



Welcome to the latest edition of our newsletter, covering July, August and September.

Thank you for joining us in celebrating Carers Week. The theme was making caring visible, valued and supported. I hope that we are able to continue these three very important values all through the year as we settle into our new

Hub model of carer support. Please join us for events both online and face to face and let us know what you would like to see us offer in the way of workshops, wellbeing and family events. Please come along to the Adult Carers' Parliament or Young Adult Council to share your views. I look forward to seeing you.

Rachel Brennan
**Manager Adult Carers Support,
Action for Carers Surrey**

Your Views & Carers' Parliament

As you'll have read last edition, the 'Giving Carers a Voice' programme has moved to Healthwatch Surrey. Read more on this here www.healthwatchesurrey.co.uk/giving-carers-a-voice/ We will be working closely with them.

Do you have views on the service and support we at Action for Carers provide? Please join us to share these experiences and help shape *our* service to ensure we are providing the support you need.

Join our Carers' Parliament
Thursday 29th September,
7-8.30pm (Online Zoom)

Led by Rachel Brennan. You can also email views to Rachel.Brennan@actionforcarers.org.uk Or post to Action for Carers Surrey FREEPOST

And you can find key surveys and consultations on our consultation page www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/

There are several VERY important consultations open currently, including into Surrey's strategy for young carers, and into mental health services in Surrey.

See more on the back page.

Looking back at Carers Week 2022



We had a very busy Carers Week this June, with lots of events at our new Hubs, where carers were able to enjoy free coffee & cake, and pick up 'goody bags'. Our Moving & Handling team attended many of these and were able to share tips and advice. We also had events at some of Surrey's hospitals, and had online support groups taking place too, where we celebrated Carers Week.

Hubs: drop in venues for Surrey's carers



Could you help others and volunteer at the Hubs?

We are actively seeking volunteers to support our new Hubs which are held regularly at various venues right across Surrey.

Do you have a little time you could share to help others. Or are you a

former carers, who might like to get involved?

Volunteers are wanted at all 13 of our Hub locations. The time commitment is as little as a couple of hours every two weeks.

The hub volunteering role is to provide a warm welcome to carers who drop in and help with things like putting out resources, making tea, etc. We will provide, induction, training and ongoing support and also reimburse travel expenses.

Do you know someone who could give up a couple of hours of their time a week, or fortnightly? Our website's [Volunteer page](#) has more information and we would be grateful if you shared it with anyone you think might be interested. We also have posters that could be displayed at places of work or leisure.

Please contact us via recruit@actionforcarers.org.uk with your contact details if you would like an informal chat to find out some more. Thank you!

County-wide 'Hubs' open for Surrey's unpaid carers

This May and June, we opened the doors to multiple new 'Hubs', located right across Surrey. These are 'drop-in' locations for Surrey's unpaid carers to visit for advice and support.

At the Hub you can meet with Action for Carers' staff and volunteers. You can get information and advice on your caring role and the support available, and also enjoy a cuppa and a chat.

Carer Practice Advisors (who work for SCC/NHS), whose role is also to ensure carers get all the support they need, will be attending many of the Hubs too.

Open to all

The Hubs are open to all family/friend unpaid carers, and are free simply to drop in to, though organised events and meetings will also be held at the Hubs — see page 8.

When are the Hubs open?

We have weekly Hubs, open one day every week. We also have 'satellite' Hubs, opening two days each month. Hubs are open between 10am and 2.30pm.



Meet the Carer Support Advisors

As we've been through a bit of a restructure, we thought it would be good to (re-)introduce the team.

We're now in two area teams, as shown below, led by Rachel Brennan, Service Manager.

TEAM A: Surrey Heath & Farnham/Guildford & Waverley/East

Manager: Sally Burton

Carer Support Advisors

- Karen Cox
- Amanda Deadman
- Jacqui Forbes
- Laura Tufnail
- Vacancy

TEAM B: North West/Surrey Downs

Manager: Jacqui Maclean

Carer Support Advisors

- Barbara Bowden
- Sarah Cawley
- Farhana Hussain
- Amanda Liddicott
- Vacancy

Hubs: drop in venues for Surrey's carers



The Hubs are taking place in towns right across Surrey, so you should be able to find one near you — see list [here](#) →

Drop-in

Please feel free to drop-in if you're a carer in Surrey. You will find a friendly welcome and support on all practical, and emotional, aspects of caring.

You can also raise particular concerns you have with the ACS staff, and get referrals to further sources of support.

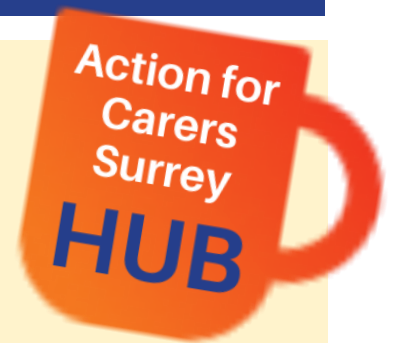
Find out more

If you'd like to get in touch to find out more about the Hubs, please call 0303 040 1234, or email us at: CSAdmin@actionforcarers.org.uk

Carers' Hub at the Hive

Are you looking after a relative or friend?
Drop into our Carers' Hub for information, advice and support about your caring role. Or just enjoy a cuppa and a chat.
We're here at The Hive, Park Barn Drive every Monday.
Please drop in. We'd love to see you!

For more information, please get in touch:
call 0303 040 1234 text 07723 486730
email CSAdmin@actionforcarers.org.uk
www.actionforcarers.org.uk Action for Carers Surrey
Charity Registration No 1116718



Where are the weekly Hubs?

CAMBERLEY: High Cross Church, Knoll Road, Camberley GU15 3SY – every **Tuesday** (NB not open 16th August due to building works.)

GUILDFORD: The Hive, Park Barn Drive, Guildford GU2 8EN – every **Monday**

HORLEY: Horley Baptist Church, 289 Ct Lodge Rd, Horley RH6 8RG – every **Wednesday** (NB Not open 6th July)

KNAPHILL: The Vyne Centre, Knaphill GU21 2SP – every **Monday**

LEATHERHEAD: Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX – every **Friday**

Where are the satellite Hubs?

To complement the weekly Hubs (listed above), we also have 'satellite' Hubs, operating twice a month. Locations and frequency as follows:

ADDLESTONE: Addlestone Community Centre, Garfield Road, Addlestone KT15 2NJ – **second and fourth Wednesday** of each month

CATERHAM: Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG – **second and fourth Thursday** of each month

CRANLEIGH: The Bandroom, Village Way, Cranleigh GU6 8AF – **first and third Monday** of each month

EPSOM: St Barnabas Church, Temple Rd, Epsom KT19 8HA – **first and third Tuesday** of each month

FARNHAM: The Maltings, Bridge Square, Farnham GU9 7QR – **first and third Friday** of each month (NB In addition to the Hub, on the first Friday of the month, Farnham Maltings runs a coffee break with Action for Carers from 10am-12pm. More on our website.)

HASLEMERE: Wesley Room, The Methodist Church, 5-7 Junction Place, Haslemere GU27 1LE – **second and fourth Monday** of each month

HERSHAM: Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU – **second and fourth Thursday** of each month

SHEPPERTON: Greeno Centre, 14 Meadow View, Glebeland Gardens, Shepperton TW17 9DH – **first and third Wednesday** of each month (NB Not open 6th July)

Action for Carers' Zoom Online Events

Wherever you live, these Action for Carers events are open to you. They take place online by Zoom video — we'll send simple instructions when you register.

You'll find more details of these events [on our website](#), and you can register your interest in the event/s there.

You can also call to register on 0303 040 1234 option 1; or simply email us at CSAdmin@actionforcarers.org.uk



July, August & September

Yoga

Led by Saara

4, 11, 18 July

8, 15 August

5, 12, 19, 26 September

10.30-11.30am

Join us in starting the week with a positive, fun yoga session to look after yourself in both body and mind. Every Monday.



Mindfulness

Led by Suzette Jones

Weekly day sessions Tuesdays at 4-4.45pm, starting 5 July

Monthly evening sessions:

11 July, 8 August, 12 September

7-7.45pm

Take some time for yourself.



Join us for mindfulness sessions where we'll practice techniques to promote wellbeing and reduce stress.

Knit and Natter

Led by ACS Carer Advisors

19 July, 10.30-11.30am

6 August, 10-11.30am (Saturday)

16 September, 10-11.30am

Relax, chat and share knitting projects All abilities welcome.



Coping with Caring: caring for an adult with a mental illness

Led by Alison Joyce, Space 2BYou

4th August, 7-8.30pm

Unresolved difficulties:

Your chance to air difficulties, challenges or questions that are hard to ask or resolve when caring for someone with mental health problems

Coping with Caring: caring for an adult with Autism

Led by Marie-Anne McKee, Space 2BYou

8 September, 7-8.30pm

8 September, 7-8.30pm

The workshop will be on Autism and tools for carers.



Moving & Handling: Sit to Stand

Saturday 24 September, 10.30-12 noon

Led by our Moving & Handling Advisors

This workshop is for anyone caring for someone who struggles to get up from a bed, chair, toilet or wheelchair.

New to Zoom? New to using Zoom or having difficulty using it? We have an easy read guide to help you get going with Zoom and join our groups and events. To request a copy call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk or find it on our website.

Zoom Online Events



Moving and Handling: Falls Prevention

14 July, 10.30-12 noon

*Led by our Moving & Handling
Advisors*

Join us for some tips and techniques to help you prevent falls.

Moving & Handling: Car Transfers

*Led by our Moving & Handling
Advisors*

13 August, 10.30-12 noon

Tips and manoeuvres to help you get the person you care for in and out of a car.

Moving and Handling: Bed mobility

*Led by our Moving & Handling
Advisors*

23 July, 10.30-12noon

Workshop for anyone caring for someone who struggles to get in or out of, or move around in bed

Learn how your Hospital Carer Advisor can help you

*Led by our Hospital Carer
Support Advisors*

25 July, 7-8.30pm

If you are caring for someone who is frequently in hospital or are expecting to have your cared for visiting hospital in the future, come along and find out how our Hospital Carer Support Advisors can help support you

and what our local hospitals offer to help support carers using them.

HCSAs are also available to meet in the Hubs, see page 8 for more details.

Carer Feedback and Consultation Sessions

Led by Rachel Brennan

6 July, 7.30-8.30pm

5 August, 1.30-2.30pm

7 September, 7.30-8.30pm

Carers Rights: Understanding Carers' Assessments

*Led by Carer Practice Advisor
and an ACS Advisor*

16 September, 10.30-12noon

Leatherhead Community Hub

Online:

22 September, 10.30-12noon

Find out more about Carers' Assessments, how to prepare for them, when they need to be reviewed and how you as a carer can benefit from an assessment.

*(This event will be held in all
Hubs across Surrey in the next
few months.)*

How to book on to our groups and events

Booking is essential.

You can:

- Visit our website events section, or
- Call us on 0303 040 1234 option 1, or
- Email CSAdmin@actionforcarers.org.uk

Once booked, we'll send instructions.

How our Moving and Handling team can support you

Do you help the person you care for move around? That's quite common for unpaid carers. But it can be challenging physically, and dangerous – both for you and your loved one.

Our Moving & Handling team can help. They can advise on safe techniques and manoeuvres to help you. For example, how to get someone out of bed safely, or into a car.

They can also advise on equipment – and further sources of help and information. We offer support in person, in group training and via Zoom (see opposite).

With their help, you can look after your back – and keep yourself and your loved one safe.

Here's what carers say:

"Excellent team of advisers, treated with courtesy and respect, prompt action for all our needs."

"I cannot thank Action for Carers enough for the patience they have shown me whilst explaining all the positive solutions to my handling of my husband."

"I was very grateful to the lovely lady that came out to show me how to move my mum. She was very helpful with lots of tips and advice."

Give us a call on 0303 040 1234 to find out about getting a referral. And search 'Moving and Handling' on our website – you'll also find several videos that demonstrate some of the key techniques.

Action for Carers' Face to Face Events

Meet the Carer Practice Advisors in your Hub

Come along and have time to discuss any social care issues with the local Carer Practice Advisor.

1 July 10.30-12 noon

Leatherhead Community Hub

5 July 10.30-12 noon

St Barnabas Church, Epsom

13 July, 10-12noon

20 July, 12–2.30pm

24 August, 10-12 noon

Horley Baptist Church :

26 July, 10.30-12 noon

with Melanie Randall Learning

Disability and Autism Service

High Cross Church, Camberley

28 July 10.30– 12 noon

25 August, 10.30-12noon

Hersham Centre for the Community

28 July, 10.20-12 noon

11 August, 10.30–12 noon

8 September with Melanie Randall

LD & Autism Service

Westway, Caterham

5 September

The Vyne, Woking

Looking after Yourself and your Back

Led by our Moving & Handling Advisors

Join us for some tips/techniques to help you care for your back & move the person you care for safely.

11 July 10.30-12 noon

The Vyne ,Woking Hub

5 August, 10.30-12 noon

Leatherhead Hub

12 September, 10.30-12 noon

The Hive, Guildford Hub

Arts and Crafts

30 September, 10.30–2.30pm

Leatherhead Community Hub

Come along and enjoy being creative. Welcome to bring your own craft items.



Tai Chi in the Hubs

Led by Tai Chi Instructor Anita Ho

8 August, 10.30-11.30am,

The Vyne Woking

9 August, 10.30-11.30

High Cross Church Camberley

10 August 10.30-11.30

Horley Baptist Church

15 August 11am-12noon

The Bandroom, Cranleigh

17 August, 1.30-2.30pm

The Greeno Centre, Shepperton

19 August, 1.30-2.30

Farnham Maltings

Enjoy Tai Chi. All welcome!

National Autistic Society

Meet 1:1 with an advisor to find out about the support on offer.

18 July, 12-2.30pm

The Vyne, Woking

19 July, 12-2.30pm

St Barnabas Church, Epsom

20 July, 12-2.30pm

Greeno Centre, Shepperton

22 July, 10.30-12 noon

Leatherhead Community Hub

25 July, 10am-2.30pm

The Hive, Guildford



Healthwatch visits

Come and share your experiences of social care and services.

14 and 20 July, 10.30-12 noon

Horley Baptist Church Hub

18 July 10.30 -12 noon

The Hive, Guildford

How can technology help you and your loved one's independence

Led by Mole Valley Life's Advisor

15 July 10.30-12 noon

Leatherhead Community Hub

The Advisor will talk and demonstrate the options on which technology can help support you and your loved one stay independent at home for longer. No need to book.

Visits to Hampton Court

27 July, 11am-3pm

25 August, 11am–3pm

21 September, 11-3pm

Visit and explore the palace for FREE and enjoy a relaxing wander around this beautiful historic site. You are welcome to stay all day.



Being Well, Doing Well: Wellbeing Workshop

Saturday 30 July 10am-2pm

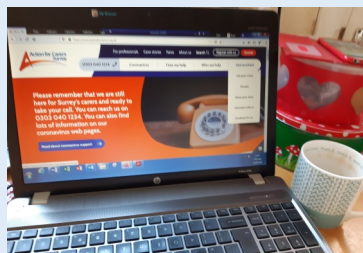
Polesden Lacey

Looking to keep yourself well and doing well? Being Well, Doing Well gives you the tools to help you to recognise and address issues that arise because of your caring role.

You will understand the importance of giving yourself time out, while increasing your confidence and self-esteem.

There's also time to relax, have a picnic and explore the grounds and gardens of beautiful Polesden Lacey. **There is also a free guided tour of the house at 12.30pm.**

Action for Carers' Support Groups



ONLINE Zoom Support Groups

Join our Zoom video Support Groups with your PC, tablet or mobile. (Your booking link will last for three months.) We have some specialist groups as well as our general 'Coffee & Chat' for all carers.

All Carers 'Coffee & Chat'

First Tuesday of each month, 10-11.30am This group is for all carers to attend.

Parent Carers

Second Friday of each month, 10.30am-12noon

Are you a parent supporting your child (under 18)? Join us to talk to our experienced staff, and others in a similar position.

Mental Health

Third Wednesday of each month, 7-9pm

For carers who care for an adult with mental health problems.

Dementia Navigator Support

Third Wednesday each month, 10.30am-12 noon (booking link is for one session only)

Time to ask questions and share tips around caring for someone with dementia.

Former Carers

Second Tuesday of each

month, 10.30-11.30am

A group for carers experiencing loss and bereavement to find support from others.

Learning Disability and Autism

Fourth Tuesday of each month 7.30-9pm

For carers who care for an adult on the Autistic spectrum over 17 years old.

FACE-TO-FACE Support Groups

We will be holding All Carers and Parent Carers Support Groups in our Hubs

To book, call 0303 040 1234, option 1 or email CSAdmin@actionforcarers.org.uk

Groups will be located in the new Hubs and run from 10.30 to 12 noon.

All Carers 'Coffee & Chat' Support Groups

The Hive, Guildford

Third Monday of the month

High Cross Church, Camberley

First Tuesday of the month

The Bandroom, Cranleigh

First Monday of the month

Methodist Church, Haslemere

Fourth Monday of the month

The Vyne, Woking

Fourth Monday of the month

Addlestone Community Centre

Second Wednesday of the month

Greeno Centre, Shepperton

Third Wednesday of the month

St. Barnabas Church, Epsom

First Tuesday of the month

Leatherhead Community Hub

Second Friday of the month

Hersham Centre for the Community

Second Thursday of the month

Westway Caterham

Second Thursday of the month

Farnham Maltings

First Friday of the month

Baptist Church, Horley

First Wednesday of the month

Parent Carers Support Groups

Greeno Centre, Shepperton

First Wednesday of the month

Leatherhead Community Hub

Fourth Friday of the month

St. Barnabas Church, Epsom

Third Tuesday of the month

The Vyne, Woking

Third Monday of the month

Hersham Centre for the Community

Fourth Thursday of the month

Addlestone Community Centre

Fourth Wednesday of the month

How to book on to groups and events

Booking is essential. You can:

- Visit our website events section, or
- Call us on 0303 040 1234 option 1, or
- Email CSAdmin@actionforcarers.org.uk

Once booked, we'll send instructions.

Hospital Carer Support Advisors & Dementia Cafes

Hospital support for Surrey carers

It can be a particularly challenging time when your loved one is in hospital.

There can be issues with communication, a lot for you to take onboard, and it's often very hard emotionally.

Don't forget that we have Advisors working in Surrey hospitals to help you.

They can help bridge any communication gaps between you and the hospital, and offer advice, information, as well as emotional support. We can support through the discharge process, which is so important to get right.

Feel free to contact the Advisors directly: their contact details are here →

Get in touch with our Hospital Carer Support Advisors

East Surrey Hospital

Position vacant, TBC

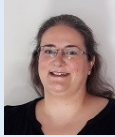


Epsom General Hospital

Michele Moore

Mondays, Wednesdays, Fridays

07736 561978 Michele.Moore@actionforcarers.org.uk
and



Tamzin Ede

Thursdays, and Team Manager Monday-Wednesday

07736 561976 Tamzin.Ede@actionforcarers.org.uk



Royal Surrey County Hospital

Seema Kang Wednesday, Thursday, Friday

07850 515458 Seema.Kang@actionforcarers.org.uk
and



Naheeda Majid Monday, Tuesday, Wednesday

07850 515457 Naheeda.Majid@actionforcarers.org.uk



St Peter's Hospital

Sam Caine Monday-Friday

07989 402764 Sam.Caine@actionforcarers.org.uk

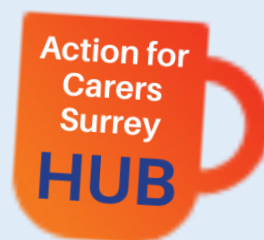
Meet Hospital Advisors at the Hubs

Meet your Hospital Carer Support Advisor in your local Hub and learn how they can support you.

Your local Hospital Carer Support Advisor will be at the Hubs to answer any questions you have regarding the support that they and the hospitals can offer.

All available 10am–2.30pm

- **Knaphill Hub** on Monday 4th July, Sam Caine
- **Epsom Hub** on Tuesday 5th July, Michele Moore
- **Leatherhead Hub** on Friday 29th July, Sam Caine
- **Guildford Hub** on Monday 15th August, Seema Kang
- **Haslemere Hub** on Monday 22 August, Naheeda Majid
- **Camberley Hub** on Tuesday 30th August, Tamzin Ede
- **Horley Hub** on Wednesday 28th September, Tamzin Ede



Dementia Carer Cafés

These are opportunities for carers to meet other people caring for loved ones with Dementia, and speak to a Specialist Dementia Care Nurse, as well as to Action for Carers Hospital Support Advisors.

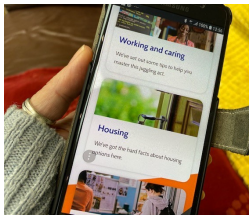
9th August Milford Dementia Café
1-3pm, with Tamzin Ede & Naheeda Majid, plus Tracy from PALS

Tuesdays 1.30-3.30pm

Hunter Centre Carer Support Group. Please come along or contact Denise on 01428 654710.

What You Need to Know

If you're a younger carer (18-24), have you had a look at all the info in our 'What you Need to Know' pages?



There's advice, information, facts and loads of real life experiences from other young adult carers in Surrey, covering things like Housing, Returning to Learning, Higher Education, Working and Caring, Apprenticeships, Health, and more. You'll hopefully find some things that will help you.

It's here www.actionforcarers.org.uk/who-we-help/young-adult-carers-18-24/what-you-need-to-know/

YAC Council

Do you want to share your views on life as a young adult carer, and help to improve our service for Young Adult carers?

Why not join our Young Adult Carers Council?

The next meeting is.
Tuesday 27 September
7-8.30pm

Online

Led by Rachel Brennan

If you'd like to attend, please email CSAdmin@actionforcarers.org.uk and we'll send out the Zoom link.

Events for Young Adult Carers

The events which will be held are:

- Managing your money
- Improving your credit
- How to write a CV and Interview skills

Do you have any more ideas for events which would help you in your caring role?

How Can Your GP Support You as a Young Adult Carer?

We are talking to GP surgeries and would like to hear from you about the support you value from your GP and how this can be improved.

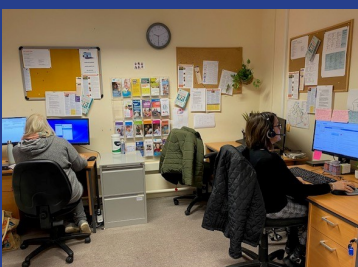
Email your ideas to: Rachel.Brennan@actionforcarers.org.uk

Here to Help

Do you know all the ways Action for Carers can support you?

- Our Helpline
- Support from a Carer Support Advisor by phone, Zoom or face to face
- Support at our Hubs (see p2)
- Support from our Hospital Carer Support Advisors
- Wellbeing & Training events and Support groups
- Break payments for time away from caring

For support, please call the Helpline on 0303 040 1234.



Free Booklets for Carers

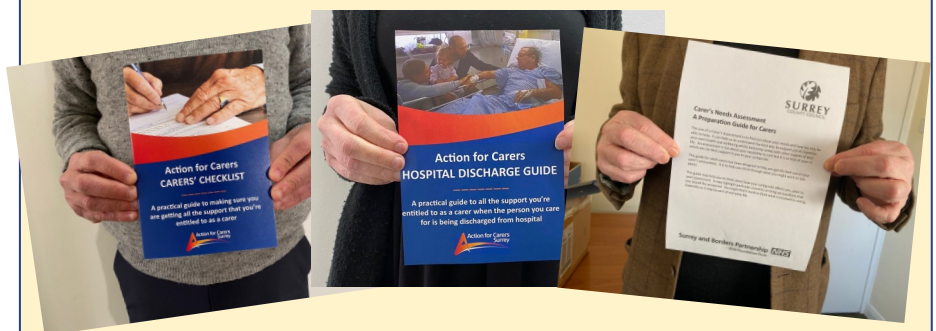
A reminder that we have several free booklets for carers in Surrey, to support you in your caring role.

You can find them all on our website, where you can download them for free <https://www.actionforcarers.org.uk/how-we-help/information-booklets/>

Or you can call 0303 040 1234, option 1, and request a printed copy be sent out to you.

Key titles include:

- *The Carers Checklist*
- *Caring at the End of Life*
- *The Carers Assessment Guide*
- *Hospital Discharge Guide*



News and Activities from other Organisations

Enjoy Tea and Meeting a Pony!

Riding for the Disabled group in Chobham would like to offer an afternoon tea together with a chance to meet some of their super ponies for those living with dementia and their carers.



The teas will run throughout the summer, twice a week lasting approximately an hour. You will enjoy tea and cake whilst watching a couple of ponies being ridden around the arena, a chance to meet, stroke, or even brush one of the ponies.

£5 for both you and your loved one at: Laris Farm, Windlesham Road, Chobham, Woking GU24 8SW.
For more information and to book please contact Julie Jones on 07889 599227, or email questriders@questrda.org

Bagshot Dementia Club – Saturdays

A dementia-friendly club for older Bagshot residents and carers has reopened. It's a friendly club where everyone is welcome. Lots of fun and laughter! There's activities, social time, afternoon tea, outings and much more

It takes place at Windle Valley Centre, Bagshot; Saturdays 2-5pm; £6.50 per person, carers free; transport available — please request.

Book your place or just turn up.
For more information or to book transport, please call Aline on 01276 707659.

Veterans Friendship Groups

Are you a veteran or do you know of any friends or family who have served in the Armed Forces (including national service and reservists/territorial army) and would like to make new friends?

SCC are developing groups for veterans in the Epsom and Ewell, Surrey Heath and Guildford areas and would love to hear from you if you'd like to be involved. **Please get in touch to find out more:**



Epsom and Ewell: tracey.morris@surreycc.gov.uk
Tel: 07790 585352 / Surrey Heath: mike.rowlands@surreycc.gov.uk
Tel: 07971 604497 / Guildford: marne.stiles@surreycc.gov.uk
Tel: 07815 410205.

Veterans Hubs & Drop-ins across Surrey and Surrey Borders

<p>Epsom and Ewell Veterans Community First Tuesday of each month Hub 1030hrs, The Army Reserve Centre, Welbeck Close, Ewell, KT17 2BG</p>	<p>Veterans Hub Fordbridge Fourth Tuesday of the month 1100hrs Fire Station, Staines Road West, Shepperton, TW15 3SB</p>	<p>Veterans Support Association. Every Monday 1000-1600hrs, 3rd Molesey Scout Hut, St Peters Road, West Molesey, KT8 2QE</p>	<p>Woking Veterans Hub, Woking Third Wednesday of the month 1030hrs Fire Station 40 Goldsmith Road, Woking, GU21 6LE</p>
<p>Mole Valley Veterans Hub Ashted Last Friday of each month 1230hrs. Leg of Mutton and Cauliflower Pub, 48 The Street, Ashted, KT21 1AZ</p>	<p>Veterans & Families L-P Second Monday 1000hrs High Cross Church, Knoll Road, Camberley, GU15 3SY</p>	<p>Guildford Veterans Drop-in Guildford Last Thursday 1030hrs Fire Station, Ladymead, Guildford, GU1 1DL</p>	<p>Chertsey Veterans' Hub Every Thursday 1400-1600hrs Gogmore Youth and Community Centre, Gogmore Farm Car Park, Curfew Bell Road, KT16 9BB</p>
<p>Shots Foundation Veterans Hub First Wednesday 1030hrs EBB Stadium, High Street, Aldershot, Hants, GU11 1TW</p>	<p>Cranleigh Armed Forces and Veterans Breakfast Club Third Sunday of each month 1000-1300hrs The Three Compasses, Dunsfold Road, Alford, GU6 8HY</p>	<p>Epsom Armed Forces breakfast club Every Sunday 1100hrs Dia Y Noche Lounge, 39 The Oaks Square, Waterloo Road, Epsom, KT17 2BG</p>	<p>Download the Armed Forces Connect Link and keep up dated of what's happening for veterans in Surrey.</p> 

News and Activities from other Organisations

Free theatre tickets for families!

Circus Starr have kindly donated us tickets for its circus show this

October. The show is especially created for children who are new to the spectacle of live performance or struggle to sit and concentrate. Performances will delight with a fantastic array of circus talent from balancing skills to contortion, plus hilarious clown, Chico Rico!



There are 30 tickets for the 4.45 performance on 4th October, and 30 tickets for the 7pm show. (One ticket per person, under 3s don't need a ticket.) The show takes place, indoors, on The Leg Of Mutton Field in Cobham KT11 3DQ. **Contact us to apply – first come first served.** (If you don't hear from us, sorry, you were unsuccessful.)



Missing Persons Information Hub
For everyone who cares about missing persons

Sadly every year, people we care for go missing – for a whole host of reasons, and people with a variety of conditions. Should this happen, there's a new website, The Missing Persons Information Hub, where all the information you might need is helpfully organised in one place. The idea is to make it easier to find help, and to understand what to do. **It's here <https://mpih.org.uk/>**

The Hub is supported by bodies including the National Police Chiefs Council, the UK Missing Persons Unit, the charity Missing People, and universities including Portsmouth and its Centre for Missing Persons Studies.



Free NHS remote monitoring service for older people

If the person you care for has been diagnosed with dementia or depression/anxiety and is aged 65+, you can apply for a free NHS service that monitors

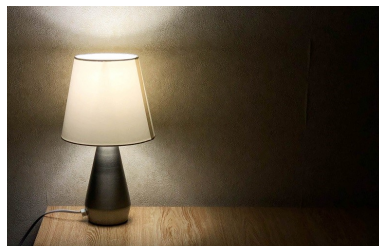
health at home, helping put your mind at rest. **To apply call 0800 448 0786 or visit on line at www.sabp.nhs.uk/TIHM/getinvolved.**

Government Bill extends end of life financial support

The *Social Security (Special Rules for End of Life) Bill*, introduced in parliament in May means people thought to be in the final year of their life will be able to receive vital support six months earlier than they were able to previously.

Fast-track benefit access is to be extended to those nearing the end of their life who are on Personal Independence Payment (PIP), Disability Living Allowance (DLA) and Attendance Allowance.

The extended fast-track access means those eligible are not subject to a face-to-face assessment, and in the majority of cases they receive the highest rate of benefits. [More here](https://) <https://>



www.gov.uk/government/news/new-government-bill-extendsend-of-life-financial-support

Please remember, if you're caring for someone who is nearing the end of life, we can help. Call our knowledgeable Helpline team on 0303 040 1234, with any queries or concerns.

And you can download our booklet on managing at this difficult time from our website, or call 0303 040 1234, option 1 to request a printed copy.

Build a more inclusive community through Makaton signing and song

Come and join
The Include Choir Epsom
St Mark's Church
Epsom KT18 5RD
Tuesdays 6 - 7:30pm

www.include.org
include choir Epsom

Inclusive Choir

Like to sing? Epsom's Include Choir gets together to sing, combined with Makaton signing. The choir takes place at St Mark's Church, Epsom, Tuesdays, 6-7.30pm. It's an inclusive choir for anyone – people with and without learning disabilities. All welcome!

For more info call 07446 897835, or email info@include.org.uk

Consultations and surveys

It's important that carers share their views. Search 'consultations' on our website to see more. Here are some particularly important upcoming surveys / consultations.

Young Carers Strategy

Surrey County Council and its NHS partners have drafted the *Young Carers Strategy for 2022-2024* and want to hear the views of young carers and families — is everything covered, are the priorities right, with the strategy meet your needs?

The survey is here, along with the draft Strategy: <https://www.surreysays.co.uk/csf/young-carers-strategy-consultation/> It's anonymous, and closes 8th August. (Easy Read versions are also available.)

Mental Health Services

If you, or someone you know has used any of the mental health and wellness services listed below in the last two years, then SCC and the NHS in Surrey want to hear your views on MH services.

Community Connections (Catalyst, Oakleaf, Canterbury Care, Woking Mind, Guildford Action, Oakleaf, Creative Response, Voluntary Action South West Surrey, Voluntary Support North Surrey, ESDAS, Reigate Stepping Stones, YMCA East Surrey, Hope Hub, Mary Frances Trust, Richmond Fellowship); Safe Havens; In-Reach; Mental Health Citizens Advice Service.

Please sign up to an online or in person session to share your views. In person:

- Monday 4 July, 1.30-3.30pm. Moorcroft Community Centre, Old School Pl, Westfield,

Woking GU22 9PB

- Friday 8 July, 10-12pm Park House, Randalls Road, Leatherhead, KT22 0AH

Online (choose the right session/s) for you):

- Thursday 30 June – **In-Reach**: 2-3.30pm
- Wed 6 July – **Community Connections**: 7.30-9pm
- Wednesday 13 July – **Safe Havens**: 1- 2.30pm

To sign up, email stuart.deacon@surreycc.gov.uk



Parents' Voices Matter Survey

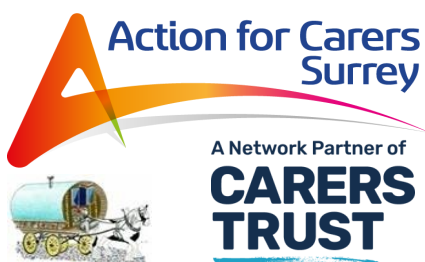
Parents' Voices Matter is a new SCC survey for parent and carers of children and young people with additional needs (including special educational needs) and disabilities. They want to know about your experiences with local services. Closes 31 July, <https://www.surreysays.co.uk/csf/parentsvoices/>

Friends and Family Care Home Survey

Healthwatch Surrey is conducting a survey for friends, family, and carers of care home residents to share their feedback on care homes. They also want to find out whether residents and families are aware of how to, or have experience of, sharing their feedback. The survey is running alongside a programme of visits to a number of care homes in the next few months.

Survey is here www.healthwatchesurrey.co.uk/friends-and-family-care-home-survey/

Action for Carers is here for you. If you haven't yet registered with us, please do. We offer a whole range of advice, support, information and events. Call **0303 040 1234** or email carersinfocentre@actionforcarers.org.uk Or you can register on our website: www.actionforcarers.org.uk/register-with-us/



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