

Branch News

Travel Buddies

Sue West reports

At our May branch meeting, Matt Roberts, Chief Executive, Transport Sussex, came to tell us about an exciting new scheme they are preparing to launch in Horsham. - to establish a network of Travel Buddies.

Travel Buddies involves matching volunteers with residents who are living with mild to moderate dementia and need help getting out and about. This will help local residents to maintain a level of independence and also provide much needed respite for loved ones/carers.

Volunteers can accompany the client on a bus or train to visit friends and family, go on a shopping trip or to medical appointments, all of which would normally require a designated carer. Volunteers can devote as much time to being a 'Buddy' as they wish.

The scheme will be coordinated by Community Transport Sussex, who will provide training and safeguarding for volunteers.

Community Transport Sussex is one of a number of Community Transport providers in West Sussex.

Community Transport offers an invaluable lifeline to many people who have difficulty using public transport because of their age, disability, or where they live. It also provides opportunities for people to get out and about, with popular uses being to go to the doctors and dentists, shopping and visiting friends.

There are a number of community transport schemes which exist in the Horsham District. Some schemes have fixed or semi fixed fares, while others just ask for a realistic contribution towards the cost of the journey. See page 6 for details of schemes within Horsham town.

Put it in the Diary

Saturday 10th September 2022, from 7pm at Mannings Heath Village Hall – Fashion Show to support Parkinson's UK Horsham Branch and Cuckfield Stroke Group.

Mannings Heath Village Hall

To support the Horsham Branch of **Parkinson's UK**



70's evening

Saturday 22 October 2022,

from 7pm

Disco - Bar - Raffle

Tickets: £10

Available from
Dennis Saunders: 01403 259 694
Carol Matthews: 01403 263 882
Cath Stead: 01403 731 072

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Dates at a glance

- 1st July, branch meeting, Mannings Heath Village Hall, with Jeremy Quin MP
- 14th July, discussion groups Mannings Heath Village Hall
- 11th August Summer Outing to Chalk Pits Museum, Amberley

Weekly activities

- Monday afternoons: Pilates with social
 - Tuesday mornings: Chair dancing with social
 - Wednesday mornings: Table Tennis
 - Wednesday early evening: Physio led exercise
 - Thursday early evening: Physio led exercise
 - Friday mornings: Qi Gong
- For further details see pages 3 and 4

Powers of Attorney, Inheritance Tax and Care Costs

Friday 10th of June saw the return of Phil Lansberry to our branch meeting. Phil has recently retired as Partner and Head of Legal at Kreston Reeves.

Phil introduced himself and his college as “Planning for your Future” or STEP solicitors. Solicitors have different areas of expertise eg house buying, divorces. If you’re employing one, make sure you get the right one for the job.

What is STEP?

STEP is a global professional body, comprising lawyers, accountants, financial advisors and other practitioners that help families plan for their futures. They set standards, train and educate our members, and ensure standards are upheld.

Full STEP members, known as TEPs (Trust and Estate Practitioners), are experts in inheritance and succession planning.

Phil suggested we should have pity on those left behind to sort out our affairs after we’ve gone by tidying up now. Get rid of all the bank statements you’ve been hording – when did you last look at them? Shred paperwork relating to a now closed account – you don’t need it!

Power of attorneys

Prior to 1971 powers of attorney were only valid when the person who nominated the attorney(s) was of sound mind. With an aging population and increased dementia, it became apparent that this was inappropriate. Therefore legislation brought in Enduring Powers of Attorney.

Enduring Powers of Attorney were for financial matters only (there was no health component). Having prepared one, it could only be registered and acted on when the person involved was unable to manage their own affairs. This was far from ideal. For example, if someone had a stroke and needed immediate help, there would be a delay (averaging about 10 weeks at present) while the power of attorney was registered.

In 2007 Lasting Powers of Attorney were introduced. There are separate documents for financial and health matters. They have the major advantage that they can be registered

immediately and can be used to provide help, when needed, without delay.

Existing Enduring Power of Attorney are still valid and can be used, although you can no longer make a new one.

You can nominate any number of attorneys, but only appoint people you trust absolutely. You can specify if they are to act jointly (ie all have to agree) or severally (ie independently) It doesn’t have to be the same for all matters. For example, you may specify that they are to act jointly over sale of your home but severally to pay your gas bill.

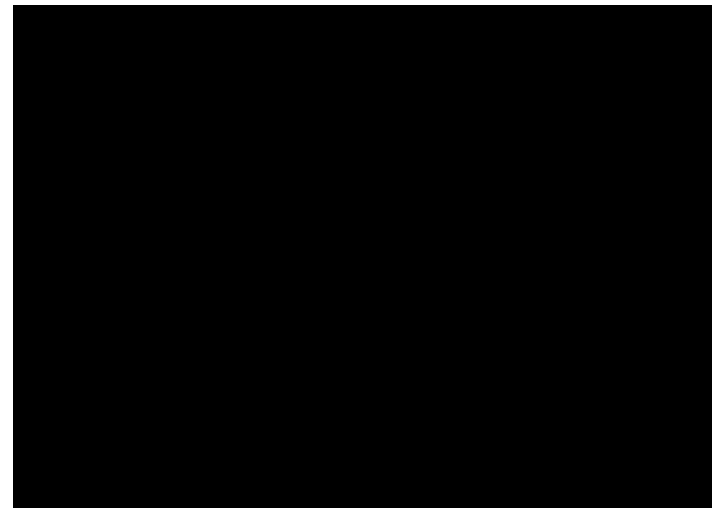
If you specify that your attorneys must act jointly or nominate only one attorney, it is prudent to identify a replacement, or the power of attorney will effectively cease on the death of one the attorneys as without an ouija board it will be impossible to make joint decisions!

Once registered, you cannot amend a power of attorney. If wish to make a change anything you need to prepare and register a new one and cancel the old one.

The cost of preparing four powers of attorney (finance and health for husband and wife) would be in the order of £1000 solicitors fees plus £320 to register.

Inheritance tax.

Inheritance tax paid on value of your assets after your death typically at a rate of 40% above the inheritance tax threshold (this reduces to 36% if you leave 10% or more of your assets to charity). It must be paid before probate is granted (ie before the proceeds of the will can be distributed to the beneficiaries.) It is paid by the executors of the will and not by beneficiaries. Money can be released from dead person’s bank accounts etc to pay taxes and the funeral.



A single person’s inheritance tax allowance is £325,000. Married couples and civil partners can

transfer their allowances to their spouses. Asset transfers between married couples and civil partners are not usually subject to inheritance tax, so if the first partner to die leaves their entire estate to the other, no tax will be payable.

The surviving partner can add the unused balance to their own, effectively doubling the threshold. This increases to £1,000,000 if you are married, own and live in your own home and leave your estate to your direct descendants ie your children.

Gifts of up to £3000 per year can be given tax free. Gift over £3000 a year may become liable for inheritance tax if the person giving them dies within 7 years of the gift being given. (Gifts of less than the tax-free allowance given within 7 years of death will effectively take up the tax-free allowance).

Anyone can also give away surplus income tax free, although you have to be able to demonstrate that it was surplus by providing a comprehensive record of your income and outgoings.

Debts die with you.

Care costs.

The cost of live-in care or care in residential care homes is high, typically £1000 to 2000 per week. It is the responsibility of the person being cared for to meet this cost. If your capital is over £23,500 you will have to find the cost yourself. Under £23,500 and the local authority should fund part of the care although not necessarily all of it.

People facing paying their own care costs may be able to get help from the state eg attendance allowance and with their nursing care costs, through Funded Nursing Care (FNC) or Continuing Healthcare Funding (CHC). FNC is a flat rate contribution paid directly by the NHS to the care home towards the cost of the nursing care. CHC is not means tested and pays for the cost of a person's care, funding a person's health and social care (personal care) needs as well as their care home accommodation.

Your home will not be included in any means test, ie you will not be required to sell it, if you receive care at home or if you go into a care home on a short-term or temporary basis. If you move into a care home permanently, your home will not be included if, for example, your partner still lives there or, in certain circumstances, a relative.

Before entering a home, you will probably have to demonstrate the ability to meet the cost for at least 2 years. If you start running short of money, try negotiating a reduction of home fees. To date Phil has always been successful in doing the same.

Discussion Group

The Discussion group last met about 2 years ago. Its purpose is to allow any people with Parkinson's, as one group, and any carers/partners separately to discuss freely matters relating to their living with Parkinson's. The gathering is an open social occasion with coffee and biscuits but no fixed agenda. Free discussion within each group is encouraged but always with discretion about what is taken outside.

The first Discussion Group meeting since lockdown was held at Mannings Heath Village Hall on Thursday 9th June. 14 members were present and found the meeting constructive and helpful. It is now planned that the Group will meet on the 2nd Thursday of each month at 11.00.

For further information please call Neil Hatfield on 01403 891592

What's on

Monthly Activities

Branch Meetings

1st July 2022, 11:30 at Mannings Heath Village Hall, branch meeting with Jeremy Quin MP.

Please note: there is no branch meeting in August. See overleaf for details of the Summer Outing on Thursday 11th August to the Chalk Pits Museum. Amberley

Discussion Groups

14th July, 11am, Mannings Heath Village Hall. Separate self-help discussion groups for people with Parkinson's and companions/carers.

Note: the discussion groups do not meet in August.

Weekly Activities

The following activities take place weekly at Mannings Heath Village Hall, with the exception of the physio led exercise classes which take place weekly at Horsham Hospital.

Monday 2pm Pilates followed by tea, coffee and a chat

Please note this class has very limited capacity to accept anyone new. If you would like to attend, and have prior experience, please contact Sue West (tel 01403 273 064) or Barbara Scarborough (tel 01403 891 218) and they will advise you if a place becomes available.

Pilates is essentially a floor-based exercise class. Participants must be able to get to the floor and back up unaided.

Please note: there will be no Pilates on 29th August (late summer bank holiday)

Tuesday 11:30am Chair Dancing followed by tea, coffee and a chat

Cost £4. No prior experience necessary. No booking necessary, just turn up! Please note this is open to all who are vertically challenged.

Wednesday 10:30am – 12 midday, Table Tennis

All abilities welcome. Cost £5 per session. Please note this is open to all and is not exclusive to people with Parkinson's.

Friday 10:30am Qi Gong

Everyone welcome. Cost £3 per session. May be enjoyed seated or standing.

Please note: David Sanderson will be on holiday on 24th June 1st July and 8th July. He is trying to find a replacement tutor. At the time of going to print we are unsure as to whether there will be a class on these dates. If you plan to come, please check with Cath Stead on 01403 731 072 or 07789 778 094 before setting out or you may have a wasted journey!

Wednesday 5pm and Thursday 5:30pm Physio led exercise classes at Horsham Hospital

Our physio led exercise sessions at Horsham Hospital have recommenced!

Please note: booking is essential. There is currently a waiting list for these sessions on Thursday evening. At the time of going to print one space was available on Wednesday evening. Please contact Cath Stead for details on 01403 731 072 or 07789 778 094.

Summer Outing

Thursday 11th August 2022

Branch Summer Outing to The Chalk Pits Museum at Amberley

Entrance at 11 am

Cost: £10 per member includes entry and a £5 voucher for a hot drink and a piece of cake or to put towards lunch in the cafe.

If you can't drive or get a lift, we will have subsidized minibus transport from the middle of

Horsham leaving at 10.15 and returning at 2.30 pm. Cost £10 per head.

There is a lot to see both indoors and outside including rides on a bus and a narrow-gauge railway, check it out on the website for more information.



Free parking 200 yards from entrance. Post code BN18 9LT.

The above costs are valid for one member plus one. Additional guests will be charged an extra £7 plus the full cost of any transport.

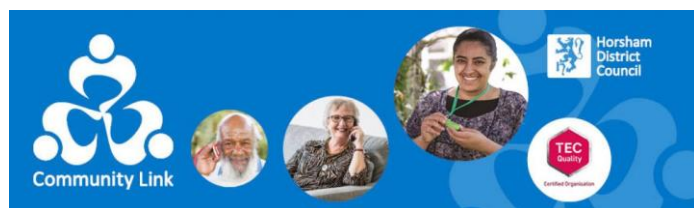
We'll be booking in advance get the group deal SO :-

Please contact Paul Dodd on 01403 266173 or e-mail doddcp@yahoo.co.uk, you would like to come AND if you need transport.

Community Matters

Horsham District Council in association with other organizations provide a variety of services for the elderly and less able. Are you making the most of them?




Community Link Team





The Community Link Team can provide a range of assistive devices at an affordable price. These are designed to allow people to have a largely independent life whilst providing peace of mind to family.

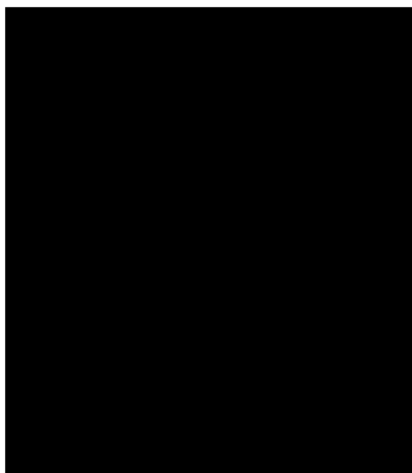
I think people are largely familiar with the digital lifeline or emergency button. However, this is just one of the many products they have available - see overleaf.

If you're interested in finding out more a representative from the Community Link Team will be speaking at our October branch meeting.

Name	Details	Cost
Digital Lifeline	"EVA" the digital lifeline alarm and pendant is for use in your home and garden. The lifeline acts as a personal alarm to keep you in touch with reliable help at all times, i.e., 24 hours a day, 365 days a year. allowing you to feel safe, while maintaining independence. Simply hold down the button on the pendant to be digitally connected to our monitoring centre which is staffed by professionally trained operators. The operator will talk to you via a loudspeaker facility on the alarm unit, and respond to your needs by calling the appropriate emergency service or nominated person	£20 per month.* Payment is made by monthly direct debit or quarterly invoice.
Footprint GPS tracker 	The footprint is a GPS tracker with SOS button and two-way communication . It pinpoints the location of the wearer and provides two-way hands-free conversation through the built-in speaker. It has fall alerts, speed sensors, and geo-fencing. Geo-fencing creates a virtual geographic boundary, and where appropriate, triggers a response when the device enters or leaves a particular area. It can either be monitored by family and friends or our professionally trained monitoring centre.	Monitoring service (24hrs a day, 365 days a years) £22.50 per month* Monitored by family friends £15.82 per month
Fall Detector	The advanced fall detectors will immediately alert our 24-hour monitoring centre if you have a hard fall in your home	£7.50 per month to be used with the lifeline unit
Medication Dispenser 	The medication dispenser will provide an audible and visual reminder, to make sure you take the right dose at the right time each day. It can be used over 28 days. This device can be used on its own or linked to our 24-hour monitoring centre. This means that if you do not take your medication, we will contact you and find out if you are okay	£10 per month
Ownfone 	A handheld and mobile telecare solution, allowing you freedom and independence both inside and outside the home. Simply press the "Assistance" button to be connected to our 24-hours monitoring centre. Family and friends can be whitelisted to be able to call into the device.	£17.80 per month
Bed Occupancy Sensor	Wireless bed occupancy sensors alert family or caregivers when a service user is getting out of a bed. These weight-sensitive pressure pads are designed to help prevent falls. When connected, the bed sensor will trigger the wireless alarm if the service user moves off the pad. The bed sensors are sealed and impervious to fluids.	£12.08 per month
Movement detector	This device detects movement or lack of movement in your home. If there is no movement detected within a set timeframe, our 24-hour monitoring centre is immediately notified so that we can ensure someone comes out and checks on you. The movement detector monitors can be placed in up to six locations around the house. They can monitor not only movement but also light and temperature levels.	
Property Exit Sensor	The property exit sensor is located above the door and can detect if someone has left the house and not returned. It is particularly suited to people who are at risk of leaving the	£22 per month to be used with the lifeline unit

	<p>property and putting themselves in potential danger. If the sensor is activated, our 24-hour monitoring centre will be alerted.</p>	
<p>Chair Monitor Alert</p>	<p>The chair monitor measures the duration of time that you are out of your chair. If you do not sit back down within a pre-determined amount of time, it will notify our monitoring centre.</p>	<p>£12.50 per month to be used with the lifeline unit</p>
<p>Keysafe</p> 	<p>Our key safe is placed next to your front door and ensures that loved ones, emergency services or your care agency can gain access to your property if you are unable to open the door. The safe can only be opened with a code that we look after. If the emergency services need access to your property, we can then give them the code, meaning they can reach you quickly.</p>	<p>£30</p>
<p>Automatic light switch</p>	<p>Our automatic light switch will turn the lights on as soon as it detects feet touching the ground. The light will stay on for a pre-set amount of time. It can also be linked up to some of our other solutions, including our bed occupancy detector.</p>	
<p>Remote light switch</p>	<p>If you want to turn lights and appliances 'off' and 'on' without having to get out of your chair or bed, the remote light switch is the ideal solution.</p>	
<p>Carbon monoxide sensor</p>	<p>Our carbon monoxide sensor will alert us and you instantly if there is carbon monoxide detected within your home. Our highly trained operators are then able to get you the help you need immediately.</p>	<p>£8.07 per month to be used with lifeline unit</p>
<p>Natural gas detector</p>	<p>Our natural gas detector will immediately alert you and our 24-hour centre if it detects natural gas within your home, meaning we can make sure you are okay and get you any extra help if necessary.</p>	<p>£16.90 to be used with lifeline unit</p>
<p>Flood detector</p>	<p>Our flood detector can be placed in the bathroom or kitchen and will alert you and our 24-hour monitoring centre if it detects water. This means it can give an early warning if there is a flood</p>	<p>£6.80 per month to be used with lifeline unit</p>
<p>Checking on You telephone service</p>	<p>The checking on you telephone service is ideal for people that would like reminders for regular tasks such as taking medication, or for those who would like someone to call at set-times to check in. Our pre-set calls are tailored to you and can be organised either on a recurring schedule or when you require, e.g. when family and friends are away. These calls are designed to be a short conversation on the phone. If the phone is not answered, we would use your pre-decided escalation plan to call someone to check on you.</p>	<p>Daily cost of service is based on how many calls you wish to receive per day. 1/day: £0.75 2/day: £1.00 3/day £1.25 4 /day: £1.50</p>

Prevention assessment teams



These are joint teams from West Sussex County Council, the NHS, Guild Care and Age UK. They include health advisors, nurses, social care workers as well as support workers. Their objective is to help people live independently for as long as possible. They typically work with people who do not receive help from specialist health care teams or social services.

They can:

- Check your general state of health and well being
- Identify what may benefit you and help you retain your independence
- Provide access to practical and emotional support

For example, they could

- Advise you about how to keep healthy
- Link you with agencies that can maximise your income
- Link you with agencies that can help with practical tasks such as shopping, gardening, and cleaning
- Put you in touch with local social groups
- Advise you on how to keep your house warm and secure
- Let you know what transport services are available locally

How to get in touch:

Crawley, Horsham and Mid Sussex
Phone: 01403 229 510
e-mail: pat.north@westsussex.gov.uk

Littlehampton, Storrington, Worthing and Shoreham
Phone: 01273 268 900
e-mail: aaw.pat@westsussex.gov.uk

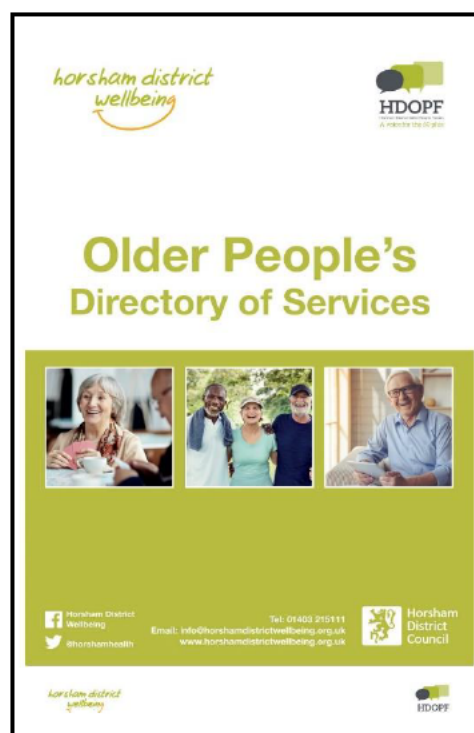
Chichester, Arundel, Pulborough, Billingshurst, and Bognor Regis
Phone: 01243 642 370
e-mail: pat.west@westsussex.gov.uk

Older Persons Directory

Horsham District Council's Older person's directory contains a list of facilities and services available to older people in the area. The directory is an important tool for providing older people with vital information that supports them to lead healthy, active and independent lives.

The 68 page directory can be found on the district council's website.

www.horsham.gov.uk/community/older-peoples-directory-of-services



Community Transport Schemes in Horsham

Horsham Area Community Car Scheme (HACCS)

An affordable transport service for people who are unable to use public transport due to disability or frailty. The service provides a wide range of journeys including hospital trips and holidays. Clients must first register with the scheme and give at least two days' notice of bookings. The service is run entirely by volunteers. Contact: 01403 250202. Availability: Monday to Friday

Horsham District Community Transport (HDCT)

A door-to-door transport scheme for people who have difficulty using public transport and/or private cars. All vehicles are wheelchair accessible, and services include dial-a-ride, scheduled shopping routes, regular excursions and day trips, and group hire for local community groups, schools and clubs. Journeys must be booked in advance.

HDCT works in partnership with Age UK Horsham District. Contact: 01403 754206 or 01403 268848

Email: hdctinfo@gmail.com Availability: Monday Friday 9am – 5pm

Horsham Shopmobility

Provides a selection of manual and powered wheelchairs along with motorised scooters to anyone, regardless of age, who has problems walking around Horsham Town Centre, giving them greater independence and access to the shopping areas and leisure facilities.

Available to those people with limited mobility due to a permanent or temporary disability, frailty, accident or illness. Users must pre-register with shopmobility to use the service. Contact: 01403 249015. Availability: Sunday to Friday 10am – 4pm and Saturday 9am – 4.30pm

Garden Centre Collections

Many thanks to those who helped at the Hilliers garden centre collection on 21st May. We raised just over £400. A great result! Let's hope the collection at Newbridge garden centre on 2nd July will be equally successful. If you can help on this date, please can you let Dennis know (tel 01403 259 694).

Research News

Horsham Branch has donated £2000 to each of the following three projects:

Project name: weight-shift training to overcome freezing (G-2007)

Lead researcher: Dr William Young

Start and end date: July 2021-December 2023

Location: University of Exeter

Cost: £246,383

Freezing can be a common symptom of Parkinson's. People describe it as feeling like their feet are 'glued' to the ground. In order to start walking someone's balance needs to be adjusted in a specific way but this 'weight-shift' adjustment does not occur properly in people who freeze.

The team at the University of Exeter have previously shown in a controlled lab environment that helping people to initiate weight shifting allowed them to overcome freezing and continue walking.

This research project aims to build on these results to see if people can independently learn the weight-shifting strategy from an instructional

video and apply it safely in daily life. If successful, this would provide a simple strategy to benefit people who experience freezing, with the potential to reduce the anxiety that comes with this symptom.

Project name: a device to help manage drooling in Parkinson's (H-2002)

Lead researcher: Professor Richard Walker

Start and end date: April 2021-October 2022

Location: Northumbria Healthcare NHS Foundation Trust

Cost: £199,821

In Parkinson's people may have difficulties swallowing, and as a consequence drooling can be a symptom of the condition. This can affect speech, eating and cause social embarrassment.

Current treatments focus on reducing the body's ability to produce saliva, but this research wants to see if a device can prompt people to swallow more frequently without having to undergo regular medical treatment.

Using a wrist-worn device to prompt swallowing through vibration could offer a cheap and easy way to help manage these symptoms. The device and associated app also have the potential to set reminders for medications and monitor physical activity and sleep behaviours.

This project aims to recruit 3,000 people with Parkinson's to trial this device and create an active network to shape and develop this technology.

Anti-inflammatory drug could halt progression of Parkinson's disease

A new drug has been found which could halt the progression of Parkinson's disease in people by researchers in America.

The drug, which could be injected under the skin, can enter the brain to protect nerve cells from dying due to inflammation, to halt development of the disease.



Inflammation is a factor which has been linked to the progression of Parkinson's, especially in the early stages of the condition.

Dr Beckie Port, Parkinson's UK's research

communications officer commented on the research published in the Journal of Parkinson's Disease, said: "Current

therapies for Parkinson's can help to manage the symptoms but do not prevent nerve cells from dying, meaning that the condition continues to progress.

"This new drug may have the potential to stop the condition in its tracks, but it is still very early days, and more research is needed.

"We hope that if the drug continues to show promise it will be tested in clinical trials, where it can be given directly to people with Parkinson's."

We all want to see promising new treatments. That's why Parkinson's UK launched the Virtual Biotech 5 years ago. Dr Richard Morphy is one of the Drug Discovery Managers at Parkinson's UK and is leading an inflammation research project.

Dr Morphy believes it could take us a step closer to the breakthrough we've all been waiting for. We need your help to try to get us there.

If you would like to have an input into future decisions on Horsham Branch's research funding, please contact Mike Onley (e-mail mikeonley@btinternet.com).

Campaign News

Make benefits work for people with Parkinson's

People with Parkinson's rely on financial support to stay independent and in control. Working with the Parkinson's community, Parkinson's UK is campaigning to make sure the system is fair.

There are a variety of benefits that people may be entitled to when they have Parkinson's or care for someone with the condition. This can vary according to whether you're working or retired.

Parkinson's UK want to see a system that enables people with Parkinson's to maintain their wellbeing and independence. That's whether they receive Personal Independence Payments (PIP), Employment and Support Allowance (ESA), Attendance Allowance or Universal Credit.

Parkinson's UK are campaigning to:

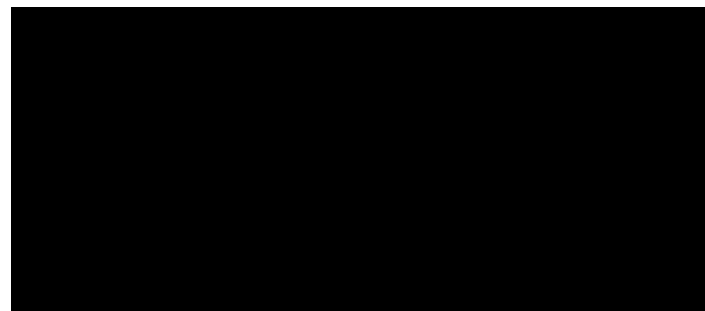
Make sure that any new medical assessments are designed to fully take into account the reality of living with Parkinson's.

Make sure benefits assessments are conducted sensitively and by assessors who understand Parkinson's, so that people get the right support the first-time round.

Make sure that people with Parkinson's are only moved from older benefits to Universal Credit when it is safe and fair to do so.

Make sure Universal Credit works for disabled people. We want to see a disability element added to Universal Credit, the right to appeal against a claimant commitment, a specialist disabled claim line and proper disability awareness training for DWP staff.

Reduce waiting times for benefit appeals.



Benefits for people who have a disability, or care for someone who does

You can claim benefits to help with the extra costs you may face if you have Parkinson's, or if you care for someone with the condition.

They're not means-tested, which means they're not normally affected by any other income or savings you might have.

You may be able to claim:

Attendance Allowance if you're State Pension age and you have an illness or disability which means you need help with your personal care or safety.

Personal Independence Payment (PIP) if you need extra help with day-to-day activities or have trouble getting around due to your health or condition.

Carer's Allowance if you regularly spend 35 hours a week or more caring for someone with substantial care needs.

Benefits for working age people

You can get financial help if you struggle to work or can't work because of Parkinson's.

The benefits you're entitled to will depend on your age, your income or savings, and whether you're currently employed or have paid enough in National Insurance contributions.

You may be able to claim:

Statutory Sick Pay if you are still employed but are unable to work because of ill health. It is paid by your employer for the first 28 weeks of any period of sickness lasting 4 or more days. Your employer may pay extra sick pay on top of Statutory Sick Pay

Jobseeker's Allowance if you are out of work or work fewer than 16 hours a week and are looking for work. It is available if you have paid enough in National Insurance contributions

Employment and Support Allowance (ESA) if your ability to work is limited by your health or disability

Universal Credit which is a new means-tested benefit that will eventually replace 6 existing benefits with a single payment for those who are out of work or on a low income.

Benefits for people over pension age

If you're over pension age, you can no longer claim the main working-age benefits.

Instead, you may be able to claim:

State Pension if you're over pension age.

Pension Credit to top up your State Pension if you have a low income

Housing Benefit if you're on a low income and need help with paying rent

People who are over pension age and have a health condition or disability such as Parkinson's, or care for someone who does, may be able to claim Attendance Allowance or Carer's Allowance. See our section on benefits for people with a disability and for carers for more information.

Grants, loans and other support

There are many other types of grants, loans, schemes or financial support that you can apply for if you're affected by Parkinson's.

These include:

grants and loans to help with certain one-off or occasional expenses such as funeral costs or cold weather

help towards some health costs that you might otherwise pay for, such as prescriptions, eye tests and glasses, dental treatment or travel costs to hospital. Call our helpline on 0808 800 0303 to check what you might be eligible for

help getting around, including the Blue Badge parking scheme, and various travel concessions and exemptions

help with Council Tax through a Council Tax discount, the Disability Reduction scheme, or through a Council Tax Reduction scheme

Continuing Health Care - a package of care arranged and funded by the NHS in England and Wales, that may be available for people with a high level of healthcare needs.

Holiday to Isle of Wight

by Alex and Judith Gorton.

The last weekend in May we spent four wonderful days on the Isle of Wight. Our accommodation was at Warners Bembridge Coast hotel with bed, breakfast and a three-course dinner on each night, which is bought to your table.

Added in the price is a reduced ferry crossing rate. Check-in was at the entrance gate where we were met by member of staff who gave us all the relevant information about the hotel, key and directed us to the nearest car park to our room.



They have daytime activities and workshops, plus a variety of outstanding evening shows, movies and interactive entertainment. A lovely swimming pool and if you need it ...a gym!

Our showtime evening show on Saturday was Toyah (Wilcox) who was great by the way and only 64!

They seem to cater for everyone, you don't even have to go to any of these shows or activities, just have a stroll around the grounds, which is mostly flat and accessible on foot or in a mobility scooter (which are allowed on site) or sit in the lounge with a coffee or alcoholic beverage!

The menu in the restaurant (Market Kitchen) has a choice of starters, mains and sweets. Meals can be adapted to suit your dietary needs by the chef. We didn't have to wait long for any of our meals, in fact our hot breakfast arrived before we had finished our cereals. Speedy service and all staff are very friendly with nothing to much trouble. Dining times are staggered so there is not a rush and more relaxed.



The room we had was a standard room on the second floor with sea view and was easily located via a large lift. The bonus was the walk-in shower, not a small one either. Tea and coffee facilities with biscuits was also available in our room, which seems to be the norm now. The view was great facing the Solent getting sun in the morning. Don't forget your binoculars!

In all Warners Leisure Hotels, there are several accessibility rooms which are not far from the main areas of the hotel. Warners (adults only) have 15 hotels, coastal or countryside large house or chalets, in England and Wales and we can highly recommend them for a change of scenery and accessibility for all able bodied and disable folk.

Enjoy, we certainly did and think this our favorite so far!



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