Wednesday
30th July

For lively conversation with other carers.

CAFÉ WEDNESDAY

We are sorry that we have had to discontinue our coffee meetings at this venue for the time being due to low attendance numbers.

We will be happy to re-start these meetings if requested.

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 Jean 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, Jean & Maria are waiting to hear from you.

Carers of Epsom
20th Anniversary
1988 - 2008
Celebration Lunch

Wednesday 11th June
12 noon
At
Ewell Court House

We will be celebrating our 20th Anniversary this month during Carers Week

There will be a buffet lunch, live music and a celebration cake.

We are looking forward to meeting everyone who has booked to join us.

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.

CARERS WEEK 9th to 15th June

Theme for the week
'Carers can't afford to be ill'

We can all identify with this theme. But we are all human and do get ill sometimes so how do we cope?

Have you thought about putting in place an emergency back up system?

If you are relying on family and friends to help out in an emergency make sure you discuss with them in advance what's involved in caring.

Let them have details about the person you care for. Being prepared will mean they are more confident about helping out and you will have peace of mind knowing they can cope.

Include details such as:

- ❖ Medication
- ❖ Contact number for emergency social work duty team & GP.
- ❖ The person's disability, illness or condition
- ❖ The person's likes and dislikes
- ❖ Any other people involved in their care e.g. day centres, care agencies etc.

Make a list of useful phone numbers. Keep copies by the phone and in your purse/wallet. If you use a mobile make sure the numbers are programmed into your phone.

Include:

- ❖ Local social services emergency duty team. 01483 517898
- ❖ Out of hours GP service
- ❖ Numbers for day centres and or other services attended by the person you care for.
- ❖ Relative, friend or neighbour who knows about the person you care for.

What do you do if you have no one nearby who can step in? Contact your Care Manager and discuss what emergency cover could be available.

Last, but not least, don't forget how important it is to look after yourself and to take regular breaks if at all possible.

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.

COACH TRIPS



If you can't get away for a holiday, why not try a coach day excursion?

Our local coach company, Epsom Coaches, run a lot of one day trips both in England and Europe. As this is a local company the pick up points are all at convenient places.

For more information call Epsom Coaches on 01372 731705 or go to www.epsomcoaches.com

TOURISM FOR ALL

The organisation previously known as Holiday Care has changed its name to **Tourism for All UK**.

This organisation provides information for people with disabilities and older people in relation to accessible accommodation and other tourism services.

For more information contact them at:

Tourism for all UK

c/o Vitalise

Shap Road Industrial Estate

Shap Road

Kendal LA9 6NZ

Phone: 0845 124 9971

Fax: 01539 735567

Email: info@tourismforall.org.uk

Web: www.tourismforall.org.uk

BOND FULLY ACCESSIBLE HOLIDAYS

BOND HOTEL BLACKPOOL

A specialist hotel for Carers and service users with live cabaret show every night plus bingo raffles and dancing.

3, 4 & 7 Night dinner, bed & breakfast packages available.

BOND FULLY ACCESSIBLE HOLIDAY HOMES

Specialist holiday homes for people with disabilities on Blackpool's holiday village.

This venue is for families with children & carers and service users

There is daytime and evening entertainment, on site swimming pool, restaurant and supermarket.

Accessible coach trips are available to Blackpool Zoo, Sealife Centre, Blackpool Tower and Louis Tassuards Wax works
Equipment is available

For more information go to their website: www.bondhotel.co.uk

INFORMATION ON HOLIDAYS

We hold information in the office on various holiday companies, hotels and venues which specialise in holidays for disabled people, their families and friends.

Please call us if you would like some information on holidays.

PAMPER DAY

Thank you to everyone who attended our Pamper Day at Ewell Court last month.

It was a very successful day and our lunch was eagerly consumed!

We held a Bring & Buy sale which raised £46.18, which will be used for our Coffee Break meetings.

We also had a very kind donation of £25 from one of our Carers.

It was a busy day for us, but very worthwhile, and I would like to give a special thank you to Margaret, in the office, who organised the therapy slots/allocation for the day.

Maria Jordan
Snr Support Worker

WORK ACTION



Work Action is the organisation who do a great job distributing our newsletter each month.

Following is a brief history by Work Action.

A Brief History

Work Action was funded in May 1995 as an alternative to the traditional day service for people with a learning disability. Work Action is part of community integrated care, a charity supporting over 2,000 people in 200 locations from Aberdeen to Portsmouth.

Work Action was originally situated in the grounds of the manor, working from the social club as a temporary measure. At this time there were 14 people using the service.

In July 1995 Work Action moved to further temporary accommodation, the Cub Scout Hut, The Warren, Ashtead.

During this time much work was put into planning the proposed new site in the centre of Epsom. Good links were made with the local community. The team were welcomed into a nearby Residential home, attending coffee mornings and craft sales. During this time training was given on site in clearance, domestic work and basic education.

In January 1996, Work Action moved to its permanent site in Depot Road, Epsom. This is where the fun really began

Domestic service to 6 houses, office and hall cleaning, site clearance, car valeting, music and movement sessions in a home for the elderly and not forgetting 22 gardens on our books !!!!!

We entered the Surrey Business Awards, organised by Surrey Training and Enterprise Council. We reached the finals in the Business in the Community category. Some of the team attended the Gala Evening and found ourselves on the stage receiving joint first. The trophy still has pride of place in our reception area.

Thirteen years on, we now support 22 of the best envelope stuffers in the Surrey area.

We work for numerous departments in the Council handling their bulk mailings and many business' and charities. Light assembly work is also a speciality of the team.

The Work Action team comprises three dedicated members of staff who have seen many changes over the years, both with the people we support and the service we provide.

The team are always happy to quote for any mailing or light assembly work.

**Contact Work Action on
01372 720410**

CARERS CHRISTIAN FELLOWSHIP

The following is a letter from this fellowship.

Do you care for someone who is ill, elderly or disabled? Then we are here for you. The Carers Christian Fellowship aims to offer a link and support for Christians who are caring in some way for a relative, friend or neighbour.

Whatever their situation, carers have much in common and many find it a release to be able to share their feelings and emotions with those who understand.

We can support each other in prayer and share the reality of our Christian experience in the middle of the stress of caring. We seek to come along side all those whose lives have been touched by the experience of caring for those close to them.

We do this in several ways:

- Through our quarterly newsletter. Each one is themed around a caring issue

and contains information for carers, articles written by carers within the Fellowship, as well as poems, letters, reflections and prayers.

- Contact with other carers, providing prayer and fellowship through local groups, fellowship and quiet days, weekend retreats and our latest venture Pen Pals Plus (linking carers together using our special newsletter feature). Individual carers can also be linked up with other carers, for personal support, where requested.
- Personal support and prayer. The fellowship is run by volunteers, all carers themselves and are happy to give you support when you need it by telephone, letter or email. We also have an email prayer chain so prayer needs can be addressed immediately.

If you would like more information on the Fellowship, including a complimentary newsletter, or would like details of how to join, please contact Mrs Sue Jones (Co-ordinator), Telephone 01793 887068 or email sjones.ccf@ntlworld.com

Nail Varnish

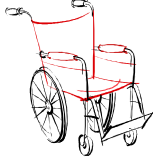


Humans have painted their finger nails since around 3000BC when in China they used gum Arabic, egg whites, gelatine and beeswax to make the varnish. It was mainly gold and silver in colour but in the first century AD black and red became popular.

In Egypt the colour of the varnish represented social class.

Modern nail varnish comes in scores of colours and is actually a variation of car paint.

Equipment and Aids



Having a disability or being older often means that you are usually on the lookout for aids and equipment which will make life a little easier. However, it is very tempting to come across such an item in a shop and decide to buy it there and then without knowing if there is a similar product on the market, which just because it is a little different, may be a better purchase for you.

Assist UK leads a national network of over 50 Disabled Living Centres which can give carers, older people and people with a disability impartial advice and the opportunity to try out the equipment before buying. You can find where your nearest centre is by calling 0870 770 2866.

Useful Tips

Wasp stings treat a wasp sting by rubbing with a slice of onion. This will reduce the swelling and pain and speed up the recovery time. There are enzymes in fresh-cut onion that help break down the compounds in a sting that cause inflammation.

Baking Soda Baking soda can be used to ward off black spot, a terrible fungus that usually hits roses by late Spring.

Mix 1 tablespoon of baking soda with 1 teaspoon of dishwashing detergent to 1 gallon of water. Mix together and spray on roses early in the morning once a week until disease has disappeared.

Beer Beer is an old time favourite for getting rid of slugs and snails. This is how you do it: Place the beer (it doesn't matter what brand) in either shallow pans or cut down some paper cups to about 1 inch tall. The pests will crawl into the pans or cups and drown themselves.

Interesting Facts

The first TB sanatorium opened in Poland in 1859.

Alzheimer's Disease was named after Alois Alzheimer who worked as a doctor in a state asylum in Frankfurt where in 1901 he studied the behaviour of a 51 year old woman with cognitive problems.

The first outbreak of Cholera occurred in Sunderland in 1831.

The above facts and tips were reproduced from Able Community Care newsletter - with thanks.

*For more information on Able Community Care or to request their newsletter contact:
Angela Gifford (Proprietor)
The Old parish Rooms
Whitlingham Lane, Trowse,
Norwich NR14 8TZ
Tel: 01603 764567
Fax: 01603 761655*

BLUEBIRD CARE

This is a local private organisation which offers a service which is available to anyone who needs specific help with every day tasks around the home.

These tasks may include:

- Help getting up or going to bed
- Preparing meals
- Shopping
- Washing and ironing
- Personal Hygiene
- Cleaning the home
- Mobility issues

To learn more about Bluebird Care, the company, their services or to arrange a complimentary, no obligation meeting with one of their professional care advisors contact them on:

Phone: 01372 822 875

Email: epsom@bluebirdcare.co.uk

Website: www.bluebirdcare.co.uk

Alternatively we have a supply of their leaflets in the office.

GROW YOUR OWN



Although few of us can garden with the flair and dedication of those who have exhibited at the Chelsea flower show, a little bit of the outside can find its way into most homes with a pot plant or two, or how about a selection of herbs?

Mint, basil and parsley are very happy on a sunny window ledge; thyme, rosemary and sage love a pot just outside the backdoor.

Not only do you get the pleasure of growing fresh herbs, a sprig or rosemary makes all the difference to a lamb chop, or how about a basil and tomato salad?

For those that are housebound the wonderful fresh smell of a few crushed herbs brings back memories of summer days.

Seeds are available from garden centres, or pots of herbs that can be kept and grown on can be bought both at garden centres and supermarkets.

For those with a little more space how about growing the tomatoes to go with the basil, or cucumbers to go with the mint?

Your local garden centre will stock everything you need and usually are very helpful with tips and hints.

Epsom & Ewell Access Group

Epsom & Ewell Access Group are people with disabilities and/or Carers living or working in Epsom & Ewell.

They visit local venues to check access and keep their website updated.

www.accessgroup.org.uk

They respond to consultations and enquiries from local organisations and the Borough and Surrey County Council.

This group are looking for new Committee Members

Would you like to join them?

They meet about 5 times a year To find out more please contact

info@accessgroup.org.uk

or phone Pam on

01372 735243

CRUSE BEREAVEMENT CARE Coping with a major personal crisis

Someone close to you may have died. You may have been injured yourself or you may have witnessed the death and injury of others. Your experience was a very personal one but the following from the Cruse Bereavement Care leaflet may help you to know how others have reacted in similar situations. It also suggests ways in which you can help healing to occur and how you can avoid some pitfalls.

What you may experience

Fear - of being left alone

Helplessness - crises show up human powerlessness as well as strength.

Sadness - for deaths, injuries and losses of every kind

Guilt - for being better off than others; regrets for things not done.

Shame - for having been exposed as helpless 'emotional' and needing others; for not having reacted as you would have wished.

Anger - at the injustice and senselessness of it all; at other people's lack of understanding and inefficiencies; "Why me?"

Let down - disappointment for all the plans that cannot be fulfilled.

Hope - for the future, for better times

Numbness - Your mind may allow the misfortune to be felt only slowly. At first you may feel numb. The event may seem unreal, like a dream. People often see this wrongly as being 'strong' or 'uncaring'.

Dreams - you may find yourself repeatedly dreaming about what has happened.

Physical Symptoms - After a profound shock you may find you experience symptoms such as loss of appetite, difficulty in sleeping or exhaustion.

Accidents - a disaster may become the main thing that you think about for a long time. The stress of this and the lack of ability to focus on the here and now may make you more accident prone.

Alcohol and drugs - the extra tension may lead you to increase your intake of substances which you feel dull the pain temporarily. It is important to seek help if this is happening repeatedly.

What can help?

Reality - Attending funerals, returning to the scene, talking to people who know what happened, are all ways in which a situation which seems 'unbelievable' may be made more credible and easier to bear.

Talking - Many people find it helpful to talk about what happened and how they feel, over and over again. This can be an important part of the healing process.

Support - Sharing with others who have had similar experiences can help. For some, help with the practicalities of everyday life from caring friends and family is a welcome release and will allow them to focus on the disaster for as long as they need. For others, it is a relief to have ordinary things to concentrate on.

Privacy - Some people want to be left on their own. Others may find it easier to be with a few select people than with groups of people who don't know what has happened.

When to seek help

- If you feel you cannot handle intense feelings or body sensations.
- If you feel that your emotions are not falling into place over a period of time and you feel chronic tension, confusion, emptiness or exhaustion.
- If, for a long period, you have to keep active in order to avoid painful feelings.
- If you continue to have nightmares and poor sleep.
- If you have no person or group with whom to share your emotions, but you feel the need to do so.
- If your relationships seem to be suffering badly, or sexual problems develop.
- If you have accidents.
- If you continue to smoke, drink or take drugs in excess since the event.
- If your work performance suffers.
- If those around you are particularly vulnerable or are not healing satisfactorily.
- If as a helper you are suffering from exhaustion.

Where to find help

- Your family doctor
- The Social Services Department of your local council

- Cruse Bereavement Care
- The Samaritans

How Cruse helps bereaved people

By providing:

- Someone to talk to - a trained volunteer who meets individually with a bereaved person and provides them with the opportunity to talk, in confidence, once or many times.
- Groups - which offer bereaved people the chance to talk with others in similar circumstances
- Information on many aspects of bereavement, including practical and financial matters

For more information call Cruse Bereavement Care on 0844 477 9400 or their Epsom Branch on 0208 393 7238.



NEXT MEETING

Thursday 17th July
12 noon
The White Horse Pub
Dorking Road,
Epsom



If you are a new ex carer why not come along to this lunch and meet new friends?
Maybe you will find someone to enjoy a shopping trip or an outing to the theatre or cinema.

All Ex Carers are very welcome to attend our ex carers lunches and we will be very pleased to welcome you at any of our meetings.

