

Established 1991

The Carer



bywyd

GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

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Registered Charity No: 1066262



Give as you Live™



Translated into Welsh by
Angharad Edwards

Update from Carers Outreach

Welcome to our autumn newsletter; whether you are new to our service or a long-term carer, we aim to make this newsletter relevant and interesting.

Some Background information



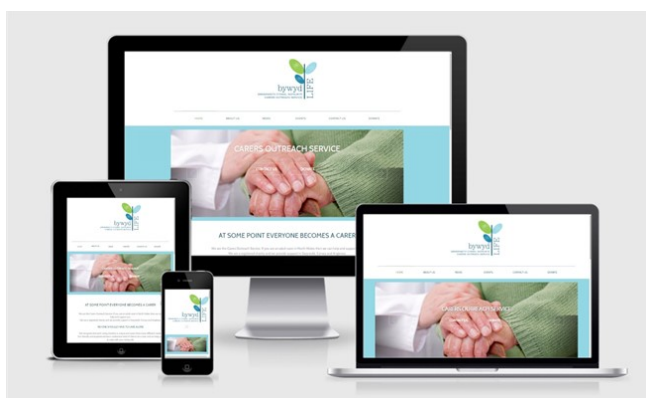
The 3 thumb or finger prints on our logo represent the triangle of care: carers, cared-for people and Carers

Outreach. The finger prints also remind us that each carer is an individual and each caring experience is different. The word 'Life' is there to emphasise that caring is a part of life! Everyone has the potential to become an unpaid carer at some point. We are here to help carers to have the best life they can.

Our website

www.carersoutreach.org.uk

We hope that you will find our website to be user friendly. You can find out more about us and how we help carers along with other useful information. We have a page dedicated to What's on for carers



in your local area. You can also find current and back issues of this newsletter on our publications page.

Tell us your mailing preference

Many carers already opt to receive information from us by email. These carers receive a quarterly email reminding them to check the website for details of activities for the next 3 months. Let us know if you would like to join our email list instead of receiving this newsletter through the post.



Remember we are here to provide a service to you so please stay in touch with us. We want to share your stories, triumphs and concerns and most of all we want to know what matters to you and your needs as a carer.

If your caring role changes then please let us know so that we can update our records. Thank you!

The information in this newsletter is, as far as we are aware, accurate at the time of going to press. Carers Outreach Service can accept no liability for errors or omissions or for the quality of information provided by other organisations, nor can we recommend products or services.

Each person's caring journey is as unique as a snowflake or finger print

Update from Carers Outreach

As the cost of living crisis becomes a stark reality we are receiving calls from carers who want to know more about grants and payments that may be available.

The UK and Welsh Governments have announced that various payments will be made to the most vulnerable households. You should have already received the £150 cost of living payment via your local council. Some additional payments are listed below, and at the time of writing, more were being added to government websites.

Did you know?

If your bank account is overdrawn you can ask your bank to use payments such as the £150 cost of living rebate to pay your energy bills instead of paying off your overdraft. This is known as 'exercising your first right of appropriation'. More information and a sample letter can be found online at www.nationaldebtline.org

Energy Bills Support Scheme

In October 2022 the government is giving every household in Britain £400 off their electricity bill. You will hear how you will get the money nearer the time.

Winter Fuel Payment

Pensioner households who receive the above will receive an extra £300.

£650 for people on certain means tested benefits

Payable in 2 instalments, the first payment was due to be paid in July. It will be paid automatically if you qualify.

£150 for people on certain disability benefits

This should be paid in September.

More information can be found at gov.uk/guidance/cost-of-living-payment

Pupil Development Grant (Access)

Money towards the cost of school uniforms and equipment. Visit your local council's website for more information.



Ways to stay in touch

 help@carersoutreach.org.uk

 www.carersoutreach.org.uk

Conwy:  01492 533714

Gwynedd and Anglesey:  01248 370797

Follow us on social media; join in our activities, now online and in person!



Contact Carers Outreach for information or support in your caring role

Carers corner

Support group review

I was really nervous about attending the parent carers' support group as covid restrictions meant I'd not been out anywhere for a while, plus I am naturally a shy person. My son also has separation anxiety and is afraid to go anywhere new. But, in the end the experience was so positive!

We nearly didn't go, as that morning, my 6 year old son got extremely upset and nervous. We are currently growing butterflies so I asked him, "What if the butterfly never came out of the chrysalis? Then it would never get to see the beauty in the world and it would never experience joy or thrive." This, and also the thought of seeing golf buggies helped to get him out of the house and on to the bus to the golf club where the meeting was being held.

When we arrived we were given such a warm welcome that we both

instantly felt so much more relaxed. Everyone there was lovely and it was so nice to chat to people who were facing similar challenges.

I also found out about local activities and my son had a little game of golf. He's now joined the golf lessons every other week and this will really help with his separation anxiety.

If we had not attended that day, we would not have met such lovely people. I am truly grateful for this group. One lady even said how shy she was and how much courage it took for her to get there too.

I recommend the carers' support groups and would like to thank all the people who make them happen. They have opened new doors for my son and me.

~ Gill, Anglesey carer

Happy holidays

Gwynedd carer, Sian and her family enjoyed a few days at our carers' caravan in Hafan y Môr, Pwllheli. Thanks for the photos Sian, glad you enjoyed it!



Solution slot

Q: What is the difference between becoming an appointee for the person I care for and a Lasting Power of Attorney?

A: An **appointee** is someone who has been authorised to act on someone's behalf to deal with benefit affairs, generally due to mental incapacity.

To become an appointee you should make a request to the Department of Work and Pensions (DWP). You, and the person you care for will then be assessed to ensure you are suitable before being formally appointed to act on their behalf.

Your responsibilities as an appointee will include:

- Signing the claim form
- Notifying the benefits office of any changes in circumstances
- Claiming all benefits due
- Ensuring the benefit is spent in the best interest of the customer
- Responsibility for any overpayments if you knowingly provide wrong information

It is important to note that an appointee has no role beyond welfare benefits.

Lasting Power of Attorney (LPA) is a legal document where someone nominates a trusted friend or relative to look after their affairs if they lose capacity.

Someone can lack mental capacity if they have a brain injury, or a disorder or condition such as stroke or dementia.

There are two types of LPA: one for finance and property and another for health and welfare. It allows you to plan in advance and is a safe way of maintaining control over decisions made for you.

Currently there is a Court fee of £82 for registration of each document. However, if you are on a low income you could get a reduction.

You can complete the forms yourself or use a solicitor who will charge a fee for the service.

The key is to act early. You can only set up a Lasting Power of Attorney when you have mental capacity.

You can apply to become someone's deputy if they 'lack mental capacity'. As a deputy, you'll be authorised by the Court of Protection to make decisions on their behalf. However, this is a more complex and costly option.

Life tips



If you are on the following benefits you could be entitled to up to **£230 off** your water bill.

- *Pension Credit *Universal Credit
- *Income-based Jobseeker's Allowance (JSA)
- *Income Support
- *Income-related Employment and Support Allowance (ESA)
- *Child Tax Credit *Working Tax Credit
- *Housing Benefit
- *Council Tax Reduction/Support

To talk through your options

☎ **0800 052 0145**

For more information

🌐 dwrcymru.com/HelpWithBill



Age Cymru and Carers Trust Wales are working in partnership to develop person-centred service models for carers aged 50 and over.

They are keen to hear from you including if you are caring for someone living with dementia, or for someone who has moved into a residential home.

They want to know about your experiences of caring so that you can influence policy and be made aware of your rights as a carer.

To be part of the conversation contact them on:

☎ 029 2043 1538

✉ carers@agecymru.org.uk

If you are an adult unpaid carer living in Anglesey, Conwy or Gwynedd make Carers Outreach your first point of contact for all aspects of your caring role, including:

- Emotional support
- General information
- Benefits and grants information
- Signposting to services
- Your rights and entitlements
- Low level advocacy - support in meetings
- Hospital discharge information
- Individual and group support - online and in person
- Access to respite
- Carers caravans

Scan the QR codes below to visit our information padlets or view them online at www.carersoutreach.org.uk



Your money saving tips

Mike says, "Save on the electric by boiling a kettle in the morning and filling up a flask for your hot drinks throughout the day." Thanks Mike!



Do you have any tips that we can share in this newsletter? We'd love to hear them.