

WELLAND SENIORS' FORUM

Newsletter No 89

July 2022

Hello everyone and welcome to our new members.

Next Meeting

Our next meeting will be held on Tuesday, 19th July at the United Reformed Church Hall, Pinchbeck Road, Spalding at the usual time of 2pm to 4pm. Liz Lamming from National Energy Action was unable to come in May because of Covid so she will be our speaker this time. NEA is the national fuel poverty charity working to ensure that everyone in UK is warm and safe at home. She will hopefully be able to help those who may be struggling in view of the recent rise in fuel prices.

Last Meeting

Maisie from The Meadows, Spalding, stepped in at the last minute and told the group about the day centre provision available. The Meadows is a local independent charity. They were severely impacted by Covid 19 especially as most of the funds come from paying customers, but are now returning to some level of normality. Essentially The Meadows is a 10.00-3.00 day care services that can include a cooked meal, activities and a social event. Alternatively attendees can sit and read or watch or knit etc. Mini buses with tail gates are available and will pick up from various areas including villages. Food is sourced locally and dietary needs are catered for. A 5* SHDC food hygiene rating is in place. They also offer a bathing service which is open to the public as well as existing service users. They also have hairdressing, physio and chiropody, and nurses are available (especially for the level 4 booster). They can also deal with one off placements. Costs are £33 per day which includes lunch and transport. However if you are able to get there yourself it will only cost you £28. This compares to an average of £17pr hour for day care at home. People can also get involved with the Big Knit in partnership with Age UK. They also hold Bingo nights, tombolas, raffles etc. Whilst they employ paid staff they are also very reliant on and thankful for volunteers. They also offer a financial advice service and the second half of the meeting covered various aspects of the benefit system, especially those relating to carers and pension credit. Please note even though you may receive a state pension you may still be entitled to receive 'underlying entitlement' to Carers Allowance. So whilst you will not receive any additional payment it can open doors to receiving or an increase in Pension Credit and/or reduction in your council tax bill. So if you are looking after someone (living in the same household is often a key i.e. married to, living with or parent/child) who receives Attendance Allowance, PIP or DLA, make sure you check out your entitlement to Carers Allowance. Please note if the person you are caring for has a mental health problem they can be ignored for Council Tax purposes (e.g. possibly 25% reduction in council tax; and if you are caring for a person with a mental health condition e.g. dementia, the carer can be ignored for council tax purposes (possible 25% in council tax). Therefore if you are caring for a person with a severe mental health condition you may be entitled to a 50% discount in council tax.

Time to Talk

Time to Talk session at Baytree on 21st June was again very successful. A time to chat about anything and everything and enjoying tea and cake! The next session will be on Tuesday, 16th August at Baytree at 2 pm.

Coach Outing

32 of us enjoyed a day out in Ely and St Ives. Some visited the Cathedral and others strolled along the riverside in Ely and then shopping and refreshments in St Ives. It was a shame more of you couldn't join us – please let me know where you would like to go next year so we can plan well ahead.

I do hope you can make it for the meeting on 19th July but please do not hesitate to get in touch if you have any other concerns. Please encourage your friends and neighbours, especially those who are alone, to come to our meetings. Please let me know if you no longer wish to receive this newsletter or if you have an email address as this will save on postage. The dates for both the main meeting and the time to talk sessions can be found on the website at www.wellandseniorsforum.org.uk.

Kind regards
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