

B-E-E CARING

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



OCTOBER 2009



The 'Team' practising their cookery skills with our Clam Chowder recipe on page 6 ?

October, autumn and Halloween here again - I can't believe how quickly the year goes by!

In this issue of our newsletter you will find details of and a booking form for Afternoon Tea at the Woodlands Park Hotel in Leatherhead. We hope you will be able to join us for this special treat.

Please note that this is your newsletter and we welcome any articles or information you would like to send in for inclusion. We also value any comments, suggestions or constructive criticism you may have which could help us improve our service or newsletter.

Carers Calendar October 2009



15th October
BRITISH MUSEUM

22nd October
CARERS LUNCH
The Spring, Ewell Village
12 noon

3rd November
BANSTEAD COFFEE/LUNCH
Open Door Café, All Saints
Parish Church, High Street,
Banstead.
12.30-2pm.

17th November
AFTERNOON TEA
Woodlands Park Hotel
Woodlands Lane, Cobham.

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 talk to about 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 enjoy meeting carers and 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.

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

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.

DIRECT PAYMENTS FROM YOUR LOCAL COUNCIL

DIRECT PAYMENTS FOR DISABLED PEOPLE – arranging your own care and services.

Direct payments are local council payments for people who have been assessed as needing help from social services, and who would like to arranged and pay for their own care and support services instead of receiving them directly from the local council.

A person must be able to give their consent to receiving direct payments and be able to manage them even if they need help to do this on a day-to-day basis.

You can use direct payments to pay for the services and equipment which will meet the needs the local council has assessed you as having.

As a general principle, councils should let you choose how best to meet your assessed needs as long as they are satisfied that agreed support arrangements are being met.

You cannot use direct payments to pay for permanent residential accommodation, but you may be able to use direct payments to pay for occasional short periods in residential accommodation, if your council agrees that is what you need.

Unless your council decides that exceptional circumstances make it necessary, you cannot use direct payments to pay for a service from:

- Your spouse
- Your civil partner
- A partner with whom you live as a couple
- A close relative with whom you live, or the spouse or partner of that close relative.

DIRECT PAYMENTS FOR CARERS – arranging help and services.

Direct payments can be used to buy services from an organisation or to employ somebody to provide assistance. As a carer, you can use a direct payment to purchase the services you are assessed as needing to support you in your caring role. This includes support that may help maintain your health and well-being. For example, driving lessons or a holiday so you can have time to yourself.

If you are assessed as needing domestic help, you may ask for a direct payment and buy the support services you need.

Direct payments cannot be used to buy services for the person you care for. They can only be spent on getting the support you, as a carer, have been assessed as needing.

You also cannot use direct payments to secure a service from your spouse or civil partner, close relatives or anyone who lives in the same household as you, unless that person is someone who you have specifically recruited to be a live-in employee.

There can be exceptional circumstances, which your council may agree with you.

For more detailed information go to www.direct.gov.uk

SILC

Surrey Independent Living Council

Surrey Independent Living Council (SILC) is a non-profit making voluntary sector organisation run by and for disabled people.

They are primarily funded by, and work in close partnership with, Surrey County Council.

SILC helps people with disabilities, and others who use or want to use Direct Payments, to live

independently and to arrange the support and services they require.

SILC can help you to prepare a quarterly report for Surrey County Council on how you spent your direct payments.

Organise your own support with direct payments i.e. choose between:

- Recruiting and employing a personal assistant
- Using the services or equipment you need from an established provider or supplier, such as a day centre or respite unit
- Using a dedicated care agency to support you with workers employed by them

For more detailed information please contact:

SILC, Astolat, Coniers Way,
Burpham, Guildford GU4 7HL
Tel : 01483 458111
www.surreyilc.org.uk

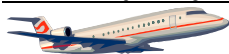
NATIONAL MINIMUM WAGE

From the 1st October 2009 the National Minimum Wage rates will increase to:

- 22 years + rate increases to £5.80 per hour
- 18-21 yrs increasing to £4.83 per hour
- 16-17 yrs increasing to £3.57 per hour.

Because of the increase in the national minimum wage the permitted work supported and higher limits also increase to: £93 per week.

TRAVELLING ABROAD



AIRPORT & AIRLINE SERVICES FOR DISABLED TRAVELLERS

When you book, always tell your airline, travel agent or tour operator if you need assistance when you travel. If you need assistance from airport or airline staff at any stage of your journey, you should always request this at least 48 hours before you fly.

Services for disabled passengers

These services should be available at all European airports if you have a sensory, physical or learning disability which affects your mobility when using transport:

- Facilities to summon assistance at designated arrival points.
- Assistance to reach check in
- Help with registration at check-in
- Assistance with moving through the airport, including to toilets if required..
- Help with getting on and off the plane
- Free carriage of medical equipment and up to two items of mobility equipment.
- Help with stowing and retrieving baggage on the plane
- Assistance with moving to the toilet on the plane.
- Someone to meet you off the plane and help you reach connecting flights or get to the next part of your journey.

Seating on the plane

Airlines should allow you to choose the seat most suitable for your needs. However, people with reduced mobility are not allowed to sit in seats where they may obstruct access to emergency exits.

If you need to travel with a companion, the airline should make all reasonable efforts to seat them next to you. Some airlines may be able to offer a reduced fare for the second ticket. This usually be a reduction against the full fare.

There may be a limit on the number of reduced fares they can offer on one flight, especially if it is a holiday package or charter flight.

The same restriction may apply in cases where the disabled traveller needs to occupy two seats for a reason related to their disability.

Where reduced fares are offered, airlines may require medical proof of your need to travel with a companion or book an extra seat.

Airline' requirements if you have medical needs.

If you have any medical needs, the airline may ask you to complete an Incapacitated Passengers Handling Advice (INCAD) form and/or a Medical Information Form (MEDIF). These are standard forms used by many airlines to help staff organise any assistance or equipment you may need during your journey and to decide whether you are fit to fly.

For more information go to www.direct.gov.uk

TAKING MEDICATION ABROAD

If you are taking medication with you on a trip or holiday:

- Make sure that you have enough for your whole stay – and an extra supply in case of delays or emergencies.
- Get a letter from your doctor to say that you need the medication and keep a list in case you lose it or need to get more during your stay.
- List the proper names of the medication – not just the trade names. Keep it in its original packaging.
- Keep a written record with you of any medical condition affecting you.

Medication and other countries

You may need to check with the Embassy or High Commission of the country you are visiting in case they have any restrictions on taking your medication into the country.

The Foreign and Commonwealth Office (FCO) is responsible for foreign affairs. The travel section of their website contains information for anyone planning a trip overseas and has information by country.

Epsom Mental Health Week 4-10 October 2009

PROMOTING WELL BEING IN THE COMMUNITY

Dance Film Drama Music Talks Comedy

Coping with the Ups and Downs of Life

Seeing what Community Services have to offer
Breaking down stigma about mental illness.

For detailed information on events during this week see enclosed programme

FREE FOOTCARE AT HOME



Pat Cane, a former carer, who has given her time to do foot care treatments at several of our Pamper Days, is now offering to do foot care on a voluntary basis, for carers who find it difficult to afford therapies and to get out as they are

...tied to the house and the person they care for.

Pat is qualified to do foot care including toenail cutting and dealing with in-growing toenails

If you would like a foot care session with Pat, and cannot easily get out please contact the office on 01372 722269 and we will put you in touch with Pat.

RESPITE CARE

We have been contacted by Ms. S. Mepham, who is a retired nurse who is available to offer respite care.

If you are interested in discussing any help she may be able to offer you please contact her on 079587 196262.

*Please note that the above is for your information and that Carers of Epsom cannot endorse this service.

FREE TRAINING FOR CARERS

Action for Carers and Employment (ACE) are offering Free training workshops to carers wanting to further develop their skills.

The following courses are being held at Astolat, Guildford.

15th October 2009 - 9.30-4.30
Confidence Building

21st October 2009 - 9.30-4.30
Business Administration

25th November 2009 - 9.30-4.30
Presentation Skills.

Refreshments will be provided
Travel and Respite costs
reimbursed.

If you are interested in any courses and to book a place please contact:
Guildford ACE office on 01483 565874 or email
Yvonne.ace@actionforcarers.org.uk

MOTABILITY SCHEME



About the Motability Scheme

The Motability Scheme enables disabled people to obtain a car, powered wheelchair or scooter simply by using their government-funded mobility allowances. Customers

exchange their allowance for a worry-free mobility package, including:

- Car, powered wheelchair or scooter
- Insurance
- Servicing
- Tyres
- Breakdown cover
- Adaptations and wheelchair accessible vehicles are also available.

Who can use the Motability Scheme

The Scheme is open to anyone who receives one of the following benefits, and has at least 12 months' award length remaining when they apply:

- Higher Rate Mobility Component of Disability Living Allowance
- War Pensioners' Mobility Supplement.

How the Motability Scheme works

You exchange your mobility allowance for a mobility package, on either the Car Scheme or the Powered Wheelchair and Scooter Scheme.

Car Scheme includes:

- A new car every three years
- Full insurance
- Servicing, maintenance and repairs
- Road Tax
- Tyres
- Breakdown cover
- 60,000 miles over three years
- Adaptations and wheelchair accessible vehicles are also available.

Powered Wheelchair and Scooter Scheme includes:

- A powered wheelchair or scooter
- Full insurance
- Servicing, maintenance and repairs
- Tyres and batteries
- Breakdown cover
- Free no obligation home demonstration

There's also a hire purchase alternative for people who wish to own the car, wheelchair or scooter at the end of the agreement.

Getting on the road

The most popular option is the contract hire of a new car. Customers choose a new car every three years with insurance, road tax, servicing, tyres and breakdown cover all included in a single monthly payment. For most Motability customers, a standard production car, including automatic models, is suitable for their needs. However, a wide range of adaptations, such as hand controls, and wheelchair accessible vehicles are also available.

Once an application has been accepted, the customer pays all, or part, or their allowance to Motability for the period of the contract hire or hire purchase agreement. On larger or more expensive models, an additional payment may be required.

Financial help

Motability may also be able to offer financial help to customers who would otherwise be unable to afford the mobility solution that they need. For example, to help towards the cost of the advance payment for a suitable car, adaptations, driving lessons or a wheelchair accessible vehicle.

For more information go to www.motability.co.uk or telephone 0845 60 762 60

ACS CARERS FORUM

Action for Carers (Surrey) will be holding their Carers Forum on
Thursday 5th November 2009
from 10am to 3pm
at Denbies Vineyard, London Road, Dorking Surrey RH5 6AA.

If you are interested in attending this Forum please contact:
Diane Cotton, Administrator
Action for Carers (Surrey)
Tel: 01483 302748

Buy with Confidence scheme Trading Standards Approved

Surrey County Council Trading Standards can provide you with details of reliable local businesses.

The Buy With Confidence Scheme brings together a diverse list of businesses from all over Surrey, who have been individually checked for compliance with Consumer Protection Laws.

Trading Standards Officers audit every applicant and only if they pass stringent checks are they accepted onto the Scheme and can then display the Buy with Confidence logo. Once a business becomes a member of the Scheme, they are constantly monitored by Trading Standards to make sure that their standards aren't slipping.

For details of businesses you can trust, please visit www.buywithconfidence.gov.uk or call **01372 371666**

GO50

Age Concern Surrey hold regular organised exercise groups for people aged over 50.

Events arranged include:
Nordic Walks in the Surrey Countryside
Trail Bike Riding in Surrey.

We have the October - December 2009 programme in the office or for further information go to www.acsurrey.org.uk or contact GO50 on 01483 534706 Email go50@acsurrey.org.uk

PATIENTS FIRST FOR HEALTH

If you have access to the internet, check out www.childrenfirst.nhs.uk The site is run by Great Ormond Street Hospital, providing clinically approved pages of age-appropriate content and advice including:

- News
- In-depth features
- A-Z child Health Fact sheets
- Real life stories
- First aid tips.

There are also three other sections aimed at children aged 4-6, 7-11, and 12-18. These age appropriate sections tackle sensitive issues and help your child to understand everyday health concerns through to chronic illness, going into hospital, healthy eating, germ-zapping, bullying and depression and many other topics.

CLOCKS CHANGE



**Don't forget,
British summer
time ends at 1am
on Sunday 25th
October
Clocks go back one
hour to Greenwich
Mean Time**

Who's Who Home Visitors

On becoming a Carer it is often the case that you have numerous professionals calling at your home to

support you and the person you care for.

Do you ever become a little confused about who they are, what their job is, what they do and where they come from?

Over the next few months we will highlight some of these professionals and describe their role.

Meanwhile, when someone calls do ask their full name and job title, which organisation they are from and the phone number and address.

Also don't feel embarrassed to ask exactly what they do and how they can help you.

Care Manager

Quite often a Care Manager will be the first person you will see.

Care Managers used to be known as Social Workers and are employed by Social Services.

They are responsible for assessing your needs and the needs of the person you care for.

They organise the help you need or arrange direct payments for you to buy the help you require from an approved agency.

District Nurse

District nurses care for people in a variety of non hospital settings. They visit on a regular basis (sometimes several times a day) and assess patients needs and plan and manage their care. Patients typically include:

- Older people with health problems
- People with terminal illness
- People who are physically disabled.

The day to day duties of the district nurse could include:

- Administering drugs
- Checking temperature, blood pressure and breathing
- Assisting doctors with physical examinations
- Giving injections
- Cleaning and dressing wounds
- Monitoring or setting up drips
- Providing emotional support and practical advice to patients and their families
- Teaching basic caring skills (where needed)

Occupational Therapist (OT)

OTs actively engage people in purposeful activities to promote, regain or maintain health and

wellbeing, using occupations as therapy and enabling individuals to do occupations. They work with children and adults of all ages, whose difficulties may be congenital or the result of an accident, illness, ageing or lifestyle.

The OT assesses patients' physical, mental and/or social challenges and devises treatment programmes to increase their ability to tackle their difficulties independently. Treatment programmes vary greatly according to individual needs and may involve environmental modifications. OTs review treatment periodically, evaluate progress and modify the treatment as appropriate.

Typical work activities include:

- Advising on specialist equipment to assist with daily activities such as washing and cooking.
- Developing a rehabilitation programme to help re-build lost skills and restore confidence, as well as advising on home and workplace environmental modifications, such as adaptations for wheelchair access.
- Ensure elderly people are cared for appropriately, either in a care home or in their own home, giving consideration to everyday activities such as washing, preparing and eating meals, shopping and mobility.

OTs are also likely to be involved in:

- Liaising with a wide variety of other professionals, such as doctors, physiotherapists, social workers, equipment suppliers and architects, as well as patients' families, carers and employers.
- Writing reports and attending multidisciplinary case meetings to plan and review ongoing treatment.
- Organising support and rehabilitation groups for carers and clients.

**BANSTEAD COMBINED
CHARITIES
CHRISTMAS EVENT**

Saturday 3rd October
9.30am – 2.30pm
The Community Hall,
Park Road, Banstead

Buy your Christmas cards
and gifts
Support your favourite
charities

***Refreshments *Grand**
Raffle *Ample free parking

Admission 20p

Organised by Banstead Community
 Association
 Registered Charity No 034970

SWINE FLU

With the winter approaching we are told cases of Swine Flu may increase.

If you think you may have swine flu, you can call the National Pandemic Flu Service free of charge on

0800 151 3100

Or go to

www.direct.gov.uk/pandemicflu

However if you:

- have a serious underlying illness
- are pregnant
- a sick child under 1yr old
- your condition suddenly gets much worse
- your condition is still getting worse after 7 days (5 for a child)

you should contact your GP directly rather than using the National Pandemic Flu Service.

Symptoms

Symptoms of Swine flu include: Fever, cough, headache, weakness & fatigue, aching muscles & joints, sore throat and runny nose.

Recipe for cooler days



CLAM CHOWDER

This recipe was brought back by a 'Team Member' when on holiday in Maine, USA

3 cups drained, chopped clams (or substitute other shell fish) Reserve broth

4ozs diced bacon

1 cup finely chopped onion

2 cups diced potatoes

Clam juice

2 cups light cream

Salt & pepper to taste

Fry bacon until crisp

Remove from pan

Add onion to remaining fat in pan

and cook for 3 minutes

Add potatoes

Add enough clam broth to just

cover the potatoes.

Cover and simmer until potatoes are tender.

Add clams and simmer 5 minutes.

Add the cream and heat but do not boil.

Season to taste.

Serves 4 - 6

October Facts

The Gemstone for October is Opal and the Flower is Calendula (also known as Marigold).

In the old Roman calendars, October was the eighth month of the year and got its name from the word 'Octo' meaning eight.

The Saxons called it Wyn Monath because it was the season of wine making.

1st October 1908 - The first Model T Ford was introduced by Henry Ford.

1st October 1870 - The first official issue of the post card was made in Britain by the Post Office together with the introduction of the halfpenny postage stamp.

2nd October 1925 - The first of London's now traditional red buses - with roofed-in upper decks - went into service.

4th October 1905 - Orville Wright became the first to fly an aircraft for over 33 minutes.

8th October 1965 - The Post Office Tower in Maple Street, London, was opened.

19th October 1881 - The Savoy Theatre in London, Britain's first public building to be lit by electricity, opened with a performance of Gilbert and Sullivan's 'Patience'

11th October 1968 - Apollo 7 was launched from Cape Kennedy, making it the first manned flight of the Command Module that would carry men to the moon.

13th October 1884 - Greenwich Mean Time began.

14th October 1884 - Photographic film patented.

16th October 1958 - The first edition of Blue Peter was broadcast on BBC TV. The presenters were Leila Williams and Christopher Trace.

JUST FOR FUN

A man staggered home very late after an evening with his drinking buddy. He tiptoed as quietly as he could toward the stairs leading to the upstairs bedroom where his wife was sleeping, but misjudged the bottom step. As he caught himself by grabbing the banister, his body swung around and he landed heavily on his rump.

The bottle of whisky in each back pocket broke and made the landing especially painful. Managing not to yell, he sprang up, pulled down his pants, and looked in the hall mirror to see that his bottom was cut and bleeding. Quietly he managed to find a full box of Band Aids and began putting a Band Aid as best he could on each place he saw blood. He then hid

the now almost empty box and stumbled his way to bed.

In the morning, he woke up with searing pain in both his head and rump and saw his wife staring at him in the doorway. She said, "You were drunk again last night, weren't you?" "Why are you accusing me of such a thing?" "Ah well," said his wife, "it could be the open front door; it could be the broken glass at the bottom of the stairs; it could be the drops of blood trailing through the house; it could be your bloodshot eyes; but mostly I'm thinking, it's all those Band Aids stuck to the hall mirror."

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said "Now don't get mad at me, I know we've been friends for a long time but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend stared at her. For at least three minutes she just stared and stared at her. Finally she said, "How soon do you need to know?"



FOR FLOWER LOVERS

If you have any spare time from your caring responsibilities, now is the time to plant bulbs for spring. You can buy a wide variety of bulbs at reasonable prices in a well known high street store, which can be planted out in the garden, in containers or in pots for indoors.

Former Carers Corner

Support Meetings

We are pleased to be able to continue to offer our support to newly bereaved former carers for the first year and welcome them to join carers at their monthly lunch meeting.

Outings/events

Former carers are welcome to apply to join trips and events, but priority for places will be given to carers. We may have to ask former carers for a contribution to the cost of the event/outing.