ITEMS FOR SALE

These items are all offered for sale by carers who no longer need them. In all cases please phone Fife Carers Centre on 01592 642999 for contact details of the seller.

Stair Lifts
There is currently a range of stair lifts for straight and turned stairs being offered for sale by carers. They are priced between £850 & £2000. All are described as being in excellent condition. There are both right and left hand mount listed.

Miscellaneous Items
We have the following items listed for sale:
- Wheelchair Bag, Bath Chair, Commodes, Melamine Diner tray, Disabled Toilet and Cistern (brand new!) – please call for more details.

Beds
- 5 Electrically operated adjustable single beds – prices from £200 - £500.
- Bed rail - £30
- Oxford Advance Hoist (portable) - £700

Wheelchairs & Scooters
- Various Wheelchairs and Scooters priced from £40 to £650.
- Also available accessories such as capes and trays.

Chairs
- 5 Riser recliners – priced from “Free to a good home” to £500.

Rollator walking aids
- Various 4 x 4 wheeled rollators with integral seats - all in good condition from £50

Generally useful things for carers to know and do!
Life as a carer would be so much easier if someone would just give us the instructions!

How many times have you found out a really useful bit of information by chance and thought “I wish I’d known that earlier!” – or perhaps you worry about how the person you care for would be looked after if something happened to you but don’t know how to begin to make arrangements.

Fife Carers Centre have created a special information session for carers that helps you find out information, plan to avoid emergencies and gives you a way of storing your own relevant information that you can share with others should the need arise.

These information sessions will be taking place on:
- Monday 15th July 10 am – 1pm in West Fife
- Saturday 14th September in East Neuk/Leven
- Friday 15th November in Kirkcaldy

If you need help with alternative care or transport to enable you to attend give us a call and we’ll do our best to help.

What’s inside this issue?
- Moving & Handling for Carers
- Join the Carefree Chorus
- Thank You
- Benefit System Changes
- Help for early stage Alzheimers
- Towards Dementia Friendly Communities
- Hospital at home
- Summer Holidays
- Dates for your Diary
- Items for Sale

Carers Week 2013
Carers Week 2013 takes place from Monday 10 to Sunday 16 June. This year the theme for Carers Week is “Prepared to Care?”

Every day at least 6,000 people in the UK start caring. Becoming a carer is something people don’t usually plan for and so the changes to your life can be unexpected and have a long lasting impact. Lots of us underestimate how much time, energy and money it takes to care for someone – and because it’s often someone you care a lot about that you’re caring for there are times when the drain on your emotional, mental and physical energy can be overwhelming.

Fife Carers Centre takes the opportunity around Carers Week to bring carers together in sociable situations to share their experiences, enjoy some time together and learn something new.

We have some planned some coffee mornings and afternoon teas to take place around Carers Week at which as well as enjoying a little light refreshment we’ll also have a speaker, a quiz and a raffle. These events to which all carers and former carers are invited will take place as follows:
- Monday 10 June 2pm – 4pm Fife Carers Centre, Kirkcaldy
- Tuesday 11 June 2pm – 4pm The Centre, Leven
- Wednesday 12 June 2pm – 4pm Old Parish Church Centre, Cupar
- Thursday 20 June 10am – 12 noon Broad Street Community Centre, Cowdenbeath

On Thursday 13th June we’ll be having a very special coffee morning starting at 11am at Pathhead Parish Church Hall in Kirkcaldy - with entertainment provided by the Carefree Chorus and featuring the first public performance of “Another Day” a song written by local musician Bob Barclay for us to celebrate Carers Week – so come along and hear it and join us for some refreshment.

We’ll also have information stands at Sainsbury’s in Leven on Friday 14th June and Asda in Kirkcaldy on Sunday 16th June so please come by and say hello!
Moving and Handling Training for Carers

The award winning Moving & Handling for family carers project team, of which Fife Carers Centre is a part, is anticipating a further year’s funding to allow them to continue with providing both one to one and group training as appropriate. Until further funding is confirmed they are keeping a register of interest so that they can start cranking quickly when money becomes available. So if you are a carer in Fife who is caring for someone who needs assistance when moving around call Fife Carers Centre on 01592 642999 or email to Cindy at Cindy.Souter@fifecarers.co.uk to register your interest. As part of previous funding the team have produced an excellent Moving & Handling Guide DVD that is designed to help all family carers to learn about safe moving & handling reducing the risk of injury to themselves and the person they care for. There’s also a booklet to accompany the DVD. If you are a family carer and would like to request a copy of the Moving & Handling Guide DVD and the booklet that accompanies it please get in touch with Fife Carers Centre.

If you are a Carer living and caring for an adult in Fife, a funding stream is now available to help with the costs of taking a break from caring. The funding stream is called Time to Live, and this funding is part of the Short Breaks Fund - administered by Shared Care Scotland on behalf of the national carer organisations and the Scottish Government. Locally-based organisations have been asked to manage the fund and Fife Voluntary Action is working with Fife Carers Centre. Crossroads and Fife Young Carers to make sure carers know about the fund and are encouraged to make applications. You can apply at any time - there are no deadlines, however this Fund is currently scheduled to end in September 2013. For more information and to download an Application Form and Guidance Notes please visit the Fife Voluntary Action website at http://www.fifevoluntaryaction.org.uk/short_breaks_fund.asp

If you have any problems downloading the form or have any initial queries regarding the Time to Live Funding, please contact Isabel Ritchie on 01592 567001.

About Time To Live Funding

The Scottish Government has made the Short Breaks Fund available to help support and sustain carers (including young carers and kinship carers) through enabling better access to short breaks or respite care. The Fund will be used to help develop existing, new and innovative models of short breaks which will help to support current and future provision of short breaks and respite care. The funding is designed to support a ‘preventative’ approach to short break provision, recognising the importance of planned breaks in promoting good health and wellbeing for carers and those they care for. The funding is being tried out in twelve different areas in Scotland, and it is hoped that the learning from the Short Breaks Fund projects will inform future policy and practice.

Time to Live Funding has the following aims:
• Carers and those they care for will have improved physical and emotional wellbeing;
• Carers will have more opportunity to live a life outside of caring;
• Carers will be better able to keep going with their caring roles;
• Carers with little support will have more opportunity to access breaks.

The funding can help with a range of costs associated with short breaks, including transport, accommodation, leisure activities and supported holidays. Applications can be for amounts up to £500.

This article was written from information provided by Fife Voluntary Action

Find Time to Live this summer with the help of the Short Breaks Fund

If you are a carer living and caring for an adult in Fife, a funding stream is now available to help with the costs of taking a break from caring. The funding stream is called Time to Live, and this funding is part of the Short Breaks Fund - administered by Shared Care Scotland on behalf of the national carer organisations and the Scottish Government. Locally-based organisations have been asked to manage the fund and Fife Voluntary Action is working with Fife Carers Centre. Crossroads and Fife Young Carers to make sure carers know about the fund and are encouraged to make applications. You can apply at any time - there are no deadlines, however this Fund is currently scheduled to end in September 2013. For more information and to download an Application Form and Guidance Notes please visit the Fife Voluntary Action website at http://www.fifevoluntaryaction.org.uk/short_breaks_fund.asp

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This article was written from information provided by Fife Voluntary Action
Help for early stage Alzheimers
At a recent Dementia Learning Forum there was an interesting presentation by a company called Nutricia who specialise in the delivery of advanced medical nutrition for the very young, the old and the sick. They have been working with scientists to develop something to help people affected by Alzheimers and as a result have now launched Souvenaid®. It’s available as a once a day, 125ml drink in two flavours (strawberry and vanilla) and is a Food for Special Medical Purposes for the dietary management of early Alzheimer’s disease.

Souvenaid has been shown to have positive benefits on people in the early stages of Alzheimer’s disease, helping to maintain the connections in the brain that become damaged by Alzheimer’s. The product is not a drug but it must be used under medical supervision.

If you want to know more about the product or to find out if it is suitable for the person you care for to use consult with your doctor, specialist nurse or pharmacist for advice or take a look at the information on the website www.mysouvenaid.co.uk/ where you’ll find more information and support for carers.

The information and picture in this article were taken from information provided by Nutricia on the website www.mysouvenaid.co.uk/

Towards Dementia Friendly Communities
One of the things that make a tremendous difference to carers of someone living with dementia lives is knowing that there are or people around them who understand the disease and offer help and support. Many people unfamiliar with Dementia find it difficult to know how to respond when they encounter someone experiencing changes in the way they interpret the world. Fife Carers Centre are offering organisations working in the community information sessions about Dementia to help to try and improve knowledge and understanding of the disease, how people affected by it might behave differently and ways to respond. To start with we will be delivering these sessions to Fire Community Safety Officers, Library Staff at Fife Cultural Trust, and Gym Staff at Fife Sports & Leisure Trust. We’re really pleased to be working alongside these groups to improve understanding and support for carers in the community. If you are interested in knowing more about this work please contact Lesley Childs at Fife Carers Centre.

Hospital at Home
It’s well recognised that many people recover more quickly from illness or minor injury if they are able to be treated and nursed at home. As a result of the increasing numbers of elderly population in Fife we are also seeing an increasing number of hospital admissions for frail elderly patients who have become unwell.

NHSS Fife has recently introduced a new concept in nursing care and treatment of the elderly. Hospital at Home aims to treat more patients in the comfort of their own home, reducing the amount of time that patients spend in hospital being treated for ailments that are able to be successfully managed at home. Hospital at Home uses specialist nurse practitioners supported by a full team of healthcare professionals. The kind of things that might well be treated at home could be:

- Delirium as the result of things like chest infection or urine infection
- Dehydration
- Reduced mobility
- Chronic disease e.g. chronic obstructive pulmonary disease becoming worse
- Diabetic foot infection
- Falls that haven’t resulted in fractures

When someone becomes poorly but is thought to be a suitable candidate for Hospital at Home care it will be offered as an option. If the patient is too unwell or suffering from something that is not suitable for treatment at homes, such as

- Stroke
- Heart Attack
- Long bone fractures
- Excessive bleeding
- Head injury with loss of consciousness

then Hospital at Home would not be considered as a suitable course of action until the patient is on the road to recovery and could then be offered as an option.

As with all things new there are some significant challenges to be faced by the new service – with no previous model of the service to follow the teams have been prepared to change and adapt to different circumstances as they arise. The new service challenges everyone to change the way they think about Hospital treatment.

It will probably take time to become something people are confident with but with the aim being to keep frail elderly patients as well as possible for as long as possible in their own home and enjoying life it’s something many will welcome.

Thank YOU
As a charity we rely on our funding from a number of sources, Fife Council, NHS Fife and Big Lottery each contribute around a third of the funding that allows us to carry out our day to day work. As well as the money we get from our big three we also are generously supported by other organisations and individuals – each and every contribution is received with thanks and appreciation. The money raised this way is used to pay for activities such as therapies, hospitality at Carer Meetings and renting space for the Choir as well as resources for carers to use. We’d like to take this opportunity to thank everyone who donates money to us and highlight a few contributors in particular.

Many of the larger high street stores support national charities and sometimes carers see the benefit of that – for example the Coop is supporting Carerstrust – a national organisation supporting carers throughout the UK. Locally some businesses choose to do their bit by supporting us with money and gifts - The NEXT store at the Kirkcaldy Retail Park donated £250 to support and Marks and Spencer’s on Kirkcaldy High Street gave us a £20 gift voucher to offer as a prize at one of our Therapy Pamper days.

Thank you Raith Fans!
Fife Carers Centre was invited to host an information stand and collection at the recent Raith Rovers v Cowdenbeath game. The stand and buckets were manned by staff and volunteers and as well as taking the opportunity to talk to Carer Support Worker Grant Kidd, Raith fans generously donated £293. Thanks Raith!

You are welcome
It’s not only money that people are so generous with – many people have been very generous with their time. As well as our Board of Directors volunteers giving freely of their time include Bob Barclay, Irene Campbell and Christine Webster who have been instrumental (ha! Get it?) in getting the Carers Choir going, Graeme Nuttall who helps out each week with administration work and of course our stalwart team of Stuffers – a group of doughty folk who help us to get the newsletter into envelopes and out to you! Thank you one and all!

Tayport Charity Shop
Tayport Charity Shop volunteers pick a charity each month to which a minimum of £200 will be donated. The shop relies on donations and after meeting running costs for the shop, everything goes to charity. They’re not affiliated to any one charity and customers can see which causes they’re supporting each month and how much has been paid out. The charities supported range from local causes to international aid efforts. Over the years Fife Carers Centre has been lucky enough to be one of the charities that Tayport Charity Shop has supported and we are always thrilled and extremely grateful at their continuing generosity.

ADSA Green Token Campaign
Jean Ritchie, Community Life champion at Asda Kirkcaldy, called us in March to let us know that we had been nominated for the Green Token collection in store and on Friday 3rd May we found out that we were lucky enough to be awarded £205.33 as a result! So thank you to ASDA and all of you ASDA Kirkcaldy shoppers who supported us with your green tokens!

Relaxed Adam Smith Staff donate to Charity
We were thrilled when Adam Smith College Staff chose Fife Carers Centre to receive a donation of £500 that they had raised through donations from staff who had received holistic therapy treatments such as massage, reflexology and Indian head massage at a range of drop in clinics held over the past 12 months, Mariette Lobo, Lecturer in Holistic Therapies said “Our service is free- all we ask is that staff donate to the charities which they’ve been more than happy to do.” Thank you very much!

Dawn Norton, Jenny & Keith Grieve, Grant Kidd, Evelyn Duncan, Helen Guild & Kerry Parsons form a carers centre bucket brigade at Fife Parks

Irene Jones accepts a generous donation from Adam Smith Staff on behalf of Fife Carers Centre

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The benefits system changes – what’s happening?

From April 2013 through to 2016, major changes are being made to the benefits and tax credits system affecting millions of people in this country. If you claim any benefits at all it is likely that you will see some changes in the way your benefits are dealt with and we have highlighted 3 changes here. There are many organisations around who can help with information about changes that may affect you and there are several helpful websites that can also give you guidance. A couple of particularly useful ones are: www.benefitsawareness.org.uk www.gov.uk

Benefit cap

A limit will be put on the total amount of benefit that most people aged 16 to 64 can get. This is called a ‘benefit cap’. Local councils will be introducing this between 15 April and 30 September 2013.

If you’re affected, your Housing Benefit will go down to make sure that the total amount of benefit you get isn’t more than the cap level.

If you’re already getting benefits and could be affected by the cap you’ll be contacted by the Department for Work and Pensions (DWP). They’ll let you know what will happen to your benefits.

The Gov.uk website has a benefit cap calculator which you can use to find out if you’ll be affected, and how much your benefits could go down by you can find this at www.gov.uk/benefit-cap

The cap will apply to the total amount that the people in your household get from the following benefits:

- Bereavement Allowance
- Carer’s Allowance
- Child Benefit
- Child Tax Credit
- Employment and Support Allowance (unless you get the support component)
- Guardian’s Allowance
- Housing Benefit
- Incapacity Benefit
- Income Support
- Jobseeker’s Allowance
- Maternity Allowance
- Severe Disablement Allowance
- Widow’s Parent’s Allowance (or Widowed Mother’s Allowance or Widows Pension you started getting before 9 April 2001)

How much is the benefit cap?

The level of the cap will be:

- £500 a week for couples (with or without children living with them)
- £500 a week for single parents whose children live with them
- £350 a week for single adults who don’t have children, or whose children don’t live with them.

You won’t be affected by the benefit cap if anyone in your household qualifies for Working Tax Credit or gets any of the following benefits:

- Disability Living Allowance
- Personal Independence Payment
- Attendance Allowance
- Industrial Injuries Benefits (and equivalent payments as part of a war disablement pension or the Armed Forces Compensation Scheme)
- Employment and Support Allowance, if you get the support component
- War Widow’s or War Widower’s Pension

You might be affected by the cap if you have any grown-up children who still live with you and they qualify for one of these benefits. This is because they won’t normally count as part of your household.

Universal Credit

Universal Credit is a new benefit that has started to replace 6 existing benefits with a simpler, single monthly payment if you’re out of work or on a low income. Universal Credit will help you to be better off in work, start a new job or work more hours. Universal Credit will eventually replace:

- Income-based Jobseeker’s Allowance.
- Income-related Employment and Support Allowance.
- Income Support.
- Working Tax Credit.
- Child Tax Credit.
- Housing Benefit.

Universal Credit was introduced on 29 April 2013 in selected areas of Greater Manchester and Cheshire. At this time, your eligibility to claim Universal Credit depends on where you live and your personal circumstances.

If you already claim a benefit, you’ll continue to do so as normal and you’ll be told when Universal Credit will affect you. Universal Credit will be gradually rolled out to the rest of the UK from October 2013 and will be completed by 2017.

There are no limits to the number of hours you can work a week. Your Universal Credit payment will reduce gradually as you earn more, so you won’t lose all your benefits at once if you’re on a low income. How much you’ll receive depends on your personal circumstances. Universal Credit will be paid on a monthly basis, and will include any support for housing costs you’re entitled to.

Universal Credit is paid differently to current benefits. It’ll be paid once a month into your bank, building society or Post Office account. Any help you get with your rent will be included with your Universal Credit payment and you’ll then pay your landlord yourself.

Personal Independence Payment (PIP)

Personal Independence Payment (PIP) started to replace Disability Living Allowance (DLA) from 8 April 2013 for people aged 16 to 64 with a health condition or disability.

If you already get DLA you don’t need to contact the Department for Work and Pensions (DWP) about PIP now. You’ll be told more about PIP and when you might be affected.

Most people getting DLA won’t be affected until 2015 or later. You may be affected earlier if your care or mobility needs change, or you reach the end of your existing DLA award.

You’ll need to apply for PIP when asked (even if you get an indefinite or lifetime DLA award).

When you apply for DLA, it will continue until DWP makes a decision about your claim. If you decide not to apply, your DLA will end. The change from DLA to PIP only affects you if you’re aged from 16 to 64 from 8 April 2013 and will be introduced nationwide from 10 June 2013.

How to make a claim

You must phone DWP to make a new claim.

Someone else can call for you, but you’ll need to be there too. You might need the following information during the call:

- contact details and date of birth
- National Insurance number
- bank or building society details
- doctor’s or health worker’s name
- details of any time spent abroad or in a care home or hospital.

You’ll be sent a form asking you to describe how your condition affects you. You can describe your condition on both good and bad days, and when you’re doing different things. To qualify for PIP, you must have a long-term health condition or disability and have difficulties with activities related to:

- Activities of ‘daily living’ (see below)
- Mobility

You must have had these difficulties for 3 months and expect them to last for at least 9 months.

You may also qualify if you’re terminally ill (ie not expected to live more than 6 months).

You can get PIP whether you are in work or not.

Daily living difficulties

You may get the daily living component of PIP if you need help with things like:

- preparing or eating food
- washing and bathing
- dressing and undressing
- reading

Mobility difficulties

You may get the mobility component of PIP if you need help with going out or moving around.

You are likely to get a letter telling you to go for an assessment by an independent health professional. The assessment is to help DWP work out the level of help you need. The letter will explain why and where you must go. DWP makes the decision about your claim based on the results of the assessment, your application and any supporting evidence you include.

Your award will be regularly reassessed to make sure you’re still getting the right support. Tell DWP straight away if there’s a change in how your condition affects you.

Who to contact

New claims

Telephone: 0800 917 2222
Textphone: 0800 917 7777
Monday to Friday, 8am to 6pm

General information (if you already get DLA)

Telephone: 08457 123 456
Textphone: 08457 224 433
Monday to Friday, 8am to 6pm

General information (if you don’t get DLA)

Telephone: 0845 850 3322
Textphone: 0845 601 6677
Monday to Friday, 8am to 6pm

Getting help with completing an application form.

If you’re assisting the person you care for to claim PIP and think you’ll need help to complete the form you can ask for help from Fife Carers Centre.

As we are always very busy and our diaries fill up quickly please call to make an appointment before you request the form as the turnaround time between you requesting the form and having to submit it for consideration is very short and we want to be able to do our best to help.

This information is taken from the Gov.uk website where you will also find the PIP Checker (www.gov.uk/pip-checker) an online tool to help you find out how and when PIP will affect you.