supporting unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, volunteer-led services that encourage independence and reduce isolation.

We had a lovely day at Geoff Stonebanks’ Driftwood Gardens in Seaford which he opened especially for us.
Message from The Trustees

Dear Reader,

On behalf of the Trustees I would like to welcome you to this autumn edition of Carers’ Voice.

We have had some new staff start in June 2017; Kathy a service coordinator for Hastings and Rother and Phatho a Carers’ community worker.

We are grateful that the Charity has received donations from Hastings Direct, Eastbourne Rotary, A Plus Care, Emma Skinner, Magdalen and Lasher, Chalk Cliff Trust, Waitrose Lewes and Hastings Rotary Club and also two box collections from West Hill Stores, Cold Fusion and Gifts. All these funds will help us support Carers throughout East Sussex.

The Cock Inn, Peasmarsh held a Bingo night for us and raised a wonderful £377.13. Geoff Stonebanks opened his award winning garden for our Carers and volunteers in Seaford, serving lovely homemade tea and cakes. (See cover photo.) He has promised to open it again next year to raise funds for us.

The Bo Peep Pub St Leonards On Sea also held a bingo for us and raised £157.40.

Thanks go to everyone who have helped to raise funds and awareness.

We have had stands at The Garden Full of Cultural Delights and Little Gate Open Farm.

The charity has also been featured on several local radio stations including BBC Sussex, Uckfield FM, Seaford FM, Eastbourne DGH Radio and the Conquest Hospital Radio, to publicise what the Charity does.

I would like to thank those of you who have been completing our Quality Assurance review, which helps us to monitor the services we provide, aiming to improve our services to Carers, the people they care for, and our volunteers.

We are happy to be able to offer three Christmas celebration meals this year for Carers, the person they care for and our volunteers. We are holding these at the Langham Hotel in Eastbourne, Highlands in Uckfield and Sussex Coast College in Hastings. We enclose raffle tickets with this edition, the proceeds of this raffle help us to put on all these events free of charge. Please try and help us sell as many as possible!

Best wishes,

Toni Paine
Your Family And Friends Are Invited To!

Please join volunteer David Clifford and friends for carol singing in the Arndale Centre, Eastbourne 6th December 2pm - 4pm. Just turn up with lots of festive cheer!
Moving On

“Hi, I’m Vic and I have been a volunteer for the Association of Carers for over five years. But now I am moving on; re-locating to North Norfolk. A new start with new challenges and opportunities.

My time with AoC has been enjoyable and rewarding and I would recommend the opportunities to make life a little better for others. When I retired I wanted to do something positive and interesting. Retirement gives time to indulge in things you never had the opportunity to do whilst working.

I discovered the AoC and after an interview and induction I was ready to meet the first person I was to sit with.

I said that I would be most comfortable sitting with elderly gentlemen.

Over the five years I have `sat` with seven people!

Charlie was in his nineties. He slept a lot and was very confused. His eyes lit up when I made him a `cup of rosy lee`.

Gerry had always taken a lot of photographs and we spent most weeks looking at the albums.

Bill was a fan of Status Quo and we spent most weeks watching a video of the group. The tape lasted 90 minutes so my 3 hours there meant that we could watch it twice each week!

Mike enjoyed `Andre Rieu` so we listened to cd`s most weeks.

Peter had been in the Navy, had a great sense of humour and in his mind was still working. Many times he would dismiss people from a meeting he had just been having or reprimand someone for a misdemeanour!

Gordon is a talented artist. We are of a similar age and grew up in a similar area of Surrey. We therefore know a lot of the same haunts like the Regal Ballroom in Purley and the old Croydon airport.

Over the last five years it has been a privilege to become part of the lives of these families.”
Gordon’s wife and Carer is called Maureen. She says:

“I used to use an agency to sit with Gordon on an irregular basis when I needed it for about a year. He wasn’t very happy because it was usually different people. I’d picked up one of the Association’s leaflets and thought I’d give them a ring - one of the best things I ever did! Vic was Gordon’s second respite sitter and they hit it off almost at once, which made things much easier for me.

Vic is a great guy - very friendly, easy to talk to, always happy, relaxed but quietly efficient and capable. It meant that I could have 3 hours a week on my own without worrying. They found they both knew the same area and various places from their youth, had travelled in the same countries and had similar interests. Music wasn’t one of them, but Vic would happily listen to Gordon’s collection of Bob Dylan and heavy rock! He also showed an interest in Gordon’s painting.

As for me, it meant I could have my hair done or a massage, meet a friend for coffee, or just do the supermarket shop more easily. Vic was quite happy, too, if I just needed a rest and spent the time in bed. He was also a good listener and understood my difficulties, so I could talk to him. I look on him as a friend and feel I’ve known him much longer than the 15 months he supported me. I will miss him and wish him all the best for the future in his new home. Keep on volunteering, Vic - you're special.”
Welcome to our latest new recruits!

John P  Colin S  Sue P  Mary L  Ross A  Kim H
David C  Margaret C  Marie G  Peter G  Linda H
Valerie L  Yuanan O  David P  Diana R  Jenny R

Volunteer Quality Assurance and Yearly Review 2017

A big thank you for all who have already completed the Quality Assurance/yearly review—your feedback is extremely useful and valued. We are still contacting volunteers to carry out the review—you will hear from us soon, if you haven't already. Just a few of the quotes we have had:

‘...good, friendly relationship. A pleasure to help where needed.’

‘I thoroughly enjoy my time with them and I know they are very happy with my regular visits.’

And some feedback from the carers:

‘...extremely happy, the volunteer is a gentle, kind and understanding lady.’

Upcoming Volunteer Training Sessions

Understanding Dementia—10/10/17—1.00-4.00—Hastings
Information & Sharing Session—11/10/17—10.00-12.30—Lewes
Safeguarding Adults—31/10/17—1.00-4.00—Lewes
First Aid Training—6/11/17—11.30-1.30—Battle
Active Listening Skills—9/11/17—10.00-3.00—Battle
Information & Sharing Session—5/12/17—12.00-2.30—Hastings

If you have any ideas for new training sessions for 2018, please let us know.
There will be a new Training Plan for 2018 sent out by Christmas 2017.

To book your place call: (01424) 722309 or email: julie@associationofcarers.org.uk

Spread The Word!

Please talk to your family, friends and neighbours about the benefits and enjoyment you get from volunteering for us and help us to recruit more great volunteers.
Especially For You

Do You Need Help With Your Computer or Smart Phone?

Photos of the grandchildren?

Online shopping?

Emails?

If you’re an unpaid carer we could help you for FREE in your own home!
Call 01424 722309

Registered Charity 1159551
wwwassociationofcarers.org.uk

“I feel so happy now. I have learnt such a lot and can now skype my family while they’re on holiday, it’s made such a difference to me. I do not feel so left out and lonely. Also bad weather means I can get shopping online without worrying now. I can only say thanks a million times”

Talk & Support

Do you need someone to talk to in confidence who will not judge you? Do you find it hard to talk to your family and friends about the difficulties you face in your Caring role? Help is at hand as we can match you with a sympathetic volunteer who you will never meet. They will do just that; listen without judging. A lot of our Talk and Support volunteers have been Carers themselves so can completely empathise. A weekly call could give you something to look forward to and as always, it’s free. It is also available at times of loss. One Carer said “Calls from my volunteer have been a lifeline at times. They make all of the difference; I get very down and it’s good to speak in confidence.”

If needed, the Association can refer you onto professional counselling, which is also funded by them.

If you or someone you know think you could benefit from the service, please call us.

Dementia Supper Club

This is a monthly informal social event for people living with dementia and their Carers to get together at a pub and enjoy a meal and a drink. The group is supported by an experienced staff member who is on hand to provide information and advice.

The club is held on the second Monday of every month at The Bo Peep Pub, 25 Grosvenor Crescent, St. Leonards-On-Sea, TN38 0AA.

Talk & Support

Then try making a Twiddemuff!

This is a double thickness hand muff with bits and bobs attached inside and out. It is designed to provide a stimulating activity for restless hands for patients suffering from dementia.

Supporter Jane East recommends this pattern;
“Cast on fifty eight stitches.
Knit every row until you reach 7 inches from start. Cast off, sew the sides together.
Firmly sew on anything you fancy with texture such as buttons, keys, zips and so on.”
Give to your loved one with dementia! (Or send to us and we will find a good home!)
Could you keep someone company for just 3 hours a week? Full training and support given, expenses paid and no personal care involved! Please call us on 01424 722309

Funding. How You Could Help.

Regular Giving
The Association’s annual turnover is now £310,000 a year and at present we would not be able to sustain the charity without funding from East Sussex County Council (ESCC), which accounts for around 91% of our income. This puts the organisation in a high risk position in terms of our long term sustainability. We cannot rely on ESCC to continue renewing our contract (even though we hope that they will). This means it is important for us to introduce other ways of bringing income into the charity. For this reason, we are campaigning to encourage Carers, volunteers and supporters to sign up to give regularly to the Association. Please be assured that we are not asking Carers to pay to receive our services and we never will. We remain committed to our mission statement: “To support unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, volunteer-led services that encourage independence and reduce isolation.”

However, we are very grateful to the people who value what we do and feel in a position to be able to make a financial contribution towards our running costs. You could
1) Set up a standing order with your bank
2) Set up regular giving via Just Giving. Type in this link to your browser goo.gl/KK9beS
3) Send one off donations by texting AOFC05 £10 to 70070 (or choose your sum.) This is JustTextGiving by Vodafone.

Leaving A Legacy.
Have you thought of leaving a legacy in your will to the Association of Carers? Leaving a gift to your favourite charity when you die can make a lasting impact, but there are also tax advantages. It would reduce Inheritance Tax that your family is left with, or even wipe it out. Please speak to your solicitor.