



SUPPORTING CARERS
IN THEIR CARING ROLE

**Wealden here
we come!**

COMIC
RELIEF^{UK}

We are now entering the 2nd year of Talk and Support and for this phase we plan to consolidate the service in Hastings and Rother and we will also be expanding into Wealden. We will be promoting the service to attract new Carers to the organisation and recruit more volunteers. The best thing about telephone support is that it is not geographically restrained, it is confidential and it helps break isolation and offers the chance for Carers to talk openly about their caring roles. We still need more Talk and Support volunteers to offer this peer support to other Carers. You may be a Carer, former Carer or just someone with empathy for Carers issues.

Well done Sue!



Sue has been working hard all year completing work so that we can become an organisation with an Approved Provider Standard from the Mentoring + Befriending Foundation. This accreditation means that we provide safe and effective practices, which we hope you all agree with!

We can now use this logo on any of our literature and we have a framed certificate in the office.

Peer Support Sessions

(These will give Carers the opportunity to get together to do an activity)

This is a new strand of the Talk and Support service which has been funded by Lloyds TSB Foundation for England and Wales over the next 2 years. We will be shortly sending out a questionnaire to all our Carers to find out exactly what they would like to do for a peer support session. The activities can range from Yoga & Pilates to painting ceramic pots to meeting up for coffee somewhere or having a pamper day - the choice is all yours! This service will be led and we aim to do 1 activity a month across Hastings and Rother so please say if there is something you would like to do in your area! If respite is an issue we will be happy to try and arrange cover so that you don't miss out.



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Remember to return your Quality Assurance Questionnaire by the 10th October to be entered into our free prize draw.

1 lucky member will win £25 Marks and Spencers vouchers!

Diary Dates

October

8th Book Launch

10th QA's all due in

12th T & S Training

26th New T&S

Volunteers Induction

November

2nd New Volunteers Induction

9th T & S Training

16th Coffee morning in Robertsbridge

18th Winter Ball

23rd T & S Training

December

1st Listening Skills Training

6th Christmas Lunch & Raffle prize draw

7th T & S Training

18th Panto!

January

11th T & S Training

31st benefits

information session

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Committee news from the chair - Alison Purves

I am delighted to take over as Chair, as the Association of Carers approaches its 25th anniversary in 2012.

As a family Carer myself, I am proud to be chairing a charity with such an engaged and dedicated team of employees and volunteers who provide vital free support to family Carers across Hastings and Rother.

Achieving Approved Provider Standard is testament to us all. I would like to particularly congratulate Sue on the tremendous work she has put in to ensure that we gained this accreditation from the Mentoring and Befriending Foundation.

I would like to thank Jenny for taking on the role of temporary Chair when Eve needed to retire. Of course, we owe Eve a tremendous debt of gratitude for her term as Chair which saw many user-led changes and positive developments. As well as being very hands-on, Eve was instrumental in guiding us towards Charitable Incorporated Organisation Status. This will become increasingly important to our continued smooth operation in the light of forthcoming legislative changes and requirements.

Finally, I encourage you to look at the diary dates on this newsletter so that you don't miss anything that could benefit you, your family and/or the charity.



We have lots of exciting news about Young Carers, we have been funded for 6 months by ESCC to provide befriending and Study Help. We have also been given 2 years funding from Lloyds TSB Foundation to provide befriending and peer support activities. We always welcome new Young Carers but we still need more Young Carer Befrienders and Study Buddies so please contact us if you are interested.

Well done Colin & Maria!

Two of the Association's volunteers have recently attained a level 2 Community Volunteering Qualification, Maria Sansom and Colin Hill have worked hard in attaining this qualification and we are very proud of them.

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Sonny - you will be missed...

The Association is sad to announce the passing of Sonny Ridgeon.

Sonny was a much loved Volunteer for over 13 years, he loved to help with Collections and always did very well at it and he also loved to run the tombola at our sales with his beloved wife Mary who passed away last July. Sonny had been fighting Bowel Cancer for about 18 months and was always very positive in his outlook and was adamant it would not beat him but the loss of Mary hit him hard and many of us who knew him are grateful that he is no longer suffering and can now be at peace with Mary. Sonny's funeral will be at **Eastbourne Crematorium** on **Monday 10th October at 1.30pm** all who knew him are welcome to attend.



Training and Support for Volunteers

All training is at Jackson Hall. Please call to book your place.

October

Training and group support for Talk & Support Vols Wednesday 12th 10.30am - 1pm
Induction Training for new Talk and support vols Wednesday 26th 10 –4pm

November

Induction for new volunteers (not talk and support) Wednesday 2nd 2011 10-4pm
Training and group support for Talk & Support Vols Wednesday 9th 10.30am - 1pm
Stress and Anger Management for all Talk & Support Vols Wednesday 23rd 1.30 –4pm

December

Listening skills training for all volunteers Thursday 1st 10.30 - 1pm
Training and group support for Talk & Support Vols Wednesday 7th 10.30am - 1pm

January

Assertiveness Training for all Talk & Support Vols Wednesday 11th 1.30 –4pm
Benefits for carers and the people they care for (Everyone) Tuesday 31st 9.30 –1pm

**Free coffee mornings/ afternoon teas/social events
for our Carers, cared for & Volunteers
to come, meet & chat!**

Coffee Morning -Robertsbridge- Wednesday 16th November,
from 11am The George Inn - JUST TURN UP!

Christmas Lunch - Battle- Tuesday 6th December at 1.00pm

Powder Mills Country House Hotel - by invitation only - RSVP

Panto (Snow White) - Hastings- Sunday 18th December 1pm

White Rock Theatre PLEASE RESERVE YOUR PLACE BY 24/10/11

**-Please support our main fundraising event of the year -
our Charity Winter Ball, Tickets are £35 (includes a 3 course dinner & dance)
more details on the next page!**

Winter Ball at Leeford Place Hotel

Friday 18th November from 7.30pm

This year you will be very pleased to here the Winter Ball is indoors! As last year it lived up to its name a bit too well!

The programme is as follows:

Bucks Fizz on arrival, 3 course meal, charity Auction and live music from **THE LUCKY ONES**. All for just **£35** to purchase tickets **call 01424 722309** or email jo@associationofcarers.org.uk. £20 minimum deposit per person on booking, please say if you have any dietary requirements.



The menu is set:

The starter will be a vegetable soup (Suitable for vegans)

Main course will be Slow roasted leg of Lamb in Red Wine and Red Currant Jus with Dauphinoise potatoes

(Vegan alternative: Spinach & Parsnip crumble with Tomato Coulis)

Dessert will be Fruit Vacharin (Vegan alternative available upon request)

We have selected a vegan alternative so vegetarians and vegans can both enjoy the meal, if you have any other dietary requirements we will be happy to accommodate them.

Tables are for 10 people, feel welcome to book a whole table, smaller parties will be place on a table with other smaller parties. We currently have 3 full tables remaining out of the 13! So they are selling fast!

Many thanks Jo x

P.S. Rooms can be booked at a reduced rate if you wish to stay the night.

GHOST STORIES TO RAISE MONEY FOR YOUNG CARERS

Hastings Writers ' Group (HWG) have written a short Ghost Stories and they have decided that the proceeds will go to our Young Carers service. The published book will be launched on Saturday 8th

October at the Books Born in Hastings event at the Town Hall (10.30 - 2.30pm). A presentation speech will be made by Roz from HWG at 2pm. Books can be purchased directly from us, at the Tourist Information and hopefully Waterstones!



Celebrated Christmas Raffle

Every year we hold a Christmas Raffle to pay for the Christmas lunch and more recently the pantomime too. We are sending out £25 worth of tickets to every member this year and we appreciate your help selling these tickets to friends and family or buy some yourself. The raffle will be drawn at Powder Mills Hotel not Horntyne as stated on the ticket due to a change of venue.



Collections Thank you to everyone who helped with the collections over the summer months, it does seems that the recession is starting to hit but we still did well raising a

total of **£1465.03**

ASDA	£246.74	2nd April
Bexhill Sainsbury 's	£406.81	6th & 7th August
Wadhurst	£151.73	19th August
Hastings Sainbury 's	£408.13	2nd &3rd Sept
Hastings Tesco	£251.62	22nd September

CHRISTMAS LUNCH



It is that time of year already!

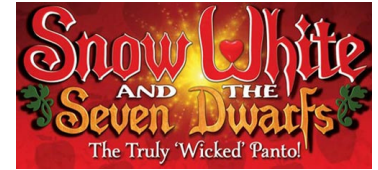
We are in the process of organising the Christmas Lunch. We have booked a lovely venue with an excellent and varied menu which we hope our members will enjoy!

We are having the meal at Powder Mills Country House Hotel on December 6th from 12.30pm to sit down at 1pm. Invites are going out with this newsletter. Due to rising numbers the invites are only going out to Carers receiving a service and their volunteers and those who have received a service in the past 6 months.

It's panto time!

All our members are invited to join us for this years Panto at the White Rock on Sunday 18th December at 1pm.

Snow White and the Seven Dwarfs promises to be a 1st class panto with Ricky from EastEnders playing the



leading man, but don't let that put you off!

Last year we had such a great time and we hope it will be just as special this year. Please see the attached invite, we need to know by 21st October if you would like tickets.



Additional tickets can be bought for £11.50 for non members and those already going to the Christmas lunch.



Seaside Walk for Walking Week - 29th September

Four of our members made the most of the glorious weather we are presently enjoying by joining Sue on a stroll along the Seafront to the Old Town and back to the pier. The 5 ladies finished the walk in true style by enjoying an afternoon cup of tea at Café D'Arts. Members are always welcome to join us at social events it often provides people with an opportunity to talk about Caring openly.



News Carer Aware & BLUE Badge

East Sussex County Council have asked us to tell you all about their new e-course which is aimed at raising awareness of the roles of Carers, their legal rights and the support available to them locally. The course takes approximately 45 minutes to complete and can be taken by Carers themselves, volunteers and employed people who work with Carers and anyone else wishing to understand more about support for Carers. <http://www.eastsussex.gov.uk/socialcare/providers/training/careraware.htm>

Consultation on Blue Badges - your opinions are wanted. The Government is changing the Blue Badge Parking Scheme to make it fairer and more consistent. ESCC would like to hear what users and Carers who use the scheme think. You have until 26th October to look at the website or call Emma King on



Let's talk about caring!



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Could you help a family Carer

by phoning them ?

We need volunteers who have good listening skills and are empathetic to Carers' issues to support Carers by calling them for up to 30 minutes a week.

All volunteers' travelling expenses and cost of calls are reimbursed and training is provided.

To find out more about volunteering please call 01424 722309

Or visit

www.associationofcarers.org.uk

Registered Charity 1004055

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Remember to Gift Aid any donations you make to the AoC if you are a UK Taxpayer.

It doesn't cost you any extra but gives us an extra 25p for every £1 you give!

Just ask the office for a form.

It is only your name, address and signature so it's quick & easy!

We now offer 4 FREE services for Carers

Sitting Service - Our 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.

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 either individually (Now also in Wealden!) or as part of a carers' support group.

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 study help, support and the chance to go out. The choice is theirs and to help we try to be as flexible as possible.

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Sue, Jo and Sarah want to say **Thank you to Helen Morgan** for doing all the Quality Assurance questionnaires for us. Helen did the task set so quickly and efficiently and we are very grateful as we do this annually to help us improve our services. We have had lots of replies already, but remember if you return your questionnaire by **Monday 10th October** you will be entered into our free prize draw and you could win **£25 Marks & Spencer** Vouchers.