

We are pleased to bring you the latest newsletter from in-Touch which we hope you will find useful and informative.

Contact us on: 01296 387730

## BUCKINGHAMSHIRE MIND

Buckinghamshire Mind is an independent charity working to support and represent people with mental health problems living across the county by providing high quality services.

Buckinghamshire Mind aims to find positive ways to make people feel valued and well. For example, the **Employment Support Service** provides encouragement and practical help to support people recovering from a mental health problem to get back in to voluntary or paid work.

The **Befriending Service** offers free support to adults who are lonely or isolated as a result of mental ill health by partnering them with a fully trained volunteer. **Prevention Matters** is a free and friendly service linking adults in Bucks to local resources, volunteers and community services. Also, the community based **Peer Support**

**Groups** for people with mild to moderate mental health needs are free and offer a safe and welcoming place to make friends, share experiences and learn from others.



: **01494 463 364**



: **info@bucksmind.org.uk**

## COMMUNITY TRANSPORT HUB

The Community Transport Hub provides signposting information, advice and guidance to Buckinghamshire residents without access to public/private transport. The service aims to assist those from vulnerable groups, who are struggling to maintain independence and who have a wide variety of needs and circumstances.

The Community Transport Hub provides information on all aspects of community transport and community transport providers in Buckinghamshire - from Dial-a-Ride to community car schemes, mini bus hire and wheelchair accessible taxis. The Hub cannot make or take any bookings but through its community transport database it can provide advice on the most appropriate and available method of transport.

The Community Transport Hub service is provided by Community Impact Bucks

([www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)) and funding to staff and maintain the hub is provided by Buckinghamshire County Council.

“Community Impact Bucks provides bespoke support to help develop community projects throughout Buckinghamshire. Focussing on meeting the needs of the vulnerable and socially isolated we work in the heart of the community to develop volunteer driven solutions. Examples of our projects include Pub Lunch Clubs, Gardening and Befriending services and Community Transport Schemes. We also work directly with communities to provide expert advice, signposting and support for their community assets are the Rural Community Council for Buckinghamshire.”

To contact the Community Transport Hub, please call between **10am–4pm**, Monday to Friday or via email.



: **0800 085 8480 / 01844 348 834**



: **info@communityimpactbucks.org.uk**

# New mental health service launched!

Buckinghamshire Recovery College is the first college in the county dedicated solely to supporting people's mental health. Using an empowering and innovative learning approach to mental health recovery, it will be run for people who use mental health services as well as their family and friends, carers and staff, by people who have experienced or live with mental ill-health themselves.

What makes the courses so unique is that they are co-produced and co-delivered by a Peer Tutor (someone with lived experience of mental health) and a Tutor by Training (Mental Health Care Professional). The aim is to bring people together to realise and inspire individual and collective potential, recognising and sharing experience, strengths, hope and successes so that people can

take control back and become experts in their own wellbeing and recovery and live the life that they wish to live. Through education, people can learn how to take care of themselves, and others, more effectively as well as recognising their own resourcefulness, talents and skills in order to become experts in their own self care, make informed choices and achieve the things they want in life.

To find out more about Buckinghamshire Recovery College and courses near you please follow the conversation on Facebook or Twitter.



@Bucks\_Recovery



@BucksRecoveryCollege

## Did you know...?

- Disabled customers may be entitled to zero rated VAT on certain goods and services. This could save substantial amounts of money, the current standard VAT rate being 20%. We have found it useful for customers to be aware of this right when adapting their home, for example putting in a wet room, or purchasing equipment such as stair lifts.

Eligible items include mobility scooters, specialist adjustable beds, specialist computer devices and low vision aids. Parts and maintenance, repairs and accessories are also covered. Eligible adaptations include ramps, lifts, widening doorways, and installing accessible toilets and wash rooms.

Some people are not aware that they cannot reclaim VAT from HMRC, but the supplier of the goods or services should not charge any VAT in the first place. Many companies will need to be informed of your disability as they will not always know if a customer is eligible for zero VAT rated goods or services. You do not need to be claiming disability benefits to receive the VAT reduction.

Any person who is chronically sick or disabled is entitled to the zero rating – the definition is listed here, together with an example declaration to give your builders: : <https://www.gov.uk/vat-builders/disabled-people>.

It doesn't include an elderly person who is not disabled or chronically sick or any person who is

only temporarily disabled or incapacitated, such as a broken limb. However if you know anybody who is living with a long term medical condition or disability, it may be worth making sure they look into these rules before making a purchase.

There is also a reduced 5% VAT rate on certain mobility aids for people aged over 60 – more information and an example declaration can be found here: <https://www.gov.uk/tax-on-shopping/mobility-aids>

There is a VAT Helpline for charities and disabled people that can be contacted for further advice. Contact: **0300 1231073 (option 3)**.

- If you are over 75 years old, you're entitled to a free TV Licence to cover your household. Although it is free, you do still need to apply for the licence. To find out how call **0300 790 6073** or visit [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk)

If you are not the current Licence holder for your address and share your home with someone younger, you can still apply. Call TV Licensing as above and we will transfer your name onto the existing Licence.

- If you are registered blind or severely sight impaired you are entitled to a 50% reduction on your licence fee. To apply, contact TV Licensing on **0300 790 6076**.

