



## REGIONAL RETIRED MEMBERS

# NEWSLETTER

## MESSAGE FROM THE CHAIR

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Hello once again to all UNISON retired members in the North West from your 2019 Regional Retired Members Committee. Can I first of all wish you all a belated Happy New Year.

We will be holding a Retired Members Open Meeting in the Regional Centre, Arena Point, 1 Hunts Bank, Manchester on Friday, 20<sup>th</sup> September 2019 commencing at 10:30 a.m. Further details will be issued nearer the time but in the meantime, please put the date in your diaries and hope to see you there.

Whatever happens, I can promise you that the Regional Retired Members Committee always works in your interest and I don't think this year will be any different.

If you want to contact us about anything, if you write to Arena Point they will forward your details to us and we will get in touch with you.

*Joyce Wright*  
Chair

**REGIONAL RETIRED MEMBERS**

**2019 REGIONAL RETIRED MEMBERS  
COMMITTEE**

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**Regional Retired Members Committee 2019**  
*[Photo by Paul Wiggins, Committee member]*

Joyce Wright	East Lancashire Health Branch
Bill Allen	Rochdale Branch
Margaret Buckley	Oldham Branch
Carol Coltman	Wigan Branch
Albert Hartley	Warrington LG Branch
Michelle le Marinel	Lancashire Police Branch
Linda Myers	Manchester Metro University Branch
Tony Smith	Oldham Branch
Mary Whitby	AQA Branch
Maureen Vass	Lancashire Branch
Roger Bannister	Knowsley Branch
Robert Cannon	Mersey Travel Branch
Helen Harrison	Rochdale Branch
Val Lovell	Blackburn Branch
Kath Montgomery	Lancashire Branch
Ronnie Shackleton	Salford Health Branch
Sue Vickers	Bolton Metro Branch
Paul Wiggins	Wirral LG Branch



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### POST OFFICE BANKING

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Over the past ten years two out of three bank branches have been closed. An old agreement not to close the last bank in town has been scrapped and more branches will close this year. But now the Post Office has deals with just about every bank to let you pay in cash and cheques and take cash out at any local Crown Post Office, which means you can do your everyday banking whenever it is open.

*Bill Allen (Rochdale Branch)*

### POWER OF ATTORNEY REFUND

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If you took out a Power of Attorney in England and Wales between 1<sup>st</sup> April 2013 and 31<sup>st</sup> March 2017, then you can get a refund of between £34 and £54. So far more than £11m has been repaid. If you took out two Powers then you can get a refund on both (money and health and couples who took out Powers at the same time can each claim their own refund. People on low income who paid half fees will get half of those amounts.

If the person who applied for Power has died then their Executor can claim, they will need a Death Certificate and a Grant of Probate or Administration in order to do so.

For more information, go to <https://www.gov.uk/power-of-attorney-refund>

*Bill Allen (Rochdale Branch)*

### CARING FOR CARERS

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Family Carers are different to Professional Carers, it doesn't matter that personal care is different from either group, but when someone is caring for a family member, it is for a constant 24 hours not just in shifts.

Looking after family members means that the Carer cannot be spontaneous. "I'm just nipping out" is not in their vocabulary. It is either a planned trip, with a list of items to take i.e. food, drinks, meds, toileting stud, Blue Badges, etc – or prior arrangements made with a sitter.



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Carers never come first in family arrangements. They have to make sure that their loved one is washed/showered, dressed appropriately, fed and watered and comfortable before they can do the same, in the evenings just go to bed when tired as they still have to prioritise someone else's bedtime routine. Again, no spontaneity, just essential jobs.

For family life to function properly (and happily) Carers have to be timekeepers for everyone. Trips have to run smoothly so transport may need to be organised taxis, Ring and Ride, volunteers, Blue Badge timing to avoid fines, and timing of medication and snacking.

With the onset of a disability, there is a glut of support. However ever time the 'Close Friends@ network slowly drifts away. A Carer can then become very isolated and lonely. If you have a friend or family member in this situation, think about how you can support them. Ask if they want a sitter or a companion for a shopping trip, coffee and cake in the kitchen or a café. Take you knitting or a craft so you can talk to your friend about it, read a book or newspaper to them or just reminisce. If you don't know anyone personally in this situation, check out your local Carers service or Church group so that you can volunteer.

Support is available for Carers on a financial level also. Look up your local services. My home town is [Carers.service@oldham.gov.uk](mailto:Carers.service@oldham.gov.uk). Advice on Respite Care would be available from this service. Other support may be from UNISON. Contact UNISON on 020 7121 5620 or visit the website [unison.org.uk](http://unison.org.uk). The 'There for You' service is also worth checking out, with leaflets about financial support available from that service. Carers UK also have leaflets available e.g. 'looking after someone' and many specific leaflets available to download.

Volunteers support the Carers. Carers accept the support and get some ME time. It's worth it!

*Margaret Buckley (Oldham Branch)*