

## News for December 2016

As I sit to write this article I realise that the next one that I write will be in the New Year! So Christmas is just around the corner. I wish you all an enjoyable Festive Season and I hope to see some of you at clubs and groups during the next month.

People often ask me about **Carers Allowance** if they are caring for somebody on a regular basis. I will try to clarify the criteria for those who are unsure about eligibility. Some of the rules about this are complicated and you may need to get advice from DWP on **0345 608 4321** or you can go online and use the Benefit Calculator (<https://www.gov.uk/benefits-calculators>) to work out how other benefits may be affected. Alternatively you can contact myself on 07776 245 726 or CAB on **0808 8000 510** for advice and assistance. In some cases you may meet the conditions for both Carers Allowance and another benefit such as Retirement Pension or ESA. A carer could get £62.10 a week if they care for someone at least 35 hours a week. They can be related to you but don't have to be, nor do you need to live with the person you care for.

### **The person who needs the care must already get one of these benefits:**

- Personal Independence Payment- daily living component
- Disability Living Allowance – the middle or highest care rate
- Attendance Allowance
- Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit
- Constant Attendance Allowance at the basic rate with a War Disablement Pension
- Armed Forces Independence Payment

### **The carer may be able to get Carers Allowance if they are:**

- Over 16 and also if they are pensionable age
- Have been living in England Scotland or Wales for 2 of the last 3 years
- Are not in full time education or studying for more than 21 hours a week or earn no more than £110 each week

GRCC's **In Touch** project supports clubs and activities for those aged 50+ throughout Gloucestershire. So if you want to join a club or find an activity local to you, or if you would like to start a new club or need advice on what funding is available, register your club details for up to date information on available funding and for the monthly newsletter; then contact Kevin Dower or Julie Prichard for details on **01452 528491**.

Did you know that you could loan a riser/recliner chair? This could be an ideal solution for those who are recovering from medical treatment or for anyone who thinks they might benefit from using a reclining chair to try it out. Hire costs are £75 for the first month and £35 monthly thereafter. If you are interested in benefiting from the service contact FRP on **01452 524333** or have a look at their website on [www.frglos.org.uk](http://www.frglos.org.uk)  
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