



Caring Matters

East Surrey Carers Support Association

The Newsletter for people caring for others who are ill, disabled or elderly,
And for recent (within 18 months) former Carers

Issue 75

November 2020



We continue to wish you all well through these turbulent and challenging times.

Festive Greetings and we look forward to an easier 2021.



Important message from the ESCSA Board of Trustees

The Trustees and staff hope you are all coping with the current issues that are affecting us in the UK, or at least getting the help and support you need. Please accept the Board's apologies for the cancellation of the 2020 Annual General Meeting due to Covid 19.

As clients of ESCSA, Carers using our service may be aware that the organisation has received no funding from Surrey County Council since 2017. At that time members formally agreed at the Extraordinary General Meeting that ESCSA should continue offering services to Carers according to the current Memorandum and Articles of Association.

Since that time staff and supporters have worked tirelessly to raise funds and we have been overwhelmed by people's generosity. Sadly, raising sufficient funds to maintain appropriate staffing levels and to cover the organisation's fixed costs after March 2021 has proved to be very challenging. The staff team has continued to deliver an excellent service for Carers since 2017 even with the current pandemic, which has necessitated the closure of face-to-face meetings, monthly Support Groups and social activities.

The Board of Trustees therefore took the difficult decision to arrange an **Extraordinary General Meeting** in September 2020; members were either contacted by post or by email as, currently, face-to-face meetings cannot be convened due to Covid 19. Members were asked to vote on a single proposal that: **East Surrey Carers Support Association will cease to trade as an Independent Company Limited by Guarantee with Charitable Status on 31st March 2021.** The consultation closed on 12th October and 86% of the respondents agreed with the proposal.

The Board and staff wish to express their sadness at the situation that ESCSA finds itself in, but recent times have proved to be too difficult for many small charities particularly when there has been a reliance on a Local Authority to provide funding for the service they provide on behalf of that local authority. It is, therefore, with great regret that we are announcing the closure of ESCSA on the 31st March 2021. The Trustees wish to thank all the staff for the excellent service that they have provided and our supporters for their commitment.

The Trustees have agreed with the ESCSA Team that if you wish to discuss this pending closure or the impact it will have on your future personal Carer Support then either call the office on 01883 745057, leaving a message or via email info@escsa.org.uk

Gillian Santi

Trustee, on behalf of the Board November 30th 2020



We now have our very own Facebook & Twitter page. So please go ahead and start following & start liking our page.

Understanding 'NHS111 First'

NHS111 First is part of a national integrated programme to improve outcomes and experience of urgent care. To keep patients safe and allow them to maintain social distancing, patients should, if practical, call NHS111 first before going to an Emergency Department.

NHS111 will then book a time slot at the Emergency Department, or at the most appropriate local service for the patient. This forms part of the 'NHS111 First' initiative - positioning 111 as the first port of call for urgent care. However, if you or someone you know is experiencing a medical emergency, you can still attend the Emergency Department or call 999.

Emergency: Call 999 in a medical emergency. This is when someone is seriously ill or injured and their life is at risk.

Urgent care: Call 111 if it's not a life-threatening emergency, you or the person you're with needs urgent medical advice, or you are unsure what to do.

Contact NHS111 to:

- * Ensure you get the right help. Call to make sure you get the right care in the right place. This could be self-care or through an appointment with a GP, or by going to a pharmacist or urgent treatment centre.
- * Benefit from a booked time slot. If you need to go, 111 can book you a time slot into the most suitable service for your needs.
- * Help keep you, your family and friends safe and maintain social distancing. Contacting NHS111 in advance means we can keep everyone safe who is waiting in a clinical setting.

Your local pharmacy

If you are unwell your local pharmacist can help. Pop in or phone them as soon as you can, even if you think it's just a cold.

Your local pharmacist is the right person to see for minor health concerns such as:

- ◆ Sore throats
- ◆ Coughs, colds and flu
- ◆ Tummy troubles
- ◆ Aches and pains
- ◆ Red eyes
- ◆ Sleeping problems
- ◆ Athlete's foot
- ◆ Mouth ulcers
- ◆ Constipation and diarrhoea

Please don't visit your local pharmacy if you have symptoms of Covid 19 or are living with someone who has symptoms.



Have you had your Flu jab yet?

"Individuals aged 50 - 64 years, living in England are being offered free flu jabs from 1st December as part of an expanding winter vaccine scheme."

Being a Carer and possibly now your age should allow you to request a free flu jab.

It's too big to ignore.

If you haven't already had your annual flu vaccination, then please contact your GP surgery for an appointment.

Your local pharmacy will also have the vaccine but be aware that not all community pharmacists are signed up to the flu vaccination programme.

Do make sure you remember to book your appointment as Covid 19 rules remain in place for everyone.



Our Festive time is different for us all; depending on family traditions, individual beliefs and even those wishing to make changes.

This leaves Carers dealing with too much ...

2020 has bought many challenges and changes throughout the year and now we are confronted with yet more decisions on how to get through Tier 2 restrictions then making the choice of who we may meet up with over the Festive week.



Working alongside you all, we know that isolation and loneliness is not just for those living on their own.

Carers can feel cut off from their old way of life yet still have their loved one with them....

[Launching the Seasonal ESCSA Friendship call.](#)

I know many of you call your ESCSA Friends for a chat and even put the world to rights!

Throughout the Covid 19 year we have called and received calls from our ESCSA Carers.

We have enjoyed the calls and had many a laugh with you all.

Would you now like to receive a Festive call or have an email chat?

We need to book you in by Monday 21st so let us know by giving us a call or email us.

Let us know if there a time we need to avoid, which day do you find difficult to get through?

We look forward to hearing from you ...

01883 745057

info@escsa.org.uk

DWP Health Benefits

ESCSA has continued to complete these vital Health Benefits throughout the past 9 months making sure new Carers receive the benefits their relatives deserve and assist with re applying for those up for renewal.

Many have come through quicker than expected which is a great financial help and relief to everyone.

The DWP have given Children's DLA renewals a six month extension which has carried them through the lockdown.

It does mean at some stage there will be a great demand on our time to get you all back in line with the DWP requests of completion within their new time frame.

If you receive a request to renew your Child's DLA please contact us immediately so we can start working on it while continuing with our other work load.

By email or phone is fine but do leave a message to contact you if it goes to answerphone!

Feeling lonely?

Anxious?

Depressed?



Working across Surrey

This service is available to all adults living in Surrey.

We can all feel anxious for various reasons but when these feelings increase, they can have a big impact on our wellbeing.

Their **Community Wellbeing Calls** service may help you by having someone to talk to, regularly on the telephone, about your troubles or wellbeing. These calls are free and may be the lifeline you need to help life feel better.

To find out more

Tel 07860 340 739 or

Email info@wokingmind.org.uk

*They will need your name and contact number to call you back.

Thanks to our Supporters



All NHS & Key Workers
Amazon Europe
Bletchingley Parish Council
Horley Active Retirement Group
PayPal
Tandridge Together Community Fund

All our Carers and Former Carers who have given us their personal support

Christmas Cards for ESCSA

We have been given a very generous donation of 100 boxes of brand-new Christmas cards.

With many varieties at only £1 per box x 20 cards we are asking you to buy your stock for both this year and next!

All money raised will be added to our Post-Covid 19 Carers Celebration.

Many boxes have already been sold but we still have plenty for your personal order.

Contact us now on;

01883 745057

so we can book you in.



ESCSA FESTIVE SALE

We're launching a sale of all our items especially for you. Come along and choose amongst: jigsaws, jewellery, craft items, books, DVDs, festive cards, beauty gift sets and much more!

**ALL DONATIONS RAISED WILL GO TOWARDS
OUR POST-COVID 19 CARERS CELEBRATION**

Let us know what you're looking for and we'll set it aside so you can collect it at an agreed time, while socially distancing. If you're not sure what you're after you can still agree a time to come and have a look.

01883 745057
INFO@ESCSA.ORG.UK

Do you know of anyone who is a Carer and would like a copy of Caring Matters sent to them? If so please ring or write to us at:

East Surrey Carers Support Association, 78a High Street, Bletchingley, Surrey RH1 4PA

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If more convenient Caring Matters is also available on The Talking Newspaper for people with visual impairment.

Please contact us for further details. If you no longer wish to receive this newsletter please contact the office.

Please note we have made every effort to verify all the facts contained in this publication.

We cannot be held liable for any incorrect information we have inadvertently published.