

Carer Support Groups

Knighton and Area Group

We continue to meet on the second Tuesday of every month from 1.00pm - 3.00pm in the Community Centre.

We had our Christmas lunch on 13th December and I think everyone enjoyed themselves- the food was so good that I felt I wouldn't need to eat again for a week! (But see News from Builth Group)

There are a number of events planned for this year:

- March 14th** Buffet Lunch (bring a plate).
Talk by Ian Sandison on the Expert Patients Programme
- April 11th** Easter cake & sugar craft demonstration
- May 9th** Tips on making a hanging basket
- June 13th** Coach trip to St. Fagan's

A number of carers from the Knighton group attended the Carers' Rights Day held in December – please see Jean's report of the event. I have had a very busy January, meeting several "new" carers and look forward to welcoming them to our meetings – nothing very formal – but a chance to swap ideas and have a chat with other carers who understand your concerns and difficulties and share the, sometimes dark, sense of humour which goes with the job! Quite a few of my new referrals come from existing carers – please continue to tell your friends about Powys Carers Service. I can be contacted on 01874 754040. As I am usually out and about meeting carers you can leave a message and I'll return your call when I return home.

Builth Wells and Area Group

Our monthly meetings continue in The Trout at Beulah on the second Wednesday of the month and, you've guessed it, our Christmas lunch was the day after Knighton's! But I did my duty and enjoyed a wonderful meal prepared by Liza and Chris. Please read Betty Twell's write-up of the event.

Our January meeting was not very well attended due to the ill health of so many regulars. Thank you for letting me know if you were not able to attend. I hope you are all fighting fit again and look forward to meeting you again soon. You can pre-book free transport to the event through Llanwrtyd Wells Community Transport on 01982 552727.

NEW GROUP Llandrindod Wells

**Llandrindod Wells, First Friday of the month
Metropole Hotel 10.30**

The existing Llandrindod Support Group meets at the Bracken Trust in Cefynllys Lane at 7pm on the first Tuesday on the month. This group is very well run, with its own Chairman, Secretary and Treasurer and would love to see a lot more members. However I am finding that many carers find it easier to meet in the daytime and several have asked me if they could have a get-together. So, if you are currently a carer who is not attending any group and you want to meet up for coffee on Friday 7th April please come to the bar of the Metropole.

If you know of any carers who are not in touch with Powys Carers Service, please encourage them to come along too. Don't forget we can provide transport and help with respite – let us know!

INFORMATION ON PENSIONS – CARERS DEADLINE

Time is running out for Britain's army of unpaid carers to claim a benefit that will protect their basic state pension.

In 2002, the Government set a three-year deadline for people to claim Home Responsibilities Protection (HRP). This helps to build up a basic state pension for

anyone who looks after a friend or relative but is not paid for it, and so cannot pay National Insurance contributions.

Any Carers who have not claimed HRP for the year 2002/2003 have only got until 5th April this year to apply, or they will miss out.

If you receive Income Support,

Child Benefit or the Carers' Allowance, you will be automatically credited with HRP contributions. Other carers have to claim for themselves.

So, if you think you need to claim you should call the DWP (Department of Work and Pensions) on 01857 313233



PRTC Grand

The Princess Royal Trust for Carers Grand Raffle 2005 was drawn in November 2005. Thank you to everyone who sold tickets on our behalf. Powys Carers Service received a total of £270.50, which was 50% of the tickets sold.

As a result, we came among the top three carers' organisations in our league and received a luxury hamper.

To win the hamper, simply write a short article for our next newsletter. It can be about your experience as a carer, other things that you do (in work or leisure) as well as