



NEWS

September 2024

SARAG - Yorkshire and Humberside Asbestos Support Group



3 Peaks Challenge Fundraiser - page 3

SARAG - Yorkshire and Humberside Asbestos Support Group

Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH

01709 360 672 • enquiries@saragasbestosupport.org • www.saragasbestosupport.org • Registered charity 1080365

Attendance Allowance and Pension Credit

A payment of Attendance Allowance can make a real difference to someone's income and quality of life. It has surprised me how many people are eligible for Pension Credit but have not claimed it.

By way of background, Attendance Allowance is a disability benefit for those over pension age and pays either £72.65 or £108.55 per week.

It is not means-tested so eligibility is not affected by your income or money in the bank.

When an application for Attendance Allowance is made the DWP look at all your medical conditions which cause you difficulty including any asbestos related disease.

Despite its name, it does not have to be spent on a Carer. You can use it however, you like – for example, something to help you live in your home, treats for yourself or your family, something that you have wanted but could not afford or even for days out. How do you get qualify for it? For anyone with mesothelioma, it is extremely likely that if you apply for Attendance Allowance, you will get the higher amount. This is even if at the time you applied, you are feeling OK.

For those with other asbestos related conditions, getting the benefit will require you to show that you could do with help for example getting dressed or just for someone to keep an eye on you, say you are prone to falls.

Some pensioners who have capital and income can get an increase in the amount of other benefits received once they get Attendance Allowance. They can become eligible for Pension Credit despite having savings. Also, they may not have to pay council tax or as much council tax or rent. This is probably best illustrated by actual examples.

Example 1. A single person on higher rate Attendance Allowance, getting State Retirement pension of £190 per week, IIDB of £66.45 per week with £20,000 in the bank will get £23.20 pension credit per week and would not have to pay council tax at all.

Example 2. A couple both 70, living in rented accommodation where rent is £100 per week. If their total State Pensions amount to £210 per week, one getting lower rate Attendance Allowance and partner cares for the other, IIDB of £44.30 per week and they had £40,000 in the bank, they could get £18.65 pension credit per week, and not have to pay Council tax or rent.

Example 3. A single person who develops mesothelioma but does not recall any exposure to asbestos in employment will not be eligible for IIDB. If she gets a smaller state retirement pension, a small company pension, Pension Credit of £9 per week and less than £10,000 in the bank, when she starts getting higher rate Attendance Allowance this could increase Pension Credit to £70.20 per week and she would not have to pay Council tax.

Please note, she is likely to get the Diffuse Mesothelioma lump sum payment which is not counted as capital for 12 months from date received.

The latest annual Department for Work and Pensions (DWP) 'take-up' figures show that over a million pensioner households are missing out on Pension Credit – around 2 in 5 (37%) of those who are entitled to receive it.

At Yorkshire and Humberside Asbestos Victims Support Group we can help our clients by checking how much benefit they might get so that they can decide which benefits they wish to apply for.

Ruth Davies- Benefits Adviser

An Update from our Bereavement and Family Support Worker – Deb Williams

Dear all Service Users, family members, carers, bereaved and supporters of SARAG, may I have your attention for a short paragraph or four.

As part of the ongoing development of our support services, and in particular our Bereavement Service in this instance, we are looking at having a place in our quarterly newsletter where our bereaved clients can have an ongoing voice within SARAG. A place where they can connect, feel connected, where they can continue to feel supported and continue to be a part of a caring community.

The exact format of the bereaved section has not been decided yet, and I guess it will be organic in nature, but I envisage that it will be a safe space to provide practical and emotional information and tools, allow for the freedom of expression and stories, and to bring people together in a similarly shared experience.

Here at SARAG we want our service users to know that they are not alone and that they are held and supported in every part of their journey, wherever that may take them.

If you have any thoughts about having a bereavement section in our quarterly newsletter, whether that be you feel it's a good or not so great idea, we would very much welcome your feedback about this suggestion. Please remember to let us know why you feel the way you do and let us know of any additional thoughts and ideas that you have that could benefit our SARAG community.

Please send your responses to me at deb@saragasbestsupport.org / 07714172416



Beginnings and Endings - A message from Karen Hobson

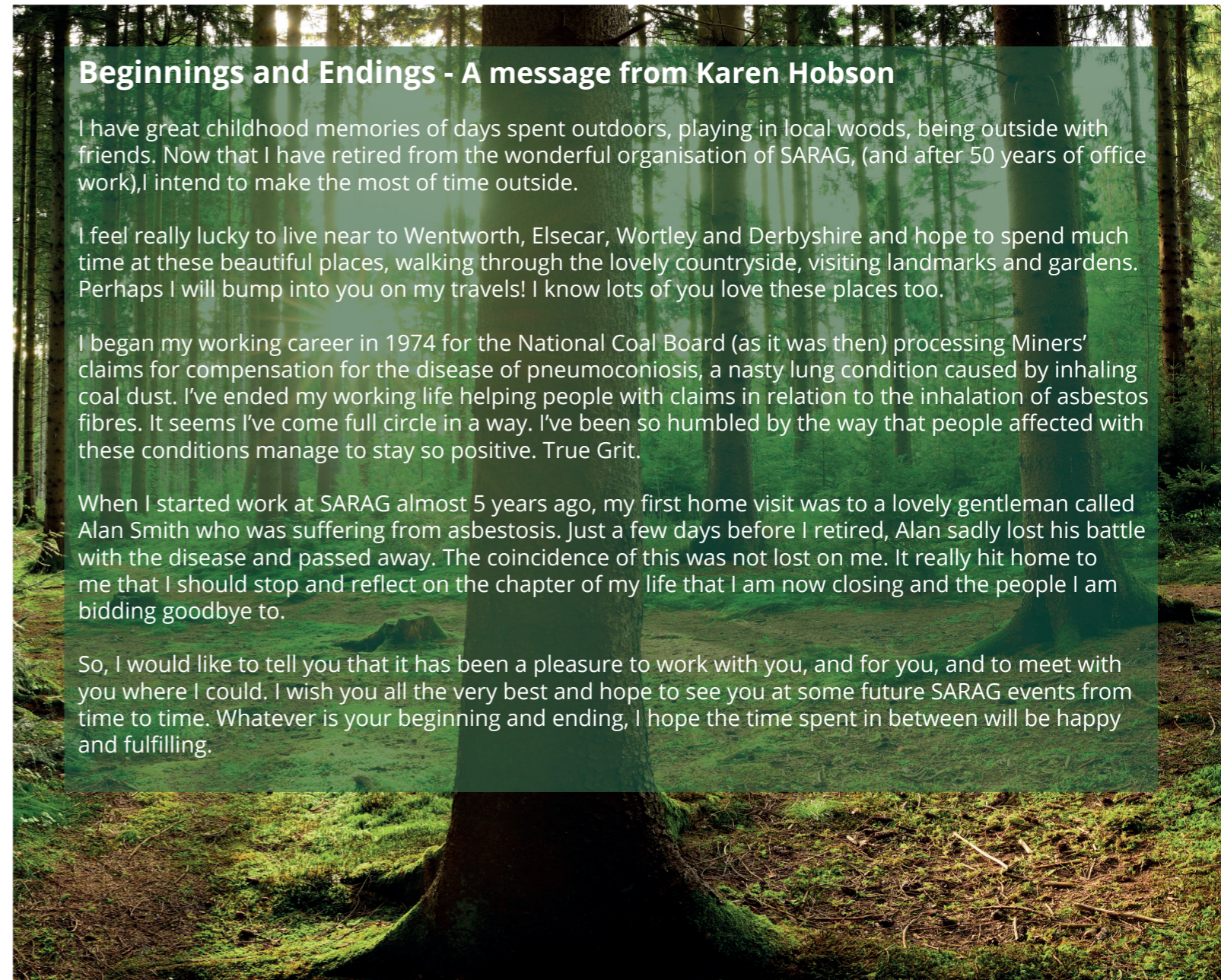
I have great childhood memories of days spent outdoors, playing in local woods, being outside with friends. Now that I have retired from the wonderful organisation of SARAG, (and after 50 years of office work), I intend to make the most of time outside.

I feel really lucky to live near to Wentworth, Elsecar, Wortley and Derbyshire and hope to spend much time at these beautiful places, walking through the lovely countryside, visiting landmarks and gardens. Perhaps I will bump into you on my travels! I know lots of you love these places too.

I began my working career in 1974 for the National Coal Board (as it was then) processing Miners' claims for compensation for the disease of pneumoconiosis, a nasty lung condition caused by inhaling coal dust. I've ended my working life helping people with claims in relation to the inhalation of asbestos fibres. It seems I've come full circle in a way. I've been so humbled by the way that people affected with these conditions manage to stay so positive. True Grit.

When I started work at SARAG almost 5 years ago, my first home visit was to a lovely gentleman called Alan Smith who was suffering from asbestosis. Just a few days before I retired, Alan sadly lost his battle with the disease and passed away. The coincidence of this was not lost on me. It really hit home to me that I should stop and reflect on the chapter of my life that I am now closing and the people I am bidding goodbye to.

So, I would like to tell you that it has been a pleasure to work with you, and for you, and to meet with you where I could. I wish you all the very best and hope to see you at some future SARAG events from time to time. Whatever is your beginning and ending, I hope the time spent in between will be happy and fulfilling.





SARAG Sheffield Bereavement Support Group

We would like to invite you to come along to our small, friendly, support and social group dedicated specifically to people who have been bereaved by asbestos related disease. We are here to listen and to provide support within a safe space and to provide the opportunity to chat to others who understand.

Please come along and join us. A complimentary lunch and hot drinks will be provided.

Meeting on the fourth Tuesday of each month, dates for 2024 are:

Jan 23rd	May 28th	Sept 24th
Feb 27th	June 25th	Oct 22nd
March 26th	Jul 23rd	Nov 26th
Apr 23rd	Aug 27th	Dec 17th

Time: 12 - 2pm
Venue: The Burton Pub Room, The Burton Street Foundation, 57 Burton Street, Sheffield, S6 2HH.
 Free and accessible parking onsite and public transport nearby.

If you'd like to chat to us to find out more or would like to confirm your attendance, please contact our Bereavement and Family Support Worker, Deb Williams, on 07714172416 or Deb@saragasbestsupport.org



SARAG Online Bereavement Peer Support Group

A small, friendly, social group for people who have been bereaved by asbestos-related disease. We are here to listen and to provide support within a safe space.

We meet fortnightly online via Zoom; meetings take place every other Wednesday, 10 - 11.30am (day and time could be subject to change depending on service need). The group is open to those living in the Yorkshire & Humberside area.

Full one-to-one support is available if you are unfamiliar with using Zoom.

For further information or to join us, please email our Bereavement & Family Support worker, Deb Williams at deb@saragasbestsupport.org or you can call/text her on 07714172416.




Would you like to join our Steering Group and help to shape our Bereavement Support Services?

In 2023 SARAG secured funding from The National Lottery Community Fund for a dedicated Bereavement Support Worker for those bereaved by asbestos disease. We are now looking to form a client-led Steering Group, meeting once every few months.

Group participants would have the opportunity to: let us know what support services they would like to see us develop; meet others who have been through similar experiences; offer and receive peer support; have a real impact on our charity's development.

If you are interested in taking part or would like to find out more, please contact Deb Williams on 07714172416 or Deb@saragasbestsupport.org




SUPPORT GROUPS

CROSSWORD

1		2			3	4		5		6		7
				8								
9								10				
11						12						
												13
14		15						16	17			
						18						
		19			20				21		22	
23												
24							25					
26										27		

- Across**
- 1 Scheme (4)
 - 3 Vindictive (8)
 - 9 Backing (7)
 - 10 Black and white beast (5)
 - 11 Furious (5)
 - 12 Equipment (6)
 - 14 Language of Israel (6)
 - 16 Wager (6)
 - 19 Artist (anag) (6)
 - 21 Rest period (5)
 - 24 Yes, slangily (2-3)
 - 25 Watch attentively (7)
 - 26 Stopped (8)
 - 27 Affirmative votes (4)
- Down**
- 1 Imitative artistic work (8)
 - 2 Greek vowel (5)
 - 4 Small and dainty (6)
 - 5 Theme (5)
 - 6 Organisation of admirers (3,4)
 - 7 Be in front (4)
 - 8 Cartoon spinach eater (6)
 - 13 Devil-may-care (8)
 - 15 Purveyor of meat (7)
 - 17 Waylay (6)
 - 18 In one's own house (2,4)
 - 20 Cricket trophy (5)
 - 22 Ahead of schedule (5)
 - 23 Castro's land (4)

SARAG AGM 2024

This year's Annual General Meeting will be held on Thursday 3rd October 2024.
 The venue is: The Centre, Brinsworth Lane, Brinsworth, Rotherham, S60 5BU
 A buffet lunch will be served from 13.00 to 13.45 with the
 AGM to follow from 14.00 to 15.30.

Please let us know
 if you would like to attend, plus any dietary requirements you may have.
 Email enquiries@saragasbestsupport.org
 or phone 01709 360672 to reserve your place.





How you can help SARAG?

SARAG is only able to provide our service because of the generous donations made from our Solicitor panel members and individual donations.

We would like to take a moment to thank all of you who have donated or contributed to the charity over the years. Without this support the charity would cease to exist. Best wishes to you all.

If you feel you can donate to SARAG, this is how you can help:

Ways to donate:

- Donate online: Go to Local Giving - www.localgiving.org and search for SARAG

By cheque:

- Complete the form below, making a cheque payable to "Yorkshire and Humberside Asbestos Victims Support Group" and send to: SARAG, Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH

Through your bank:

- Set up a regular Standing order to our bank details: Yorkshire & Humber ASBSTS VCTMS SUPP GRP. Sort Code: 089299 / Acc. No: 65467785

Make your donations go further with Gift Aid

Through the Government's Gift Aid scheme, SARAG can claim an additional 25p for every £1 you donate. So if you are a UK taxpayer, you can increase the value of your donations to us, at no cost to yourself! Simply fill in your details below and tick the box to confirm your taxpayer status.



Gift Aid declaration:

I am a UK taxpayer and would like SARAG to reclaim the tax on all donations I have made, and for all future gifts of money that I make. Tick:

Taxpayer Name:

Postcode:

DO WE HAVE YOUR CORRECT CONTACT DETAILS?

SARAG are trying to update our mailing lists, it would be helpful if you could fill in the form below and return it to: SARAG Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH if your details are out of date.

Name

Address

..... Post Code

Email

Mobile No..... Home No

You are receiving this newsletter because you are currently on our mailing list. If you wish to unsubscribe email: enquiries@saragastbestsupport.org or, phone the office on 01709 360672.