



Remembering Yesterday - 5th June

June 13th to 19th is Carers Week, a national week where events around the country help to raise

awareness and celebrate the caring role. Here at the Association of Carers we are holding our Carers Week event slightly earlier.

In order to give our Carers and the person they care for the opportunity to come together and celebrate the devotion, love and commitment that the caring role demonstrates, we are holding an afternoon of reminiscence through music at **Leeford Place Hotel,**

Whatlington near Battle on Sunday 5th June from 2pm to 4.30pm.

Come along and enjoy a delicious cream tea in beautiful surroundings and listen to live performances of old favourites from the 1920s to the 1960s and a selection of love songs. Joining in is encouraged, so please come prepared to sing and dance and if you want to, dress up in your favourite era from the last century. Everyone is welcome, not just Carers, but volunteers, family and friends but there is a cost of £7 per person, but is **free** if you are a Carer or cared for person and a member. There will be a raffle draw on the day. **Please call to let us know if you are coming by Friday 27th May** as we need to order the right amount of cream teas! Also say if you require transport as we can arrange this for you. **01424722309**



Diary Dates

May

- 10th** Reminiscence training
- 11th** Talk & Support Training
- 11th** First Aid training Evening Part1
- 16th** Induction for New Volunteers
- 17th** Volunteer Support session
- 18th** First Aid training Evening Part 2

June

- 5th** Remembering Yesterday
- 7th** Volunteers' Thank you lunch
- 11th** Young Carers Day trip
- 15th** Lone working/Health & Safety Training Evening
- 28th** Falls Prevention Training

July

- 3rd** Clay Shoot
- 6th** Talk & Support Training
- 12th** Bexhill coffee morning
- 12th** Dementia Training

August

- 6th & 7th** Bexhill Sainsbury's Collection
- 10th** Talk & Support Training

Also in June... Please see inside for information about our Young Carers day trip and Volunteers Week Thank you Lunch!

Free Coffee mornings for Our Members

Bexhill-Tuesday 12th July, 10.30am-12 Cooden Beach

Hotel With Guest speaker Theresa from Life Line talking through their range of useful products

Hastings- Thursday 18th August, 10.30am-12 Cafe D'Arts, 28/29 Robertson street.

Inside this issue:

Committee news	2
Social Events	3
Past & Future Fundraising Events	4
Volunteer Training & Support	5
Bits & Bobs!	6

Committee News from the Chair

Hello My name is Jenny Allen and I am the new temporary Chair for the committee as Eve sadly had to step down unexpectedly, but I am glad to say she is still visiting as she is my volunteer visitor and sits with my Mum Rosanna each Thursday which allows me time to concentrate on my business!

Sadly we have also lost a few other Committee members over the last month or so, Lesley Hunter as you may remember has Breast Cancer and although she is doing well needed time to fully recover, she will be greatly missed on the committee as will Eve. We are also saying goodbye to Carer Neil Hubbard as we changed the time of the meetings to afternoons to suit some other members but sadly it did not suit him, we would like to say thank you to Neil for his input since September. So we are now down to 8 people and we really need 4



more - could this be you? You could be a Carer or former Carer who would like to help shape the organisation or maybe you have experience in business or another useful skills you feel will benefit the committee, we do need a Secretary and a permanent Chair if you are interested. We really do need you, please call the office for more information, we meet every 8 weeks on a Tuesday at the office from 1.30 for about 2 hours.



The CIO (Charitable Incorporated Organisation) & Constitution sub-committee had a meeting one Sunday Morning with Nick Jordan a development coach and together we came up with the following:

Vision Our vision for 2016 is to have.....

Trained Volunteers providing free support to family Carers throughout East Sussex

Values

Engaging - We are committed to being a user-led organisation.

Respecting - We recognise family Carers have a right to be independent and receive respect and high quality support

Commitment - We value the dedication of our volunteers and their individual needs

Equality - We recognise, welcome and encourage equality and diversity

Confidentiality - We value and uphold the dignity and confidentiality of our service users

Community - We value the role the local community plays in supporting us

Volunteers Lunch

The 6th - 12th of June is Volunteers ' Week, an opportunity to celebrate the dedication and devotion of volunteers around the country.

Without our volunteers we would not be able to provide Carers with the much needed support that our services offer. To thank our volunteers for their hard work we would like to treat them by inviting them to a celebratory three-course lunch from **1pm on Tuesday 7th June** at the restaurant at the new Sussex Coast College at Station Plaza in Hastings town centre. There are excellent transport links but if you require transport please say at time of booking - a formal invitation should accompany this newsletter if you are a volunteer and if you receive this by email we will be sending one out separately to you this week so you should receive it by May 9th. We need all **bookings in by Friday 27th May** at the latest.

Special request from a member

Hello, I 'm Sonny and my Mary passed on nearly a year ago. I still miss her songs and laughter. I want to remain involved with the Association of Carers and attend their events, but I find this hard because I can no longer drive and have some health problems. If you live in the Bexhill area & would like company to attend any of the events that they hold throughout the year then I would love to hear from you.

Please ring me on **01424 224 783**.



Young Carers Day Trip for Carers Week

This summer we want to give our Young Carers the opportunity to spend a day together, having fun and taking time out from their caring role. The day will be **Saturday 11th June 2011**

We are asking our Young Carers which of the following three options they would most like to do:

Chessington World of Adventures – www.chessington.com

Knockhatch Adventure Park – www.knockhatch.com

Port Lympne Wildlife Park – www.aspinallfoundation.org/portlympne

Please say which day out you would most enjoy, followed by your second choice and then third. Please then return it to the office or call us on **01424 722309** or email sarah@associationofcarers.org.uk.



Your Name: _____ Please RSVP by Friday 27th May

Association of Carers, Theaklen Drive, Ponswood Industrial Estate,
St Leonards on Sea East Sussex TN38 9AZ



SUPPORTING CARERS
IN THEIR CARING ROLE



Talk & Support, our new telephone befriending service for Carers is going well. We are now supporting 14 Carers with regular telephone calls, giving them the opportunity to talk to someone objective about how they are feeling in their caring role. The feedback from Carers is

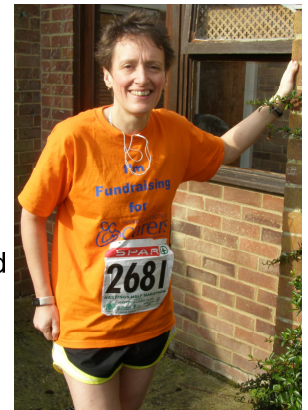
that having someone to talk to, particularly someone who has shared a similar caring experience, helps them to feel less isolated and more supported.

The Comic Relief funding for this service is for 3 years and we will continue to expand the service during this time, with the aim of reaching Carers in Eastbourne, Lewes and Wealden as well as Hastings and Rother by 2013. If you are interested in volunteering for Talk and Support or feel that you could benefit from the service please contact us on 01424 722 309.

Fundraising since January....

We have already held a number of fundraising events this year. A Jumble Sale in February at St Luke 's Church Hall which raised £281, a Frog Race in aid of Young Carers in March which raised £263 thanks to sponsors and a collection day in April at the new ASDA in Silverhill which raised £247. We would just like to say Thank You to everyone who volunteered their time to help at these events - we appreciate your help and all sponsors!!

Once again Sue entered and completed the Hastings Half Marathon and despite feeling ill on the day, beat her previous best time, finishing the race in 2 hours and 14 minutes and raising over £500. Congratulations Sue, we don 't know how you do it, but we 're very grateful that you do and very proud of you!!!



Brede Charity Clay Shoot 2011



Great news the clay shoot is back! The new venue where it will be held looks a fantastic site, Robin from the Brede Clay Shooting Club was buzzing with ideas! It will be held on **Sunday 3rd July from 10am-2pm at Conster Manor**, Northiam Road, Broad Oak Nr Rye TN31 6EP. Courtesy of Mr & Mrs Jeffery. For details email jo@associationofcarers.org.uk.

Collection days We have several collection days booked if you can help please let Jo know at the office:

Bexhill Sainsbury 's 6th & 7th August, 01424 722309

Hastings Sainsbury 's 2nd & 3rd September,

Page 4 Hastings Tesco 22nd September

We would like to say a big Thank You to the following for donations and grants:

- Eileen Studley's Memorial Fund for raising £130
- Ted Baker Trust, Rye £500 towards Respite / Talk & Support around Rye
- Hastings Old Town Carnival £100
- Mrs A Howard for her generous donation
- Round Table for their Brewery night party donations £118.73

Young Carers

- Adult Social Care £78
- Vera Mison's Memorial fund £250

Training for Volunteers

All training is at the offices. Please call to book your place.

May

Reminiscence training for all Volunteers	Tuesday 10th	10am - 12.30pm
Training and group support for Talk & Support Vols	Wednesday 11th	10.30am - 1pm
First Aid part 1 for Young Carer volunteers (& others)	Wednesday 11th	6.30 - 9.30pm
Induction day for new Volunteers	Monday 16th	2 - 4.30pm
Volunteer Support Session for all volunteers	Tuesday 17th	10.30am - 12
First Aid part 2 for Young Carer volunteers (& others)	Wednesday 18th	6.30 - 9.30pm

June

Health & Safety, Lone working for Young Carer & other vols	Thursday 15th	7 - 9pm
Falls prevention for all Volunteers	Tuesday 28th	2 - 4pm

July

Training and group support for Talk & Support Vols	Wednesday 6th	10.30am - 1pm
Dementia awareness Training for all Volunteers	Tuesday 12th	10am - 12.30pm

August

Training and group support for Talk & Support Vols	Wednesday 10th	10.30am - 1pm
Disability awareness Training for all Volunteers	To be announced	
Delivering Effective support for Computer Help at Home Vols	To be announced	

Regular training sessions such as 1st Aid, Health & Safety/Lone Working, Listening Skills and Adult Protection will be held throughout the year and at different times of the day (evenings included) so everyone should have an opportunity to attend these.

Support Sessions for Volunteer Sitters

Following on from the success of our Listening Skills workshop for Talk and Support volunteers, in April we ran a Listening Skills workshop for volunteer sitters. Those that attended found it very useful and people felt that regular informal support sessions, with the opportunity to share experiences with one another and obtain one to one support from either Sue or Sarah would benefit them greatly in their volunteering role. We plan to hold quarterly support sessions at varying times, to enable all volunteers to attend if they wish to. We will write to our volunteers with dates and times as soon as they are available.

GIFT IN YOUR WILL

If you are interested in leaving a legacy to the Association of Carers please contact us or your Solicitor for details on how to do this. Please make sure you have our correct name, address and charity number. *Thank You.*



Theaklen Drive
Ponswood Ind Est.
St Leonards on Sea
East Sussex
TN38 9AZ

Tel: 01424 722309

Fax : 01424 422522

info@associationofcarers.org.uk

Registered Charity No. 1004055

www.associationofcarers.org.uk

[The Association of Carers now offers 4 FREE services for Carers](#)

Sitting Service - Our friendly volunteers can visit the person you care for each week for 3 hours to enable you to go out without worrying about leaving them alone.

Telephone talk and support - This service is for Carers who need to talk or offload to someone independent so you can discuss your caring role in confidence and be offered advice and support.

Computer help at home - We have a team of volunteers whose knowledge varies so they can show you on a one to one basis how to do whatever it is you would like to learn.

Young Carers - For those aged between 7 and 18 who care at home for a family member, we offer support and the chance to go out . The choice is theirs and we try to be as flexible as possible to help them.

To enquire about any of our services please call 01424 722309 or email info@associationofcarers.org.uk

E- Newsletter

If you have email and we have your email address we will be emailing you our newsletter to save our resources, if you prefer to continue receiving the paper version please let us know or if you have an email address which we don't have then please tell us! The newsletter will also be available to

George's Top Tips

Former Carer George shares his knowledge and experience to help others. His top tip for the summer is how to tell if you or the person you care for is dehydrated.

It's important that both you and the person you care for have enough fluids during the day, particularly as summer approaches and the weather gets warmer.

If you are concerned that you or the person you care for may be suffering from dehydration here is a quick and easy way to check: using two fingers gently pinch and hold an area of skin on the back of the hand. If the skin remains folded when you let go, the person is dehydrated and needs more fluid.

Dehydration can cause serious problems and can easily be avoided by ensuring people drink plenty of fluids - water is best, although a bit bland

Thanks George!



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