

## II. HELP TO STAY AT HOME

### ADUR CARE AND REPAIR SCHEME

[www.adur.gov.uk](http://www.adur.gov.uk)

This service administered by Adur District Council, provides advice and help for pensioners, people with disabilities or special needs, families in receipt of working families tax benefit, income support, pension credit or housing benefit in the private sector (home owners or private tenants) on home repairs, improvements and adaptations. Also provides information on finding reliable builders, finding other accommodation, retirement housing, applying for grants or loans, benefits and other services. Operates the **S.A.F.E. scheme** (Security Action for the Elderly) in Adur, which provides practical or financial help to older residents who have been the victims of crime or are concerned about home security. **The Handyman Service** carries out small repairs and jobs such as putting up shelves, replacing tap washers etc for the cost of the materials plus a small amount per job (up to 2 hours work), for people who are over the age of 60, or have a disability or are vulnerable and are on a low income.

### ADUR HOMEFRONT

This is a voluntary organisation managed by Adur CVS, providing a basic home maintenance and gardening service for older people and people with disabilities living on a low income in Adur. The tasks are carried out with the help of volunteers.

### ANCHOR STAYING PUT SCHEME (ARUN & WORTHING)

Scheme run by Anchor Trust in partnership with local councils to help home owners in their area who have problems with their property. Help is available for adaptations, alterations and repairs to allow people to remain safely in their own homes. Provides advice and information on grants, loans, use of savings on equity release. Provide a support planning service to customers who have been given a Personal Budget by West Sussex County Council. **The Handyperson Scheme** carries out small repairs and maintenance jobs (not gardening or decorating) for the cost of the materials plus a small amount.

### BUY WITH CONFIDENCE

[www.westsussex.gov.uk/ccm/navigation/trading-standards/buy-with-confidence](http://www.westsussex.gov.uk/ccm/navigation/trading-standards/buy-with-confidence)

The Buy with Confidence scheme is an initiative by the Trading Standards Service in West Sussex. Businesses registered with the scheme undergo strict vetting and inspection to make sure they are committed to maintaining high standards and have a good customer focus. The inspection includes references and Criminal Records Bureau checks on owners and staff if they visit customers in their homes. Trading Standards do not vouch for the financial stability of any company nor for their health and safety procedures. All information provided is to assist consumers in exercising their own best judgment. All information is provided in good faith but no guarantee is given or implied as to the accuracy of the information provided.

### CINNAMON TRUST

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)

Provides homes for pets while owners over pensionable age are in hospital. Operates through volunteers on a national basis to provide help at home, e.g. walking a dog for a housebound owner. Has national register of residential/nursing accommodation that will allow residents to keep their pets. Can make arrangements for looking after pets if owner dies, providing arrangements are made with the Trust well in advance.

### **COMMUNITY ALARM SYSTEM**

These are emergency help services available to elderly, disabled and vulnerable residents in their own homes. They offer a 24 hour, 7 days a week telephone link to a control centre. Staff at the centre can summon immediate help, from relatives, neighbours or emergency services.

### **COMMUNITY SHOPPING SERVICE (ARUN)**

Offers assisted group shopping trips by minibus for those unable to manage trips on their own. For people in Littlehampton and Rustington the bus runs on Monday, Tuesday, Wednesday and Thursday to Sainsbury's at Rustington. A small charge is made. *Area(s) covered: Arun only.*

### **DAILY LIVING CENTRE**

Offers free, impartial advice and information on equipment, to the disabled and the elderly, as well as carers. There is a comprehensive display of equipment, mobility aids and communication aids. Visitors can see and try out a wide range of products and information is available on costs and where to obtain or borrow specific items. Based at Montague House, Montague Place, Kemp Town Brighton BN2 1JE.

### **GOOD NEIGHBOURS ASSOCIATION – STEYNING**

The primary purpose of the association is to provide transport to people in the Steyning area to enable them to attend medical appointments and to provide transport for other purposes such as shopping to those people who are housebound.

### **ADUR AND WORTHING BEFRIENDING SERVICE**

Befriending service which provides volunteers who have time to sit and chat, aimed at older people who live alone and either find it difficult to get out and meet people, or who feel lonely and isolated. Volunteers are NOT able to provide nursing or personal care services or domestic help. It is not an emergency service.

### **HANDY VAN SERVICE (CHANCTONBURY)**

The Handy Van service is a not-for-profit service carrying out small repairs and minor adaptations for more vulnerable members of the community living in the Horsham district. It undertakes minor repairs and works, but not gardening or decorating. For details of who can be helped by this service, and the cost, ring the number shown above.

### **HELP AT HOME (AGE CONCERN) (CHANCTONBURY)**

The service is primarily available to people over 65 and to disabled vulnerable younger people living in the Horsham District offering domestic services, pension and prescription collection, and other reasonable requests for assistance in the home.

### **HENFIELD GOOD NEIGHBOURS**

A local service for villagers who are housebound or who have difficulty in getting to the shops on their own, to either take people out shopping or collect shopping, prescriptions etc for them. Volunteers always welcome.

## HENFIELD SELF-HELP GROUP

For people in the area covered by Henfield Medical Centre. Affiliated to West Sussex Association for the Disabled. Meet every Tuesday 10am-3.30pm at Henfield Village Hall for exercises, entertainment and lunch.

## HOME CARE AGENCIES

West Sussex County Council maintain a list of agencies offering home care services. Contact your local Helpdesk for a copy. Alternatively, ICIS on 0800 859929 and CSS, Worthing & District on 01903 536378 can provide information on which organisations offer home care services.

## HOUSEBOUND READER SERVICE

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

A library service for people who are housebound through age, disability, or illness and have difficulty using or reaching the library. Trained volunteers can bring books, story cassettes, audio CDs, music CDs, or other items to their home. Application forms are available from local libraries or from the West Sussex Library website.

## LUNCH CLUBS AND RETIREMENT CLUBS

0800 859929

ICIS hold details on lunch and retirement clubs throughout the area, and the activities on offer, and their number is shown above.

## MEAL DELIVERY SERVICES

ICIS hold a large list of organisations which can deliver meals if you do not wish to, or are unable to cook for yourself.

## PULBOROUGH AND DISTRICT COMMUNITY CARE ASSOCIATION

Provides a number of services to support people in the local area:

- **Ballroom and Latin American Dancing** – Classes of Ballroom and Latin American dancing for beginners, intermediate and advanced in Pulborough Village Hall on Thursdays and Friday evenings.
- **Community Transport** – collecting people from their homes and taking them to doctors, dentists and hospital appointments.
- **Good Neighbours Scheme** – welcomes newcomers to the village and provides a friendly contact.
- **Liase** - advice on financial matters every Tuesday 9am – 11am at Petworth Family Centre and 2pm – 4pm at Storrington Family Centre.
- **Pulborough Lunch Club** – a lunch club for senior citizens Wednesdays (not August) from 12.30pm.
- **Open door** tea & chat first Sunday of every month 2.30pm – 4.30 pm.
- **Pop Into Pulborough** – every Tuesday from 9.30am – 11.30am at Meadows Room.
- **TLT** – Talking Listening and Tea – for people with hearing problems or living with someone who has. 3<sup>rd</sup> Thursday of every month from 3pm.
- **Toe Nail Cutting Service** – for those with healthy feet who cannot cut their own toe nails, but who have no health problems such as diabetes or circulatory ailments.

- **Volunteer Visiting Scheme - Pulborough** - a home visiting scheme staffed by trained and friendly volunteers, who provide regular social visits for companionship and are also happy to undertake simple shopping.
- **Wednesday Club** – Wednesdays (not August) from 2pm 4pm for those aged 50+ for social recreations and outings.

### **PREVENTION OF FALLS SERVICE (CHANCTONBURY)**

Service for adults living in the Horsham and Chanctonbury area, giving advice to those who fall, or are in danger of falling, on prevention and rehabilitation. Investigates causes, holds exercise classes, provides small pieces of equipment etc. Clinic and classes at Horsham Hospital, people seen individually in their homes.

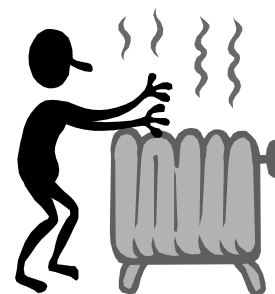
### **STORRINGTON HELP SCHEME**

Offers help with essential transport of a medical nature, i.e. hospital, doctor, dentist appointments.

### **WARM FRONT HOME ENERGY EFFICIENCY SCHEME**

[www.warmfront.co.uk](http://www.warmfront.co.uk)

Warm Front makes homes warmer, healthier and more energy-efficient. The Warm Front Scheme provides a package of insulation and heating improvements up to the value of £3,500 (or £6,000 if oil central heating is recommended). It is a Government-funded initiative and the scheme is managed by eaga. Warm Front Grants are for people who are on certain benefits and own their home or rent it from a private landlord. Measures include loft insulation, draught-proofing, cavity wall insulation, gas room heaters or electric storage heaters.



### **WEST SUSSEX ASSOCIATION FOR DISABLED PEOPLE (WSAD)**

[www.wsad.org.uk](http://www.wsad.org.uk)

Aims to provide, advice, information, support and social contact for physically disabled people throughout West Sussex. Has limited money available for special grants and loans, and may be able to lend specialised equipment. All applications are subject to strict criteria and availability of funds.

### **WEST SUSSEX FIRE AND RESCUE FREE HOME SAFETY CHECKS**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

Free service provided by local firefighters from West Sussex Fire and Rescue Service who work in partnership with community alarm providers. As an alternative to a home fire safety check visit, they can provide an information CD-ROM, which contains fire safety advice in a multimedia format. More information is available on the website.

### **WRVS CARS AND COMPANIONS IN ADUR**

Volunteers that will carry out a schedule of 12 x weekly visits to a lonely or isolated person, just to chat, listen, make a cup of tea, help with small problems like assisting with a meal, dealing with junk mail etc thus providing a 'safe and well' check and signposting to any other services. These are done on a 12 week schedule because demand always outstrips supply and this way no user goes too long without a companion.