



The Bray Cancer Support and Information Centre

**BRAY CANCER
SUPPORT CENTRE**

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Offering emotional support and practical help to people with cancer and their families and friends.
The Centre is open from Monday to Friday for support, information and counselling.

Newsletter
Spring/Summer 2008



**Hi and welcome
to our Spring
2008 newsletter**

On behalf of all of us
at Bray Cancer

Support Centre I would like to take this opportunity to wish you peace of mind today and always. I know from talking with many of you recently how the Christmas season can be a difficult time. Emotions run very high at this time and we are more aware than ever of our experience and losses.

The beginning of a new year can often be a time to look at various options and activities that may be of interest to us and can help us to interact with people who have had similar experiences. This can allow us to pursue a class or participate in an event where we can make new friends while also learning a new skill.

One such activity is a new initiative specifically for men which we are launching in partnership with the Festina Lente Foundation and Paul Dalton of St. Vincent's. It's a weekly gardening project taking place in a beautiful old walled garden in Bray and a great opportunity to help yourself and others. We need all the men we can get for this, so if you are a man who has or has had cancer, we really need your help. To find out more, call Brendan at 01 - 286 6966.

Another new class beginning in February is Self-development Through Art, an eight-week course taking place in the Mermaid Arts Centre in Bray. More details on this, along with all our other classes, therapies and other activities for the first half of the new year are in this newsletter.

Take care of yourself and see you soon.

Veronica



News Report

Do Carer's Allowance changes benefit you?

IF YOU ARE CARING for a loved one in the home, you may be entitled to benefit from recent legislation that provides for the payment of a half-rate Carer's Allowance to carers who are already receiving, or are entitled to receive, another social welfare payment, provided you meet the general conditions for the allowance.

Until recently, the general rule that social welfare recipients are not entitled to more than one payment meant that some fulltime carers have been unable to get any payment for their caring role.

The people most affected by this are those on state pensions or Widow's or Widower's Pensions. Other carers who have qualified for the Carer's allowance may also be eligible for a qualified adult payment on their spouse or partner's social welfare payment, which they have previously been unable to claim because they were receiving the Carer's Allowance.

With the changes in effect from 27th September 2007, people in these circumstances may qualify for a half rate Carer's Allowance in addition to their existing social welfare entitlements.

You may be entitled to half-rate Carer's Allowance if you are in receipt of, or a qualified adult on, any of the following payments:

- Contributory or Non-contributory State Pension
- Contributory or Non-contributory Widow/Widower's Pension
- Invalidity or Blind Pension, or Disability Allowance
- Illness, Injury or Health and Safety Benefit
- Death Benefit under the Occupational Injuries Benefit Scheme
- Maternity or Adoptive Benefit, or One-Parent Family Payment
- Pre-Retirement Allowance
- Farm Assist Payment

While the half-rate Carer's Allowance is not available to Jobseeker's Benefit or Allowance recipients, it can be paid to the spouse or partner of such a person. It is not payable with Supplementary Welfare Allowance, Family Income Supplement, Back to Work Allowance, Back to Education Allowance or Carer's Benefit.

Full details about half-rate Carer's Allowance entitlements are available from BCSC (Tel: 01-282 9853oe email: bcsc@iol.ie ♥)

BCSC at Europa Donna 2008



(L-R) Heather Connor, Joan Vickers, Anne Brierton and Veronica O'Leary were part of a 14-strong delegation from BCSC who were in Amsterdam for the 8th annual Europa Donna Conference. See page 4 for a full report of this event.