



Dear Carers,

It is hard to believe we are approaching the end of another year!

We say farewell to Cathy after 19 plus years in post, and wish her a long and happy retirement! We unfortunately don't know who will be taking over her post but rest assured Carers Support is in good hands with Geraldine and Caroline.

As this is the cold and flu season we would encourage everyone to be mindful of respiratory and hand hygiene. If you haven't availed of your free flu and Covid

vaccination, you are eligible as a Carer, so please book through your GP Practice or participating Community Pharmacy.

If you have a crisis/emergency over the holiday period which cannot wait until your keyworker (social work/nurse) is back from leave, out of hours contact numbers are overleaf.

Please note dates of when we are on leave is detailed on the top right of this page.

We wish you all a Merry Christmas and a Happy New Year.

Best wishes

Cathy, Geraldine and Caroline.

## Carers Support Team— Christmas Leave

### **Cathy Magowan**

Cathy's last working day is Tuesday 19th December and will be on leave from 20th until her retirement on 31st December 2023.

### **Geraldine McLaughlin**

Geraldine is on leave 22nd December 2023—1st January 2024 inclusive.

### **Caroline Rooney**

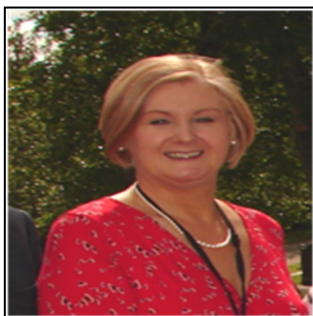
Caroline is on leave 21st—27th December 2023, and 2nd & 3rd January 2024 inclusive.

## Carers Mailing List

As most of you will recall we carried out a major update our mailing list in 2021. Having email addresses for most of you, has been a great advantage when it comes to keeping the mailing list up to date. If your caring role has come to an end, we would encourage you to contact the office. We are always open to former carers as a source of support but if you are no longer caring we would respectfully ask that you come off the mailing list.

The criteria for the mailing list is that you must be currently caring for a loved one who is ill, disabled or old and frail as an unpaid carer. Unpaid means you are not 'employed' to deliver care. We do not consider Carers Allowance a payment.

## CARER SUPPORT TEAM



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Tel : (028) 6634 4217

Email : [Caroline.Rooney@westerntrust.hscni.net](mailto:Caroline.Rooney@westerntrust.hscni.net)

Working Pattern: Tues – Fri 9:15am to 3:30pm

### Useful numbers:

**South West Acute Hospital (028) 6638 2000**

**Omagh Hospital (028) 8283 3100**

**Altnagelvin Area Hospital (028) 7134 5171**

**Regional Emergency Social Work (OHrs)**

**080 0197 9995**

**Western Urgent Care GP (OHrs) (028) 7186 5195**

## Benefit Rates (April 2023)

**CARER'S ALLOWANCE - £ 76.75**

Carer premium - £ 42.75

Earnings limit - £ 139

### ATTENDANCE ALLOWANCE

Higher rate - £ 101.75

Lower rate - £ 68.10

### DISABILITY LIVING ALLOWANCE

#### *Care Component*

Highest - £ 101.75

Middle - £ 68.10

Lowest - £ 26.90

#### *Mobility Component*

Higher - £ 71.00

Lower - £ 26.90

### Personal Independence Payment (PIP)

Daily living component:  
enhanced—£101.75

Daily living component: standard:  
68.10

Mobility component: enhanced  
£71.00

Mobility component: standard  
£26.90