

VASL

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Registered Company: No. 7517828

Registered Charity: No. 1141274

**SUPPORT
FOR CARERS
LEICESTERSHIRE**



WINTER NEWSLETTER

Dear carers

You may have heard that some benefits and state pension will increase by 10.1%, that's some good news as the country goes into recession, however, these increases will not be until April 2023. With this in mind, we have put together some information that you may find useful this winter.

CARERS RIGHT DAY



Thursday 24th November 2022

Support For Carers and Age UK will be at Fosse Park
(outside Outfit)
from 10:30am till 3pm
spreading the word about rights for carers

Pop along and see us!



A Guide for Carers



Download a copy of our "A Guide for Carers* full of bite sized information to help you throughout your caring role

[A Guide for Carers.pdf \(supportforcarers.org\)](https://supportforcarers.org/A_Guide_for_Carers.pdf)

CARERS EMERGENCY PLAN AND CARD

I AM A CARER SOMEONE RELIES ON ME

My name

I care for

Please turn over for my keyholders and emergency contacts

Key holders and/or emergency contacts

1.....

2.....

3.....

If you're unable to contact any of the above please call Adult Social Care on 0116 305 0004 (working hours) or Emergency Duty Team on 0116 255 1606

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SUPPORT FOR CARERS LEICESTERSHIRE VASL Leicestershire County Council

It's worth considering what would happen if you fell ill or had an accident and were unable to provide care. Would the person who ends up looking after the person you care for know what to do?

Here at Support for Carers we can send you our Carers Emergency Plan

which has space to record details of medication, daily routines, likes and dislikes etc, as well as emergency phone numbers such as your GP, relatives and friends.

We can also send you a carers card to go in your purse or wallet which will alert the emergency services to the fact that you are a carer and there is someone who will need to be looked after.

It gives your name, the name of the person you are caring for, and who to contact in an emergency.

Drop us an email or give us a call and we can post them both out to you

USEFUL CONTACTS

Who to contact	What they offer	How to contact
Adult Social Care Leicestershire County Council	To deliver services which will enable people to gain or regain skills to help them live independently and recover from illness.	www.leicestershire.gov.uk/adult-and-health Tel: 0116 305 0004 Out of hours (emergencies) Tel: 0116 2551606
Age UK Leicestershire	Provide affordable warmth information, advice and support to residents aged 50+	www.ageuk.org.uk/leics/our-services/support-in-the-community-and-wise Tel: 0116 261 4604
Attendance Allowance (pensionable age)	This benefit helps with extra costs if they have a disability severe enough that they need someone to help look after them	www.gov.uk/attendanceallowance Tel: 0800 731 0122
Citizens Advice	Confidential advice online, over the telephone and in person in relation to <ul style="list-style-type: none"> • Money advice including support with debt • Welfare benefits 	https://www.citizensadvice.org.uk Tel: 0330 330 2111

	<ul style="list-style-type: none"> Housing or employment issues 	
Clockwise Credit Union	Offer affordable loans and savings accounts	www.clockwise.coop Tel: 0116 138 1111
DWP for Universal Credit	Find out what benefits you could be entitled to. If you already received Universal Credit, you may be able to get other benefits too	www.gov.uk/apply-universal-credit Tel: 0800 169 0190
First Contact Plus	For information and advice on improving your health and wellbeing	www.FirstContactPlus.org.uk Tel: 0116 305 4286
NHS 111	Medical advice and reassurance 24 hours a day	www.111.nhs.uk Tel: 111
Personal Independent Payment (PIP) (working age)	Personal Independence Payment (PIP) can help with extra living costs if you have, both, a long-term physical or mental health condition or disability and difficulty doing certain everyday tasks or getting around because of your condition You can get PIP even if you're working, have savings or are getting most other benefits	www.gov.uk/pip Tel: 0800 917 2222
Pension Credit	If you are State Pension age and on a low income, you may be entitled to extra money including to help with housing costs	www.gov.uk-pensioncredit Tel: 0800 731 0469
Priority Services Register	A free support service from utility suppliers that makes sure extra is available to people in vulnerable situations	www.ofgem.gov.uk/get-help-you-priority-services-register or contact your own utility supplier
Severn Trent	Offer help understanding your bill, making sure they know how to support you during a supply interruption, or finding the right solution to help you pay what you can afford, we're here to help you.	www.stwater.co.uk/my-account/help-you-need-it
Step Change	Offer free confidential and expert debt advice and support. They say if you are concerned about debt, don't delay in making contact, waiting can make the problem worse	www.stepchange.org Tel: 0800 138 1111
Turn2us Benefits Calculator	Millions of people are missing out on thousands of pounds. Check what you are entitled to on their benefits calculator	https://benefits-calculator.turn2us.org

MONEY SAVING TIPS



Only boil as much water as you need for a hot drink.

Alternatively if you have a flask you can fill it up
and use for hot drinks throughout the day

Having a quicker shower

Swap having a bath to a shower

Wash clothes on a lower heat setting

Using a slow cooker or air fryer instead of the oven

Turning lights off when you leave a room

Turn off appliances when not in use

Minimise food waste and use leftover vegetables in soups

Bulk cook if possible and freeze

Turning the thermostat down by 1 degree

Use a draught excluder to keep winter chills out by doors and windows

Close curtains in the evening winter months to avoid heat escaping

Stick to a shopping list to avoid impulse buys

PENSION CREDIT

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

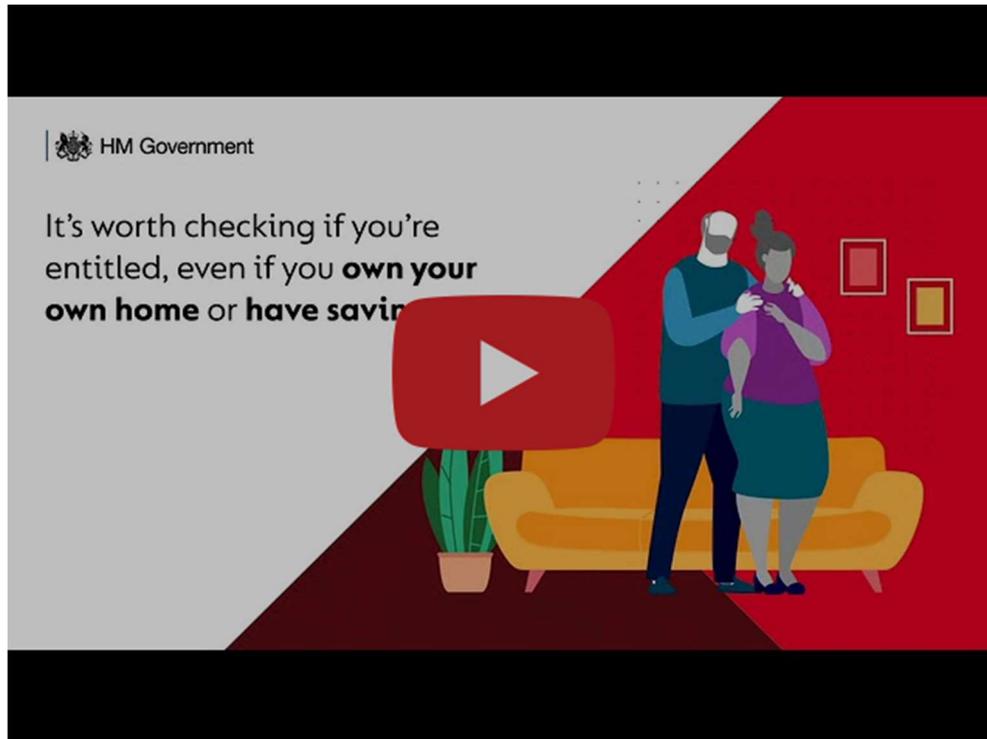
You might get extra help if you're a carer, severely disabled,
or responsible for a child or young person.

Pension Credit is separate from your State Pension.

You can get Pension Credit even if you have other income, savings or own your own home.

To find out more watch the video below or contact The Pension Credit Claim Line on 0800 99 1234 or you can apply online

[Pension Credit: How to claim - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



Eligibility: You must live in England, Scotland or Wales and have reached State Pension Age to qualify for Pension Credit. If you have a partner - You must include your partner on your application. You'll be eligible if either: you and your partner have both reached State Pension age or one of you is getting Housing Benefit for people over State Pension age

Your income- When you apply for Pension Credit your income is calculated. If you have a partner, your income is calculated together.

Pension Credit tops up: your weekly income to £182.60 if you're single or your joint weekly income to £278.70 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

What counts as income - Your income includes, State Pension, other pensions, earnings from employment and self-employment and most social security benefits, for example Carer's Allowance

What does not count as income - Not all benefits are counted as income. For example, the following are not counted: Adult Disability Payment, Attendance Allowance, Christmas Bonus, Child Benefit, Disability Living Allowance, Personal Independence Payment, social fund payments like Winter Fuel Allowance, Housing Benefit and Council Tax Reduction

If you've deferred your pension - If you're entitled to a personal or workplace pension and you have not claimed it yet, the amount you'd expect to get still counts as income.

Your savings and investments - If you have £10,000 or less in savings and investments this will not affect your Pension Credit. If you have more than £10,000, every £500 over £10,000 counts as £1 income a week. For example, if you have £11,000 in savings, this counts as £2 income a week.

COUNCIL TAX REDUCTION



If the person you care for is diagnosed with dementia or Alzheimer's, they may be able to get a Council Tax reduction on the grounds of "Severe Mental Impairment".

They need to be eligible (not necessarily claiming) for certain benefits like PIP or Attendance Allowance and the form needs countersigning by a doctor.

Some doctors will not sign the form if the person is only mildly affected by their dementia.

If successful, the person with dementia will be "disregarded" for council tax.

If they live alone, that could mean they pay nothing.

If they live in a couple, the other adult will be treated as if they live alone, and thus get a 25% discount.

Contact your District Council if you wish to apply for council tax reduction on the grounds of Severe Mental Impairment.

SUPPORT FROM THE GOVERNMENT

Find out what support is available to help with the cost of living.

This includes income and disability benefits, bills and allowances, childcare, housing and travel.

<https://www.gov.uk/cost-of-living>

MONEY SAVING TIPS FROM SEVERN TRENT

DO YOU THINK YOU MAY HAVE A LEAKY LOO, SHOWER OR TAP?

This can waste up to **£300 a year**. If you would like one of our technicians to see if they can help fix your leaky loo, shower or tap, please scan this QR code and someone will be in touch*.



TOP MONEY SAVING TIPS FOR YOUR HOME

 STOP THE DRIP Even a small dripping tap (two drips a second) can cost around £15 a year . This can quickly escalate with a constant stream of drips wasting £90 a year on water .	 INSTALL A METER FOR FREE To feel the full benefit of these cost savings, you could have a meter fitted. To find out more visit: stwater.co.uk
 TURN OFF THE TAP ✓ £100 A family of four turning off the tap when they clean their teeth, could save £100 a year on water .	 LOW FLOW SHOWER HEAD ✓ £100 A family of four changing to a low flow shower head, could save £100 a year on water and energy . <small>*Not suitable for electric showers.</small>
 CUT DISHWASHER RUNS ✓ £75 Cutting two dishwasher runs per week by using full loads, could save £75 a year on water and energy .	 CUT WASHING MACHINE LOADS ✓ £50 Cutting two washing machine loads per week by using full loads, could save £50 a year on water and energy .

 You can order more of our water saving devices by visiting stwater.co.uk/order-devices or scan the QR code.

Stats are taken from CC Water research.
*Please note we will try to fix where possible, if not we will advise on a Water Safe Plumber.

WONDERFUL ON TAP 

MINOR ADAPTATIONS



Did you know anyone over 18 in Leicestershire can request minor adaptations to their home, or equipment, by going direct to the County Council online?

Minor adaptations and equipment for your home include items such as:

- handrails at the front and / or rear entrance of your home
- an additional stair rail
- bathing equipment to help you get in and out of the bath or shower
- bed and chair raisers

You may be eligible for some simple equipment and minor adaptations free of charge, however, there is a waiting list and priority is given to the most vulnerable who need help the most.

Go to <https://www.leicestershire.gov.uk/adult-social-care-and-health/living-independently-at-home/equipment-home-adaptations-and-assistive-technology> to request these things.

GETTING THE £400 ENERGY BILL SUPPORT IF YOU ARE ON A PRE-PAYMENT METRE



If you know someone with a pre-payment meter, make sure that they have received their vouchers which will let them claim the £400 grant towards electricity and gas bills over the winter.

Over half of the people who can claim haven't yet and there is a deadline. It will make a real difference, but some people may need help claiming the money.

<https://energysavingtrust.org.uk/getting-the-400-energy-bill-support-scheme-discount-if-youre-on-a-traditional-pre-payment-meter/?fbclid=IwAR1OAM6oaqb08Kbt5Wvc6Ffg7nZxG6I4jepJOsnVJqL5jU6spOvG-xNVsQg>

WARM AND WISE SERVICE AGE UK LEICESTERSHIRE



If you're aged 50+ and live in Leicestershire, Age UK's Warm and Wise service can provide you with a FREE home energy check, providing tailored information and advice to help reduce your bills.

They will assess energy usage in your home advising on how you can stay warm for less money, any grants you may be entitled to and fit free energy saving products such as draught excluders, timers and light bulbs

Simply contact the Warm & Wise team to find out more:

📞 0116 261 4604

✉️ warmandwise@ageukleics.org.uk

WARM HOMES



Warm homes

- Q:** Are you experiencing high energy bills?
- Q:** Do you ever struggle to heat your home?
- Q:** Is your home energy efficient?
- Q:** Are you concerned that the health of you and your family is being affected by a cold or damp home?

We can offer help and advice to make your home as warm and healthy as possible.

Call us now on 0116 305 4286



We can offer you a healthy home check

This will look at your personal needs, your home and identify practical things that can be done to make sure your home is warm and energy efficient.

We want everyone to be able to live in houses that are warm and safe. Living in a cold home can affect your health and wellbeing.

We work closely with local councils, health and social care services and voluntary organisations in your area to provide a fast and effective advice and support service.

We provide independent, impartial advice and support on how you can improve your home and health. This can include:

- Understanding your living conditions to help you save money on energy.
- Looking at your energy suppliers and tariffs to make sure you are getting the best deals.
- Making sure you are getting any grants and benefits you are entitled to.



Call us now on 0116 305 4286

Visit our website at www.firstcontactplus.org.uk for a range of useful resources and information on how we can help you.



Warm Homes is a partnership between Leicestershire County Council and Peterborough Environment City Trust to support and advise you on keeping warm and healthy in your home.



- Step 1** Visit www.FirstContactPlus.org.uk
- Step 2** Find information and advice on improving your health and wellbeing
- Step 3** Contact a member of the team if you need more help - [click the 'self-referral' button](#)
- Step 4** Start your journey to a healthier future



We always advise people to make sure their GP practice knows they are a carer.

Please fill in a form at your GP surgery to register as a carer. GPs vary as to how much support they offer carers, but at the very least it will ensure you are eligible for a free flu jab.

- **Some GPs offer more flexible appointment times for carers.**
- **Some GPs offer an annual health check with a nurse.**
- **If you speak to your GP about a condition that could be related to the caring, e.g. you can't sleep for worrying or you've got a bad back from heavy lifting, your GP will know you're a carer and will consider whether that could be a factor.**

Many GPs now offer appointments you can book online, or online requesting of repeat prescriptions, which could make your life easier by saving you a trip to the surgery.

To make it easier to manage somebody else's medication, you can request your pharmacy to make up a dosset box which tells you exactly what to take/ give on the right day at the right time. This is usually done as a blister pack.



Are you using yours?

Our carers have been using their Carers Passport as proof of their carers status and gained free entry at

Bosworth Battlefield in Leicestershire
Alnwick Castle (Hogwarts) in Northumberland
The Mary Rose Museum in Portsmouth





KEEP IN TOUCH

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All of the links are below



