

CARE MATTERS

If someone relies on you
you can rely on us

BENEFITS

MONEY SAVING TIPS

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YOU MATTER

Welcome from
Kay Francis
Head of Carers Support Services



“A warm welcome to carers, their families, and friends in Oxfordshire. We hope this edition of Care Matters will help with the growing financial pressures you are feeling in 2022.

Carers Oxfordshire is here to ensure you are in touch with the right people to support you to maximise your finances. In this edition of Care Matters, we have put together an array of helpful information that will support you through the coming months.

Are you getting all the benefits you’re entitled to? Working out which ones you can get can be confusing. Read our articles ‘Benefits for carers’ and ‘Are you missing out on extra financial support?’ to find out more.

It is useful to have some handy money saving tips when times are hard. My top tip is to plan your meals. This will not only reduce waste and help save you money, but it will save you time at the supermarket. You will find

many more ideas in the article ‘Money Saving Tips from Carers Oxfordshire’.

I particularly recommend taking advantage of all the support on offer to ensure your home is heat efficient. Spending time at home is much easier if you are not worrying so much about the next energy bill. Find out how the charity Better Housing Better Health can help.

From all of us here at Carers Oxfordshire, we hope you have a chance to find some time to enjoy a rest over the coming months - you deserve it.”

**If someone relies on you
you can rely on us**

Money Saving Tips from Carers Oxfordshire

There are many ways to save money, from batch cooking to joining a local exchange trading scheme. Here are some of our staff's favourite tips.



Fiona Macpherson, Outreach Team Manager

"We used to have a large people carrier and a small car. When the people carrier failed its MOT, we didn't replace it. Now we have one small car which is cheap to tax, fill up with petrol and insure. When we occasionally need a bigger car, we borrow our daughter's car. You could alternatively use a car-sharing scheme."

I also belong to a local exchange trading scheme where members exchange their skills, goods, and services – with no cash required. For example, helping with lifts to the hospital. It's a great way to make friends as they have social events too. The one I belong to is www.southoxfordshire-lets.org.uk"



Fiona



Christine

Christine Stanbridge (above right), Carers Adviser for Banbury and Chipping Norton

"Shopping around for cheaper deals is really satisfying. I enjoy going to discount shops to pick up bargains on food, toiletries, and cleaning products. I also recommend checking your subscriptions for broadband, TV packages and mobile phones."

Save energy by waiting until you have a full load of washing and selecting a cool wash. Turning down the temperature of your hot water and heating can be a real money saver."



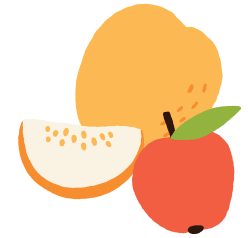
Wendy Meldrum Carer Advisor, Carersline

"When trying to economise, I make a list of things that I already have that will cost no extra money. I like to go for evening walks. Being surrounded by the beautiful natural world always makes me feel richer, more fortunate and a bit less worried."



Rebecca Cox Outreach Worker for Oxford City

"We have a pile of old cosy blankets on the sofa to stop us being tempted to put the heating on – the cat loves this idea too! We also batch cook a couple of things on a Sunday afternoon – like a large vegetable curry and a pasta dish. We pair them with different sides for a few easy but healthy dinners or lunches during the week. This is cheaper, and saves having to worry about what's for dinner, as it's already cooked and just needs heating up."



Melanie Wilkinson, Advisor Team Manager

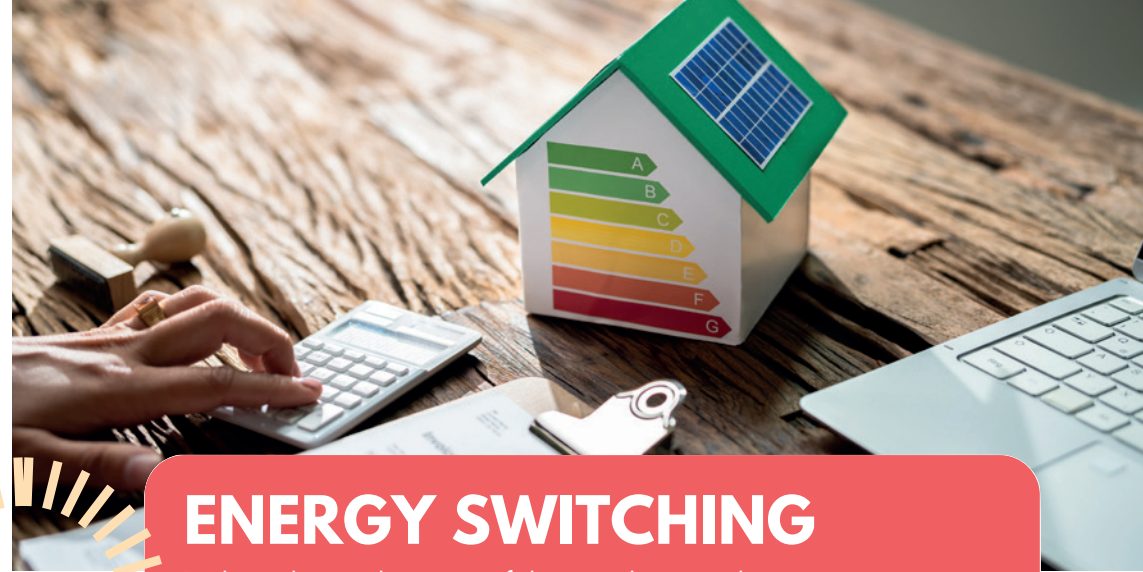
"I always check the freezer, fridge, and cupboards before I go food shopping. I plan our meals for the week and write a list to stick to."

I have three teenagers who all love fashion. We've started using various sites like Vinted and Depop to buy and sell clothes. It saves us money and benefits the environment. Charity shops are also a brilliant resource for finding vintage items at reasonable prices."



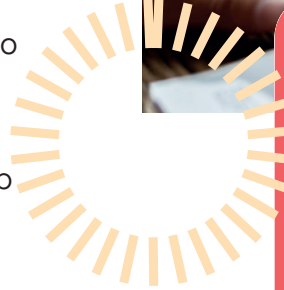
Better Housing Better Health

The Warmth & Wellbeing Service



HOME ENERGY ADVICE

Better Housing Better Health (BHBH) is a charity working locally to improve your domestic warmth & wellbeing. In a preventative approach, our free helpline provides you with a single point of contact for services, advice and financial support in order to help improve the energy efficiency of your property.



FINANCIAL SUPPORT

Our team of experts can work with households to apply for grants and funding to help with your home energy. Schemes like the Warm Home Discount can take £140 off your bills and ECO Funding can replace heating systems as well as install insulation. Call us to see if you're eligible and start the process.



ENERGY SWITCHING

Did you know that one of the quickest and easiest ways to save money is to switch your energy tariff or energy supplier to make sure you're getting the best deal? The average household can save £300 per year by switching gas and electricity supplier and the BHBH team work with you to look at your energy consumption and help find the best deal to suit your household.



BHBH+ FREE HOME VISITS

BHBH+ is our free holistic home energy service for residents in Oxfordshire supported by Oxfordshire County Council. Our trained home energy advisor can offer advice on things such as insulation, heating systems, and advise on your energy bills during a free home energy visit. They will assess your property and signpost you to other services that can help you save money and stay warm in your home.



WE ARE HERE.

GET IN TOUCH 0800 107 0044



All advice is free, confidential and tailored to the resident. To speak to one of the team, please call **0800 107 0044** weekdays between 9:00am and 5:00pm.

CARERS WEEK 2022 REPORT



In Spring 2022 Carers Week carried out a national survey on unpaid carers. Over 4,000 adults took part. The results were published in The Carers Week 2022 Report in June. You can read the report at www.carersweek.org

If you're an unpaid carer, you're in good company. The Carers Week report found one in five adults is an unpaid carer across the UK.



1 in 5 with Money Worries

The survey found that one in five unpaid carers (21%) had money worries. They scaled this up to the national caring population, estimating 2.2 million carers are worried about the impact of caring on their finances. The report gave specific examples, including worrying about paying for care services and equipment required.

21%
approx. 2.2 million
of unpaid carers had
money worries

Those with lower household incomes were much more likely to spend over 20 hours per week caring. Carers Week found that providing more care increases the chance of financial strain and poverty as carers are less likely to be able to juggle work and care.

Caring in the Pandemic

The pandemic has been particularly tough for unpaid carers, with services shutting down and carers often being left unsupported. Not to mention the new additional worry of keeping their cared-for person safe during a pandemic.

Although the UK is finding a way to adjust to Covid, the survey found carers continue to face significant challenges. Many services remain reduced or closed; vulnerable people continue to shield, primary health care is under pressure, and there is a chronic shortage of social care. There are still many more unpaid carers than before the pandemic. Approximately 10.58 million people support a relative, close friend or neighbour because of chronic illness, disability, or older age.

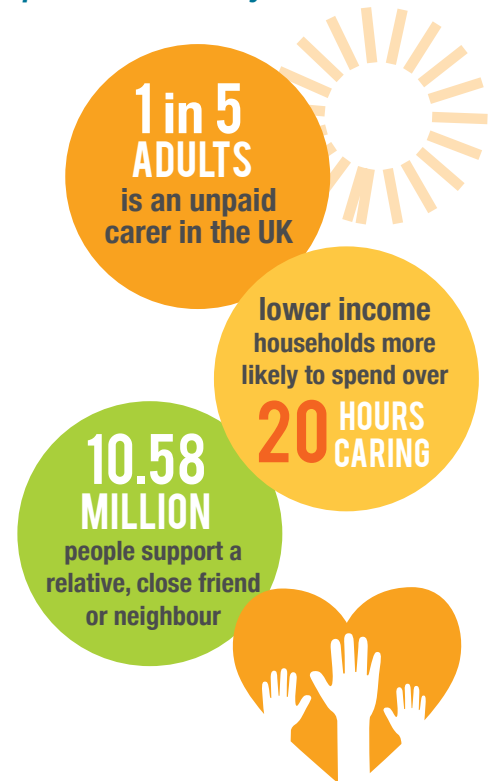
Campaign for change

Carers Week has concluded that the Government must provide more support to unpaid carers so they can care safely and well. That's why they're calling for a Recovery and Respite Plan. You can read their open letter to the Prime Minister on carersweek.org



WHY NOT GET INVOLVED?

Write to your MP asking for a Recovery and Respite Plan for unpaid carers today.



benefits

FOR CARERS



With the rising cost of living it's more important than ever to find out about the financial help you're entitled to.

There are many different benefits and one-off payments available. The list is forever changing, which can be confusing when working out which ones you're entitled to. We've put together an up-to-date list to help you.

Carers of all ages

Cost of Living Payment is £650 paid in two lump sums of £326 and £324. You may get it if you're getting any of the following: Universal Credit, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Income Support or Pension Credit. There is no need to apply; it will be paid automatically if you are eligible.

Council Tax Reduction provides financial help towards your Council Tax if you claim means-tested benefits or are on a low income. The discount ranges from 0-100% depending on income and circumstances. There are different rules for applicants of working age and pension age. To find out more contact your district council.



Help you are entitled to

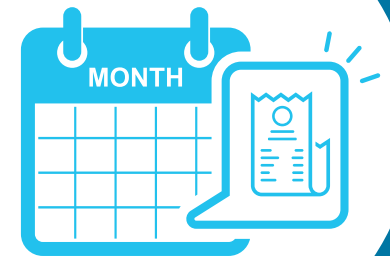


Council Tax Rebate

is a payment of £150 to households living in council tax bands A – D. If you pay by direct debit, it will be automatically applied. To find out more contact your district council.

Housing Benefit

can help you pay your rent if you're unemployed, on a low income or claiming benefits. It's being replaced by Universal Credit. You can only make a new claim if you're pension age or in supported, sheltered or temporary housing. You can apply as part of a pension credit claim or contact your district council.



benefits

FOR CARERS



Extra support for the winter

Warm Home Discount Scheme

offers a one-off reduction of £140 on your electricity bill for winter 2022. You may be entitled to this if you receive certain benefits such as Universal Credit. Contact your electricity supplier to see if you're eligible. If you get the Guarantee Credit element of Pension Credit then the discount will normally be applied automatically.



Carers of all ages

£400 energy bill discount will be applied to all households between October 2022 and April 2023. This is a one-off discount automatically made by your energy supplier.

Household Support Grant provides help to vulnerable households. It covers urgent essential needs such as food support, household bills and heating appliances. It is open until all funds have been spent or 30th September 2022 – whichever is first. To find out more contact your district council.

Help to cover essential needs



Cold Weather Payment Scheme

gives £25 for each 7-day period of very cold weather (0°C or below) between 1 November and 31 March. It is available if you get certain benefits or Support for Mortgage Interest. The discount will not affect your Warm Home Discount or winter fuel payment. There is no need to claim; it is paid automatically.



Waterhelp scheme from Thames Water offers financial support for low-income households, with either a 50% discount on your water bill or a bill cap. The scheme also provides support if your payments are behind. **For more information visit www.thameswater.co.uk/support or call 0800 009 3652.**

NHS Low Income Scheme provides support with healthcare costs including NHS prescriptions, dental care, and glasses. Eligibility depends on your income and savings. **Apply online at www.nhsbsa.nhs.uk/nhs-low-income-scheme or call 0300 330 1343.**

benefits

FOR CARERS CONTD.

Carers of working age

Carer's Allowance is a £69.70 weekly payment for those that spend at least 35 hours a week caring and earn £132 or less a week. Earnings are calculated after deducting allowable expenses, such as tax, National Insurance, and some pension contributions. If you're claiming Universal Credit, you may get a carer element even if you earn over £132 a week. Carer's Allowance is a complex benefit that 'overlaps' with some payments, such as State Pension. Claiming it can affect the benefits of the person you care for if you don't live with them. In these circumstances, it's important to get specific advice before applying. To claim call the Carer's Allowance Unit on 0800 731 0297 or visit www.gov.uk/carers-allowance/how-to-claim

Universal Credit is a monthly payment to help with living costs. You may be able to get it if you're on a low income, unemployed or unable to work. The standard amount starts at £265.31 and varies depending on your age and if you are single or a couple. If you have a disability or children, you may be eligible for a higher amount.

Universal Credit is replacing many older income supporting benefits such as Job Seeker's Allowance, Employment and Support Allowance, and tax credits. If you get one of these benefits you don't need to make a claim unless you have a change in circumstances or have received a Migration Notice.

For more information visit www.gov.uk/how-to-claim-universal-credit or call the Universal Credit helpline on 0800 328 5644.

Carer's Credit

is a National Insurance credit that helps with gaps in your National Insurance record. You may be able to claim this if your caring responsibilities have prevented you from being able to work and pay national insurance contributions. You must be 16 or over and under the State Pension age. If you get Carer's Allowance or Child Benefit for a child under the age of 12 it will be automatically applied. **Otherwise, you can claim by visiting www.gov.uk/carers-credit/how-to-claim or calling the Carer's Allowance Unit on 0800 731 0297.**

Help
with higher
living
costs



Carers of pension age

Pension Credit is a means tested benefit for people over the State Pension age (currently 66). It is made up of two parts: Guarantee Credit and Savings Credit. Guarantee Credit provides a guaranteed level of income. The maximum weekly amount for 2022/23 is £182.60 for single people and £278.70 for couples. If you are a carer, have a disability, or young children, you may be eligible for a higher amount. Savings Credit is paid to people who reached State Pension age before 6 April 2016. It is worked out by looking at the level of retirement provision you have made. It may be paid as well as Guarantee Credit or on its own. The maximum weekly amount for 2022/23 is £14.48 for single people and £16.20 for couples.

To claim call 0800 99 1234 or visit www.gov.uk/pension-credit/how-to-claim

The Pensioner Cost of Living Payment

is an extra £300 on the standard Cost of Living Payment. It is paid in the same way as the Winter Fuel Payment. If you don't get one, you need to **apply by calling 0800 731 0160.**

The Winter Fuel Payment ranges from £250 to £300 and is to help with your heating bills. It is automatically applied if you get the state pension.



benefits

FOR CARERS CONTD.

Disability benefits for the person you're caring for

Disability Living Allowance (DLA) is a monthly, tax-free benefit for disabled children aged 0-16. It is paid at different rates depending on the level of help needed. It has been replaced for those over 16 by PIP. However, if you have a historic DLA payment and were born before 9/4/1948, you can continue to receive DLA. **The claim line for those aged 0-16 is 0800 121 4600.**



Personal Independence Payment (PIP) is for disabled people aged 16 and over. It can help with extra living costs for those with a long-term physical or mental health condition or disability and difficulty doing certain everyday tasks or getting around. PIP can be claimed even if the person is working, has savings or is getting most other benefits. There are two parts to PIP: a daily living part - if help with everyday tasks is required; and a mobility part if help with getting around is needed. Whether the person you're caring for gets one or both parts, and the amount they get, depends on how difficult they find everyday tasks and getting around. **The Personal Independence Payment claim line is 0800 917 2222.**

Attendance Allowance is for disabled people over State Pension age at the point they make their claim. It can help with extra living costs for those with a long-term physical or mental health condition or disability and difficulty doing certain everyday tasks. It's paid at two different rates and the amount depends on the level of difficulty or care needed. **To claim call the Attendance Allowance helpline on 0800 731 0122 or download a form from www.gov.uk/attendance-allowance and apply by post.**

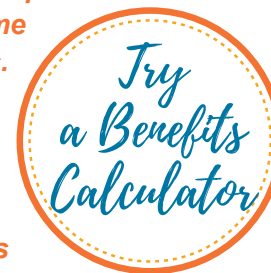


Disability cost of living payment is a one-off amount of £150 that will be paid to disabled people who received certain disability benefits on (or who have since had an award of those benefits backdated to) 25th May 2022. It will be paid automatically in September.

USEFUL TIPS

If you already receive income supporting benefits (such as Employment and Support Allowance, Job Seekers Allowance, Income Support or Tax Credits) get specialist advice before applying for new or additional benefits.

It's important to remember that there is a cap on benefits in some circumstances. Have a look at our [Benefits Calculator](#) article to find out which ones you are entitled to.



ARE YOU MISSING OUT ON EXTRA FINANCIAL SUPPORT?

The rising cost of living is on all our minds this year, with food and fuel prices increasing. According to the Carers Week 2022 report, 1 in 5 carers are struggling financially. It is more important than ever to make sure you are not missing out on extra financial support.

It's easy to check if you have all the support you are entitled to using a benefits calculator. They provide independent advice in as little as 10 minutes. The details you provide are kept anonymous. We've looked at some of the benefits calculators available.

Before you start, make sure you have information ready on your capital such as savings, income, pensions, and any existing benefits (for your household). Other adults in the household, who are not your partner, will need to check their benefits separately. You can also do a separate benefit check for the person you care for if they are 18 and over and not your partner.



ARE YOU MISSING OUT ON EXTRA FINANCIAL SUPPORT? CONTD.

AgeUK benefit calculator

Our sister charity Age UK has a benefits calculator on their website. It estimates the benefits available to you based on the information you provide - such as where you live, or if you care for someone.

www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements

The calculator looks at Carer's Allowance, Child Benefit, Child Tax Credit, Council Tax Support/Reduction, Employment and Support Allowance, Housing Benefit, Income Support, Jobseeker's Allowance, Pension Credit, Universal Credit, Working Tax Credit, free school meals, free prescriptions and eye tests, NHS Low Income Scheme, grants for home improvements, and cost of living support.

If you get interrupted, you can save your calculation and come back to it later. When you finish, download the results, or get a copy sent to your email.

Other benefit calculators

The government also recommends three similar calculators. They all provide information on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, and Universal Credit.

1. Turn2us is a charity that provides practical help to people who are struggling financially. Their calculator takes 10 minutes to complete.
www.benefits-calculator.turn2us.org.uk

2. Policy in Practice is a social policy software and analytics company working with councils, government, housing providers and community organisations. Their award-winning Benefit and Budgeting calculator is used by around 10,000 people daily.
www.policyinpractice.co.uk

3. The Government has a benefits calculator on their website. It is being updated to include more ways you can get help with living costs. They will add free school meals, extra help for housing costs and travel costs.
www.gov.uk/check-benefits-financial-support

If you are unable to get online or your circumstances are complicated call Citizen's Advice:

Cherwell 0808 278 7906
South Oxfordshire & Vale: 0808 278 7907
West Oxfordshire: 0808 278 7908
Oxford City: 0808 278 7909
Age UK Oxon (for retirement age):
0345 450 1276

Carer Personal Budgets



The Carers Oxfordshire support team often receive questions about Carer Personal Budgets. We've written this article to explain more about them

Can you explain what it is?

- A Carer Personal Budget is a £300 payment from Oxfordshire County Council to help support a carer with their role.

How is it calculated?

- To get a personal budget you need to do a carer's assessment through Carers Oxfordshire. The carer's assessment will determine if you have a financial need for something specific. It is not means-tested.

What can you use it for?

- The money can be used to give you a break from your caring role or to buy something that makes your life easier.

There is a wide choice of how to spend it, but it must be used to meet the needs identified in your carers assessment. Examples of how it can be used include:

- A holiday or day out
- Hobbies (eg. gym membership)
- Education (eg. course fees)
- Home help (eg. gardener)
- Home appliances (eg. dishwasher)



How often can you claim?

- You can claim once a year. Each time you will be reassessed to check if your situation has changed.

How to claim

- To make a claim contact Carers Oxfordshire via the contact form on www.carersoxfordshire.org.uk/contact or call 01235 424715

NHS CONTINUING HEALTHCARE From Beacon



CONTINUING HEALTHCARE (CHC) EXPLAINED

There is a line between NHS Health Care and local authority Social Care Services, but no clear distinction as to where the line is drawn. This is where NHS Continuing Healthcare (CHC) is needed. There are 250,000 applications for it a year, 22% of these are successful.

To qualify for CHC, you must prove there is a primary health need for someone over the age of 18. To have a primary health need, the overall health and social care requirements should be particularly complex or intense or unpredictable. Examples could be a complex medication regime which causes side effects and needs careful monitoring, or a skin lesion that isn't healing. These are not prescriptive; care needs vary from case to case. There is a long and complicated process to determine a primary health need.

COST OF CARE

CHC covers the full cost of care and any residential accommodation needed. Without it, there's no NHS financial support unless you're in a nursing home. Then you will get a small contribution.

Although few people are caught up in the system, for those that are the consequences are significant. It could be the difference between keeping and selling your house to pay for care fees. CHC can be life changing.

Beacon was set up in response to a growing need for advice and support on navigating the CHC process. There are few services like it, due to the complexity of the system. They have appealed and won many cases.

The NHS provides Beacon with funding because they see the value in having trained experienced experts. They trust them to do a good job and help support a properly researched case.

The head office is in Oxfordshire where the service originated. It is owned by Age UK but operates independently and nationally.

FREE RESOURCES

A free Navigational Toolkit is available to download at www.beaconchc.co.uk/how-we-can-help. This essential reference explains the CHC system in detail, how to navigate each stage, and the pitfalls to look out for. It's written by their expert caseworkers and contains four documents: How We Can Help, Guide to Continuing Healthcare Assessments, Guide to Continuing Healthcare Appeals, and Continuing Healthcare Legal Background.

NATIONAL ADVICE SERVICE FOR NHS ENGLAND

Beacon runs The National NHS Continuing Healthcare Information and Advice Service. This service provides free expert support for people trying to navigate the CHC system at any point in their journey. Their advice is broken down into two levels.

The first level provides the basic information on how to get an assessment underway and start an appeal. It looks at issues around the safe commissioning of care.

The second level provides 90 mins of free more in-depth advice. It is used to go into specific issues in more detail or check through appeal statements. The time is flexible and can be split into several sessions if required.

Although funded by NHS England, Beacon is proudly independent. The advice can be given via phone, email, or video call.

To get started, use the contact form on their website www.beaconchc.co.uk/talk-to-us or call 0345 548 0300.

OTHER SERVICES

Beacon also provides paid-for legal casework and representation to individuals. They can support any stage of the CHC process, from initial screening to appeal, Ombudsman, and sometimes beyond. This is kept entirely separate from the National Advice Service. There is no cross-selling; advisors will only refer you to information about their paid-for services if you ask them to.

Caring for the Oral Health of Adults & Children



Community Dental Services provide community dental care and oral health improvement across Oxfordshire.

Healthy Smile

- brush teeth twice a day for 2 minutes with fluoride toothpaste.

Look after gums

- clean between teeth daily using interdental brushes or floss.

Reduce tooth decay

- keep sugary food and drink to mealtimes.

preventative oral health care



Regular check-ups

- Visit the dentist regularly for a check-up.

Did you know?

- Spit don't rinse. After brushing avoid rinsing with water or mouthwash. This allows the strengthening properties of fluoride to be absorbed and not washed away.
- Toothpaste should contain at least 1350ppm of fluoride for adults, 1000ppm of fluoride for 0-7 year olds and 1350ppm for 7+ year olds.
- You can just buy one toothpaste! Family toothpaste is suitable for the whole family - use a smear for 0-3 year olds and a small pea-sized amount for 3+ year olds.
- Fresh fruit and vegetables make great tooth friendly snacks.

Free Sessions

CDS offer free online oral health sessions. Find out about assisted/resistant brushing, special oral health tools, signs of a healthy mouth, and more.

To book

email michelleevans@carersoxfordshire.org.uk or call Charlotte on 07966598714.

More information

Complete the free course 'Oral Health Toolkit for Carers' on www.carersoralhealthtoolkit.co.uk

Read the leaflets on www.communitydentalservices.co.uk including 'Supporting Oral Health in Others'.

Watch the 'Brushing Better Together' videos on www.brushmyteeth.ie

©Community Dental Services CIC, 2022

Feet Up Fridays



Feet up
FRIDAYS



A rare treat for a single carer

FREE MEALS FOR UNPAID CARERS

Unpaid carers often struggle to find time for a short break during the day. After a long day of juggling tasks cooking an evening meal can be daunting.

FEET UP FRIDAYS

In the summer of 2021, Carers Oxfordshire got together with Thomas Franks to start a pilot meal scheme called Feet Up Fridays. The scheme provides four free meals a month to support unpaid carers and their households. This gives carers a weekly night off from cooking to free up time for themselves.

WHAT'S ON THE MENU?

Feet Up Friday caters for a range of dietary requirements including vegetarian, vegan, and gluten-free. Typical meal examples are jerk chicken, beef tagine, vegetable chilli and vegan lentil stew.

Have a night off from cooking

The meals are prepared by Thomas Franks, a local ethical caterer that provides community support. Thomas Franks has considerable experience helping those in need. During the pandemic, they provided thousands of meals to feed frontline NHS staff. During the first six months, 2400 meals were delivered to carers across Oxfordshire. The carers that took part saved many precious hours in shopping, preparation, and cooking time. They also saved money, at a time of spiralling food and utility bills. The impact was overwhelming; we had great feedback from carers.

"The food is lovely and great quality. It feels like having someone cook a meal for us, and that is a rare treat for a single parent carer with no respite."

"It was nice to be able to sit down and not have to worry about dinner. I'm always doing this, that or the other – with my son's Asperger's, my daughter waiting for an ADHD assessment and work."

"We were having a particularly difficult week, then there was a knock on the door with our Feet up Friday delivery. It couldn't have come at a better time."

HOW TO APPLY

Due to its success, the Feet Up Friday scheme has continued into 2022. It is currently running in Abingdon, Oxford and Banbury. If you're an unpaid carer and would like to apply email mattcarter@carersoxfordshire.org.uk

Carers Voices Event



Hello

Hello

Feedback on Adult Social Care

Wednesday, 17 August 2022 9:30am - 1:30pm
Oxford Spires Hotel, Abingdon Road, Oxford, OX1 4PS
Lunch and refreshments provided. Free parking.

Carers Oxfordshire is offering adult carers the opportunity to share your voice and make a real difference to the support carers receive in Oxfordshire.

We know that most carers arrange care for the people they look after. Can you tell us how this has impacted you and your role as a carer? Come and meet the Adult Social Care team from Oxfordshire County Council. Tell them about your experience and what would make a difference to you.

Speakers

Kay Francis,
Head of Carers Support Services,
Carers Oxfordshire

Karl Dickens,
Team Manager, Adult Social Care

Karen Buckingham,
Service Manager, Adult Social Care

Louise Acraman,
Service Manager, Adult Social Care

John Pearce,
Service Manager, Adult Social Care
Commissioning for Carers

To register; email michelleevans@carersoxfordshire.org.uk or call Michelle on 07557 038 277.

Contact us on the details above if you want to share your views and can't attend. We can arrange an alternative method.

COURSES FOR CARERS



A Carers Journey is run in partnership between Action for Carers Oxfordshire and Abingdon & Witney College. It is a series of free courses designed to help unpaid carers improve their wellbeing and gain confidence in caring for someone at home.

The courses help to support you with the practical and emotional challenges of caring or being an ex-carer.

Visit www.abingdon-witney.ac.uk/oxfordshire-adult-learning/a-carers-journey or call 01235 555 585 to book.

FREE WORKSHOPS FOR CARERS MASSAGE

Learning how to self-massage using essential oils
9th Sep - 17th Oct 2022
ONLINE Mondays, 2-3pm.

Learn about the benefits of a simple self-massage and how that can help bring you back into balance, whatever you are experiencing. Explore how safely using essential oils at home with massage will increase circulation, stimulate organ function, and help your body detox.

HEALTHY FOR LIFE

A seated/standing exercise class
27th Sep - 6th Dec 2022.
ONLINE Tuesdays, 2-3pm.

Join in and exercise to music. This Healthy for Life class works safely on stamina, improving your coordination, flexibility, posture, and balance.

MANAGING CARE

Safely Managing Individual Care at Home
24th Oct 2022. Monday, 1-3pm.

Kidlington Adult Learning

Gain basic moving and handling knowledge to use within your home environment. Identify appropriate care plans and routines that will help you. Discover how to source equipment.

ART FOR RELAXATION

1st Oct - 5th Dec 2022.
ONLINE Mondays, 2-3pm.

Explore the beneficial health effects of creating and observing art. You will discover various forms of simple art techniques inspired by famous artists to help you relax. Recognise ways in which colour can reflect your emotions. Identify various forms of art techniques that stimulate different parts of the brain.

CARERS WEEK



6-12TH JUNE

A national campaign to raise awareness of unpaid care. It highlights the challenges carers face and recognises the contribution they make to families and communities.

This year's theme was:

MAKE CARING VISIBLE, VALUED AND SUPPORTED

VISIBLE Caring's impact on all aspects of life, from relationships and health to finances and work, can be significant. While many feel that caring is one of the most important things they do, its challenges should not be underestimated.

VALUED It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces, and society.

SUPPORTED Carers face new challenges every day, but they can't do this alone. Carers Oxfordshire supports these special people in our society to feel less lonely and more able to cope.

For the first time in two years, our team was able to get out and about for Carers Week. We ran events around Oxfordshire to let carers and colleagues know about the support we offer. These were held at a range of venues including supermarkets, shopping centres, a pub and a care home. Colleagues from Rethink, Dementia Oxfordshire, Community Information Network, Scams and Benefits joined us and together were able to advise carers on many issues. www.carersoxfordshire.org.uk/event/carersweek2022

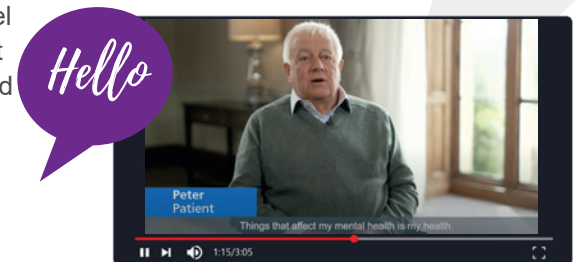


Worried about the winter ahead? TalkingSpace+ can help

It's been widely reported via many national press outlets, our winter ahead is due to be a tough one. With the cost-of-living crisis already having an impact for many of us, what's to come over the winter months can cause understandable worry, stress, and low mood.

Going into autumn, winter can feel like a difficult time of year for a lot of people, with colder weather and darker nights. Made even harder to manage with these additional pressures: hearing news about probable rising Covid rates and, in some cases, having to decide between 'eating or heating'. This can be particularly difficult for older adults and carers who may need houses to be warm all the time.

Mary Liptrot, CBT Therapist, and Older Adults Lead from TalkingSpace Plus said: "Whilst feeling low or worried can be common, it isn't a natural expectation for you to feel this way. It's important to know, especially as a carer, that you don't have to struggle or try to cope on your own – our service and expertise can help you through the difficult times that may be ahead."



TALKING SPACES VIDEO

TalkingSpace Plus offers a range of talking therapies, all of which are proven to help people manage their anxiety and low mood better. Our staff are trained in evidence based psychological therapies. Most of these are very practical and short-term, helping individuals learn strategies to manage mental wellbeing in the longer-term."

You can see how talking therapies can help by watching Peter's video at www.oxfordhealth.nhs.uk/talkingspaceplus/videos

TalkingSpace Plus is a free NHS talking therapy service. You can self refer by phoning on 01865 901 222 or visit www.oxfordhealth.nhs.uk/talkingspaceplus/ contact. Your GP or health professional can also make a referral for you.



LANGUAGE LINE



Do you know of a carer whose first language is not English and needs our support? We can help.

Carers Oxfordshire have joined Language Line, a telephone translation service in over 200 languages. All our staff have access to add a translator to their calls.

We are proud to be able to support many more people in Oxfordshire from different cultural backgrounds.

To arrange a translated call email carersinfo@carersoxfordshire.org.uk in your local language.

Вітаємо!
Ви особа, яка надає послуги догляду, чия рідна мова не англійська, і потребуєте нашої підтримки? Ми можемо вам допомогти.
Організація Carers Oxfordshire співпрацює з компанією Language Line. Це сервіс з перекладу понад 200 мовами у телефонному режимі. Усі співробітники нашої компанії мають доступ до нього та можуть долучити перекладача до телефонної розмови з вами.
Щоб замовити послугу перекладача, надішліть електронний лист на адресу carersinfo@carersoxfordshire.org.uk своєю місцевою мовою із зазначенням номера телефону, імені та мови перекладу.

Translation service in over 200 languages

Dzień dobry!

Świadczysz usługi opiekuńcze, a język angielski nie jest Twoim pierwszym językiem i oczekujesz wsparcia? Pomozemy Ci. Organizacja Carers Oxfordshire dołączyła do Language Line, telefonicznej usługi tłumaczeniowej dostępnej w ponad 200 językach. Cały nasz zespół może z niej korzystać i zapewnić obecność tłumacza podczas rozmowy telefonicznej z Tobą. Aby zorganizować tłumacza, wyślij wiadomość e-mail carersinfo@carersoxfordshire.org.uk w swoim języku, podając swój numer telefonu i wymagany język.

سلاو!

نايا تو چاودتيريكاريت كه زمانى يكمست زمانى نينگلزي نيبه و پيوستيت به پالپشتى نيمه هميه؟ دتوانين پارمى پيشكاش بكمين. چاودتيريكارانى نوکسفوردشاير (Carers Oxfordshire) چونخته پال هيلى زمان (Language Line). نسه خزمتگوزار ييمى و مرگيرانى تملغونيه لبارى زياتر له 200 زمان. هموو نندامانى ستافكمسان دتوانن دستيان پنى بگات و دتوانن و مرگيريك زياد بكمين تاومكو بمشدارى پيموندى تملغونى بگات لهگئل تودا.
بو ريکخستنى نيمىلى و مرگيران carersinfo@carersoxfordshire.org.uk به زمانى ناوخويزى خوت لهگئل ژمارى تملغون و ناو و زمانى داواکراوت.

أهلاً بك!

هل أنت مقدم رعاية ولا تتحدث الإنجليزية كلغتك الأولى وتحتاج إلى مساعدتنا؟ يمكننا مد يد العون لك.
انضمت خدمة مقدمي الرعاية في أكسفوردشاير (Carers Oxfordshire) إلى شركة خدمات الخطوط اللغوية (Language Line). وهي خدمة ترجمة عبر الهاتف إلى أكثر من 200 لغة. يستطيع جميع موظفينا الوصول إلى مترجم ويمكنهم إضافته لينضم إلى المكالمات الهاتفية التي تُجرى معك.
للترييب للاستعانة بمترجم، أرسل بريدا إلكترونيا إلى carersinfo@carersoxfordshire.org.uk بلغتك المحلية على أن يتضمن رقم هاتفك واسمك واللغة المطلوبة.

Olá!

Você é um cuidador cujo idioma materno não é o inglês e precisa da nossa assistência? Nós podemos ajudar.
Carers Oxfordshire uniu-se à Language Line. Este é um serviço de tradução por telefone em mais de 200 idiomas. Todos os nossos funcionários têm acesso e podem adicionar um tradutor para participar de uma ligação telefônica com você.
Para providenciar um e-mail do tradutor carersinfo@carersoxfordshire.org.uk em seu idioma local com seu número de telefone, nome e idioma necessários.

¡Hola!

¿Es usted un cuidador cuya primera lengua no es el inglés y necesita nuestra ayuda? Podemos ayudarle.
Carers Oxfordshire se ha unido a Language Line. Se trata de un servicio de traducción telefónica en más de 200 idiomas. Todo nuestro personal tiene acceso y podemos poner a su disposición a un traductor para que mantenga una llamada telefónica con usted.
Para concertar un traductor, envíe un correo electrónico a carersinfo@carersoxfordshire.org.uk en su idioma local con su número de teléfono, nombre e idioma deseado.





An opportunity for people over 50 to unwind, relax and make new friends.

Join us and learn relaxation techniques including; mindfulness, how to sleep better, lower anxiety and sensory awareness.

Where: The Village Centre, Chiltern Room, High Street, Chinnor, OX39 4DH

When: Last Wednesday of each month
11am-12pm,
£3 per session

Booking is essential, to book your place or for more information contact Ria on 07827 235438 or email network@ageukoxfordshire.org.uk

#LoveLaterLife

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Registered Charity No.1091529



SILVER PRIDE IN-TOUCH

To find out more about our LGBTQ+ events and support groups, give us a call!

Call 01865 411288

Available Monday to Friday 10am to 4pm. If the line is busy, please leave your name and number and we will return your call as soon as possible.

The Community Information Network is a service delivered by Age UK Oxfordshire.

Registered charity number 1091529



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Support Carers in Oxfordshire



Since the pandemic, there are now around **80,000 unpaid carers in Oxfordshire**.

The need for support has never been so great. Carers Oxfordshire is a small, local, charity with a big job. Your donations will help us support carers, for whom a call to us makes all the difference.

You can donate on our **JustGiving page** www.justgiving.com/actionforcarers-oxfordshire



If you have any questions about donations, please call us on 01235 424715 or email carersinfo@carersoxfordshire.org.uk

JustGiving™

DONATE



HELP MAKE LIFE BETTER FOR CARERS.

Subscribe free to Care Matters magazine

To subscribe or update your subscription to this magazine email carersinfo@carersoxfordshire.org.uk or call 01235 424715.



Useful Contacts

Rethink Mental Illness
01865 904499
www.rethink.org

Age UK Oxfordshire
0345 450 1276
www.ageuk.org.uk/oxfordshire

Dementia Oxfordshire
01865 410210 www.dementiaoxfordshire.org.uk

Out of hours Duty Social Worker
0800 833 408
www.oxfordshire.gov.uk

Child & Adult Social Care
0345 050 7666
www.oxfordshire.gov.uk

Oxfordshire Family Information Service
01865 323332
www.oxfordshire.gov.uk

Carers UK
0808 808 7777
www.carersuk.org

Oxfordshire Mind
01865 247788
www.oxfordshiremind.org.uk

Oxfordshire Family Support Network
07821 987 080
www.oxfsn.org.uk

Better Housing Better Health
0800 107 0044
www.bhbh.org.uk

Samaritans
116 123
www.samaritans.org

Talking Space
01865 901 222
www.oxfordhealth.nhs.uk/talkingspaceplus

Good Neighbour Scheme
01993 776277
www.goodneighbours.org.uk

Home Library Service
01865 810259
www.oxfordshire.gov.uk

British Red Cross Mobility Aids Short Term Loan
01235 552664
www.redcross.org.uk

Oxfordshire Specialist Advice (financial advice)
01865 410660
<https://livewell.oxfordshire.gov.uk>

Turn 2 Us (financial advice)
0808 802 2000
www.turn2us.org.uk

Money Helper
0800 138 7777
www.moneyhelper.org.uk

Getting Oxfordshire Online
01235 424 715
www.gettingoxfordshireonline.org

Tech Buddies Help
07584148507
www.ageuk.org.uk/oxfordshire

Carers Oxfordshire is a joint project between Action for Carers (Oxfordshire) charity number: 1149577 and Rethink Mental Illness. Office address: 9 Napier Court, Barton Lane, Abingdon, OX14 3YT.

www.carersoxfordshire.org.uk



oxoncarers



carersoxfordshire

**If someone relies on you
you can rely on us**