

## What's On; March 2019

### Your Monthly Event Bulletin from Action for Carers Surrey

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This publication details all our events that are taking place across Surrey this month, as well as some events which are being hosted by other separate organisations. If you are interested in attending one of our events or want to book a place then please contact Action for Carers on **0303 040 1234** unless stated otherwise in the information about that event.

#### **1<sup>ST</sup> MARCH – KNOW YOUR RIGHTS IN HOSPITAL - GUILDFORD**

This workshop focuses on the topic of knowing your rights when in hospital to ensure you receive good health care. You will also find out about Mencap's new "Treat Me Well" campaign. This fully accessible event is for people with learning disabilities, their carers, family members and professionals. Please book a place by contacting Mike Le Surf via [michael.lesurf@mencap.org.uk](mailto:michael.lesurf@mencap.org.uk).

**VENUE:** Room B2, Education Centre, Royal Surrey County Hospital, Guildford GU2 7XX **TIME:** 9:30am – 1pm

#### **3<sup>RD</sup> MARCH – SURREY WHEELS FOR ALL CYCLING SESSIONS - WOKING**

The main focus of Surrey Wheels for All is to offer cycling to disabled people. They have over 80 adapted bikes and are confident that anyone can ride a bike regardless of their ability. The first session of the year will be on Sunday 3rd March at the Woking Sports Box Leisure Centre. Each session costs £3.00.

**VENUE:** Woking Sportsbox, Egley Road, Woking, Surrey GU22 0AF **TIME:** 2pm - 4pm

#### **6<sup>TH</sup> MARCH – UNDERSTANDING DEMENTIA – FRIMLEY**

Do you care for a loved one living with dementia? Dementia specialist Suzanne Mumford from Care UK will be covering a number of topics to help you understand what it may be like to live with dementia, as well as offering some practical advice. To reserve your free place, please call 0333 434 3086 or email [susan.wilkie@careuk.com](mailto:susan.wilkie@careuk.com).

**VENUE:** Whitebourne Care Home, Burleigh Road, Frimley, GU16 7EP **TIME:** 2pm to 4pm

#### **CINEMA CLUBS**

These events are open to all carers and the people they care for. Join us from 10am for a drink and a chat before the film, which starts at 11am. The screenings are autism and dementia friendly. The film for each cinema club will be announced 2 weeks before the date. Please book your place if you are attending the Oxted cinema club.

##### **11<sup>TH</sup> MARCH = OXTED CINEMA CLUB (Free).**

**VENUE:** Everyman Oxted, 7 Station Road west, Oxted, RH8 9EE

##### **12<sup>TH</sup> MARCH = EPSOM CINEMA CLUB (Cost is £2).**

**VENUE:** Odeon Epsom, 14B-18 Upper High Street, Epsom, Surrey, KT17 4QJ

##### **26<sup>TH</sup> MARCH = ADDLESTONE CINEMA CLUB (Cost is £4.50).**

**VENUE:** The Light Cinema Addlestone, Station Road, Addlestone KT15 2BD



### **C.A.M.E.O (COME + MEET EACH OTHER) - CAMBERLEY**

St Mary's warmly welcomes you & the person you care for to join them for a 2 course meal to meet new people and enjoy good food in a warm and relaxing place. Meetings are on the 1<sup>st</sup> Wednesday of each month, with the one this month taking place on the 6<sup>th</sup> of March. Contact David on 01276 685167 with any questions.

**VENUE:** St Mary's Church, Park Road, Camberley GU15 2SR **TIME:** 12:30pm

### **15<sup>TH</sup> MARCH – FREE WORKSHOP BY NAS PROFESSIONALS - WOKING**

The professionals at the NAS Resource Centre are running a free workshop from 10:30am to 1pm for parents and carers of children and young people with autism. This workshop is suitable for families whose child or young person already has a diagnosis, or who is awaiting diagnosis, and focuses on social skills for autistic children. Places must be booked in advance, for enquires and to book your place please call 01483 521744 or email [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk).

### **15<sup>TH</sup> MARCH – THE ONLINE WORLD – KEEPING YOUR CHILD SAFE - WHYTELEAFE**

Within this workshop, Mark Brown will explore the internet and some of the many hazards. Mark will also explore potential tips and ideas on what everyone can do to minimize the risk to an individual with additional needs whilst enabling them to stay safe online. The course costs £20 and spaces are limited. To book your place, call 01883 625436 or email [sh4sn@sky.com](mailto:sh4sn@sky.com).

**VENUE:** Special Help 4 Special Needs, 195 Godstone Road, Whyteleafe, CR3 0EL **TIME:** 10am – 2pm

### **16<sup>TH</sup> MARCH – ONE- DAY DEMENTIA COURSE - FARNBOROUGH**

This course is for anyone who wants to know more about Dementia. It will be run by Dr Gemma Jones who is a Dementia Care Consultant from Alzheimer Café UK. There is a £10 administration fee but the rest of the course is subsidized by the Alzheimer Café. For further details, please contact: Hilary Dyce at Alzheimer Café UK via [alzheimercave@hotmail.co.uk](mailto:alzheimercave@hotmail.co.uk) or 07938 175002.

**VENUE:** St. Peter's Parish Centre, 60 Church Avenue, Farnborough GU14 7AP **TIME:** 9am-4.15pm

### **20<sup>TH</sup> MARCH – ASD IN CHILDREN AND ADULTS – STOKE D'ABERNON**

The aim of this event is to increase understanding about Autistic Spectrum Disorders (ASD) and to provide information about support needs and coping strategies.

We invite you to come along and listen to professionals and partner organisations share their knowledge and learn about services in a relaxed, friendly environment. To book your place, please call 01372 216158 or email [engage@sabp.nhs.uk](mailto:engage@sabp.nhs.uk).

**VENUE:** St Mary's Hall, Stoke Road, Stoke D'Abernon KT11 3PX **TIME:** 10am-1pm

### **26<sup>TH</sup> MARCH – FIRST AID TRAINING - GODALMING**

Join us and learn basic First Aid techniques with The Red Cross. This FREE event is a chance to chat to other carers and have fun! Please book as spaces are limited.

**VENUE:** Guildford Rugby Club, Meadow, Godalming GU7 3DH **TIME:** 10am – 12:30pm



## **26<sup>TH</sup> MARCH – MENTAL HEALTH WORKSHOP - LEATHERHEAD**

Come and find out more about the new Single Point of Access, triangle of care, consult on the new SABP Carers Strategy and have a Q&A session with the SABP Carers lead. There will also be other mental health agencies present with information and Action or carers' new pilots and carer involvement reference groups. Please book your place.

**VENUE:** Leatherhead Leisure Centre, Guildford Road, Leatherhead KT22 9BL

**TIME:** Registration opens from 9:30am, with the event running from 10am – 1pm

## **26<sup>TH</sup> MARCH – BACK CARE AND FALLS PREVENTION - STAINES**

Come along to this free event and learn how to look after your back when moving the person you care for and get some tips on preventing falls. Light refreshments will be provided. Please book your place.

**VENUE:** Staines Methodist Church, Thames Street, Staines TW18 4SD **TIME:** 10am – 2pm

## **26<sup>TH</sup> MARCH – AUTISM FORUM: CHALLENGING BEHAVIOUR - LEATHERHEAD**

Laura Kerbey (Positive Autism Support and Training) will be providing practical parenting tips to manage challenging behaviours, including anxiety, panic attacks and meltdowns associated with Autism Spectrum conditions and PDA. Tea, coffee and a light lunch provided. Please book your place.

**VENUE:** Leatherhead Theatre, 7 Church Street, Leatherhead KT22 8DN **TIME:** 10am – 2pm

## **27<sup>TH</sup> MARCH – DEMENTIA WORKSHOP - REIGATE**

**Are you caring for someone with Dementia?** You can book on to one or two of the below informative workshops, delivered by expert speakers from a number of organisation. **Booking is essential.** When booking, please tell us which session(s) you would like to attend. The sessions are as follows:

**11am - 12 noon**

**OR**

**11am – 12 noon**

**Introduction to Dementia**  
*by Dementia Champions*

**Support Strategies For Carers**  
*by a dementia specialist*

**LUNCH from 12noon – 1pm**

Please book if you'd like to stay for lunch and let us know of any dietary requirements

**1pm – 2pm**

**OR**

**1pm – 2pm**

**Local Support Services Information**  
*by the Alzheimer's Society*

**Paying For Care Information Session**  
*by Surrey County Council*

**VENUE:** The Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS **TIME:** 11am – 2pm

## **FREE FOOTBALL SCARVES!!**

Following on from the Aldershot Football match on the 11<sup>th</sup> of Feb, we have 2 spare Aldershot FC scarves to give out FOR FREE to anyone who would like one. Please email us on the email address above – but be quick! This is on a first come, first served basis.

## **TICKETS NOW AVAILABLE FOR THE AUTISM SHOW**

Tickets are now available for The Autism Show in association with The National Autistic Society on 14-15 June 2019 at the Excel Centre in London. For more information, please visit the Autism Show website here:

<https://autismshow.co.uk/>.

## **27<sup>TH</sup> MARCH - PARENT CARERS PARTICIPATION IN CAMHS SURREY - GUILDFORD**

This event is aimed at mental health and emotional wellbeing clinicians and professionals as well as young people and their families. It seeks to explore the extent to which parent carers are currently and could/ should be engaged, informed and involved in assessment and therapy of their young people. The event will enable:

- Parent carers to give feedback on their experiences and what they think could be improved.
- A wide range of professionals from acute settings and CAMHS teams to share their current practice in regard to parent carer inclusion, exploring benefits to be gained and issues to be addressed.
- Young people will give their thoughts on parental involvement.
- Planned and emerging practice changes will be presented.

To register your free place please follow this link: <https://www.eventbrite.com/e/parent-carers-participation-in-camhs-in-surrey-cyp-iapt-partnership-event-tickets-56409436142>

**VENUE:** Guildford Baptist Church, Millmead, Guildford, GU2 4BE      **TIME:** 10am to 3:30pm

## **29<sup>TH</sup> APRIL – ADOLESCENT MENTAL HEALTH WORKSHOP - LEATHERHEAD**

This workshop will be led by STEM4 who are mental health professionals and presenters with lived experience of mental health. The workshop will focus on anxiety, depression, self-harm, eating disorders and coping strategies and tools to build emotional resilience. We have included this event in the March 'Monthly Bulletin' as we anticipate this event is likely to be very popular. Please register your interest by phoning 0303 0404 1234 extension 815.

**VENUE:** Leatherhead Leisure Centre, Guildford Road, Leatherhead, KT22 9BL

**TIME:** Registration opens from 9:30am, the event runs from 10am to 1pm

**Please carry on reading for some exciting consultations and projects to get involved in...**

# CONSULTATIONS AND PROJECTS

## Are you interested?

### ALEXA PILOT PROJECT

Action for Carers, in conjunction with sensory services for Surrey, are piloting a new project from April to find out how technology can help support carers in their caring role. To take part you will need an internet connection, as you will be provided with an Amazon Alexa to use. If you are interested in taking part and/or would like more information then please contact us on 0303 040 1234 extension number 815 or email us at [csadmin@actionforcarers.co.uk](mailto:csadmin@actionforcarers.co.uk).

### SURREY AND BORDERS PARTNERSHIP NHS FOUNDATION TRUST (SABP):

#### **Improving Communication to Carers - Would You Like To Help?**

If you care for someone with a mental health problem who is currently or has been supported by a Community Mental Health Recovery Service then please read on.

Ann Stevenson is leading on a piece of work to improve the way the Trust provide written communications to carers. They have done some work in their adult inpatient services and are beginning to look at adult community services.

The Trust would value some support to help them review their drafts of letters etc. to ensure they get their communications right. Once they have done this, Ann would like to meet with a couple of carers to review the work. Ann can be contacted via email at [ann.stevenson@sabp.nhs.uk](mailto:ann.stevenson@sabp.nhs.uk) or on 07771 562167. If you would be interested in helping, please contact Ann directly.

### CONSULTATION WORKSHOPS: New Adult Autism & Learning Disability Service

Surrey County Council is currently developing a new service for adults and have asked to meet and consult with carers about how the service will meet the needs of both the carer and the person with autism and/or a learning disability. Peter Tempest, Assistant Director of Surrey County Council, and his new team will be at each of the dates around Surrey to meet with you. The dates are as follows:

**Monday 18<sup>th</sup> March = Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS, 10:30am – 12:30pm**

**Tuesday 19<sup>th</sup> March = Guildford Rugby Club, Meadow, Godalming GU7 3DH, 1:30pm – 3:30pm**

**Thursday 28<sup>th</sup> March = The Maybury Centre, Board School Road, Woking GU21 5HD, 10am – 12pm**

If you'd like to attend one of these sessions, please phone us on 0303 040 1234 to book your place.