



Carers Count



**CARERS SUPPORT SPELTHORNE
NEWSLETTER**

September 2006
Issue No. 26

DEMENTIA CARE DAY

what is
Dementia

support

the impact
of caring

understanding
the person

practical
tips

Tuesday 31st October, 2006

The Goddard Room, Council Offices, Knowle Green, Staines
10a.m. - 2.30p.m.

CARERS SUPPORT SPELTHORNE (Registered Charity No. 1061488)

with

ALZHEIMER'S SOCIETY

Spelthorne & West Elmbridge Branch (Registered charity No. 296645)

invite you to come along and explore dementia care

BRITISH GAS REBATE

You may be eligible for a rebate:

British Gas has said it will provide 300,000 rebate payments for the 2006/2007 winter of up to £90 to its most vulnerable customers. Any customers in receipt of a qualifying state benefit can call and register an interest - **0845 601 2006**.

Please note: Not everyone who qualifies and applies for a rebate will receive one.

MALE CARERS NETWORKING SUPPORT GROUP

REMINDER

The next *Male Carers Network* meeting is to take place on:
Wednesday 11th October, 2006 at 2 p.m. in Community Link Meeting Room

Do come and join us.

For more information: **Celia 01784 446234**





INFORMATION ABOUT BENEFITS

HOSPITAL DOWNRATING

From 10th April, 2006 most benefits will no longer stop or reduce after a person has been in hospital for more than 52 weeks.

Benefits which continue to be paid while in hospital include:

- ⇒ Bereavement Allowance
- ⇒ Widows Benefits
- ⇒ Incapacity Benefit
- ⇒ Severe Disablement Allowance
- ⇒ State Retirement Pension
- ⇒ Income Support
- ⇒ Pension Credit

Whilst the above benefits continue no matter how long the stay in hospital, certain benefits may still be reduced after someone has been in hospital for more than 52 weeks - e.g. disability premium payment which will stop after 52 weeks.

Claimants who are sentenced to a term of imprisonment and who, during that term of imprisonment, are detained in hospital under mental health legislation will continue to be treated as prisoners for benefits purposes (rather than hospital in-patients).

Note:

These new rules on the abolition of hospital down-rating do not apply to **Disability Living Allowance** or to **Attendance Allowance**. These benefits stop after 28 days in hospital. Remember that previous spells in hospital can be linked together if they are less than 28 days apart.

EXTENSION TO CHILD BENEFIT TO AGE 19

New Child Benefit rules extend entitlement to Child Benefit (CB) to those responsible for some young people aged 19 but under 20. This has also led to other changes to means-tested benefit and tax credits which reflect this change in CB rules.

The new rules only apply if someone was 19 on or after 10th April, 2006.

The rules allow a 19 year old to count as a qualifying young person for CB if:

- ◇ They began full-time non-advanced education before reaching 19

OR

- ◇ They began 'approved training' before reaching 19

CB cannot continue once they reach 20 even if they are still completing such education or training.

CHANGES TO CAPITAL LIMITS

From 10th April, 2006, the upper capital limit for Income Support increases to £16,000, which brings it into line with Housing Benefit and Council Tax Benefit. The lower capital threshold increases to £6,000 for Income Support, Housing Benefit and Council Tax Benefit. This means that tariff income on capital for these benefits is now calculated on capital between £6,000 and £16,000.

Note:

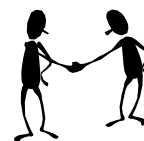
A reduction in Council Tax may still be available (*non means-tested*) for people who are substantially and permanently disabled.

INFORMATION



REMINDER

Don't forget CSS Support Groups for Carers
You are very welcome to attend



We have three specialised support groups listed below who meet at
Community Link Meeting Room, Knowle Green, Staines

- ☺ **ASD** (Autistic Spectrum Disorder)
- ☺ **ADHD/ADD** (Attention Deficit Hyperactivity Disorder/Attention Deficit Disorder)
- ☺ **Aspergers Support Group**
please contact **01784 444233** for more information on times and dates

and don't forget

- ☺ **Male Carers Support Network** - please contact the office for more details:
01784 444225
- ☺ **Carers Social Club** - last Friday monthly, St. Matthew's small church hall at
7.30p.m.

TEN STEPS TO SUPPORT: a guide for Carers

☺ Remember you're a Carer! Recognise <i>yourself</i> as a Carer	☺ Include your family and friends Speak to family and friends about the extent of your caring role.
☺ Tel your GP If your GP knows you are a Carer, flexible appointments may be available to you.	☺ Tell Social Services Carers are entitled to a Carer's Assessment.
☺ Claim your entitlements There are a number of benefits available to Carers, ensure you have the relevant information.	☺ Tell people at work You may find that your employer is open to exploring ways to support Carers.
☺ Find your nearest Carers group Carers Support Spelthorne is here to help and advise you.	☺ Look after yourself Caring without a break and without proper sleep is extremely stressful.
☺ Think about the future When caring ends it can be very hard. By facing the future you can minimise the shock when the time comes.	☺ Support Carers UK Built up over 40 years, Carers UK is the voice of Carers.



INFORMATION

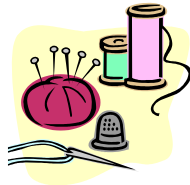
PROMOTING INDEPENDENCE COURSES

White Lodge Centre offers physically disabled adults or Carers the opportunity to participate in courses at two centres:

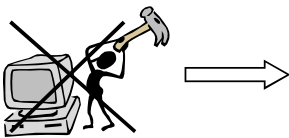
Karten Computer Suite

Art Studio

- * Creative Embroidery entry level
 - * Word Processing level 1
 - * Working with digital photographs
 - * Creative Arts level 1
- and many more*



For more information please contact:
Karten Computer Suite **01932 569684**
Art Studio **01932 567134**



'WARM FRONT GRANT'

It's a bit early to start thinking about winter but the Government's 'Warm Front Grant' - now managed by the Eaga Partnership Ltd - advises that grants to help with heating bills have been raised to **£2,700**.

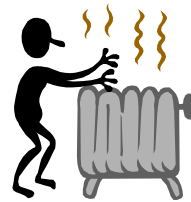
Funding is available to those who are:

- home-owners
- tenants renting from private landlords
- on benefits

Eligibility covers insulation and heating improvements.

for more information:
marketing@eaga.co.uk

or



Emma Finlay,
Marketing dept.,
Eaga Partnership Ltd
(MK754)

Freepost Nat 13708,
Eaga House, Archbold Terrace,
Newcastle-upon-Tyne, NE2 1ZL

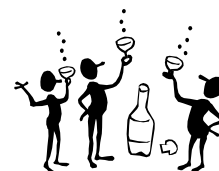
INTRODUCING uSWITCH.com

uSwitch.com is a free, impartial online and phone based comparison and switching service that helps customers compare prices on a range of services including gas, electricity, home phone, broadband providers and personal finance products. Our aim is to help customers take advantage of the best prices and services on offer from suppliers. The company has developed a series of calculators that evaluate a number of key factors including price, location, service and payment method, and advises customers on the best deal to suit their needs.

Each service has a comprehensive help section to answer any questions you have about switching or applying for a product. If you would prefer to have a helping hand, our customer service team are here to help. And once you've switched, we don't switch off. We can liaise with the suppliers to ensure your switch is as smooth as possible.

for more information contact
0845 601 2856

TAKING-A-BREAK ACTIVITIES



Garden Party - Sunday 25th June.

Sunday was a warm and muggy day - We all met at the pick up point and boarded the bus. On reaching the Garden Party the music played and the conversations flowed.... but unfortunately, the heavens opened and down came the rain. And it poured!! - Back on the coach and home....Better luck next year hopefully?!?!?!?

Denbies - Tuesday 27th June.

Lovely weather and a wonderful day out...!!!

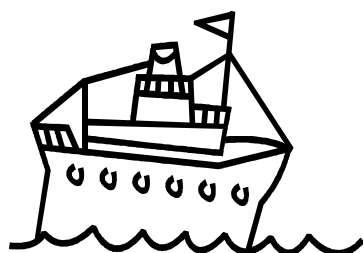
As we pulled into the winding driveway, the fields full of grapevines surrounded us. The first insight to the vineyard was an outdoor ride across fields and down the bumpy roads. This was extremely interesting and informative and enjoyed by all. Next we were taken into a room which was circular and we were surrounded by large screens. In this film, we were given an inside account as to the workings of the vineyard and how this came about from the surrounding hills many years ago. From there we moved to the cellars and enjoyed tasting the wines that were made at Denbies. A light lunch and wander around the grounds made a lovely finishing touch to a lovely day.



Summer Boat Trip - Thursday 27th July

A very relaxing day boating down the river from Runnymede to Windsor. With great company, great views and great weather today was a very successful pleasant trip.


An informative 'skipper' guided us through the sights from Runnymede to Windsor and back and at lunchtime we all disembarked and had a very nice lunch at various restaurants around the Windsor area. With lots to look at and do, and ice creams whilst sitting down by the river we all had a wonderful relaxing day out. On the way home we indulged in a cream tea, enjoyed by all!!!



Kneller Hall - Wednesday 2nd August

Our second attempt to visit Kneller Hall and the military band and the open air concert. This time a success!!! The music was wonderful and the atmosphere was great. Enjoyed by all and we managed to get back on the coach after sitting in a downpour for about $\frac{1}{2}$ hour.....Better than last time though!!!



Dates for your Diary	Carers Support Spelthorne	Useful Numbers
<p>September</p> <p>14 ADHD/ADD Support Group 10-12 Community Link</p> <p>15 ASD Support Group Friday 10-12 Community Link</p> <p>19 Aspergers Support Group 10-12 Community Link</p> <p>27 Alzheimer's Support Group 10-12 Community Link</p> <p>October</p> <p>9 Carers Forum 10-12 Community Link</p> <p>10 Aspergers Support Group 10-12 Community Link</p> <p>12 ADHD/ADD Support Group 10-12 Community Link</p> <p>16 Children with Disab Forum 9.30 Community Link</p> <p>17 Learning Disability Forum 1- 3p.m. Community Link</p> <p>24 Older People's Forum 12 noon Goddard Room</p> <p>25 Alzheimer's Support Group 10-12 Community Link</p> <p>November</p> <p>7 Aspergers Support Group 10-12 Community Link</p> <p>8 ASD Support Group 10-12 Community Link</p> <p>9 ADHD/ADD Support Group 10-12 Community Link</p> <p>22 Alzheimer's Support Group 10-12 Community Link</p> <p>December</p> <p>5 Learning Disability Forum 1 - 3p.m. Community Link</p> <p>7 ADHD/ADD Support Group 10-12 Community Link</p> <p>12 Aspergers Support Group 10-12 Community Link</p>	<p><i>'Independent advice, support and information for Carers and Parent Carers'</i></p> <p>A 'Listening ear' and support for individual Carers.</p> <p>Information about services and benefits.</p> <p>Assistance with form filling, letter writing, telephone calls.</p> <p>Advocacy.</p> <p>Support groups and workshops on a variety of topics.</p> <p>Special events and outings.</p> <p>The service provided is confidential.</p> <p>For more information Contact:</p> <p>Team Leader / Parent Carers Support Worker Jacqui MacLean 01784 444233</p> <p>Carers Support Workers Celia MacKay 01784 446234</p> <p>Rayner Ward 01784 444225</p>  <p>Carers Support Spelthorne Community Link Knowle Green Staines Middx TW18 1XA Registered Charity No. 1061488</p>	<p>Action for Carers & Employment: 01483 565874</p> <p>Age Concern: 01784 444200</p> <p>Alzheimers Society: Local Group 01784 444214 National Helpline 0845 300 0336</p> <p>Carers' Helpline (Carers UK): 0808 808 7777</p> <p>Carers UK: 0207 490 8818 www.carersuk.demon.co.uk</p> <p>Carers Net: www.carersnet.org.uk</p> <p>Children with Disabilities Team: 01483 517898</p> <p>Citizen's Advice Bureau: 01784 444220</p> <p>Contact a Family Helpline 01784 460842</p> <p>Crossroads: 01784 446294</p> <p>Disability Info. Service Surrey: 01306 875156</p> <p>Good Neighbours Schemes: Ashford 01784 423222 Shepperton 01932 254604 Stanwell 01784 250837 Sunbury 01932 779867</p> <p>Hope Club: 01932 223511</p> <p>Link Leisure: 01483 770037</p> <p>Local Radio: www.carersnet.org.uk/careadio</p> <p>Multiple Sclerosis Society: 01932 569320</p> <p>National Autistic Society: 0207833 2299</p> <p>Samaritans: 01932 844444</p> <p>Spelthorne Shopmobility: 01784 459416</p> <p>Spelthorne Social Care Team: 08456 009 009</p> <p>Voluntary Action in Spelthorne: 01784 446358</p>