



DERBYSHIRE  
**carers**  
ASSOCIATION

# Newsletter

**CARERS RIGHTS DAY FRIDAY 8<sup>TH</sup> DECEMBER**

Carers Rights Day aims to increase Carers' awareness of the services and benefits available to them and also promote awareness of Carers within the community.

Each year 2.3 million people become Carers. Unpaid, they look after their family, their friends and neighbours who could not manage without their help. Despite new legislation and efforts by the government to ease their burden, Carers still miss out on the help available to them, with the majority living in poverty and struggling to make ends meet. Yet the support Carers provide saves the economy £57 billion each year. Estimates suggest that 40-60% of disability benefits go unclaimed. There are no firm statistics on the take-up of Carers' benefits but it is estimated that £660 million of Carers' benefits goes unclaimed each year. *Carers UK*



## *Welfare Rights News*

### *New Rules for Claiming Carers Benefits*

The rules for claiming Carers Allowance have changed to allow easier backdating. Since April 2006, if a Carer applies for Carers Allowance within three months of the date the person they are caring for is awarded a qualifying benefit, either DLA (middle or higher care) or Attendance Allowance, the Carers Allowance and any Carer premium will be backdated to the first date of entitlement.

#### Example:

Mr White age 55, has retired due to ill health. He gets Incapacity Benefit of £78.50 and an occupational pension of £360 per month (£83 per week). He claimed Disability Living Allowance on 20<sup>th</sup> April 2006. His claim was refused at first, but he appealed and was awarded the middle rate for personal care on 17<sup>th</sup> November 2006, backdated to 20<sup>th</sup> April 2006. His wife Mrs White, who has no income of her own, applied for Carers Allowance straight away. Her claim could be backdated to 20<sup>th</sup> April 2006. If she delayed longer than three months, the backdate would be restricted to a maximum of three months.

Under the old rules, Mrs White would have only received a full backdate if she had made a claim for Carers Allowance in April 2006 even though this would have been refused. She would then have had to reclaim in November 2006.

If you are in any doubt about any of the issues covered here, or want advice on appealing against a decision, contact the Welfare Rights Services. The Benefits Helpline is available on Monday, Wednesday and Thursday mornings from 9.30 am to 12.30 pm, on **0845 1202 985** Mon-Fri 11.00am - 4.30pm.

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# ANNUAL GENERAL MEETING

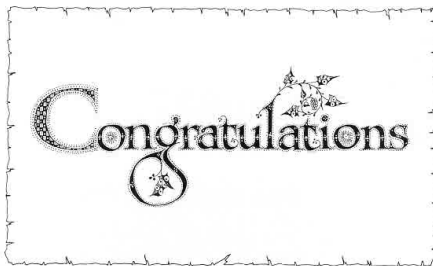


The Annual General Meeting was held at County Hall Matlock on the 28<sup>th</sup> September. Chair, Christine Bell welcomed everyone and opened the proceedings. This was followed by the transaction of business and Chief Executive Roland Brown reported on the activities of the Association for the year including the financial report.

The Associations Auditors, Beeley Hawley & Co were appointed again for a further year and the Officers and Management Board elected.

AGMs can often be rather dry events, but not this one. After the close of the formal business, the meeting welcomed the speaker for the evening, long time member of Derbyshire Carers Association, the author and playwright Deric Longden. Deric talked a little of his past caring role for his wife Diana, but then went on to regale the audience with humorous stories about his mother, her sayings and activities, which had everyone laughing and brought the proceedings for the evening to a jubilant close.

The buffet which followed gave opportunity for people to talk to Deric who happily signed books and chatted, making the whole evening a very worthwhile night out.



to Carer James Pullen of Brimington who received an MBE from the Queen for his dedication as a committed charity worker.

James has spent more than 40 years raising money for charities. He said, "it was a fantastic day. It's quite an achievement and it's nice to know that the ordinary man on the street can achieve this award from the Queen. It's made me really proud"



IN BRIEF IN BRIEF IN BRIEF IN BRIEF IN BRIEF IN BRIEF IN BRIEF

*Do you have difficulty shopping because of your disability?*



## Alfreton Shopmobility

Based in Alfreton House on the High Street they lend powered chairs and scooters to members of the public with limited mobility, enabling people to shop and visit leisure and commercial facilities within Alfreton.

Shopmobility is for anyone young or old, whether the disability is temporary or permanent – anyone who needs help with mobility. You do not need to be registered disabled to use it.

It costs £2.00 per 2 hour session for shopping or you can hire equipment for longer periods. Telephone 01773 835199 for further information on registering free and pre-booking is advisable.

*Check your area, they too may have a Shopmobility*

# Council Tax Discounts for Carers



Did you know that as a Carer you may be entitled to a reduction in your Council Tax payments?

You may be entitled if you:

- ◆ Live in the same property as the person you are caring for.
- ◆ Provide at least 35 hours a week of care

The person you care for must have one of the following:

- ◆ Higher rate of the care component of Disability Living Allowance
- ◆ Higher rate of Attendance Allowance
- ◆ An increased Disablement Pension

The person you are caring for cannot be your spouse, partner or child.

If you think you qualify, contact the council tax section of the local authority you pay your council tax to. You will find the telephone number on your bill.

Don't be afraid of my darling Mel  
She's been seriously ill  
But is now doing well

She's gentle, kind  
Sensitive too  
Wouldn't hurt a fly  
And certainly not you!

She's a bundle of laughs  
But it's so sad to see  
The pain in her eyes  
As she tries to break free

Confusion, delusion  
Voices in the night  
Chitter, chatter  
Please make it alright

A jumbled head  
Staying in bed  
Feeling sick  
It gets on her wick!

This way, that way  
Right or wrong  
Working it out  
Takes too long

Dealing with adversity  
Is no easy task  
Feelings, emotions  
Finding a way to mask

It's time to pop the pills  
We ask the question why?  
We have to keep an open mind  
They help her to survive

Determined to win  
She battles on each day  
Through the good and bad times  
That come her way

I'm so proud of my Mel  
An inspiration is she  
I love her to bits  
And I know she loves me

We've been on a long journey  
Which continues to this day  
What will happen tomorrow  
Who can say

Life is for living  
We live it in a fashion  
One day, we hope  
It will be with a passion

We've been in it together  
Right from the start  
It's almost as if  
We share one heart

Whatever the future  
Wherever we may be  
We'll just get on with it  
Mel and me

*Elaine Hammersley,  
Long Eaton Carer's Group*



## Puzzles (Answers on page 6)

Can you crack the codes to find what the sentence is?

- A) SEGAP ELZZUP RUO OT EMOCLEW
- B) YKOEUDHTAHVIESCCROADCE
- C) NWOY OCUA NAMK EPUY ORUO WCNO DSEZ



# Distraction Burglary

The clocks have moved back for the winter. This means that it will be darker a lot quicker in the evening. It is also a signal that the weather will be cooling down for the winter.



May I take this opportunity to remind you to keep your doors locked? If anyone calls on you who you are not expecting then please do not answer the door. It is more difficult to check who is at the door when it is dark.

Always remember your doorstep code

- Keep your front and back doors locked – even when you are at home
- Before you answer the door, stop and think if you are expecting anyone. Check you have locked your back door and taken the key out. Look through a spy hole or window to see who it is at the door
- If you decide to open the door, **put the chain or bar on first**. Keep the bar or chain on while you are talking to the person on the doorstep. (Normally when the door is shut and locked, leave the bar or chain off in case you need to get out in an emergency.)

**S  
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P!**



**T  
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K!**

- Check the callers' identity before you decide to let them in. Do they look like the person on the card? Is the name the same as that on your letter? Close the door while you do this. Look up the phone number in the telephone directory or keep a list of the most common numbers like gas, electric, water provider close by the phone ready for when you need them. Do not rely on the number the callers give you, as this may be false. If you are unsure then do not let them in. You can always ask them to call back later when you have someone with you. Genuine callers will not mind rearranging the appointment.
- If someone is asking for help, don't worry if you choose not to help – it is not being rude or unfriendly.
- Don't buy anything from the door.
- Don't agree to have work done by anyone cold calling at your door. Get someone to help you to decide if any work needs to be done at your home. Then get three quotes. Remember tradesmen do not need to cold call. You may have to wait before you can get any work done.

If anyone calls at your home and you are suspicious or uncomfortable, then call the Police immediately. Try to give the police a description of the person who called on you and if possible a description of the vehicle they used. It will help us with our work.



*Enjoy the winter and keep safe.*

**Marilyn Barratt**  
Derbyshire Police  
Community Safety Officer  
01773 572013

# DEMENTIA

## *Being a Successful Carer*

Caring for people with dementia is not easy. To do it well, you need to look after yourself too. Caring can be a difficult and a lonely activity. Here is a reminder of the key things you can do to help address the difficulties and lessen the negative feelings:-

- Tell people about your situation
- Seek support and discuss matters widely
- Plan ahead
- Think about what the person with dementia would have wanted in a given situation
- Be aware of the needs and responsibilities of other people (including yourself, your family and neighbours)
- Look after yourself
- Keep in mind the person's overall quality of life
- Consider the safety of the person with dementia and of others
- There is rarely a single right answer in a difficult situation. Make a decision as best you can, accepting the uncertainties
- Most decisions can be revisited at a later stage and in the light of changing circumstances

## *Younger People With Dementia*

All people with dementia should receive quality services and support to meet their individual needs. Younger people with dementia all too often find it difficult to access suitable support and services. Dementia care services are usually designed for older people. Younger people with dementia may have different needs requiring a different type of service or a response appropriate to their age.

Younger people with dementia are more likely to:

- Be in work at the time of diagnosis
- Have dependent children
- Have heavy financial commitments such as paying a mortgage
- Have a rarer form of dementia
- Find it more difficult to access appropriate information and support



**Alzheimer's Society**  
Dementia care and research

The Alzheimer' Society has established a number of services to help meet the needs of younger people with dementia, their families, Carers and people who work with them.

The Society's website has a range of information for younger people with dementia at:

[www.alzheimers.org.uk/pwd](http://www.alzheimers.org.uk/pwd) or

Telephone **020 7306 0606** for details.



*Continued.....*



# SUNDOWNING

## *What is sundowning?*

People with dementia may become more confused, restless and insecure late in the afternoon or early evening. It can be worse, after a move or change in the person's routines. They may become more demanding, restless, upset, suspicious, disorientated and even see, hear or believe things that aren't real, especially at night. Attention span and concentration become more limited. Some people may become more impulsive, responding to their own ideas of reality that may get them into trouble.

## *What causes sundowning?*

No one is sure what causes sundowning, although it seems to result from brain disease. People with dementia tire more easily, even from few demands on their thinking ability and become more restless and hard to manage when tired.

Sundowning may relate to lack of sensory stimulation after dark. At night there are fewer cues in the environment, with dim lights and absence of noises from routine daytime activity. A sundowning, restless person also may be hungry, uncomfortable, in pain or needing to use the toilet, all of which they can only express through restlessness. As the dementia progresses and they understand less about what is happening around them they become more frantic in trying to restore familiarity or security. Many Carers say that the person becomes more anxious late in the day about "going home" or "finding mother" which may indicate a need for security and protection.

## *What to try*

Keep the person active in the morning and encourage a rest after lunch. If fatigue is making the sundowning worse, an early afternoon rest might help.

Don't physically restrain the person. Let them pace where they are safe. A walk outdoors can help reduce restlessness.

Some people are comforted by stuffed animals, pets, hearing familiar tunes, or an opportunity to do a favourite pastime.

Consider the effect of bright lights and noise from television and radios on the person. Are these adding to the confusion and restlessness?

Try not to arrange baths or showers for the late afternoon if these are upsetting activities.

The exception may be the person who is calmed by a hot bath before bed.

Nightlights or a radio playing softly may help the person sleep.

Some people find warm milk, a back rub or music calming.

## *Other Considerations*

Carers must be able to get adequate rest themselves. Try to ensure regular periods of rest and respite, both for the carer and for the person with dementia.

## Answers to Puzzle on Page 3

- a) "Welcome to our puzzle pages" The whole sentence is written backwards.
- b) "You have cracked this code" The sentence is split in half, then the letters in the second half are written in between the letters of the first half.
- c) "Now you can make up your own codes" The sentence is split into groups of four letters (including a dummy letter at the end), and the middle two letters in each group are swapped round.

# RECIPES for CHRISTMAS

## CRANBERRY SAUCE

### Ingredients

1 large Orange zest and juice  
175g/6oz caster sugar  
359g/12oz cranberries, fresh or frozen

5 tbsp Water

### Method

1. Finely grate the zest from the orange and squeeze the juice. Dissolve the sugar in a medium pan with 5tbsp water and the orange juice.
2. Stir in the cranberries and orange rind. Cook uncovered for 8-10 minutes (slightly longer if the cranberries are frozen) until the berries have opened and the fruit is soft and the juices are slightly thickened.
3. Serve warm or cold. Sauce thickens on cooling.



## CHRISTMAS LOG

### Ingredients

175g (6oz) Butter  
175g (6oz) Plain Chocolate melted  
150ml (1/4 pint) Double Cream  
100g (3 1/2oz) Caster Sugar  
90g (3oz) Plain Flour  
75g (3oz) Icing Sugar

4 Eggs  
4 tbsp Rum (alternatively you could use Brandy if preferred)  
1 tbsp Cocoa Powder  
1 tbsp Coffee Essence  
Icing Sugar

### Method

Pre-heat oven to 200°C: 400°F: Gas 6  
Grease and line a 33 x 22 cm (13 x 9 inch) Swiss roll tin  
Cream the eggs and sugar in a large bowl  
Fold in sieved flour and cocoa powder  
Transfer to tin  
Bake for 12-15 minutes or until risen and golden

Allow to cool slightly  
Turn out the cake, trim edges and roll up  
Allow to cool  
Whisk together the cream, rum and coffee until stiff  
Cream the butter, icing sugar and chocolate together  
Coat cake with the chocolate mixture  
Sprinkle with icing sugar and decorate  
Chill for an hour before serving.



## MULLED WINE

### Ingredients

1 x bottle Red Wine (suggest Cabernet Sauvignon or similar)  
1 x Orange stuck with Cloves  
1 x Orange sliced  
1 x Lemon sliced  
3 x level tbsp Sugar or Honey  
2 tbsp x Fruit Liqueur optional (suggest Grand Marnier, Cherry Brandy, Cointreau)  
1 x 2 inch piece Cinnamon

### Method

Put all ingredients into pan with 3/4 litre Water and heat until simmering stirring until sugar is dissolved. Keep it simmering for 20 minutes. Do not boil. Can be made in advance and re-heated to simmering point when required.

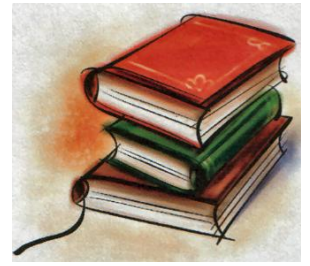


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# Information and dates for the diary

## Support Groups Information and Events in your area



### Derby

A new support group at Alvaston Library & Learning Centre. The support group will be held every 1<sup>st</sup> Thursday of the month (except December). Further Information **01332 200002**.

27<sup>th</sup> November – Talk about ‘The Kiloran Trust’ a charity that offers residential breaks in London for those who look after someone at home as a Carer.

24<sup>th</sup> February - Pamper day

Call our Derby team for further information of the above on **01332 200002**.

### Glossop

A new support group run in conjunction with Fairplay and Derbyshire Autistic Services group for parents/carers of children with additional needs (CAPCAN) to get together for discussion, support and speakers. The group is usually held every 4-6 weeks 1pm – 3pm. Venue can vary.

Call Lynda Hammond **01457 858383** for further information.

4<sup>th</sup> December - A trip to Chatsworth – a few places still available

30<sup>th</sup> January - Cheese & Wine Evening at Bradbury Community House, Glossop 7.30 – 9.30 pm. Come along and meet other Carers, learn about the group and how it may be of interest to you. Everyone welcome. Please contact Lynda Hammond on **01457 858383 or 07990 516616** if you would like more details or if you require a sitter or transport to attend.

### Amber Valley

4<sup>th</sup> December – Talk by Shaun Grocutt from the Social Services Learning Disability Team about respite for people with a learning disability and he will be available for individual discussion/issues at the Belper Support Group

14<sup>th</sup> December – Carer’s Christmas Lunch at Canal Inn, Bullbridge. If you would like to book a place please call Don Jarvis on **01773 570429** asap or Jo Wild on **01773 749087**.

**Please note** no support groups in Amber Valley during January. Anyone requiring individual support at any time including January can contact Jo Wild on **01773 749087**.

### Erewash

Long Eaton Carers group is now meeting again at Southlands on the 1<sup>st</sup> Monday of each month 2pm – 4pm (due to re-start – 4<sup>th</sup> December) and The Outlook Centre (in the conservatory) 99 Briargate, Long Eaton 2pm – 4pm Every 3<sup>rd</sup> Monday (except Xmas & Bank Holidays.)

**Derbyshire Carers Association** will be holding displays throughout the county week commencing 4<sup>th</sup> December to help raise the awareness of the Carers in Derbyshire. Displays will be held at the following venues:

**Monday 4<sup>th</sup> December**  
Bradbury Community House

**Wednesday 6<sup>th</sup> December**  
Ilkeston Hospital 2pm – 4pm

**Thursday 7<sup>th</sup> December**  
Babington Hospital

### Friday 8<sup>th</sup> December

Derby Eagle Centre (in the shopping centre)  
Boots Chemist in the Eagle Centre, Derby (next to the pharmacy)  
Boots Chemist, Swadlincote,  
Hadfield Library 2pm – 7pm  
Buxton Library  
Ilkeston Library 10am – 3pm  
Evelyn Medical Centre, Hope 9.30am -11am  
Heanor Library

*Say hello to our staff they will be pleased to see you.*

### FOR SALE

Myco Swivel Bath Bather as new £25 Contact: **01298 78878** for details

