



# Carers Support Service

REGIS, CHICHESTER & RURAL



Carers Newsletter  
Winter 2011  
Issue 45

**1st Floor  
1-2 St Pancras  
Chichester  
West Sussex,  
PO19 7SJ**

**Tel: 01243 537011**

**E-mail:  
info@carerssupportservice.org.uk**

**Web:  
www.carerssupportservice.org.uk**

**Reg Charity No: 1136000**

**Company No: 7191927**

We were delighted to be able to welcome so many carers and associates to our first Annual General Meeting on 9<sup>th</sup> September. Bognor Regis Baptist Church provided us with an excellent venue which was appreciated by all attending. The formalities were concluded in record time which gave maximum opportunity for conversation, for consultation/discussion with staff about the services we provide, or to sample complementary therapies. I took the opportunity to thank publically our Board of Trustees and our staff and volunteers – and I make no excuse for repeating those thanks here. I am indeed fortunate to work with so many dedicated people who are ever-willing to give up their time in support of local carers.

Still in our infancy as a new organisation, we are nonetheless heavily engaged in working with the other two Carers Support Services in West Sussex to create a countywide carers support service from the 1<sup>st</sup> April 2012. This offers an opportunity to evaluate our services and to revise and improve them to meet new requirements and changing needs.

At the same time we have strengthened our local response by increased staffing of our telephone helpline. We welcome Sandra Riedel as part-time Information Support Worker to answer the main phone line on 4 mornings each week. Additionally we welcome Dr Daniel Haghani as Project Manager (Health). Daniel recently qualified as a doctor of medicine and surgery, and is taking a year's sabbatical from working as a doctor. He will be working with us for 2-3 days a week for the next 6 months to help increase awareness of carers' issues and needs, in the acute hospital setting. Please see Daniel's request in this newsletter, for your help with his work.

With best wishes, Anne



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

## Christmas Lunch for Carers



Please see the enclosed flyer for details of this year's Christmas Lunch for Carers, which is being held at the Beachcroft Hotel, Felpham on Tuesday 13 December 2011.

If you would like to attend please return the response slip to us as soon as possible.

### \*Carers Events \*

Please remember to send us your flyer response slips as soon as possible to book your place for our free Events/Workshops for Carers for Winter 2011

**CARERS RIGHTS DAY**  
**OUR EVENT WILL TAKE PLACE ON**  
**THURSDAY, 1 DECEMBER 2011**

**AND WILL BE A**  
**"MONEY MATTERS MARKET"**

See the article on page 2 and enclosed flyer for further details/  
response slip

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

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

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## News and Information



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### Dealing with Life Workshop

Following the success and popularity of the Dealing with Life sessions held in the summer, a further 3-part Workshop has been arranged at the Bognor Regis Quaker Meeting Hall. There are six places left.

We do ask that participants are currently in a caring role and can commit to all three sessions. They will run from 10am until 1.30pm on 1st, 8th and 15th December 2011.

If you would like to apply please telephone Louise (Spong) as soon as possible on 01243 537011.



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### Carers Rights Day Event: Money Matters Market

This year we are holding our Event on  
**Thursday, 1st December 2011.**

We have obtained the services of several organisations that provide financial/benefit/debt assistance, who will have a "stall" to give out information and advice about various aspects that can improve carers financial wellbeing. It will be a 'drop-in' style with refreshments provided and you will be able to book time-slots with the various representatives on the day.

If you would like to attend our Carers Rights Day Event, please return the tear-off slip on the enclosed flyer no later than 17 November 2011.



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### Carers Support Needs You

Needed, a Volunteer to help with the admin for Complementary Therapy on a regular basis for up to 4 hours a week. Must be computer literate and be comfortable to call carers on the telephone.

Interested??

Please ring Caroline on 01243 789385



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### Charity Christmas Fayre - CSS Stall

Voluntary and Community Action Chichester District are hosting a Charity Christmas Fayre on Saturday, 3 December between 10am and 4pm at the Assembly Rooms, North Street, Chichester. We will be staffing a stall at the event between 10am and 2pm selling a variety of items. There will also be a raffle with great prizes. If you wish to donate any cds, DVDs or books, please ring 01243 537011. Please come along to the Christmas Fayre to lend your support.



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Hello,

My name is Daniel Haghani and I am pleased to have joined the Carers Support Service team on 3rd October 2011 as the Project Manager for developing links between carers and hospitals. I qualified with a degree in Medicine from the University of East Anglia in June 2010 and commenced work as a junior doctor shortly thereafter. I have taken a sabbatical from clinical medicine to explore the world outside of doctoring. As a doctor, there were many occasions where I enlisted the help and advice of a patient's carer in order to provide the best possible care and discharge from hospital. I now hope to give something back and develop a strong relationship between local hospital services and you the carer. I feel very privileged to have been offered this role and will endeavour to make this project a success. I will be shortly sending out a questionnaire to direct this project towards your needs and hope that you will be able to spare some of your time to complete it. I hope to meet some of you in the near future and look forward to working with you. *Daniel*



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### Pam Thomson, Support Worker, Learning Difficulties

If you would like further information or to book a place on the following workshops, please contact me on 01243 790406

Thursday 10th November

**A workshop to explore the health issues for people with Downs Syndrome**  
10am-2pm (Including lunch): Bognor

Tuesday 15th November 2011

**Inheritance, Wills & Trusts**  
A talk given by local solicitors on arranging financial protection for the person you care for.  
10.45am – 12pm: Chichester  
(This event was originally planned for the 1st Nov)

Monday 12th December 2011

**Sexuality & Relationships**  
A Workshop for carers discussing issues around sexuality & relationships for people with learning difficulties.  
10am-2pm (Including lunch): Chichester

## Information and Events



Many thanks to all the customers at

### **`OLLI'S` CAFÉ ON THE GREEN WATERLOO SQUARE BOGNOR REGIS**

Olli has raised over £70 for The Carers Support Service by selling books in her café.

Olli needs more books, so if you have any books that you would like to donate, or want some good holiday reading—pop in or phone Olli: Tel 01243-866131  
Once again from us all - Many Thanks.



**Our Café offers people with dementia, confusion or memory loss, together with their carer, the opportunity to meet in a warm, safe, friendly and relaxed place.**

- Enjoy a chat in an informal café setting with others in a similar situation
- Music, games, crafts, reminiscence sessions, group outings – we welcome your ideas
- Relaxation / hand massage
- Workshops/talks on relevant topics, including caring and coping
- Support and advice from trained staff

£3 per person including soup, tea, coffee, biscuits and cake

**Open every Monday in Chichester and every Thursday in Bognor from 12.30pm to 3.30pm**

For more information, including venue details please contact Rayner on 07507 164859

Chichester Area Mind Ltd  
Charity Registration Number 1131896



### **West Sussex Library Service - we can help!**

Are you a carer and struggle to get to the library? The library service can help! We offer a housebound service which is available to carers and the people they care for. This service is FREE of charge and you can borrow a whole range of library items. All our volunteers are CRB checked.

If you would like to find out more or to request the housebound service, please contact your local library: Chichester Library: 01243 777351; Bognor Regis Library: 01243 864638; Willowhale Library: 01243 265712; Selsey Library: 01243 602096

### **Chichester Area Mind**

serving the communities of Chichester, Bognor Regis and Midhurst

### **\*Saturday Respite Care\***

**Judith Adams Centre Saturday Dementia Club, for people over the age of 60 with early stage dementia, confusion or memory loss.**

We offer a stimulating day in a happy, positive environment with a great atmosphere. There are various activities, crafts, entertainment and outings. We also have regular reminiscence sessions. A nutritious two-course lunch is provided. Our costs are £35 per month, plus £13 transport by minibus if required (within the centre of Chichester).

If you would like further information please contact Rayner on 07561019902 or 01243 787878  
email: jacSaturday@chichesterareamind.org.uk



### **Informal Family Carers**

This new service provides support to Informal Family Carers of children and young people aged 0-18 years. Informal care is when a relative has chosen to take care of the child, are providing a home and full time care, and the arrangement was not made by the Local Authority. These arrangements can be made where the birth parents are unable to care for the child due to difficult family circumstances, death or are otherwise not available.

The team works with families to strengthen these arrangements by providing support in a variety of ways.

Contact details: Lisa Carter, Informal Family Care, Durban House, Durban Road, Bognor Regis, PO22 9RE.  
Email: [informalfamilycare@westsussex.gov.uk](mailto:informalfamilycare@westsussex.gov.uk)  
Informal Family Care - tel: 01243 642650  
Family Resource Team – tel: 01903 236562

### **RAYDAR**

Raydar is a parent run group for parents/carers of children with special needs/disabilities. "Our aim is to not let any child fall off the `raydar`. We are here to offer help and support and to provide a friendly ear. We invite a variety of professionals to come along and speak about various subjects relating to disabilities"

"Come along and see what we are about!!!"

**Fridays 10am-12 noon.**

**`The Locomotive Pub`, Lyminster Road, Littlehampton.**

**For more details contact:**

**Lesley 07952 312388/Helen 07599 108718**

# More Information

Winter's on its way – be prepared and keep warm! Top tips for winter



These simple tips can help you keep warm, save money on heating bills and make your home more energy efficient.

**Eat for warmth** – Regular hot meals and drinks provide warmth and energy. **Keep moving and wrap up:** Any activity, even vacuuming, gets circulation going and makes you feel warmer. Wrap up warmly, indoors and out, wear layers of thin clothing. **Keep your home at the right temperature:** Hang thermometers in the living room and bedroom and keep temperatures between 18°C -21°C (65°F - 72°F). **Keep warm at night:** Wearing the right clothing to bed is as important as wrapping up outdoors. Don't forget to draw curtains at dusk to keep in the warmth. **Let damp air out:** Keep lids on pans to prevent condensation and mould growth. Warm air can hold more moisture than cold. **Get a flu jab:** The flu virus changes every year so get your jab Every Year. **Sleep with your windows closed:** Cold air on the head at night has been shown to increase blood pressure. **Insulate your home:** Loft and cavity wall insulation are good means of trapping warmth in the home as most heat is lost through these areas. You could also hang a thick curtain on front and back doors and use draught-proofing strips. **Practical help - Apply for grants:** There are many grant offers available for free and discounted heating and insulation. Speak to your local authority or your energy supplier for more information. You can contact the Energy Saving Trust Advice Centre free on **0800 512 012** for free impartial advice. You may be eligible for the Government's Warm Front scheme, which is up to £3,500 grant for insulation and heating - call them free on **0800 316 6011**. **Get winter payments:** Everyone over 60 should receive the Winter Fuel Payment. In addition there's a new annual winter rebate of £120, called the Warm Home Discount. It is for vulnerable households, including those of working age and those in receipt of the Guarantee Credit element of Pension Credit. If you are eligible, it will be paid to your electricity account in winter 2011/12; this will be automatic for those receiving Guarantee Pension Credit but other households may need to apply – speak to your energy company. **Speak to your energy supplier:** There are many free products and services designed to make life easier for older and vulnerable people. Very importantly this includes the Priority Services Register which provides customers with advance notice of interruption to their energy supply, account password protection, and moving meter services. Contact the Home Heat Helpline for more information or to register (they will connect you to your energy company) on **0800 33 66 99**. There are other initiatives on offer – ask them!

## Vitalise Netley

### Respite and fun on the South Coast

Situated next to Southampton Water, Vitalise Netley Waterside House is a fully accessible respite break centre for disabled people and carers run by the national charity Vitalise. The centre provides short breaks in a lively, informal holiday environment, with nursing care and personal support.

A programme of daily excursions, entertainment and accessible activities is laid on for guests, giving them a real holiday with freedom, choice - and fun!

**For more info about Vitalise Netley, please call 0303 303 145 or visit [www.vitalise.org.uk](http://www.vitalise.org.uk)**

## 'Time Aside': Sensory Art workshops for the whole family

Sensory Art workshops provide creative fun for the whole family using a rich array of materials. Sessions meet all communication, access and esteem needs, in an atmosphere where there is acceptance for all and fun. No art skills are required, this is natural play with a special focus, where all are valued and imaginative connections are possible. We cater and actively include all level of need. At Tangmere, quiet areas, refreshments and additional sensory equipment are supplied. For bookings and further details contact Sueloo and Andrew on: 077929 03236 or [andrew@timeaside.com](mailto:andrew@timeaside.com)

## Social Work Education Partnership (SWEP)

The Carers Support Service has been approached by Sussex University to ask if any carers or former carers in our area would be willing to help them in their search for carer representatives for a new project. Volunteers will need to be able to commit to attending six meetings per year in central London. All expenses (including respite cover if required) and a fee of £150 per day will be paid.

If you think you would be interested in volunteering and would like more information please contact Andy Cheng on 0771 225 7473 or email him: [A.Cheng@sussex.ac.uk](mailto:A.Cheng@sussex.ac.uk)



## Impact Workability Chichester Pilot Project

Workability is offering a brand new pilot project in the Chichester area. If you know of an adult with either autism or aspergers syndrome who would like support in either finding or maintaining employment, then we are offering that supportive service. For further information, please contact Jo James, Employment Specialist, tel: 01903 730044  
Email: [jo.james@impact-initiatives.org.uk](mailto:jo.james@impact-initiatives.org.uk)  
Impact Workability, Dove Lodge, 49 Beach Road  
Littlehampton, West Sussex BN17 5JG

This newsletter is produced on a quarterly basis and if you have information that you would like to contribute to our Spring Newsletter, our deadline is **11 February 2012**. 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, First Floor, 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.