

# STROKE CARERS' SUPPORT GROUP NEWSLETTER

## What is EPP CIC? :

**Carers often suffer from stress related health problems, the following may be of interest to you.**

Expert Patients Programme Community Interest Company (EPP CIC) courses are FREE to participants. The Courses offer a tool-kit of techniques that support people living with all kinds of health conditions such as Asthma and other breathing problems, Arthritis and Back Pain to name just a few.

**Topics covered by the course include:**

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals.
- Planning for the future

Courses are run over six weekly sessions with each session lasting two-and-a-half hours. Call now to book a place or for more information: **0800 783 8944**

## The Joy of Travelling

### Freedom to move

Being able to travel independently is something that most of us take for granted, for many people who have sustained a brain injury it can be a monumental task because of physical, communication or visual difficulties, this is where **Essex Travel Training** can help. Specialist travel trainers will accompany trainees on their journeys, providing encouragement and guidance until he or she is able to travel independently. They can also provide advice and support on skills such as using a travel timetable, road safety and coping with traffic.

The confidence to travel can give disabled people a new lease of life, and it can open up horizons which they thought they might have lost, especially if they have unfortunately been told they are no longer able to drive. This may include travelling to college, gaining employment, accessing leisure activities or simply going out to visit family or friends. For further information on Travel Training, call **01245 434 865**, Email: [traveltraining@essex.gov.uk](mailto:traveltraining@essex.gov.uk) or visit: [www.getonthemove.org.uk](http://www.getonthemove.org.uk)

### AGE UK (formerly known as Help The Aged)

SeniorLink is Help the Aged's national Community Alarm Service, and is a beneficial and practical service. It provides security and peace of mind to older people, helping them to remain living independently in their homes. When family or carers are unable to be there, SeniorLink provides the comforting support of 24 hr. service, 7 days a week, 365 days a year. The service is not 'just for emergencies' but provides those much needed 'extras' such as Birthday calls and that all important sympathetic 'ear' in times when our clients need a little extra support to remain feeling safe and secure at home. In other words we like our clients to call us anytime for anything, because that's what the SeniorLink Service is about. If you would like further information or indeed a presentation given on how the service works, then please contact the SeniorLink enquiry line: **0845 603 4576**.

## Essex County Council, Carers Strategy Team

'Do you care for a partner, relative or friend? Find out what you are entitled to:

- Advice & Information • Statutory Services • Assistance in the home • Support Groups

For further information and the Form/Booklet contact: Essex County Council, Carers Strategy Team A8 County Hall, Chelmsford CM1 1YS. Tel: 01245 434375. Email: [carerstrat@essex.gov.uk](mailto:carerstrat@essex.gov.uk) or visit the Website: [www.essex.gov.uk](http://www.essex.gov.uk)

## Carers Emergency Planning Service

For peace of mind in a crisis. Do you worry about what would happen to the person you look after if you were suddenly unable to continue your caring role? Essex County Council has a **CARERS' EMERGENCY PLANNING SERVICE**. You can get an information leaflet telling you how they can help in an emergency, what situations are covered and how the scheme works. Tel: 01245 434 375

## Advice at your fingertips - CARERS DIRECT - NHS

Information, advice and support for carers:

- Guide to caring • Financial and legal advice • Advice for young carers • Work and study information
- Find local support groups and services • Advice on keeping healthy

Freephone: 0808 802 02 02 (7 days a week) Website: [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

## **Making or reviewing a Will**

**Have you made a Will? If not:**

- Your money and assets could go to someone you may not want to benefit.
- Someone you want to benefit may get nothing or less than what you would want them to
- Your estate could pay more inheritance
- Opportunity to preserve assets may be lost e.g. from spendthrift beneficiary or care home fees

If you have a Will, when did you last check whether you should revise it?

- Marriage, divorce, birth of a new child, changes to inheritance tax rules are some of the occasions when a Will should be reviewed

Do not delay, make a will or check your existing Will before it is too late.

## **Lasting Power of Attorney**

What is it?

This is a document to appoint someone you trust as your attorney.

- The attorney is someone who can look after your money and properly if you become too ill to do it yourself.
- The Attorney can also help with decisions on your general welfare and whether or not you should receive medical treatment if you are not able to make such decisions

What if no Lasting Power of Attorney is made:

- If you cannot look after yourself or your money and property, then the Court of Protection may have to be asked to appoint a Deputy for you. This would take up a lot more time, and cost a lot more, than making a Lasting Power of Attorney.

*The above is not an exhaustive list of issues concerning making of a Will or a Lasting Power of Attorney.*

*Please feel free to call Viju on 01206 273499 or Email: [info@crownlaw.co.uk](mailto:info@crownlaw.co.uk)*

## **10 MINUTE BENEFIT CHECK-UP**

If you are not sure which State benefit you're entitled to, get advice from the Citizens Advice Bureau (look in your phonebook for a local office), or an independent Advice Centre (0845 345 4345). Online, [www.entitled.co.uk](http://www.entitled.co.uk) does all the hard work for you from a few basic details.

- Don't assume that all benefits available from the government are means tested. You may be able to claim Council Tax Benefit even if you own your own home. Benefit rates and thresholds are reviewed each year, so if you didn't qualify last year you may qualify now,
- Benefits are not only for people out of work. If you are working but on a low income you may be entitled, depending on your circumstances.
- Get help with claim forms if you don't understand them. You can ask a doctor/C.A.B./Pensions Service/local Age Concern when filling in an Attendance Allowance/Disability Living Allowance form.
- Give as much information you can when making a claim. List everyone living in your house, if asked to - it may increase your entitlement if they are dependants. Don't forget you can appeal against any decision.
- Claim even the smallest amount of benefit. Just a few pence could be your passport to other help. Check on the progress of a claim a week after making it, keep records, dates of correspondence, phone calls and names of staff you speak to.
- Many people assume Attendance Allowance is only for carers, or people in care, but you can also claim if you live at home with no one to look after you and meet all the qualifying criteria.

## **Disaway Trust Holidays**

The Disaway Trust is a registered charity that organises holidays with physically disabled people. Our disabled applicants we call HOLIDAYMAKERS and Volunteer carers we call helpers. The age is between 16 and 80 and we try and have a mixed group of men and women of all ages on each holiday. Disaway puts a holiday packages together including visiting the actual venues to ensure suitability and accessibility throughout the holiday. We try and select interesting and stimulating venues both in this country and abroad. We usually organise one holiday in the UK and one or two abroad.

The holidaymaker is expected to pay the full cost of the holiday with the helper paying approximately half and Disaway fundraise for the other half. On each holiday there will be a Registered General Nurse and a number of Committee Members to assist the group and in most cases the Holidaymakers share a room with their helper.

**Contact DISAWAY on: 0208 878 2054**

**Linda Eliot – Stroke Carers & Family Support - 01255 815916**