

WELFARE MATTERS

BEFRIENDER SCHEME

The Sainsbury's Veterans Association provides the opportunity for Veterans to meet socially by attending the Annual reunions or through membership of a Local Association, but not all Veterans participate in one or either of them.

Therefore, the Sainsbury's Veterans Association is to establish a 'Befriender Scheme', so that we may contact Veterans to offer support to attend a Local Association, offer a home visit in a friendly and informal way, or the occasional contact by telephone.

The aim of the 'Befriender Scheme' is to maintain a link between the Association and its veterans, so that we are able to offer assistance when and where we can, either socially or by providing information and links to services that are available to improve quality of life and to enable Veterans to continue living in their homes.

Over time Veterans will receive a letter from the Befriender and if they need help, can return the 'tear off slip' in the prepaid envelope, so that contact can be made. I am sure that the 'Befriender Scheme' is something that could be important to some of our veterans and a worthwhile initiative.

SUPPORT SERVICES DIRECTORY

A Support Service Directory has been compiled for the use of Veterans. The Directory provides details of key support services and organisations that Veterans may find useful now or in the future. This excellent piece of work was compiled by David Clarke, Welfare Co-ordinator for the Midlands & North Region and a member of the Health and Well-Being Sub Group of the Sainsbury's Veterans Association.

Copies of the Directory have been sent to Regional chairmen for distribution to their Local Associations. It is also available on the Veterans website at www.sainsburysveterans.co.uk Click 'Find Out More, go to 'Useful Information', then 'Downloads' and page down to Support Services Directory.

ATTENDANCE ALLOWANCE

SHOULD YOU BE CLAIMING THIS NON MEANS TESTED TAX FREE BENEFIT?

If your ability to keep safe or look after yourself is affected by physical, mental illness or disability and you are over 65, you may be able to claim Attendance Allowance. A medical assessment may be necessary.

There are two weekly rates of attendance dependent on the help that you need.

- £54-45 if you need frequent help or constant supervision during the day, or supervision at night.
- £81-30 if you need help or supervision throughout both day and night, or you are terminally ill.

Attendance Allowance is paid into your bank account and it won't reduce any other income you may receive.

You may also be entitled to other benefits as well if you receive Attendance Allowance – check with the office dealing with your benefit.

NOTE. Attendance Allowance does not cover mobility needs or take into account problems with housework, cooking, shopping or gardening.

You must contact the Attendance Allowance helpline if your circumstances change, as this may affect how much you get. You must also contact the helpline if you change your name, address or bank account, or your doctor's details.

TO CLAIM you will need to complete **Form AA1A** by either downloading a copy or completing it online at www.gov.uk/attendance-allowance or get a claim form from the Attendance Allowance helpline on 0345 605 6055. The form is rather lengthy and comes with guidelines for correct completion.

If you think that you may have difficulty completing the form your local Age UK may be able to help you and increase your chances of being awarded Attendance Allowance. To find your nearest Age UK, phone Age UK Advice for free on 0800 169 6565 or go to their website at www.ageuk.org.uk

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Health and Well-Being Sub Group