



Weldmar Hospicecare
Caring for Dorset

Reg Charity No: 1000414



Supporting Carers

Beannacht

(Gaelic for 'Blessing')

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets into you,
may a flock of colours,
indigo, red, green
and azure blue,
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be
yours,
may the clarity of light be yours,
may the fluency of the ocean be
yours,
may the protection of the ancestors
be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

Written by John O'Donohue



Welcome to our August Carer's Newsletter

Welcome to our August newsletter! Please be assured that as a team, we are continuing to work remotely to offer carers advice and support in a number of different ways. If you have a question for us or would like to further discuss something you've read in this newsletter, please call 01305 215300 and ask for Jo Jury or Chloe Hook.

Carer's Support Group via Zoom

We regret that due to limited numbers, we will no longer be holding our Carer support sessions via Zoom. Sadly, there has not been a great attendance at these sessions since we started them in December 2020 and therefore it is not beneficial to continue them. We understand there is a desire to attend Carers groups face to face rather than via video link, which we fully understand; some do not have access to the internet or compatible devices, others simply prefer to see people in person.

If you are still wanting to attend virtual carers groups via video link, please visit the '**Carer Support Dorset**' website (carersupportdorset.co.uk), where you will find a number of different online sessions that you are welcome to attend regularly. Dorset Council do offer some specific group sessions in addition to the regular carers groups, these include 'caring for people with dementia', 'scam awareness' and 'self-awareness training' so keep a look out for these if you'd like to join.

Carers UK also hold a weekly online video chat for carers. Please visit their website at <https://www.carersuk.org/help-and-advice/get-support/online-meetups> to find more details and to book on to one of their sessions.





Monday 2 August, 11:00am-12:00pm
 Monday 9 August, 3-4:00pm
 Monday 16 August, 3-4:00pm
 Monday 13 August, 3-4:00pm
 Tuesday 31 August, 11:00am-12:00pm

The Carers UK forum is an online community where you can talk to other carers who understand what you are going through and who can support you through everything caring has to throw at you. Anyone can visit the forum and look at the public sections. However, to post on the forum you need to join Carers UK as a member. Membership is free to ensure everyone can access this supportive community. Please visit www.carersuk.org to register as a member and join the carers forum.



We hope to set up face to face **'patient and carer information sessions'** later this year, a pilot we have tried and tested before which worked extremely well! This will be dependent on Covid restrictions at the time as we are mindful that the virus is very much still out there and our main priority is to keep everyone safe. We will be distributing information about these sessions nearer the time so keep your eyes peeled.

Continued free PPE from Dorset Council...

Unpaid carers in the Dorset Council area can continue to request free personal protective equipment (PPE). A standard package of PPE includes visors, aprons, face masks, hand sanitiser and gloves.

You can submit your request via www.dorsetcouncil.gov.uk or you can also call them on 01305 221000 from Monday to Friday, 8:30am to 5pm. If you cannot collect yourself or do not have someone who can collect on your behalf, you can select delivery option. Their volunteers will deliver the package and they will aim to deliver within two working days.

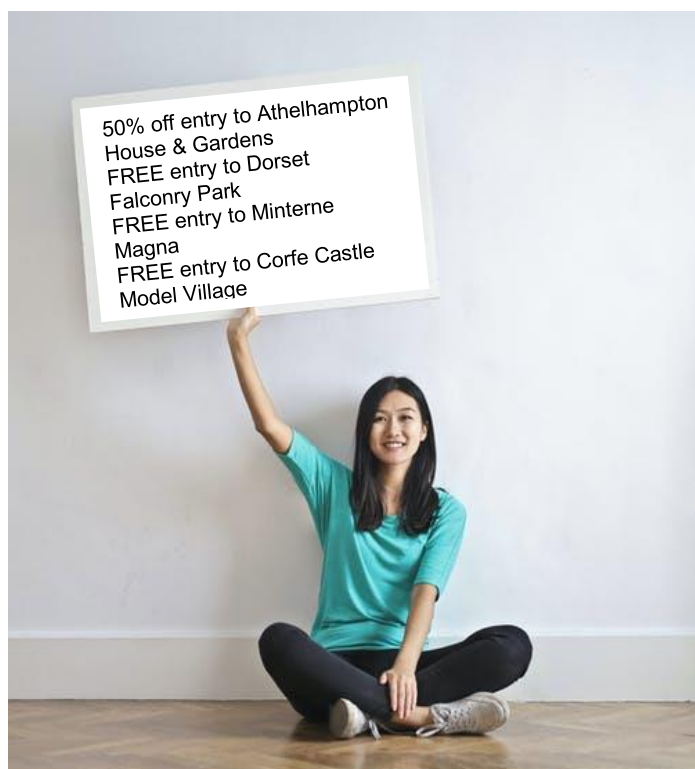


Dorset Carers Card



Summer can be a great time to get out and about, but sometimes, as a carer this might be a daunting thought if you're worried about accessibility or affordability.

Anyone signed up to **Carers Support Dorset** can receive a free **Dorset Carers Card**. Your card entitles you to hundreds of different offers and discounts across the Dorset Council and Bournemouth, Christchurch and Poole Council areas.



We are aware that there have been new discounts added to this scheme recently, opening up the choices of places to visit and things to do which is great!

If you've already got a Carers discount card, head over to the Carers Support Dorset website to find a list of recently added discounts...and if you haven't yet signed up to the service, you can do so on <https://www.carersupportdorset.co.uk/information-hub/carers-card/> or by calling 0800 368 8349.

Did you know you can also get free entry at National Trust sites too?

The **Essential Companion card** makes it simple to bring one or two carers or companions with a cared for, free of charge. Just show the card when you arrive, and your carer(s) or companion(s) won't need to pay an entry fee.

Visit the National Trust website to find out what places you can visit within Dorset.

To order your pass or card, just get in touch with The National Trust by phone, email, or post.

Call: 0344 800 1895

Email: enquiries@nationaltrust.org.uk

Write: National Trust, PO Box 574, Manvers, Rotherham, S63 3FH

Reduced bills for the person you care for...

Are you using more water at home due to your condition/illness?

Perhaps your condition/illness means that the washing machine is used far more frequently than usual? If this is the case, make sure to contact your water provider as they may be able to give you a discount! Wessex water offer 'WaterSure Plus', see below for more details:

Who's WaterSure Plus for?

It is for any qualifying customer who has a water meter and lives in a low income household with unavoidably high water use. You must receive a means tested benefit or tax credit as well as either: child benefit for three or more children living at home under the age of 19; or have higher than average water usage in your household due to a medical condition.

How does WaterSure Plus work?

Wessex water cap your metered bill in line with the average metered bill so you won't be charged more than the capped amount for reasons you cannot help. If your metered bill is lower than the Watersure Plus charge, we will only charge you for the lower amount.

Energy suppliers- Vulnerable customers

Ask your supplier what initiatives or schemes they run that could help you. Customers who have a serious medical condition, who are in a vulnerable situation, or who have additional communication needs are eligible for help through their energy supplier's **Priority Services Register**. Either they or their carer can register in order to access services such as advance notification of a planned power cut, or priority help in an emergency such as an interruption to supply. To register, you or your carer simply need to contact your energy supplier.

Warm Home Discount- You could get £140 off your electricity bill under the Warm Home Discount Scheme. This is a discount directly applied to your bill each year. Not all suppliers participate in the scheme, so it's important to check you're with a supplier that does if you think you would be eligible for the discount. You are eligible if you get the Guarantee Credit element of Pension Credit, or you're on a low income and meet your energy supplier's criteria for the scheme.

How to apply?

Your electricity supplier decides who can get the discount, therefore you must contact them directly to discuss this.

Winter Fuel Payment- If you were born on or before 5 October 1954 you could get between £100 and £300 to help you pay your heating bills.

You usually get a Winter Fuel Payment automatically if you are eligible dependent on the State Pension or another social security benefit (excluding Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).



Using a concentrator at home?

Patients who use a concentrator will receive a refund for the electricity their concentrator uses. Air Liquide will pay this on behalf of the NHS.

Receiving your payments:

An Electricity Rebate Guide will be left when a concentrator is installed. The guide details how the rebate works and contains a Refund Form which needs to be completed and returned, to Air Liquide, so that the rebate payment can be paid into the bank. Payments are made quarterly, following your first concentrator service.

There is a minimum payment amount of £10. If your payment is below this amount in a quarter it will be carried forward to the next quarter for future payment.

You can choose to opt out of the Rebate payments if you wish.

A new form can be obtained by emailing us at alhomecare.patientaccounts@nhs.net or via calling our Electricity Rebate Team: 0800 781 9939.

Contact Electricity Rebates Team:

If you have any further questions regarding your electricity payments then please contact our Customer Service Team on 0800 781 9939 (Mon - Fri 9am to 5pm)

Did you know about M.V.Freedom?



The charity has been in existence for 36 years and provides access to the sea for those people living with disability. Their passengers include military veterans, the deaf, blind, young adults, children and the elderly; their carers and relatives can also accompany them. Many are confined to wheelchairs, and often would have no other way of accessing life enhancing sea going experiences and their proven therapeutic benefits.

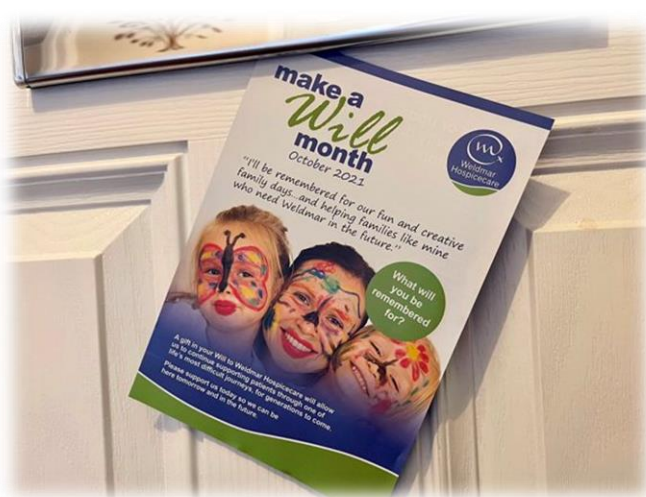
The team at M.V.Freedom highly recommend that everyone books a specific date and voyage time to avoid disappointment.

Please call **07974266867** and speak to Meridy for more information or to book your trip out to sea!

Free Will month in October

Throughout October 2021, local solicitors have once again generously agreed to provide their time free of charge to offer a limited number of Will writing appointments at a highly discounted rate.

Now, more than ever, it is important that you have a Will. It provides you with the peace of mind that your wishes and affairs are protected should the worst happen. Think about those closest to you who you would like to leave your estate to and maybe even consider leaving a small gift to a charity close to your heart, like Weldmar Hospicecare. Gifts in Wills fund the care of 1 out of every 3 patients we care for each and every day. Whether you have an existing Will that needs updating or you need to write a new Will, this is your opportunity!



Prior to booking your appointment you will need a unique reference number and be sent a short form to take with you to your chosen appointment. Please contact **01305 261800** to request your reference and form, and find out more about this scheme at weld-hospice.org.uk.