

# B-E-E CARING

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



SEPTEMBER 2009



cover picture - to get you in the mood!

Hope you had a good summer, even though the weather was pretty mixed. 'The Team' are all back from their various holiday destinations, refreshed and raring to go!

To kick off the last quarter of the year we have organised a trip to the BRITISH MUSEUM in London on Thursday 15<sup>th</sup> October. (Hence the front

If you are interested in joining this outing to see the Elgin Marbles and all the many other treasures on display at this museum please see page 7 for more information and booking form.

We also have plans for more events, so keep an eye out for information in future newsletters.

## Carers Calendar September 2009



### 1<sup>st</sup> Sept BANSTEAD COFFEE

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

### 10<sup>th</sup> Sept. CARERS LUNCH

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

### 29<sup>th</sup> Sept. EWELL AFTERNOON

TEA 2pm - 3.30 pm  
Bourne Hall Library Café

### 15<sup>th</sup> October BRITISH MUSEUM

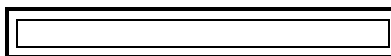
### 22<sup>nd</sup> October CARERS LUNCH

The Spring, Ewell Village  
12noon

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.

### THE "TEAM" AT CARERS OF EPSOM

If you have been a member for a while the chances are you have met the "Team" and know who's who and what we all do, but for those new members who do not know us yet we thought we would introduce ourselves and let you know who does what.

**MARIA JORDAN** is our Senior Carer Support Worker and she has worked for Carers of Epsom for 6 years. During that time she has witnessed many changes in the organisation and the role of Carers in our community.

Maria is married and has an elderly mother who she supports to live independently.

Maria's interests are walking her dog, Jasper, a very naughty Cocker Spaniel; reading; music and studying for a degree in Deaf Communication.

**HEIDI DENDY** has been Carer Support worker for 8 months, having previously been our Admin. Assistant for 3 years.

Heidi has a particular interest in younger carers which is an area she intends to develop over the coming months alongside her passion for supporting all carers to a better quality of life.

**MARGARET WRIGHT** joined Carers of Epsom 7½ years ago as an Admin. Assistant.

Margaret has been a carer for 27 years and is always on the look out for any useful information to help her care and to pass on to other carers.

As well as the usual office tasks, Margaret is responsible for producing and distributing the monthly newsletter and plays a large

part in organising and booking carers trips and events.

**MICHELE MOORE** is the newest member of the team having joined us 6 months ago to replace Heidi Dendy as an Admin. Assistant.

### 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.

### REFLEXOLOGY

One of our carers, who is based in Cheam, has recently completed her reflexology exams and is offering reflexology sessions to carers at the reduced rate of £20 for a 45-50 minute session.

If you are interested in taking advantage of this offer or for more information please telephone Laura Nicot on:

07773 303779

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

### 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.*

*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.*

### DO YOU NEED HELP WITH GARDENING?

If you are elderly or disabled and live in the Mole Valley or Reigate & Banstead areas then **Anchor Staying Put Gardening Service** may be able to help you with your gardening needs.

Working in partnership with Mole Valley District Council and Reigate & Banstead Borough Council, their professional service can help you with those gardening tasks you may not be able to manage yourself. For peace of mind they employ their own suitably qualified gardener handypersons checked by the Criminal Records Bureau.

Typical jobs include: Trimming hedges, cutting lawns, clearance, pruning and clipping, digging and weeding.

For more information please contact:

Anchor Staying Put,  
The Old Stables, 21 Croydon Road  
Reigate, RH2 0LY  
Telephone 01372 222482

### AGING JAPAN TRIMS BIRTHDAY BILLS



Japan has so many citizens over 100 that it has been forced to cut costs by reducing the size of the silver cups it presents to those who reach their century.

The above items were reproduced from CareAware summer 2009 Newsletter.

### CARERS AT BREAKING POINT

More needs to be done to support carers in the UK, according to a recent survey.

A poll of more than 2,000 carers, published to coincide with Carer's Week in June, highlighted the pressures on those providing care for others and revealed that three quarters of carers across the country are now at breaking point.

The complex and lengthy procedures to access welfare benefits, healthcare and social services was given as the most common cause for frustration and almost 90% of those surveyed said they felt their role was not recognised by those professionals to whom they looked for support.

More than half said that providing care had affected their health and even more said that it has left them worse off financially.

Paul Matz, Manager of the Carer's Week campaign, said: "All too often carers slip under the radar as they struggle on alone. It is vital that health and social service professionals on the ground recognise the needs of people who are caring for others and ensure they receive the help and support they deserve".

Imelda Redmond, Chief Executive of Carers UK said:

"It is vital that there is an overhaul of the benefits and care system. It is a travesty that the people who provide £87 billion worth of care every year, unpaid, are pushed to breaking point by the system that is supposed to be there to help them"

### CARE LEAVE

Under Labour's equality law, millions of middle aged carers will be able to take time off work to look after their elderly parents.

The rules will give them the same rights as parents with children and employees will be able to ask employers for more flexible hours.

The decision by Minister Harriet Harman will extend rights already set to be included in the Equality Bill and the "care clause" follows a European Union court case which found in favour of those looking after a disabled member of their family.

The move has been welcomed by many care groups, however there are those who sympathise with calls

to bring and end to yet more "family friendly" legislation. Tory Work and Pension spokesman Theresa May also commented that the Government's attempt to bring all equality legislation under one act was delaying the bill.

### SALDR



SALDR stands for the Surrey Adult Linked Disability Registers and is a voluntary register of disabled people in Surrey.

The information gathered on the register is used to plan services and to keep disabled people in Surrey informed of services and assistance available to them.

The benefits of joining the register are that you can show your registration card when applying for a disabled persons bus pass. You can also show your card at leisure centres, theme parks and other organisations who may offer discounts to disabled people.

Anyone who is over 18 who wishes to register can contact the SALDR team:

SALDR Project Manager  
Conquest House  
Wood Street  
Kingston upon Thames  
Surrey KT1 1AB

Phone 020 8541 8571  
Fax 020 8541 8552  
Minicom 020 8541 8760

### Survey on Services and Support by Surrey County Council provided to Carers

Geraldine Bolam, a freelance worker and completely independent, has been commissioned by Surrey County Council to talk to Carers about the services and support that the Council might be achieving for carers. The focus is on carers caring for adults, including young carers, but does not include mental health.

If you feel you could spare some time to talk to Geraldine about support received, or would like more information, please call us in the office and we will put you in touch with Geraldine.

Telephone 01372 722269

### Holiday Time!

"Tourism for All UK" is an organisation which provides information to people with disabilities and older people in relation to accessible accommodation and other tourism services and

needs. Its telephone enquiry service provides holiday and travel information and advice on issues including funding for holidays, accessible hotels and holiday accommodation and respite care.

It also produces publications on a range of holidays in the UK and abroad for people with specific care needs.

For further information telephone 0845 124 9971 or visit their website at [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

### Did You Know?

The date you see on a bottle of wine is the date the fruit was picked not the date the wine was bottled.

*The above three items were reproduced from Able Community Care newsletter.*

### Able Community Care

Able Community Care provides long term, live in care schemes for people who wish to stay in their own homes rather than move into a residential care home.

They provide services to people from the North of Scotland down to the Channel Islands and many of their clients have been in receipt of a continuous service from them for in excess of 10 years.

If you would like their information pack please contact them on 01603 764567 or email [ablemg@aol.com](mailto:ablemg@aol.com)

### Alzheimer Café



Do you have concerns about your memory?

Do you care for someone with Alzheimer's disease or any other form of dementia?

Anyone with an interest in dementia is invited to the Alzheimer Café; people with dementia, carers, family members, friends, health & social care professionals.

The purpose is to enjoy being out together and to meet new people who are all in the same boat.

### TIME & PLACE

Monthly on the third Thursday  
From 6-8pm  
Epsom Methodist Church  
Ashley Road,  
Epsom

Full details from 01372 729988

### AGE RELATED MACULAR DEGENERATION (AMD)



AMD is an eye condition affecting the macula, which is the part of the eye responsible for the sharp, central vision needed for seeing objects clearly.

AMD is thought to affect up to three million people in the UK today and occurs in two forms - dry & wet.

Dry AMD is the most common, affecting 90% of all sufferers. It generally affects both eyes, but vision can be lost in one eye while the other seems unaffected.

#### Symptoms

In the early stages your central vision may be blurred or distorted, with objects looking an unusual size or shape and straight lines appearing wavy or fuzzy. This may happen quickly or develop over several months. You may be very sensitive to light or actually see lights, shapes and colours that are not there. This may cause occasional discomfort. AMD is not painful.

Because AMD affects the centre of the retina, people with the advanced condition will often notice a blank patch or dark spot in the centre of their sight. This makes reading, writing and recognising small objects or faces very difficult.

#### What should you do if you think you have macular degeneration?

If you suspect that you may have AMD but there are no sudden symptoms, you should see your optometrist (optician) or GP who will refer you to an eye specialist. If there is a rapid change in vision, you should consult your doctor or hospital's Accident and Emergency department immediately.

If you have AMD in one eye, and you start getting sudden symptoms in your other eye, then you should go to your hospital or ask your GP to arrange an emergency appointment as soon as possible.

#### Helpful Organisations:

Macular Disease Society  
[www.maculardegeneration.org](http://www.maculardegeneration.org)


RNIB [www.rnib.org.uk](http://www.rnib.org.uk)


### Carers' guide to keeping well


Recognise you are a carer –





**be wise**


**Ask for help** 


**Get a Carer's Assessment** 


**Have regular checks with your doctor so you keep well** 

**Keep Active** 


**Eat Well** 


**Sleep well** 

**Talk about it** 

**Have a hobby** 

**Give yourself credit**

**Well done!** 

**Make time for yourself** 

### **Epsom Mental Health Week 4-10 October 2009**

#### **PROMOTING WELL BEING IN THE COMMUNITY**

Time to live – laugh – listen – learn

#### **Further information**

Drama, creative activities, workshops events etc.

#### **See the website:**

[www.epsommentalhealthweek.org.uk](http://www.epsommentalhealthweek.org.uk)

email:

[info@epsommentalhealthweek.org.uk](mailto:info@epsommentalhealthweek.org.uk)

**Phone: 01372 721518**

### **Thirst for Life**

Community Nurse Lisa Moore offers advice on making sure you drink enough fluid.

Dehydration can happen when the amount of fluid a person loses is more than they take in.

This can happen when someone has a fever and is sweating more than usual, has a stomach upset causing diarrhoea and vomiting or even if they are just not drinking enough.

Dehydration can cause common illnesses such as urine infection, constipation, increased confusion and falls.

#### **Why are older people more at risk?**

Our muscles are where much of our body's water is stored; as we get older we naturally lose muscle mass and with it water. Any further loss of water can be more significant.

Older people can have a reduced sense of thirst, meaning that their body doesn't realise when it needs more fluid.

Often people will say that they limit the amount of fluid they take in to limit the amount of times they need the toilet. People who do not drink very much will produce more concentrated urine. This acts as an irritant to the bladder making people want to go to the toilet more frequently. Concentrated urine can also lead to urine infections, which again may cause people to need to go to the toilet more often and quickly.

#### **What can we do? Top Tips**

- Aim to drink around 4 pints of fluid a day.
- Keep drinking plenty - especially in warm weather, or if you are unwell.
- To avoid unnecessary overnight toilet trips make sure you drink plenty early on in the day, then reduce the amount late at night.
- Water is the best drink but to avoid getting bored have a variety of drinks.
- Avoid too much tea/coffee and alcohol which can be very dehydrating.
- Include plenty of 'moist' foods in your diet - such as custard, jelly, soups, fruit and vegetables.

Speak to your doctor or nurse if you have any questions or concerns.

### **Community Alarm and Telecare Service**

Turn your Phonenumber into a Lifeline!



Telecare is Emergency help available 24 hours a day, 365 days a year.

Telecare is the name given to a range of equipment that can be used to summon help in emergency situations, raising alerts manually or automatically. The equipment is designed to assist vulnerable people to live more independently by monitoring safety around the home

The basic package consists of a main alarm unit with an emergency button and a pendant that can be worn around your neck or wrist. The pendant will work within a range of about 80 feet. The alarm unit is linked to your phone line and plugged into a 13amp power socket.

Additional optional equipment to support safe independent living:

- Falls detector
- Bed/chair occupancy sensor
- Smoke alarm
- Gas detector
- Flood detector
- Multi purpose adaptor
- Pill dispenser

Anyone can request this service if they live in the Reigate & Banstead area.

You do not have to be referred. You will not be means tested.

Many service users are people who either:

Live alone or are caring for a partner.

Have a medical condition, which means they may need emergency help

Have experienced domestic violence

Work in an environment where they do not feel safe.

Charges are payable monthly, quarterly or annually.

As a guide, the charge for the basic package of an alarm unit and pendant is £4 p.w.

For more information  
Please telephone 01372 204503

### **THE DISCOVERY OF MS**

*Until the early years of the 19<sup>th</sup> century, physicians relied on superstition, hearsay, and the wisdom of the ancients to care for the sick. Even so, physicians were*

*sometimes good observers and we can identify people who undoubtedly had MS from descriptions written as long ago as the Middle Ages. MS has always been with us.*

*Once the scientific method took hold in medicine, MS was among the first diseases to be described scientifically. The 19<sup>th</sup> century doctors did not understand what they saw and recorded, but drawings from autopsies done as early as 1838 clearly show what we today recognise as MS.*

*In 1868, Jean-Martin Charcot, a professor of neurology at the University of Paris who has been called "the father of neurology", carefully examined a young woman with a tremor of a sort he had never seen before. He noted her other neurological problems including slurred speech and abnormal eye movements, and compared them to other patients he had seen. When she died, he examined her brain and found the characteristic scars of "plaques" of MS.*

*Dr. Charcot wrote a complete description of the disease and the changes in the brain that accompany it. However, he was baffled by its cause and frustrated by its resistance to all of his treatments. These included electrical stimulation and strychnine - because this poison is a nerve stimulant.*

The above article reproduced from MS Link newsletter.

### **Motor Neurone Disease Association**

Hundreds of balloons were released from Denbies Wine Estate in memory of local loved ones who have died from Motor Neurone Disease (MND)

The event raised £4,111 for the East Surrey Branch of the MND Association.

East Surrey Branch hold quarterly open meetings on Sunday afternoons in January, April, July and October at St. Marks Church Hall, Tattenham Corner.

For more information on this local group contact Mary Williams on 01737 350222 or email [mwilliams19@live.co.uk](mailto:mwilliams19@live.co.uk)

For access to a quick route to get information on MND, advice, practical and emotional support and

directing to other services and agencies contact **MND Connect** on 08457 626262 or email [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

### **Mid Surrey Alzheimer's Society Prospects of Polesden Memory Walk Sunday 27<sup>th</sup> September**



Memory Walks are held nationwide to remember loved ones who had dementia and to raise funds for the local Alzheimer's Society branch.

This year Mid Surrey & Dorking is holding its first Memory Walk in the beautiful surroundings of Polesden Lacey.

There are two routes; one of five miles and the second a gentle stroll of around a mile. Walk at your own pace and enjoy the views. Maybe take a picnic. There are refreshments at Polesden Lacey's café.

The walks begin at 11am from the overflow car park at Polesden Lacey, which will be clearly signposted.

The cost is £5 per person to walk on the day. There is no charge if you are raising sponsorship.

For a sponsorship form and to book on to this walk please contact:  
Mid Surrey & Dorking Alzheimer's  
The Meadows Day Hospital  
West Park  
Epsom KT19 8PB  
Telephone: 01372 729988

### **The Moral of the Story Is . . . . .**

This is the Story of four people called Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it. Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it.

Somebody got angry about it because it was Everybody's job in the first place. Everybody thought Anybody could do it but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody but Nobody accused Anybody.

### **Beware of Burglars**

An old trick used in the commission of older persons crime has recently appeared in Surrey.

This is the marking of a property, usually the front wall, gate post or footpath in front of the house.

It can be piles of stones, coins or even a single shoe left on the driveway. It may be just a single chalked line on a gate post or sometimes something more elaborate such as the symbols below.

If you see any sign or symbol in the front of your home or a neighbour's home remove it or delete it immediately and notify Surrey Police on 0845 125 2222.

The above information was taken from Crossroads Summer 2009 newsletter.

**DID YOU KNOW?**  
**THINGS YOUR MOBILE PHONE CAN DO**



Listed below are some things that can be done on your mobile phone in times of emergencies.

**Emergency**

The Emergency Number worldwide for Mobiles is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you. 112 can be dialled even if the keypad is locked.

**Keys locked in the car?**

Does your car have remote keyless entry? If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your mobile phone. Hold your mobile phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Distance is no object, you could be hundreds of miles away and your car will unlock via the mobile phone.

**Hidden Battery Power**

If your mobile battery is very low press \*3370# and your mobile will restart with the reserve power. The phone will show a 50% increase in battery. This reserve will get charged when you next charge your phone.

**How to disable a stolen mobile phone**

To check your phone's serial number, key in the following digits on your phone: \*#06# A 15 digit code will appear on the screen. This number is unique to your handset. If your phone gets stolen you can give this code to your service provider. They will then be able to block your handset, so even if the thief changes the SIM card, your phone will be totally useless.

**Focus Group to discuss the Governments proposed Strategy for Adults with Autism**

Surrey Coalition are organising a small focus group for adults with autism spectrum disorders and their carers to gather views on what they would like to see in the proposed strategy and they have "tagged on" to this, as they haven't the capacity to organise a separate event.

The invitation is for carers and in particular, people who fall within the autistic spectrum. The Department of Health are consulting on peoples views on the focus and priorities to be contained in the forthcoming strategy.

The meeting will be held on:

**11<sup>th</sup> September 2009**

**11am - 3pm**

**Astolat Coniers Way  
Burpham, Guildford, GU4 7HL**  
(A sandwich lunch will be provided)

If any carers are interested in attending this meeting, please contact Alison White, Events Co-ordinator, Surrey Coalition of Disabled People on 01483 456558 or 01483 456561.

**FOR SALE**

**"Pevez" 4 wheeled  
MOBILITY SCOOTER**

**Hardly used**

**In excellent condition**

**£500**

(Cost £1700 when new)

**For more information or to view  
Please telephone  
Betty on 01737 360204**

**AGE CONCERN  
Hometime Service**

The Hometime Service, run by Age Concern, is a domestic housekeeping service which helps people to retain their independence.

Home Helps are supplied to do the shopping, laundry and housework and to collect prescriptions if needed. The service can be tailored to suit the needs of the individual.

A Care Adviser makes an initial visit to assess the clients requirements and work out a convenient day and time for a Home Help's weekly visit.

Age Concern make a small charge for the Home Help plus a service charge which is usually paid quarterly to Age Concern Surrey to cover insurance and administrative costs.

For more information on the Hometime Service please phone Jenny Merritt on 01883 722418

**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.

Please note that membership will lapse after the first year for all former carers.

**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.

**September interesting facts  
and Anniversaries**

**The Gregorian calendar** is the one most used nowadays. It is named after Pope Gregory XIII who

introduced it in 1582. There is a leap year every 4 years. This means that the year corresponds closely with the astronomical year (365.24219 days) so that it is just one day out every 3,300 years.

**The Julian Calendar** was used in Britain up until 1753. It was based on the solar year, the time it takes for the Earth to rotate around the Sun, and therefore was less accurate than the Gregorian Calendar.

The Julian Calendar was 365.25 days long, which was fractionally too long, and the calendar over time fell out of one with the seasons.

**All change - "Give us back our 11 days!"** In 1752 Britain decided to correct this by abandoning the Julian calendar in favour of the Gregorian. By doing so, **3<sup>rd</sup> September instantly became 14<sup>th</sup> September.**

Many people believed their lives would be shortened. They protested in the streets, demanding "Give us back our 11 days!"

**2-6<sup>th</sup> Sept 1666** The Great Fire of London raged for 4 days - destroying more than 13,000 houses and almost 100 churches - including St. Paul's Cathedral. 6 people were killed.

**2<sup>nd</sup> Sept 1752** Britain adopted the Gregorian calendar.

**3<sup>rd</sup> Sept 1939 - 15<sup>th</sup> Aug. 1945** The Second World War. Great Britain, France, New Zealand and Australia declare war on Germany after Adolf Hitler refused to withdraw his troops from Poland.

**6<sup>th</sup> Sept 1527** Magellan completed the first circumnavigation of the world.

**6<sup>th</sup> Sept 1852** First free public lending library opened.

**7<sup>th</sup> Sept 1533** Queen Elizabeth I was born.

**9<sup>th</sup> Sept. 1835** Bear baiting was banned by parliament. Local government constituted in the UK on the same day.

**22<sup>nd</sup> Sept 1955** ITV started.

**Sept 1735** Sir Robert Walpole became the first Prime Minister to move into 10 Downing Street, which has since become the official home of the British Prime Minister.

**23<sup>rd</sup> Sept 1940** George Cross instituted.

**26<sup>th</sup> Sept 1955** Bird's Eye fish fingers first went on sale.

**26<sup>th</sup> Sept 1580** English seaman Francis Drake returned to Plymouth in the Golden Hind, becoming the first British navigator to sail round the world.

**27<sup>th</sup> Sept 1825** The world's first public passenger rail service begins - between Stockton and Darlington in the north of England.

**28<sup>th</sup> Sept 1745** First singing of the National Anthem.

**29<sup>th</sup> Sept 1758** Nelson was born.

**30<sup>th</sup> Sept 1928** Penicillin was discovered by Alexander Fleming.

**1<sup>st</sup> Sept 1951** Britain's first supermarket opened at Earl's Court in London.

**1<sup>st</sup> Sept. 1971** The penny and the thurpenny piece coins ceased to be legal tender as Britain continued the changeover to decimal coinage.

**9<sup>th</sup> Sept 1950** Soap rationing ended in Britain. It was introduced in 1942.

**9<sup>th</sup> Sept 1087** William the Conqueror died.

**18<sup>th</sup> Sept 1839** George Cadbury was born.

**19<sup>th</sup> Sept 1960** First parking tickets issued in London.