



# Carers Support Service

REGIS, CHICHESTER & RURAL



# Carers Newsletter

Spring 2011—Issue 42

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Welcome to our first Newsletter for 2011. I trust you have all kept warm through the cold weather and are looking forward to the warmer days to come.

In our Winter 2010 Newsletter I mentioned we were preparing to move to a new office base; this we have done and our new address is First Floor, 1-2 St Pancras, Chichester, West Sussex, PO19 7SJ. Further details regarding changes to our telephone numbers are on page 2.

Although it has been a time of physical upheaval for us we are now settling in and trust our office closure did not unduly affect our service to you. We are forging ahead with our Spring programme of workshops and events and, of course, every member of the team are here to support you on a day-to-day basis. So do make a note of our new contact details and I look forward to seeing many of you at our various activities over the coming weeks.

It is with mixed feelings that I need to inform you that after seven years I am retiring and therefore will be leaving the Carers Support Service at the end of April 2011. I am looking forward to this new phase of my life although I will miss the relationships that have been established both within our team and with the reason why we are here, yourselves the Carers. I have seen many changes during my time with the service, and enclose details of proposed changes to take place from April 2012. Further information will become available in due course.

With my best wishes,

*Richard North (Chief Executive)*



**Affiliated to the  
Princess Royal Trust for  
Carers**

**Have You Accessed Our Blog?  
Seen the useful information and  
links?**

**Find us on  
<http://csschichester.wordpress.com/>**

## **CARERS RIGHTS DAY SEMINAR — RE-ARRANGED DATE**

**23 MARCH 2011**

### **“CARING ABOUT EQUALITY”**

Please note that our above Seminar which was cancelled due to the adverse weather conditions in December has now been re-arranged to Wednesday, 23 March 2011. If you would like to attend please complete the tear-off slip on the enclosed flyer and return to us no later than Thursday, 10 March 2011.

### **\*Carers Events \***

Please find enclosed fliers with details of our Free Events/Workshops for Carers for Spring 2011. Remember to send us your flier tear-off as soon as possible to book your place!

### **A DATE FOR YOUR DIARIES**

**OUR**

*GARDEN PARTY*

**will take place on**

**Wednesday, 6 July 2011**

**Further information will be in our  
Summer 2011 Newsletter**

### **WILL YOU HELP US SAVE OUR POSTAGE COSTS?**

To help us save postage costs would you like to receive your Newsletters and Fliers by email? If so please email: [info@carerssupportservice.org.uk](mailto:info@carerssupportservice.org.uk) with your details.

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**‘We care so that you can care’**

## News and Information

PLEASE NOTE OUR TELEPHONE NUMBERS ARE NOW:



Administrative Support:	Linzi/Beryl	01243 537011
GP Support Workers:	Chris/Sally	01243 537011
Information Worker:	Louise	01243 537011
Mental Health Support Workers:	Sarah/Debbie	01243 790406
Learning Difficulties Support Worker:	Pam	01243 790406
Emotional Support for Carers:	Caroline	01243 789385
Telephone Support Service:	Karin	01243 789746



### New Carers Support Group

A new general Carers Support Group will be meeting on the second Thursday of the month, with the first meeting scheduled for 10th March. The meetings will be from 2.30pm to 4.30pm at Flansham Park Surgery, 109 Flansham Park, Felpham. You do not have to be registered at the surgery to attend. For more information telephone 01243 537011.



### New Drop-In Sessions for Carers

Drop-In sessions will be taking place on the last Thursday of the month from 10.00am to 12noon, commencing Thursday 31st March 2011. These will be at our new offices at 1-2 St Pancras, Chichester and will be facilitated by our Information Worker, Louise Spong. No appointment will be needed but should you wish to contact Louise in advance, please ring her on 01243 537011.



### The Carers Support Service now has a youtube channel:

<http://www.youtube.com/csschichester>

28% of searches on the internet take place within the youtube website. If you have a video you'd like me to upload and/or blog about please let me know, it's a great way to get our message out to carers in our area.

According to a recent poll youtube is one of the best social media tools.

We started the channel with video feedback from two local carers, Lauren Jacobs and Penny Marshall. Both took part in the Carers Creative Art Course held at Pallant House Gallery and Bersted Learning Centre, which was funded through West Sussex Arts & Health Network.. They talk about the respite the course offered from their caring responsibilities.

Louise Spong



### CARERS SUPPORT GROUP, MIDHURST

The Men's Carers Support Group is now open to any carer, male or female, living in or around the Midhurst area. The group meets on the 2nd Tuesday of the month from 11.00am to 12.30pm.

For more details contact Louise on 01243 537011.



### CARERS WEEK: 13-19 JUNE 2011

This year's theme is "The True Face of Carers". We'd love to create a collage made from photographs of Carers who have received support from us. If you would like to participate then please send a photograph of yourself to Louise at our new address. Please enclose a stamped envelope if you want your photo returned. Alternatively you can email a digital version to:

[louise.spong@carerssupportservice.org.uk](mailto:louise.spong@carerssupportservice.org.uk)

# Information and Events



## Disability Information and Advice Service

Voice for Disability provides free information about the services, equipment and facilities available within West Sussex to disabled people and the people who support them. This service is available by post, email or in person at their office.  
Telephone 01903 244457.  
Email: [info@wsad.org.uk](mailto:info@wsad.org.uk)  
Address: 7 St John's Parade, Alinora Crescent, Goring, West Sussex, BN12 4HJ



## the cinema exhibitors' association limited

The Cinema Exhibitors' Association Ltd provide a national card that can be used to verify the holder is entitled to one free ticket for a person accompanying them to the cinema. Further info available from [www.ceacard.co.uk](http://www.ceacard.co.uk); ask for an application form from your local cinema; or contact The Card Network, Network House, St Ives Way, Sandycroft, CH5 2QS, tel: 0845 123 1292. Minicom/Text phone: 0845 123 1297. Terms and Conditions apply.



## SHORT BREAKS FOR CARERS

You can apply to the Short Term Break for Carers Fund if you have not had a break for over 12 months due to financial difficulties. The maximum that can be applied for is £300, or up to £500 if there are alternative care costs or if your cared for is going to accompany you on the break. For more information and an application form please call Beryl on 01243 537011.

## HAVE YOU EVER COMPLAINED ABOUT A CARE SERVICE?

Tell the Local Government Ombudsman (LGO) about it and receive up to £40.00.

Do you pay for home care, or a place in a nursing or care home, or a Shared Lives scheme? Or do you arrange your own care using Direct Payments or a Personal Budget from the council? If you have made a complaint the LGO would like to talk to you - in strict confidence - about your experience.

For more details contact Anne Schuetz:  
telephone 020 7239 7837 or  
email: [aschuetz@opm.co.uk](mailto:aschuetz@opm.co.uk)

## The Older Peoples Information Centre (TOPIC)

TOPIC would like to visit one of your club meetings! This mobile information service for older people, and the groups that support them, now covers the whole of West Sussex. Initially established through partnership working with statutory and voluntary services in the Chichester District, it offers information and advice on a range of issues that affect older people. This Information and Signposting support is provided by West Sussex Fire and Rescue Service, 4Sight, AgeUK, the Pension Service (DWP), Carers Support Services and Action in Rural Sussex.

It is an informal session that will work around your club timings. These organisations will bring in display materials and be there to talk to you about pensions and benefits such as Disability Living Allowance and Pension Credit, keeping warm, home fire safety and fitting of free smoke detectors, health and wellbeing such as healthy eating and exercise, support for carers and practical help suitable to your level of mobility. There will also be lots of other information that you may have questions about.

If you would like this session at one of your club meetings, or require further information then please call **Derek Covill on 07921 291171.**

## National Census 2011

The posting out of Census Questionnaires will start on 4 March 2011, with Census Day on 27 March. The information obtained from the Census is vitally important as the statistics feed into the allocation of funding for local authorities and play a major part in identifying the need for local services in communities, such as health, education, policing and transport. It is particularly important in identifying the most vulnerable and needy sectors of the community and that their requirements can be identified and resources planned.

If you are helping someone who has difficulty completing the questionnaire on their own, the Office for National Statistics has provided guidance. Go to the Census website [www.census.gov.uk](http://www.census.gov.uk) or contact John Heaton, Census Area Manager - Arun, Chichester and Horsham by e-mail at [jl17@census.gov.uk](mailto:jl17@census.gov.uk) or tel: 07801 331500.

## Little PACSO

### Parents and Carers Support Organisation

An all new support group for parents and carers of children with additional needs under 5 years old.

A great opportunity to meet other parents, gain support and receive information. Monthly meetings at Chichester Nursery School, Children and Family Centre, St James' Road, Chichester, PO19 7AB.

For more information contact Emily Medway on 01243 533353, 07875 601157 or by email to [play@pacso.org.uk](mailto:play@pacso.org.uk)

## More Information

### the store house

#### A Service to the Community

If there is furniture or any household goods you need or wish to donate then please contact  
Vineyard Fairtrade Shop

5a Waterloo Square, Bognor Regis

Phone: 01243 861113

Mobile: 07554 061331 Eves and all day Friday

Email: [storehouse@bognorvineyard.org.uk](mailto:storehouse@bognorvineyard.org.uk)

All good quality items including bedding, sofas and electrical goods accepted.

Requests for furniture or other items should come from a referring agency, eg Social Services, NHS, Health Visitors, CAP, Home Start, Local Churches.

### “Where can I find out more information about what I can do in an emergency?”

The Preparing for Emergencies web pages on DirectGov contain useful information on how you can prepare for the impacts of all emergencies. The pages can be found at [www.direct.gov.uk/preparingforemergencies](http://www.direct.gov.uk/preparingforemergencies)

For flood warning advice, telephone the Environment Agency helpline (0845 988 1188) or look at their website, [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

### FREE FUN SESSIONS

At The Selsey Centre, Manor Road, Selsey

Saturday 26th March 2011

For families and children with disabilities

Sponsored by



Morning and afternoon sessions available  
Activities will include

Sensory art workshops

Chris North and his suitcase of fun

Face painting and more....

Light lunch provided

For more details contact  
Selsey Children and Family Centre  
East Street, Selsey, PO20 0BN  
tel: 01243 642906

**SureStart**  
West Sussex

### HeartSmart Walks

Organised by Chichester District Council

Covering a wide area: Rowlands Castle - Petworth - Littlehampton

Walking is a great way to take exercise but sometimes it can be difficult if you: >don't know where you can walk; >don't have anyone to walk with; >feel unsafe to walk alone.

HeartSmart walks are arranged locally by trained volunteer walk leaders who aim to show you routes, encourage you to keep your heart healthy and help you meet other people you might like to walk with.

For further information contact the Health Development Team on 01243 534589,  
email: [health@chichester.gov.uk](mailto:health@chichester.gov.uk) or visit website [www.chichester.gov.uk](http://www.chichester.gov.uk)

### Shelter

Shelter is now providing advice on community care issues including appealing local authority and/or NHS continuing care decisions. They are currently running drop-in sessions at the following locations:

Littlehampton CAB: Thursdays 10.00am—4.00pm

Bognor Regis CAB: Mondays 10.00am—4.00pm

Chichester DC: Thursdays 10.00am—4.00pm



### Dementia Knowledge Cafes

Open to all who are interested in supporting people living with dementia, the Dementia Knowledge Cafes are organised by West Sussex County Council and are held across 5 different areas of West Sussex, and 4 times a year in each area. For further information telephone 01243 756834 or email: [traininganddevelopment@westsussex.gov.uk](mailto:traininganddevelopment@westsussex.gov.uk)

This newsletter is produced on a quarterly basis and if you have information that you would like to contribute to our Summer Newsletter, our deadline is **4th April 2011**. Please contact us either by e-mail: [beryl.richards@carerssupportservice.org.uk](mailto:beryl.richards@carerssupportservice.org.uk) or write to Beryl Richards, Carers Support Service, 1-2 St Pancras, Chichester, West Sussex, PO19 7SJ, tel: 01243 537011. **Please note:** The views expressed in this newsletter are those of individual contributors and do not necessarily reflect the views of Carers Support Service. Articles are accepted in good faith, and no responsibility can be accepted for any inaccuracies.