



Dear Carers,

We are sending everyone this hard copy of the Carers Newsletter as we wanted to take this opportunity to update our Carers Mailing List. In accordance with data protection legislation it is important that we check in with you regularly to update the information we hold.

Most people registered on our mailing list have opted to receive their information by email. We have received very positive feedback from this development. If you have given an email address and are not receiving our weekly Carer Updates or the email address we hold is not correct please contact us.

You will find enclosed with this newsletter a separate sheet outlining the information we hold for you on our mailing list. **It is important that you take the time to review this information and let us know if anything has changed.**

If you are no longer a Carer please inform us so we can remove your details from the list.

### You can contact us by

Email: [Carers.Support1@westerntrust.hscni.net](mailto:Carers.Support1@westerntrust.hscni.net)

Phone: (028) 6634 4217 (Mon-Fri 09:30-13:00)

Thank you *Geraldine and Cathy*

## COVID-19

The fight  
is not over



Keep washing  
your hands

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# BENEFITS INFORMATION



Carers NI

- we give expert advice, information and support
- we connect carers so no-one has to care alone
- we campaign together for lasting change
- we innovate to find new ways to reach and support carers

Please note the phone number above will take you through to Carers UK helpline.

## COVID-19

### Simple steps save lives

  


**Wash your hands regularly.**  
**Keep your distance.**  
**Wear a face covering  
where needed.**

## Benefit Rates (April 2022)

**CARER'S ALLOWANCE** £ 69.70

Carer premium - £ 38.85

Earnings limit - £ 132

### ATTENDANCE ALLOWANCE

Higher rate - £ 92.40

Lower rate - £ 61.85

### DISABILITY LIVING ALLOWANCE

#### *Care Component*

Highest - £ 92.40

Middle - £ 61.85

Lowest - £ 24.45

#### *Mobility Component*

Higher - £ 64.50

Lower - £ 24.45

### Personal Independence Payment (PIP)

Daily living component:  
enhanced—£92.40

Daily living component: standard:  
£61.85

Mobility component: enhanced  
£64.50

Mobility component: standard  
£24.45

# Benefits Information

Social Security Agency  
Improving Uptake of Benefits Community Outreach Officers

Name	Office Base	Telephone	e-mail
Derek Moran	Enniskillen	Ring 'Make the Call'	<a href="mailto:DEREK.MORAN1@DFCNI.GOV.UK">DEREK.MORAN1@DFCNI.GOV.UK</a>
Sharon Scott	Strabane	<b>0800 232 1271</b>	<a href="mailto:SHARON.SCOTT1@DFCNI.GOV.UK">SHARON.SCOTT1@DFCNI.GOV.UK</a>
Ryan Tierney	Foyle Lisnagelvin Limavady	to make an appointment with a Community Outreach Officer	<a href="mailto:RYAN.TIERNEY1@DFCNI.GOV.UK">RYAN.TIERNEY1@DFCNI.GOV.UK</a>
Thomas Corey	Omagh	Or contact Carers support who can complete a referral for you.	<a href="mailto:THOMAS.COREY@DFCNI.GOV.UK">THOMAS.COREY@DFCNI.GOV.UK</a>

## Not sure what benefits you are entitled to or need a benefits check?

For independent advice and support contact: -

### Carers NI

Tel: (028) 9043 9843

### Carers UK helpline

Tel: 080 0808 7777

### Advice NI:

**Fermanagh** Tel: 073 9492 1753

**Omagh** Tel: (028) 8224 3252

**Advice North West** Tel: 030 0303 3650

For information on other local centres check out the Advice NI website

<https://www.adviceni.net/>

Email: [advice@adviceni.net](mailto:advice@adviceni.net)

**Disability and Carers Service**, Castle Court, Belfast (Administrate Disability Living Allowance, Attendance Allowance and Carer's Allowance, **Tel: 0800 587 0912**  
**Text: 080 0012 1574(for hearing impaired)**)

## CARERS' WEEK PROGRAMME 2022

PRIOR TO CARERS WEEK			
Date	Session	Time	Delivery
<b>Tuesday 31<sup>st</sup> May 2022</b>	Omagh Carers Walking Group Picnic	Open to members of the walking group.	Arrangements will be made via the group text.
<b>Wednesday 1<sup>st</sup> June 2022</b>	Strabane Carers Walking Group Picnic	Open to members of the walking group.	Arrangements will be made via the group text.
CARERS WEEK 6 <sup>TH</sup> – 12 <sup>TH</sup> JUNE 2022			
Date	Session	Time	Delivery
Monday 6 <sup>th</sup> June 2022	<b>Staying safe at home;</b> Fire Safety talk with the Northern Ireland Fire Service. The Fire service is committed to keeping the community safe in their homes. Join us for valuable tips and hints on how to prevent fire in your home.	11:00 – 12:00	ZOOM <b>BOOKING is essential.</b>
Monday 6 <sup>th</sup> June 2022	<b>Self Care for Carers;</b> This short course offers Carers an opportunity to explore the experiences and feelings associated with their caring role; and aims to increase knowledge of self-care, its strategies; and where to access further support.	13.00 – 13.30	ZOOM <b>BOOKING is essential.</b>

Date	Session	Time	Delivery
Monday 6 <sup>th</sup> June 2022	<p><b>Look Good, Feel Good</b> Skin care session with Jennifer McClements. This is an interactive skin care class with some relaxation at the end of the session. You will need a bowl of warm water, facecloth and hair band or clip. Early booking is essential as the team will send out a pack of sample products to use during your session.</p>	19:00 – 20.15	ZOOM <u>Places are limited.</u> <b>BOOKING is essential.</b>
Tuesday 7 <sup>th</sup> June 2022	<p><b>Falls prevention session</b> with Jim Orom from ROSPA. As we grow older we can become prone to trips and falls. This session will equip you with handy tips on falls prevention.</p>	11:00	ZOOM <b>BOOKING is essential.</b>
Tuesday 7 <sup>th</sup> June 2022	<p><b>Aromatherapy workshop</b> with Jennifer McClements. This session will provide you with tips and information on how to use essential oils in your everyday life, from health care to cleaning your house. Early booking is essential as the team will send out a pack of sample products to use during your session.</p>	18:30 – 19:45	ZOOM <u>Limited places.</u> <b>BOOKING is essential.</b>
Wednesday 8 <sup>th</sup> June 2022	<p><b>Trip to Devenish Island</b> with Erne Cruises. Picnic will be provided so please highlight any dietary requirements when booking.</p>	Leaving Round O, Enniskillen at 12:00 please check in by <b>11:45</b>	In person. <u>Limited places.</u> <b>BOOKING is essential.</b>
Wednesday 8 <sup>th</sup> June 2022	<p><b>Your Right's in Work.</b> This session provides invaluable information for working carers, delivered by Patricia Clark from Carers Scotland.</p>	19:00 – 20:30	ZOOM <b>BOOKING is essential.</b>

Thursday 9 <sup>th</sup> June 2022	Derry City Walking Tour and Picnic. Enjoy a tour outlining the history of Derry City. Please wear suitable footwear.	11:00 – 13:00	In person. <u>Limited places.</u> <b>BOOKING is essential.</b>
Thursday 9 <sup>th</sup> June 2022	Consumer Rights delivered by Ronan Convery from the Northern Ireland Consumer Council. There has never been a more appropriate time to update yourself on consumer rights with the rising cost of living!	19:00 – 20:30	ZOOM <b>BOOKING is essential.</b>
Friday 10 <sup>th</sup> June 2022	Enniskillen Carers Walking Group Picnic	Open to members of the walking group.	Arrangements will be made via WhatsApp.
<b>POST CARERS WEEK</b>			
Thursday 16 <sup>th</sup> June 2022	Derry Carers Walking group Picnic	Open to members of the walking group.	Arrangements will be made via the group text.

**Please note that we do not have the facility to record Zoom sessions.**

To register for any of the sessions during carers' week please contact the Carers Support Team

Email: [Carers.Support1@westerntrust.hscni.net](mailto:Carers.Support1@westerntrust.hscni.net)

Phone: (028) 6634 4217 (Monday – Friday 09:45 – 13:00)



### **Caroline joins the Carers Support Team**

Caroline Rooney joined the Carers Support Team as our part-time administrator just before Christmas. Caroline works mornings for the Carers Support Team, Monday-Friday 09:30–13:00. Caroline will be a familiar face to some of you as she helped out at previous carer events.

## Saving money on rising energy bills

Some energy prices are extremely high, but there are small changes you can make to help your energy budget stretch that little bit further.

The Consumer Council have put together some tips on ways you can act on now in order to save on electricity and heating bills.

### Minimise your electricity usage

- Switching off appliances at the wall could save you £40 per year.
- Only using the water you need in a kettle could save you £8 per year.
- Reducing your washing machine temperature to 30°C could save you £10 per year.
- Wait to use appliances like your washing machine & dishwasher until there is a full load.
- Use outdoor drying instead of tumble dryer where possible.
- Turn off lights when leaving a room could save you £14 per year.

### Save on your home heating

- Pull your sofa away from the radiator if it is in front of it.
- Keep curtains closed to keep heat in.
- Draught-proof windows and doors.
- Turn down your thermostat by 1°C could save you £80 a year.
- Servicing your boiler regularly will reduce your heating bills.
- Insulating your loft can save you around £155 per year.
- Cavity wall insulation can save you as around £185 a year.
- Solid wall insulation can save you around £250 a year.

### Switch to energy-rated appliances

Switching existing household appliances such as a fridge and washing machine to energy-rated appliances will save money in the long run. You can also replace your household bulbs with LED alternative ones. LED lighting is extremely energy efficient, saving consumers up to £30 per year.

The Consumer Council has developed some handy tools to help you see how much money your electrical appliances are costing you to run:

Want to know how much to run your washing machine or how much you spend on boiling your kettle? You can use the [common appliance running cost checker](#) on its website find out how much you are spending.

Our [single appliance checker](#) will let you see how much appliances cost to run on a per-minute, per-hour, and per-day basis. This is handy for checking out how much that new fridge will cost to run.

### Switch supplier and save

Consumers can switch payment methods to see the biggest savings – for example from paper billings to direct debit e-billing. There are over 20 different electricity tariffs available so you should switch and save. The Consumer Council's website has a [free energy price comparison tool](#) that allows you to compare all available tariffs in one place.

If you are a gas customer in the Great Belfast area, check that you are on the cheapest tariff as there are two suppliers in this network. Unfortunately there is no competition in the Ten Towns gas network. There are also savings to be made on home heating oil, each supplier will have their own price – so it is important to shop around as there is money to be saved.

Every week the Consumer Council survey prices from around 70 home heating oil suppliers across Northern Ireland and publish the results of the cheapest, average and most expensive prices for 300 litres, 500 litres and 900 litres in an [interactive tool](#) format on its website. You can use this information as a benchmark to see if you are paying more than the average on the cost of home heating oil.

### **Oil Buying Clubs and budgeting**

The Housing Executive has established 27 [Oil Buying Clubs](#) across Northern Ireland which has enabled householders to buy oil at a competitive price through community bulk buying and make savings.

The [Northern Ireland Oil Federation](#) also has PayPoint facilities to enable you to budget and make regular payments towards your oil delivery instead of having to pay for your delivery in a lump sum.

### **Emergency oil drums**

Avoid buying 20 litre emergency oil drums from forecourts as a regular means of topping up your oil tank as they are extremely expensive and should only be used in emergency circumstances.

Content supplied by the Consumer Council

Email: [contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk)

Telephone: 0800 121 6022

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



## **CARER SUPPORT TEAM CONTACTS**



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