



# Carers Support

West Sussex

serving North and Mid Sussex, Regis, Chichester and Rural



## SPRING 2013 NEWSLETTER - NORTH AND MID SUSSEX

### An Exciting Year Ahead - New Single County-wide Carers Support Service for 2013

After a long period of uncertainty and following competitive tender, Carers Support West Sussex will be delivering the new county-wide service from April. We expect to sign a new three year funding contract covering 2013-2015. This is great news and will ensure that carers right across the county receive a consistent range of support.

Key features and new plans include ▪ a **stronger Carer Network** so carers have a more active voice ▪ more **Mutual Carers Support** ▪ a clearer **Independent Identity for the Organisation** and new ways to reach **Hidden Carers** especially in local **Diverse Communities** ▪ new **Specialist Workers for Parent Carers, Carers of people with Autism and Aspergers Syndrome** and **Carers of people living with Dementia** ▪ more choice for carers needing **Emotional Support**. We will expand our role in funding **Short Breaks** and the excellent **West Sussex Families and Friends Network** for anyone affected by someone else's drug and alcohol use will become part of the carers service. We also look forward to welcoming new staff from Worthing and Adur as part of the future team.

The new contract will bring more opportunities for our services to grow and develop. If you are a carer and you would like to be involved in our future, please get in touch. If not we look forward to supporting you however we can in the future.

**Jennie Musgrove**  
Chief Executive

**New!**

### Dementia Carer Wellbeing Programme Now Available



Sasha Ahmad and Laura King experienced Support Workers are now offering dedicated support to carers of people with short-term memory loss or a dementia. They give one-to-one support to carers in their own home or community venue of their choice such as GP Surgery or café. Their work involves supporting carers to access local services, providing training on understanding dementia and allocating funding to support carers' own health and wellbeing. We are also hosting new Dementia Friendly Days with respite care available.

**For more information please call  
Sasha Ahmad or Laura King  
on 01293 657040**



### Newlook Website Tell us what you think [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

Our new website launched in November shows different caring situations, services, events, information and activities. It has a translation facility for over fifty languages and the option to increase the type size for people with sight problems. Over the coming months we will be adding new features and information and would like to hear your views, thoughts and suggestions - so do take a look and tell us what you think.

**Please send any comments to  
[info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)**

Telephone: 01293 657040 Email: [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk) Website: [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

**Promoting health and wellbeing for carers**

## CARERS SUPPORT NEWS

**In from the Cold!****Winter Carers Pub Lunches - Come and join us!**

Winter can be a time of isolation for carers, particularly those living in rural communities. Small groups of carers can meet up in warm, comfortable and convivial surroundings – so why not join with us for a hearty lunch at a local pub? We will contribute up to £10 towards the cost of the lunch and also try to arrange transport if needed.

Please ring **Steve Large on 01293 657040**

– you may wish to suggest a suitable local pub too!

**Calling all Parent Carers**

If you are caring for a child with a disability or an adult with a learning disability why not come along to our Parent Carers Group? At our friendly meetings we offer talks, information, refreshments and the opportunity to meet other parent carers.



**Carers Support**  
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**Parent Carers Support Group**

**Meets alternate months on Wednesdays**

**12.00 noon to 2.00pm**

**Crawley Library - Meeting Room 1st Floor**

**Southgate Avenue Crawley RH10 6HG**

**Refreshments provided**

**Dates for 2013**

**16th January**

**20th March**

**15th May**

**3rd July - Pub Lunch**

(venue to be confirmed nearer the time)

**18th September**

**20th November**

**For more details call  
Ann Boss or Audrey Neate  
on 01293 657040**

**or email [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)**

## GENERAL INFORMATION

**Support to Stay Healthy and Independent**

The Northern Prevention Assessment Team, a joint NHS and West Sussex County Council team works with people who normally do not receive services from specialist health care teams or social services. They aim to help people to stay healthy and remain independent by checking your health and wellbeing and helping you identify what may benefit you to retain your independence.

The team is offering free NHS Health Checks for people aged 40 to 74, registered with a West Sussex GP and not suffering from known heart disease, stroke, diabetes or kidney disease in Crawley and Mid Sussex upcoming dates are

**Crawley**

Crawley Baptist Church - 5th March, 2nd April

Bewbush Family Centre - 11th March, 8th April

Civic Hall - 28th Feb, 28th March, 25th April,

**Mid Sussex**

East Grinstead - 19th Feb, 21st May

Burgess Hill - 11th March, 10th June

Haywards Heath - 4th April, 4th July

**Please contact your local Wellbeing Service for appointments and details of times and venues  
Crawley 01293 585317 Mid Sussex 01444 477191**

**GPs Responsible for Health Care Budgets**

In April your local GP practices will join other health professionals in new Clinical Commissioning Groups responsible for "commissioning" this is planning, designing and paying for your NHS services -planned and emergency hospital care, rehabilitation, most community services and mental health and learning disability services.

GPs and other clinicians will also be engaging with local people to ensure that the services they are paying for meet your needs. There will be two Clinical Commissioning Groups in our area one for Crawley and one for Horsham and Mid Sussex.

A new national NHS Commissioning Board will oversee their performance and be responsible for commissioning GP services, Pharmacy, Opticians Dentists and other specialised services.

**[www.sussex.nhs.uk/nhs-sussex-clinical-commissioning-groups](http://www.sussex.nhs.uk/nhs-sussex-clinical-commissioning-groups)**

**A date for your 2013 diary!  
Carers Week**

**Monday 10 to Sunday 16 June**

Look out for details of events in our next newsletter



SERVICES AND NEWS

**Do you care for a person living with dementia and live in Crawley?**

**Carers Information and Support Programme  
- starts Wednesday 6th February 2013  
1.30pm to 3.30pm**

**Southgate Medical Group, Crawley**

The Alzheimer's Society is running a weekly workshop over six weeks to give you a greater understanding of dementia helping you to cope with caring day-to-day, understanding behaviour and guiding you through financial matters. Respite care during the sessions may be available



**Places are limited so booking is essential - please call 01903 267902**

**Could you be a Dementia Friend?**



Dementia Friends aims to make everyday life better for people with dementia by changing the way the nation thinks, talks and acts. Nearly two thirds of people with dementia feel lonely, and almost half reported losing friends following their diagnosis. By giving people a new level of understanding and awareness, Dementia Friends empowers people to make a difference.

**Register your interest at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)**



**New Foodbank in East Grinstead**

Short term emergency food for an individual or family in crisis while a long-term strategy is developed - normally provides enough food for 3 days. At Trinity Methodist Church, Lingfield Road, East Grinstead it is part of the Trussell Trust foodbank network working in partnership with local churches and organisations.

Sharpthorne, Forest Row, Copthorne and Crawley Down will be covered by the East Grinstead Foodbank.

Carers Support have signed up to be voucher holders. If you think you are in need of help from the Foodbank, please contact Steve or Jacqui on 01293 657040 for a voucher which can be exchanged at the Foodbank. Open Mondays and Fridays 1.00pm to 3.00pm, Wednesdays 9.00am to 11.00 am

**[www.eastgrinstead.foodbank.org.uk](http://www.eastgrinstead.foodbank.org.uk)**

LOOKING AFTER YOURSELF

**Caring and Wellbeing**

New census data published in December shows that the number of carers increased from 5.2 million to 5.8 million in England and Wales between 2001 and 2011. The greatest rise has been those providing over 20 hours care – the point at which caring starts to significantly impact on the health and wellbeing of the carer and their ability to hold down paid employment.

Below are two ways for you to think about your wellbeing.....



**A New Year - a New You!**

**Wellbeing Service for Carers**

**Carers in Mid Sussex and Horsham District can receive free personal advice and support. We can help you find the right way to a healthier lifestyle**

- Free** For friendly advice and support to .... **Free**
- manage stress
  - get fit or stay fit
  - lose weight
  - stop smoking
  - drink more sensibly
  - get more active
  - eat well
  - feel well at work

please call or email  
**Sandra Bignell - Carer Wellbeing Advisor**  
01293 657040  
[sandra.bignell@carerssupport.org.uk](mailto:sandra.bignell@carerssupport.org.uk)



**Carewell**

Carewell was created by Carers UK and BUPA last year with help and input from carers across the UK. It helps carers make one or two small changes that will help them care and cope better through expert advice and support, tools that can help you sleep and deal with stress. Carers can also share their experiences of what has worked for them. For a copy of the free Carewell Handbook please call 0800 011 4777.



**[www.carewell.org](http://www.carewell.org)**

## COUNTYWIDE AND NATIONAL NEWS

## healthwatch West Sussex

West Sussex County Council has awarded the contract for Healthwatch West Sussex to the charity **Help & Care** (current hosts of the West Sussex Local Involvement Network) in a winning consortium arrangement with **Arun and Chichester Citizens Advice Bureau and Central and South Sussex Citizens Advice Bureau**. The new service will have a high street presence.

New consumer champion for health and social care Healthwatch will offer information, advice, signposting and a health complaints advocacy service. It will also make sure that the voices of patients, service users and the public are heard and can influence the decision making that takes place in the development or change to local health and social care services. They will have a seat on the Health and Wellbeing Board.

Help & Care and CABx partners are working to establish Healthwatch West Sussex as a new social enterprise organisation from 1st April 2013.

### Did you know that benefits may be affected when people are in hospital?

Benefits received by disabled people may be affected when they are admitted to hospital. It applies to people receiving the Disability Living Allowance (DLA) care component or Attendance Allowance (AA) - usually affected after a person has been in hospital for more than 28 days (for people aged 16 and over) or 84 days (for children under 16). For shorter periods of time in hospital 'linking rules' may apply.

**For information please contact the DLA/AA Helpline on 08457 123456**

### Carers Trust Co-Op Charity of the Year 2013

We are a Network Member of the Carers Trust which is set to benefit from Co-Op staff fundraising for carer breaks, information, advice, support.



[www.carers.org/co-op-charity-year](http://www.carers.org/co-op-charity-year)



Follow us on Twitter @CarersCrawley

### West Sussex Community Meals on Wheels Service Praised

In a recent customer survey 90% voted the meals excellent value and would be happy to recommend the service to others. The service, provided by West Sussex County Council in partnership with the Women's Royal Voluntary Service (WRVS), delivers hot and cold meals, desserts, soups, sandwiches and an afternoon tea service with homemade cakes. There is **free** home delivery Monday to Friday 11.30am–1.30pm.

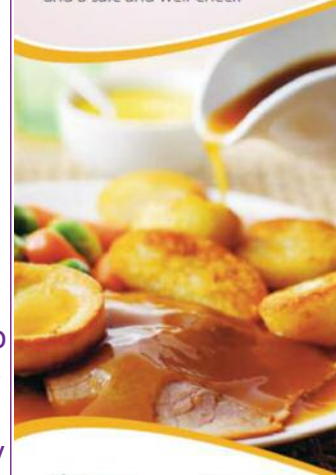
The service is flexible and can provide the same meals frozen for easy cooking in the oven or microwave. First time customers are offered a special five-day selection of meals and desserts **for only £15.00**.

With every delivery WRVS drivers carry out a check to ensure customers are safe and well - providing the chance to chat to a friendly face and vital reassurance for friends and relatives. For more details please phone 01903 237790.

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

#### Meals on Wheels

Dietician approved meals, desserts and more with free home delivery and a 'safe and well' check



### Carers News by email?

We know carers value receiving this newsletter through the post but with postage costs high if you are happy to receive this by email please call 01293 657040 or email [liz.catchpole@carerssupport.org.uk](mailto:liz.catchpole@carerssupport.org.uk)

### No longer a carer?

If you no longer wish to receive this newsletter please call

01293 657040 to unsubscribe.

### If you would like this newsletter in larger print

Please call 01293 657040

### Carers Support West Sussex

The Orchard, 1-2 Gleneagles Court,  
Brighton Road, Crawley,  
West Sussex, RH10 6AD  
Charity No 1123359  
Company No 6418743

