

# UNPAID CARERS' NEWSLETTER

ISSUE 1

June  
2023

Welcome to the first edition of the Unpaid Carers' Newsletter. We want to provide you with the latest news and useful information to help you to continue to support the people you care for.

This will also be the place where we let you know what we're doing to meet the actions in the Borough That Cares Strategic Framework.

**As chair of the Borough that Cares Strategic Group, my role is to ensure that carers in Rotherham are recognised and supported for the huge contribution they make to society.**

This year has been difficult for most of us. The impact of the cost-of-living crisis and the knock-on effect of NHS pressures on carers' lives is significant, so it's important that you have the support you need to care safely.

We have a newly appointed Carers Strategy Manager who has begun working in partnership with the health and voluntary sector partners to create Carer Friendly Communities.

We want our conversations with carers to be meaningful ensuring that we value unpaid carers as expert care partners, this could be in the production of a support plan for a family member or contributing to our strategic plans.

I am particularly looking forward to Carers Week which runs from 5 to 11 June, and you can read more about the events we have planned in this edition.

I would like to take this opportunity to thank our voluntary sector partners who have been working hard on ideas and plans for the week and will be integral to its success.

Thank you also to all the professionals that are providing advice and information in library settings, and to primary health colleagues, who are providing health checks.

We hope this newsletter highlights our commitment to unpaid carers and helps to reflect on the valuable contribution that unpaid carers make to our community and to hundreds of vulnerable people they support across the Borough.

We plan to send you more news and welcome any ideas you may have, particularly what you want to read about in our next edition. Contact us at [Commissioningenquiries@rotherham.gov.uk](mailto:Commissioningenquiries@rotherham.gov.uk) to let us know what you think.



Thank you  
Cllr Ben Aveyard

# CARERS WEEK

## Carers Week 5 to 11 June 2023: Recognising and supporting unpaid carers in the Rotherham community

We know that caring can impact on all aspects of life from relationships and health to finances and work. Whilst many feel that caring is one of the most important things they do, its challenges should

not be underestimated. Caring without the right information and support can be tough.

We hope that the events taking place in Carers Week will give you the opportunity to access information, advice, health checks and the opportunity to share stories and your experiences with peers and professionals.

## Carers Week Events 2023

Date	Time	Event	Venue
05/06/2023	1pm to 4pm	Information Stand	Maltby Library
06/06/2023	9.30am to 4pm	Carers Wellbeing Checks	Crossroads Carers Corner, All Saints Square, Rotherham
07/06/2023	1pm to 4pm	Information Stand	Wath Library
08/06/2023	10am to 4pm	Information Stand	Rotherham District General Hospital
08/06/2023	12 noon to 2pm	Rotherham Carers Forum Meeting Carers wellbeing checks	John Smith Room, Rotherham Town Hall
08/06/2023	10am to 3pm	Dementia Carer do what you want day	Gordon Bennett Memorial Hall
09/06/2023	10am to 1pm	Information Stand	Dinnington Library

# HEALTHWATCH SURVEY

## Are you getting the support and information you need whilst caring for a loved one?

Healthwatch Rotherham are working with Rotherham Council and the NHS to find out how they can better support you.

We'd like to know which support services you use, whether you think anything is missing and what can be improved. If you don't identify as a carer, but look after or support a friend or relative, we'd like to hear from you.

email: [info@healthwatchrotherham.org.uk](mailto:info@healthwatchrotherham.org.uk)

The survey should take no more than 10 minutes to complete and will close in September 2023. The results will be published and shared with Rotherham Council to help develop carer services in the Borough.

You do not have to give your name, so please be as honest as possible. If you would like to contact us regarding any issues raised in this survey, or about any other matters, you can contact us on:

**01709 717130 or email: [info@healthwatchrotherham.org.uk](mailto:info@healthwatchrotherham.org.uk)**

**healthwatch**  
Rotherham

**Link to survey [www.smartsurvey.co.uk/s/EXHEFN/](http://www.smartsurvey.co.uk/s/EXHEFN/)**

# BENEFIT NEWS

## Carer's Allowance

### What is Carer's Allowance?

If you spend 35 hours or more each week caring for someone with an illness or disability, you may be able to get £76.75 Carer's Allowance each week.

### Who can claim Carer's Allowance?

You may be able to claim Carer's Allowance if all the following also apply:

- You don't earn more than £139 each week (after deductions including tax, national insurance, and certain expenses).
- The person you care for receives a disability benefit (see below).
- You're aged 16 or over.
- You're not in full-time education.
- You meet UK residence and presence conditions and UK immigration conditions.

The Special Rules changes to Personal Independent Payment (PIP), Disability Living Allowance (DLA) and Attendance Allowance (AA) came into effect on Monday, 3 April 2023.

The Special Rules for End of Life were previously referred to as 'Special Rules for Terminal Illness' (SRTI).

Fast-tracked access to disability benefits has been extended to more people nearing the end of their lives.

Thousands more people nearing the end of their lives now have fast-tracked access to financial support. The change to our laws means people who are thought to be in their final year of life can receive vital financial support through the 'Special Rules,' six months earlier than previously.

Those who are eligible are not required to attend a medical assessment, and in most cases, they will receive the highest rate of benefits.

## First 2023/24 Cost of Living Payment dates announced

**Millions of UK households will receive £301 directly from Department of Work and Pension (DWP) between 25 April and 17 May.**

This is the first of three payments totalling up to £900 for those who are eligible and on means-tested benefits, such as Universal Credit or Pension Credit, in 2023/24. This follows the £650 Cost of Living Payment made to over eight million people in 2022.

There will also be further payments worth £150 for eligible disabled people and £300 for pensioners later this year, meaning the most vulnerable can receive up to £1,350 in direct payments.

The £301 payment will be sent out automatically and directly to recipients, meaning those eligible do not need to apply or do anything to receive it. The payment reference for bank accounts will be DWP COLP, along with the claimant's National Insurance number.

Contact details

[advocacyandappeals@rotherham.gov.uk](mailto:advocacyandappeals@rotherham.gov.uk)

[macmillanwelfare@rotherham.gov.uk](mailto:macmillanwelfare@rotherham.gov.uk)

Leave a message for someone to call you back by ringing **01709 255526**

### Ready For a Holiday?

Carers can take one break a year at a hotel/ holiday cottage of their choice at a time that best suits them.

Hotel breaks are usually three nights with one adult companion. Holiday cottage breaks are usually four to seven nights, one adult companion and/or two children and self-catering.

For more information visit Take a break – Carefree ([carefreespace.org](http://carefreespace.org))

## Thank you and Good Luck

Our outgoing Mayor Cllr Tajamal Khan has been busy attending Carer Events across the Borough including the launch of the BAME Dementia Café and The Carers Partnership Board AGM. We hope the next Mayor continues to have conversations with carers.

\*Photo courtesy of Rotherham Advertiser.



# BENEFIT NEWS CONTINUED

## Rothercard for unpaid carers

### Do you have a Rothercard?



If you have a carer or paid personal assistant, you can apply to add them to your Rothercard which means that when they are with you, they will receive the same discounts on a range of leisure activities and discounted rates at Rotherham Theatres, where they apply.

You can apply for a Rothercard online by completing an online form Rothercard: Apply for a Rothercard – [www.rotherham.gov.uk/rothercard](http://www.rotherham.gov.uk/rothercard)

If you need any help with applying for a Rothercard or to add on a carer you can call 01709 382121.

## Struggling to find time? Could a digital resource be the answer?

Carers are often juggling their time between work home life and caring responsibilities. NHS England has recognised this and provided a digital service for carers to access information support and training from the comfort of their homes at any time of day.

This free service is provided by Carers UK who say, “Having the right information at the right time can make a huge difference for you as a carer and the person you look after. Our resources are designed to bring you the support you need.”

The carers platform is packed with e-learning, factsheets, guides and tools to help you manage your caring responsibilities. It covers areas such as health and wellbeing, practical support with caring including short breaks, help with finances, and information on carers’ rights including your rights at work. Carers UK Jointly App can help you with your caring role.

To create an account, you will need to use Rotherham Boroughs Free Access Code DPCN9333

[jointlyapp.com/](http://jointlyapp.com/)

## The following is a list of organisations providing advice/support in Rotherham:

### Rotherham Council – Welfare Benefits Appeals Service

The Advocacy and Appeals Service is the Council’s specialist benefit and debt advice service. The service is available to all Rotherham residents who need help to challenge benefit decisions or help with serious debts that could result in court action (such as administration orders) or who are in rent arrears with the Council. Call 01709 382121 and ask for Welfare Benefits Appeals Service

### Age UK Rotherham

Age UK are providing support to all older people and their carers. They can help with benefit applications, including Attendance Allowance, Blue Badges and benefit checks. Some support can be given by phone, from 9am to 4pm Monday to Friday. For further information, please call Age UK on 01709 835214.

### Citizens Advice

For advice and information, including benefits checks, call 08082 787911.

Kiveton Park Independent Advice Centre can offer legal, debt and benefits advice.

Call 01909 773966 or email: [info@kpadvice.org.uk](mailto:info@kpadvice.org.uk)

## The Borough that Cares strategy members

### Rotherham Carers Forum

[admin@rotherhamcarersforum.org.uk](mailto:admin@rotherhamcarersforum.org.uk)

### Rotherham Parent Carers Forum

[www.rpcf.co.uk](http://www.rpcf.co.uk)

Tel: 01709 296262

Monday to Friday, 9.30am to 2.30pm

[info@rpcf.co.uk](mailto:info@rpcf.co.uk)

### Crossroads Care

Tel: 01709 464574.

[info@crossroadsrotherham.co.uk](mailto:info@crossroadsrotherham.co.uk)

### Making Space

Tel: 01709 910889

Email:

[RotherhamCarers@makingspace.co.uk](mailto:RotherhamCarers@makingspace.co.uk)

### Barnardo’s Yorkshire

Tel: 01709 377157

[rotherham.youngcarers@barnardos.org.uk](mailto:rotherham.youngcarers@barnardos.org.uk)

### NHS

[www.southyorkshire.icb.nhs.uk](http://www.southyorkshire.icb.nhs.uk)