



## Eileen Studley, Honorary member of the Association of Carers since 1987 -

Eileen was one of the first Carers to ever receive a service from the Association of Carers and when her Caring role for her husband came to an end her dedication and support for the Association of Carers only increased. Eileen was 97 when she passed away this December and was such a strong character that everyone was amazed how she just wouldn't give in and kept fighting to remain on this earth. Eileen was feisty and sharp you could not fool her and you would be scorned if you dared try! That's why she was always so good at being on the door at our sales - no one ever got past Eileen! Eileen was also a very respected member of the committee for many years and only stopped attending meetings at the age of 95 due to her health not being so good. Our thoughts and prayers are with Ian, Michael and his family.

### Inside this issue:

Committee, social news & YC	<b>2</b>
Social Accounting	<b>3</b>
Past Events	<b>4</b>
Future Fundraising	<b>5</b>
Christmas lunch	<b>6</b>
Sue's Page	<b>7</b>
Bits and Bobs!	<b>8</b>

### Diary Dates

#### January

- 13th** Robertsbridge coffee morning at the George Inn
- 19th** Child protection
- 20th** Stroke training
- 26th** Listening Skills

#### February

- 10th** Health & Safety, Lone Working
- 14th** Hastings coffee morning at Café d'Arts
- 19th** Jumble Sale
- 22nd** MS Training
- 28th** Induction day

#### March

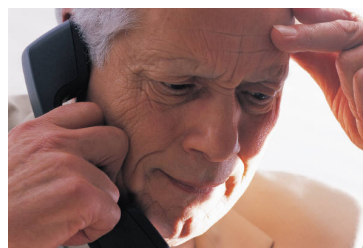
- 2nd** Talk & Support training
- 3rd** Frog racing night
- 11th** First Aid training
- 17th** Bexhill coffee morning at Cooden Beach Hotel
- 20th** Hastings Half Marathon
- 24th** Parkinson's Training



SUPPORTING CARERS  
IN THEIR CARING ROLE

and support project - hopefully you saw the picture and write up in the paper. So far we have volunteers who have started attended the training. We have 5 Carers who would like the service and 2 of these have just started receiving calls. We need to go through the list made in September by Nicole (the intern) who called most of you to ask if you would be interested. However, if you are a Carer and would like to receive talk and support and have not yet been contacted then please just call the office on 01424 722309 and also if you would like to volunteer and help provide talk and support to Carers within Hastings & Rother.

As you may remember we had a special launch day on Wednesday 10th November for Carers and volunteers to find out about the new talk



## The Chair's Views

Are you all like me, glad the festive season is all over? Sadly over Christmas I found myself Sneezing and having to rely on my man for my care after coming down with flu! For one week only I was put in the position of being the 'cared for' My partner nursed, fussed over me and cooked for me and offered me a great deal of comfort. I can't remember when I have been so ill as at Christmas and New Year 2010 and how grateful I have been for the care and love I received over this short time. I have experienced the full process and ethos of our association. I have been the cared for, Carer and the one offering respite: our ethos (and mission) - Volunteers supporting those who care. Sometimes something happens that makes you think or look afresh at or be more aware of just what we are about. I am proud of who we are and what we and all our members do, each in our own way. Thank you all very much indeed! Happy 2011 to you all! **Thank you to Rosemary Dee and Pat Mitchell who have retired from the committee in December and welcome to Ted Groves who has joined us.**

## Social Events for our Carers, cared for and Volunteers

### Free Coffee mornings

Robertsbridge- Thursday 13th January, 11am - 12.30pm -The George Inn

Hastings- Monday 14th February, 2.30pm Cafe D'Arts, 28/29 Robertson street

Bexhill-Thursday 17th March, 10.30am Cooden Beach Hotel

Rye- Tuesday 12th April, 2.30am Haydens Restaurant, High Street

**Any Suggestions for a nice, accessible place near Battle to have coffee?**



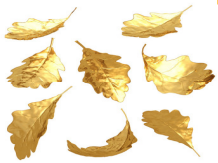
SUPPORTING YOUNG CARERS THAT CARE

As a special treat we took all our Young Carers and their families and Volunteers to watch Cinderella at the White Rock. Everyone seemed to really enjoy it and they had real miniature Ponies on stage, giant balloons being bounced by the audience and water pistols being sprayed at us as well as Jimmy Osmond giving us a mini gig! We just want to say Thank you again to the Thornton Lodge for making the trip possible and it would be great to do something fun in the summer ( June ) for Carers week. **If you are a Young Carer do you have any suggestions of what you would like to do?** Please let us know, you can call or email us, or write if you prefer.

A big Thank you to **Elaine Copeland** who has raised a fantastic **£130** by holding a raffle for Young Carers. Elaine is a big fan of Young Carers and all the hard work they do looking after their families and would like to do lots more things with us to help them. We are now helping 5 people but still have a few on the waiting list, some of these are teenagers who need extra help with their school work and so we are asking the college and University if they have any students who could volunteer and help out, but if you are interested in volunteering for Young Carers we would love to hear from you please email [info@associationofcarers.org.uk](mailto:info@associationofcarers.org.uk)

## Computer Help at Home

As you may have recalled in previous newsletters we told you about our idea of a computer help at home project and a few of you have received help in this way. Well good news East Sussex County Council have now given us £2400 to do this project for 1 year and to see how it goes. We do have a list of Carers who said they were interested but we will be calling you all to see if you would like some help. Basically we are offering to come to your house for free and help set up a new programme or show you how to do things on your PC that you don't understand. The great thing is that you don't need to leave the person you care for alone and it is your PC you are learning on! **This is available to all Carers within Hastings and Rother.**



## Autumn Sale

It was a sad sale this year as it was our last ever at Filsham Hall and at the end we handed Sister Lucy and Joan Inskipp a bouquet of flowers and thanked them for their help and support over the years. We had a good turn out this year and lots of exciting things including Forever Living Products, which raised £18.48 and thank you so much to everyone who baked cakes for us they alone raised £ 66.50 , the most since I came to work for the AoC in March 2008! In total the sale raised £445.58 *Jo*

## Social Accounting



To prove our value to future funders and to improve the way we work we are going to start doing Social Accounting from April 2011 - March 2012. The Social Accounting involves all of the organisation, that includes you! Every questionnaire we do, every phone survey and any other time we do work with you to see how you are and if the service is ok for you, all adds up and can at the end of the year be evaluated and compiled into a report.

In preparation for this we have had to explore our organisation and find out what is at the heart of the Association of Carers. We decided, as we don't have a mission statement within our constitution, that we would adopt the slogan within our logo as it says exactly what we are all about - **Volunteers supporting those who care.**

The next step was to look at our values as again we don't seem to have any written anywhere so on a team day Sue, Sarah and Jo came up with the following 6 values.

- ◆ We are committed to being a user led organisation
- ◆ We recognise family Carers have a right to be independent and receive respect and high quality support through our services
- ◆ We value the commitment and dedication of our volunteers and their individual needs
- ◆ We recognise, welcome and encourage equality and diversity
- ◆ We value and uphold the dignity and confidentiality of our service users
- ◆ We value the role the local community plays in supporting us to provide our services to family Carers

If you have any better ideas for these values then please let us know as these are just our ideas at the moment but we would like to hear your thoughts.

## Winter Ball and Christmas Raffle

**The winter Ball** turned out to be a proper winter Ball, with the temperature plummeting, as forecasted, to below zero and snow falling only 10 miles away, it was a chilly night it could be said!



Everyone arrived, all dressed up and looking wonderful, ready for a fantastic night. Sadly though the temperature inside the marquee wasn't much warmer than the temperature outside and every time a heater was plugged in the power went off! The food was lovely and the band was ok )but the heating situation never improved.

After the dinner out of the 107 who came about 20 apologised and said they were just too cold to stay any longer - which was understandable and they left. By the time I drew the raffle at 10.30pm there was about 65 people left and by 11pm there was just about 10 - 20 people remaining and they all were gone by 11.15!

I am so sorry for putting everyone who came through the evening and I just want to say thank you so much for supporting us, I was assured on the Thursday before the Ball that the heating would be more than adequate. I was bitterly disappointed that it wasn't and that the managers present that night didn't even have the decency to apologise to you all. I am especially sorry to those who have poor health and to the people from Australia. We have been in talks with the Managing Director from Bannatynes in regard to compensation, not for us, but for all the guests who attended, yet they are being less than amicable and have only offered us insulting suggestions such as £250 for us and another event with 25% off the final cost. We were not happy to accept this would want this as it is our guests we would like compensation for. In the end we raised £1288.25, thank you again for everyone who supported us.



**The raffle was our best to date** Well done everyone for buying and selling your tickets which paid for the Christmas lunch and for anyone not within Young Carers to go to the Panto. We sold £2081 worth of tickets and at the ball we drew the following tickets:

1st Prize £250 - Mark Tanner, Hastings, 2nd Prize Large Hamper - Edna Luck, Bexhill, 3rd Prize Meal for 2 at Bannatynes - David Hartnoll, St Leonards, 4th Prize Massage/ Beauty Treatment - Rosemarie Luckhurst, Bexhill, 5th Prize Electric Wok & £25 food vouchers - Jean Issac, Battle, 6th Prize Cheese and Wine set - Roger Steadman, 7th Prize Bottle of Whiskey - John Cormack, Wadhurst 8th Prize Beauty/ massage treatment - Minerva Spiteri, Bexhill, 9th Prize Bouquet of Flowers - Michael Porter, Hastings, 10th Prize tin of Quality Streets - Rea Keen, Hastings.

Thank you to all who gave prizes for the raffle - a list of sponsors is on page 6 in the Christmas lunch report