



Princess Royal Trust

*Lanarkshire Carers Centre Ltd*



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**46 Campbell Street, Hamilton ML3 6AS Tel: 01698 428090**

**92 Hallcraig Street, Airdrie ML6 6AW Tel: 01236 755550**

Reg. Charity No: SCO29160

# Fundraising

## Prize Bingo Night

Venue: Motherwell Miners, Campbell Lodge,  
Motherwell

Time: 7.30 pm – 11 pm

Date: Wednesday 20th May 2009

Price: £3 and that includes first half books

Organiser: Lanarkshire Carers Centre Social and  
Fundraising Committee

Tickets are available from the Centre, Airdrie base or via your  
local Carer Support Worker. All proceeds going to PRTLCC

## An Easter Eggstra Fundraiser

A special thank you to Muirhead Carer, Joy Chawner, for donating the Easter baskets that were raffled at our Airdrie base on the run up to Easter. The raffle was drawn by Carer, Ella Beck on Tuesday 7th April. Janice Lennox won the large Easter basket and Pamela Campbell won the small one. The total raised was a whopping £86.50! The Centre would like to thank all carers who fundraise tirelessly on our behalf throughout the year.

## 10K Walk

Venue: Bellahouston Park, Glasgow

Time: 10.00 am

Date: Sunday 10th May 2009

Staff members participating and all proceeds go to PRTLCC.  
Staff members participating will be easily identified on Monday  
11th May by the limps, walking aids and bandages!

# Centre Information

## Can you help?

As a carer you'll be well aware of your ongoing need for information. You need to be kept updated as policies and legislation change and you need to know what the Centre has on offer to help you cope with your caring role.

As many carers are frequent or regular visitors to their local Health Centre, it's a good place to display information and Practice Managers are keen to help. However, there are over 90 Health Centres across Lanarkshire and Carer Support Workers struggle to find time to keep them all updated.

Could you support the Centre to get our information into your local Health Centre? It would involve a visit three times a year to check they have received Centre Training Programme and Newsletter and a quick check on the Carers Information Board in between to ensure the contents are up to date and presentable.

If you have enough spare time to get involved, please contact the Centre and help us reach all those carers we don't know yet and keep everyone informed.

## Centre mailing

Some carers have expressed an interest in receiving their Newsletters and Training Programmes by Email. If this method would suit you please let us know and you can help the Centre save on stationery and postal costs.

If you'd like to receive text reminders for training courses and/or appointments make sure we have your mobile number (pampering appointments not included).

Help the Centre manage the spiralling cost of postal charges and telephone calls so we can ensure we continue to deliver a quality and responsive service.

If your circumstances have changed and you no longer want to receive mailing from the Centre please phone us on 01698 428090 to have your name removed from mailing list.

## Centre Update

### New Support Group for those caring for someone with a mental health illness

If you care for someone with mental illness and live in the Cambuslang/Rutherglen area there's an opportunity to meet up with other carers in a similar situation.

When: 2nd Tuesday every month  
11am -12 noon

Where: Rutherglen Social Work Department, King Street,

Contact: Julie Lennox, Carer Support Worker, on 0141 613 5081  
or call the Centre



### Carers Week 2009

You will find your Carers Week 2009 flier enclosed with your Carers Training Programme and Newsletter. Please return a.s.a.p. as spaces for the Carers Picnic and Quiz Night are limited. Don't forget to bring something for you and your family members to sit on at the picnic.

Please note that this year, to keep costs to a minimum, the Centre will not provide catering for the Carers Quiz Night. The General Motors Club kitchen will be open on the night should anyone wish to purchase snacks.

### Fond Farewells

Colleagues imparted a fond farewell to Gerry Byrne, Carer Support Worker for the Airdrie area, who left us at the end of January. Gerry has moved on from his secondment with us and joined the ranks of North Lanarkshire Social Work Department as a student social worker.

A new appointment is imminent and we'll inform all Carers in the Airdrie area as soon as the post is filled.

I am sure that you will join us in wishing Gerry all the best in his new post.



# In Case of Emergency

The **ICE number** is the brainchild of British paramedic Bob Brochie who discovered that the majority of accident victims carry no next of kin details but over 80% carry a mobile phone. **ICE** stands for *In Case of Emergency*. A uniformed approach for identifying an emergency contact on a mobile phone would make life easier for everyone. As well as the quick identification of a contact, emergency services could be sure that the number related to a person who the accident victim would want to be contacted in such a situation, someone who could for instance give consent for emergency treatment or provide vital information about an individual's medical history.

An **ICE number** is therefore the telephone number of a friend or relative who should be contacted in an emergency situation. The number can be identified in a mobile phone address book by the prefix ICE as in for example *ICE Mum, ICE Chris . . . etc.* Phone users could have more than one **ICE number**, storing them in priority order as *ICE1, ICE2, ICE3, etc.*



If all mobile phone users carried an ICE number, should they be victims of an accident, paramedics and emergency services would have a straightforward way of ascertaining their identity and any vital personal information by talking to a nominated person. Please add your details today!

## New Social Work Out of Hours Emergency Numbers

**North Lanarkshire 0800 121 4114**

**South Lanarkshire 0800 678 3282**

## Carers Emergency Card

Do you worry about the person you care for when you go out? You may be able to leave them for an hour or two, but what will happen if you are taken ill, or have an accident while you are out? You could be taken off to hospital and no-one would know there is someone at home who relies on you and unable to cope on their own. This is where our 'Emergency Card' can help. Carers carry a small card saying they are a carer and giving 2 telephone numbers to call in case of an emergency. Please contact the Centre on 01698 428090 for your card

# Council Tax Savings for Carers

## Council Tax exemption

There are a variety of ways in which properties can be exempt for council tax; the following are the most common.

## Discounts on the council tax bill

Council tax is paid at a flat rate regardless of how many people live in the property. However, a discount can be applied to the bill. There are a number of people who are 'disregarded' for council tax purposes.

**A 25% reduction** - if, after taking into account disregarded people, there is only one person living in the property, a 25% discount is applied to the bill.

**A 50% reduction** - if, after taking into account disregarded people, there are no residents living in the property, a 50% discount is applied to the bill.

To be 'disregarded' as a carer, you must: provide care for at least 35 hours a week for a person who is severely mentally impaired.

You must not be the spouse or partner of the person you care for, or their parent if you care for them. You must also be in receipt of the care component of Disability Living Allowance or the higher rate of Attendance Allowance.

You don't have to claim Carer's Allowance to qualify for this discount, and your income is not taken into account. If you are in receipt of Carer's Allowance and the property, they can both be ignored for council tax purposes as long as they both meet the criteria.

Other categories of people who are disregarded for council tax include the following:

- A person is considered 'severely mentally impaired' if they have a severe impairment of their mind which affects their ability to function and this impairment appears to be permanent. To qualify for the discount, you must be in receipt of a registered medical practitioner confirming this and must be entitled to one of the following: Disability Living Allowance (middle or high rate care component), Attendance Allowance, Severe Disablement Allowance, Incapacity Benefit and the Severe Mental Impairment Premium is included.
- Anyone under the age of 18 or up to 19 if Child Benefit is still in payment
- Full time students

## Disability reduction scheme

You may be able to get a reduction in council tax under the disability reduction scheme if you are a 'disabled person'. In addition, one of the following conditions have to be met:

- there is an additional bathroom or kitchen in the property which is needed by the disabled person
- there is a room (other than a bathroom, kitchen or toilet) needed by and mainly used by the disabled person
- there is enough space in the property for the disabled person to use a wheelchair
- There is no general test of who is considered 'substantially and permanently disabled'. The test is whether the person would require additional i.e. it would not be required for the relevant purpose if the person were not disabled.

A disability reduction will mean that the council tax bill is reduced to the amount payable for a property in Band A (you get a reduction of one sixth of the bill).

For enquiries regarding your council tax in North Lanarkshire please contact your local council.

## ers and Disabled Residents

Following are particularly relevant for carers and those for whom they are caring:

However, if only one person or no-one lives in the property (or is treated as such) a 'deducted' (treated as not living in the property) when it comes to calculating council tax: a resident in the property who would 'count' for council tax a 25% reduction is applied

Residents who would count for council tax a 50% reduction is applied to the bill

and live in the same property as the person you are caring for **and**

for a child under 18 and the person you care for must receive either the highest rate care allowance or constant attendance allowance.

Income and savings will not affect your eligibility. If there is more than one carer in the property, only one can meet the conditions.

g:

Impairment of intelligence and social skills. To count they will need a certificate from a doctor or a number of specified benefits which include Attendance Allowance, Constant Attendance Allowance and Income Support where a disability



When if anyone resident in the property (adult or child) is 'substantially and permanently

disabled person or

wholly used by the disabled person or

chair indoor

by disabled'. Cases have clarified that if an extra room is required it means that it is not a disabled person.

payable for a home in the valuation band below yours. If you are in the lowest band

your local First Stop Shop and in South Lanarkshire your local Q and A One Stop Shop.

## New Services from The Family Fund

**Families with a disabled child** can now make their money go further through a **new online website - Family Fund *extra***. And anyone can **shop online and help severely disabled children** without it costing them a penny more.

**All families with a disabled child**, as well as disabled young people themselves up to the age of 25 years, can **join Family Fund *extra* for free and enjoy discounts of up to 25 per cent** from leading online retailers, including Comet, Argos, BSM, Haven Holidays and Stone Computers.

### **Making a difference by shopping through *extra***

Anyone who shops online can help severely disabled children at no additional cost to themselves simply by clicking from the ***extra*** website through to nearly a hundred leading retailers, including Tesco, Marks and Spencer, Amazon, Boots, Comet, Argos, HMV, John Lewis, B&Q, Dell, PC World and Halfords. As retailers give Family Fund ***extra*** commission on every purchase, you can support families with disabled children without spending a penny more.

### **To get shopping, visit [www.familyfundextra.org.uk](http://www.familyfundextra.org.uk)**

If you're a parent or carer with a disabled child, register first to enjoy the discounts. Or just click on "Shop with us" to enable severely disabled children to benefit from retailer commissions on what you buy.

#### **Family Fund raise age limits for grant applications**

The Family Fund is pleased to tell you that, from April 2008, they have been able to raise their age limits. They can now give grants for severely disabled children up to age 18 in Scotland. For more details, and to apply, contact them at:

**Website** [www.familyfund.org.uk](http://www.familyfund.org.uk)

**Email** [info@familyfund.org.uk](mailto:info@familyfund.org.uk)

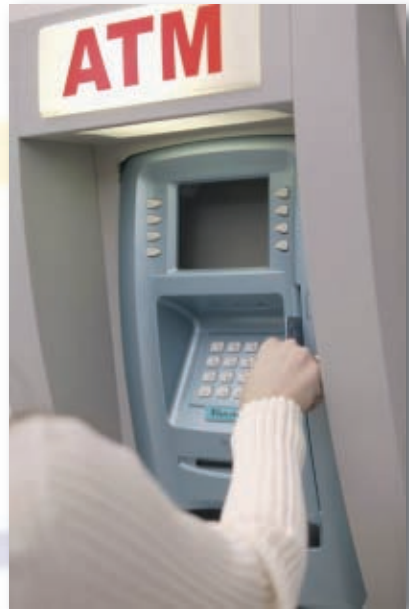
**Phone** 0845 130 4542

## Email Alert

The Centre recently received an email article to add to this newsletter giving advice in the event of being robbed at an ATM machine and quotes Crimestoppers as the originators of this advice. Like all information passed to us for distribution, we check it out to ensure the information is valid.

The email in circulation is similar to the one below:

*“If you should ever be forced by a robber to withdraw money from an ATM machine, you can notify the police by entering your pin number in reverse. For example if your pin number is 1234 then you would put in 4321. The ATM recognizes that your pin number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to help you.”*



**This information is not true – you will not receive cash and the police will not be called. Crimestoppers did not distribute this advice. If you receive an email with this information please ignore it.**

For further information and advice regarding card fraud please visit the Card Watch website: <http://www.cardwatch.org.uk>

Card Watch is a UK banking industry initiative that aims to raise awareness of card fraud prevention. It is managed by APACS, the UK payments association.

# How an ITCH can help your PC skills

## ITCH stands for Information Technology Can Help

The purpose of ITCH is to offer computer assistance to individuals with disabilities by providing volunteers who will visit disabled people in their homes and at other locations such as day centres.

Since its establishment, the Network has been providing disabled people with effective Information Technology solutions. In the past two years alone, ITCH Network has made over 2,000 visits, solving many hardware and software problems, as well as helping people to gain confidence using a computer.

The service is built around a network of skilled volunteers who are prepared to offer disabled people free, computer assistance.

### ITCH can help in the following ways:

- Provide impartial advice on computer hardware and software
- Install new equipment and software
- Help you to get connected to the internet and use email
- Get you started with standard packages such as word processing
- Solve technical problems that may arise
- Give advice and assistance with hardware and software upgrades
- Help you to get the best out of your computer



### DO YOU NEED HELP?

Then please contact the ITCH Network Client Helpline via the AbilityNet freephone (and Minicom) on: 0800 269545 or email: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk) and ask for help from an ITCH Network Volunteer

ITCH also needs people with computer knowledge to work as volunteers. If you would like to help, please contact them on the number above.

## Massive Discounts on Software

Are you the parent of a child in further education or maybe you are a student yourself then read on because this could save you a substantial sum of money, e.g:

**Office 2007 standard for £35.33, saving £274.64**

**Win Vista Upgrade for £56.75, saving £193.20**

**Kaspersky Anti-virus for £14.60, saving £10.69**

**"Software4Students** was launched, in 2005, as a pilot programme to provide software for students and parents in disadvantaged schools. Due to its phenomenal success in helping bridge the digital divide Software4Students has been expanded to students and parents of 33,000 schools in the United Kingdom and Ireland, covering nearly 18 million students. As a leading supplier of Microsoft software and solutions to the student and education community, Software4Students is the largest and original programme for supplying software to school and college students and their parents."

"We supply home users with fully-functional Professional (not Student and Teacher or Home Edition versions) software. Because of our affiliations with Microsoft and with education institutions, we are able to supply these products at hugely discounted prices (typically discounted by 80% or more). This means the home user gets more software at a much lower price."

"The main requirement in this programme is that the end user licensee is a student in one of our participating schools/colleges. There are 18 million qualifying students in the UK. It is very easy to register all you need to do is give the student name and school/college they are in, provide your address details and you're done!"

For further information please visit their website at [www.software4students.co.uk](http://www.software4students.co.uk) or contact them on 020 7193 5335 (9am – 5pm; Mon – Fri)

# Centre Information Distribution

The Carers Centre distributes around 4,500 Newsletters and Training Programmes to Carers on our mailing list, three times a year to keep carers updated, informed and involved. Details of carers on the mailing list are entered on the Centre's database. These details are collated for information purposes only and no personal details are ever shared. At any time or for any reason you can add or remove your information from the database simply by contacting the Centre.

Opening Hours: Mon-Fri 9am – 4.30pm

Title: ..... Name: .....

Address: .....

Postcode: ..... Tel: .....

Email: .....

Add my details

Remove my details

I'd like a Carer Support Worker to contact me