

# Carer's News



Winter Newsletter 2012

No. 72

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

**W**e'd like to wish you a very warm welcome to the Winter 2012 edition of Derbyshire Carers' ever popular 'Carers News' magazine.

In this edition we are pleased to announce that the Department of Health Carers' Breaks Scheme for Derbyshire and Glossop will be continuing for the foreseeable future.

This means Carers reaching certain criteria can apply for funding of up to £250.

Carers who hold an Emergency Carers' Card, who are registered as a Carer with their GP, provide care for at least 35 hours a week and able to evidence a 'major impact' in at least six areas in their Derbyshire County Council Contingency Plan and Self Assessment are eligible to apply.

*Major impact is defined as: 'Caring severely limits your ability to maintain this aspect of your life. This causes you much concern, stress or distress'.*

#### How the money can be used:

- The money cannot be used to provide social care for the cared-for person - it is just for the Carer.
- Funding must be used to help improve the health and well-being of the Carer.
- It can be used in many ways, for example; as a contribution towards a gym membership or supporting another hobby.  
It could also be used to purchase more practical help, for example - assistance with gardening, decorating or with cleaning.  
Carers have accessed the funding to help purchase tumble-dryers, computers, night classes or even driving lessons.
- It can also be used to purchase a sitting service, in order to give the Carer a break from caring.

For further information regarding Carers Breaks Funding, please contact your local Derbyshire Carers office, telephone numbers are printed over the page.

Internet users can view details of all Derbyshire Carers news and events by simply clicking to: [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## YOUNG CARERS

Aged 16-25?  
A chance to meet and mix with people of your own age group, who have similar responsibilities and caring roles

Would you be interested in meeting other young Carers living in Chesterfield and the surrounding areas?

Give us a call on:

01246 222373

Follow us on

**Facebook & Twitter**

facebook



Become a Derbyshire Carers' fan and share all your Caring experiences, views, news and suggestions!

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



# Carers Ball

# 2012

Carers from across the county flocked to The Post Mill Centre at South Normanton for the prestigious Carers Ball 2012. Nearly 100 Carers - all intent on having a good time - weren't disappointed!

See page three for photo's and further details!





## Derbyshire Carers Association

### Head Office:

White House  
The Willows  
Slack Lane, Ripley,  
Derbyshire DE5 3HF

Tel: 01773 743355  
Fax: 01773 512288

**Amber Valley**  
01773 749087

**Bolsover and East Chesterfield**  
01246 222373

**Chesterfield and North East Derbyshire**  
01246 222373

**Derby**  
01332 200002

**South Derbyshire**  
01283 212194

**Erewash**  
01159 468881

**Glossop**  
01457 858383

**High Peak**  
01663 745500

**High Peak South and Dales**  
01629 812132

**Minority Communities**  
01332 200002

**Emergency Planning Services (Derby City only)**  
01332 200002

**Learning Disabilities Network Co-ordinator (M)**  
0790 328 2604

**Carers Centres: Chesterfield**  
69 West Bars  
S40 1BA  
Open 10am - 3pm,  
Monday to Friday  
Tel: 01246 222373

**Derby City**  
17 Babington Lane  
DE1 1TA  
Open 9am - 3pm,  
Monday to Friday  
Tel: 01332 200002

# Another successful year

## Hello Everyone,

2012 has been another very busy year for Derbyshire Carers Association and I'd like to take this opportunity to thank all our staff who have worked so hard this year to make everything happen.

At the same time, I must also thank our volunteers who make such a difference to what we are able to offer with our limited resources.

It's been a successful year for our funding, we've managed to secure monies from the Department of Health and the Princess Royal Trust for Carers, which has allowed us to increase our staffing levels, which was urgently needed as we were struggling to meet the increasing demand for all our services.

As always we try to make best use of our limited resources and in Glossop, Carer Support Worker, Lynda Hammond, has moved to into the offices of Glossop CVS so that we are now more accessible to Carers in that area.

We've run a number of

information sessions and very well-attended events, the highlights being 'Easter at Chatsworth' and 'Carers Day' at Sudbury Hall.

In September we held our Annual General Meeting at Matlock and as well as the necessary formal business, Carers were treated to a hilarious look at Elizabethan dress, expertly modelled by Maureen Taylor.

In October we organised the Carers Ball at the Post Mill Centre, South Normanton, which was a very enjoyable evening as you can see from the photographs printed on page three!

We are looking forward to the Carers Carol Service at Tideswell Church, which marks Carers Rights Day on 30th November.

This year the theme of Carers Rights Day is 'Getting Help in Tough Times'. Research shows that very often Carers struggle for a long time before they finally ask for help.

Despite the increased funding that we have secured this year, demand for our services

continues to increase and we don't want to let any Carer down. So if you can help us in any way, by volunteering, by becoming a Trustee or by organising a fundraising event or coming up with a fundraising ideas, please don't hesitate to contact us.

Finally... I look forward to seeing many of you at Tideswell but to those I don't manage to meet...

Have a very Merry Christmas and a Healthy and Happy New Year.



*Helen Robinson*  
Chief Executive Officer

## Transition Team on track!

The Team has covered South Derbyshire and is now actively working in the Erewash and Chesterfield areas. All the hard work in the South has been very successful with 212 new Carers being identified and supported.

In addition there are now 38 active Carers' Champions - all receiving regular *Teaming Up For Transition* (TUFT) updates - through a dedicated newsletter and developing website.

The staff have ensured the Carers' Champions have an engagement policy in place, so that referrals can continue for the future.

The Team have also attended many events to engage with a variety of people. Feedback has been very positive with lots of agencies keen to work closely with the project and Derbyshire Carers Association.

Working in partnership with GP surgeries and community hospitals, the team has visited lots of flu clinics across the county during the recent weeks. Flu clinics are always an unmissable opportunity to meet and support Carers - the Team will be there again next year!

If you would like to receive regular updates regarding the Teaming Up for Transition Project please telephone: 01246 222373 ext 3 - or E-mail: [transition@derbyshirecarers.co.uk](mailto:transition@derbyshirecarers.co.uk)



## Will you help?...

Derbyshire Carers Association is now registered to accept donations from our supporters via a text messaging service.

All you have to do is text: DERB25 £10 (or any amount you would like to donate).

The caller making the donation will receive a text message receipt confirming their donation to Derbyshire Carers. A chance to Gift Aid the donation is also offered.

## Keep warm this winter

Did you know that 100% free grants are available for Loft & Cavity Wall Insulation to anyone aged 70 or above, or anyone in receipt of certain benefits, tax credits or allowances?

Free grants are also available to all other householders, regardless of age or circumstances although the funding on this scheme is becoming limited. Lofts must have less than 3" of insulation already installed to qualify.

EnergyLink can arrange for a free, no-obligation survey to be carried out by an approved insulation installer. The surveyor will check that the property is suitable and verify the occupant's entitlement to an insulation grant. [www.freeinsulation.co.uk](http://www.freeinsulation.co.uk)

# Carers Ball

*Photo shoot!*

2012



Our resident lensman tells us he shot nearly 200 photographs on the night... If you would like to view the photographs taken, your local Carer Support Worker will have them all on disc.



Advertisement

## I want to raise an issue...



**You really can help us to make a difference! If you feel strongly about something, don't just sit back and do nothing.**

We want to hear about your experiences of **Health and Social Care services** in the County of Derbyshire, whether it be praise, criticism or any ideas for improvement or change.

We're here to listen. We're here to respond.

**Call: 01246 558924**

Email: [info@derbyshirelink.org.uk](mailto:info@derbyshirelink.org.uk) Web: [www.derbyshirelink.org.uk](http://www.derbyshirelink.org.uk)

Have your say on  
Health and Social  
Care services



# Christmas Greetings and

## Merry Christmas and a Happy New Year

to all Carers, colleagues and associates in Glossop and a very big 'Thank You' to all volunteers for their invaluable work they have given this year!

### The Christmas Craft Night

is planned for

Tuesday 27th November, 7.30pm

at Bradbury House, Market Street, Glossop.

Please join us for a lots of fun - and mince pies of course!

Our Christmas Meal will be at the George Hotel, Norfolk Street on 18th December. £17.50 per person. If you haven't done so already, please contact Lynda as soon as possible if you would like to attend.

Our first Support Group meeting next year will be on Tuesday 29th January, 7.30pm in Bradbury House.

As usual this will be your opportunity to say what you would like from the group for the year.

**Lynda Hammond**

Glossop Carer Support Worker

## Season's Greetings from Helen, Barbara, Karen, Kelly, Richard and Anna - The Teaming Up For Transition Team



TEAMING UP FOR TRANSITION  
CARING FOR THOSE WHO CARE

## Merry Christmas to you all!

Very best wishes for 2013 from Rebecca Volli at the Dales Office.



THE DALES

## Carers Christmas Service

Monday 3rd December 2012 - 10.45am  
Gresley Methodist Church, York Road, Church Gresley, Swadlincote, Derby. DE11 9QQ

CARERS IN SOUTH DERBYSHIRE AND ALL OTHERS AREAS ARE MOST WELCOME.

Celebration and reflection with others who are caring, with a time to acknowledge those who are not with us at Christmas. Join us tea and coffee afterwards.

Lisa Barker

Carer Support Worker - South Derbyshire  
South Derbyshire CVS Room 4,46-48 Grove Street, Swadlincote, Derbyshire DE11 9DD. Tel: (01283) 212194

## Erewash Carers!

**Ilkeston Carer Support Group**  
Meets fortnightly on a Wednesday, 1-3pm  
Ilkeston Community Hospital in the Stanton Room

**Long Eaton Carer Support Group**  
Meets 3rd Monday of the month at 2-4pm  
Outlook, 99 Briargate, Long Eaton

**Carers Coffee Morning**  
First Tuesday of the month at 10-12 Noon  
Long Eaton Health Centre, Midland Street, Long Eaton

For more information please contact  
Emma Handley on: 0115 9468881

## ARE YOU A CARER?

Would you be interested in meeting like minded people?

I have been a Carer for many years and live in Borrowash. I thought it might be fun if I set up a Carers Social Group. At the moment, I am just seeing how many people would be interested.

If you feel that this is something you would like to get involved with, then please ring me on 01332 668724.

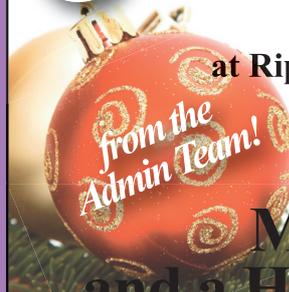
Ilona Rigby.



## Nicky, Kye, Becky, Lisa, Katherine, Louise, Kelly and Joanne

at Ripley, Derby and Chesterfield would like to take this opportunity of wishing everyone a very

Merry Christmas and a Happy New Year!



# local news

Becky, Janis, Kevin and Linda at the Chesterfield Carers Centre would like to wish everyone a

**Merry Christmas and a Happy New Year!**

We'd like to take this opportunity to thank all our Volunteers for their help and support since the centre opened last year.

The Centre - situated at 69 West Bars, Chesterfield, is open 10am to 3pm, Monday to Friday.  
All Carers are most welcome!

01246  
222373

## Crazy Christmas facts!

- **Did you know...** we cook over 10,000,000 turkeys worth an estimated £400 million at Christmas time.
- It is estimated we eat 25 million Christmas puddings and drink around 250 million pints of beer.
- We spend £50.6 million on 370,000,000 mince pies and eat on average 27 mince pies each.
- Over 7 million children leave mince pies and a drink for Santa on Christmas Eve.
- We put up 7.5 million Christmas trees worth an estimated £245 million.
- We write 1.7 billion Christmas cards.
- People start thinking about gift ideas on average 11 weeks before Christmas.
- Alcohol consumption in Britain increases by 40% in December, more than any other country in the world.



### I didn't know that...

- The television comedy 'The League of Gentlemen' is filmed in Hadfield, a small village near Glossop in North Derbyshire?
- The Peak District was the first national park in the country and the Arboretum park was the first public park in Britain.
- Kathleen Kennedy, sister of JFK, is buried in Edensor churchyard. She was married to the Duke of Devonshire's elder brother.
- TV series Peak Practice is set in the fictional village of Cardale - this is, in fact, Crich in Derbyshire.
- Buxton is the highest town in England at 1000 feet above sea level.
- Peveril Castle in Castleton was built in 1086 by the Norman Knight William Peverel.
- Barnes Wallis, who developed the world famous bouncing bombs during World War II, was born in Ripley in 1887.

## Merry Christmas and a Happy New Year

Pam Gill  
Derbyshire Learning Disability  
Carer Network Co-ordinator

## High Peak Update...

Again we are holding our Christmas Lunch at Blythe House, Chapel-en-le-Frith, on Monday 26th November at 1.15pm for 1.30pm. If you wish to come along please contact Lynne O'Brien on 01663 745500.

Buxton Carers Group's next meeting will be Wednesday 5th December; a bit of a 'Christmas Fuddle,' please bring mince pies or anything else that is edible or drinkable. This will be the last meeting of the year.

Chapel-en-le-Frith Carers Group's last meeting of the year is the Christmas Lunch.

**Group meetings will re-commence in the New Year, please ring Lynne O'Brien for dates.**

*It has been a bit of a mixed year for everyone; We held a really good Pamper Day earlier this year, thanks Christine and others for all their hard work in organising the day.*

*Christine and Terri are doing a fantastic job in facilitating Carers Groups; there has been some good speakers, and others who didn't arrive! But hey ho, that's how it goes sometimes!*

*Carers Breaks have been very successful as well, with grants paid direct to Carers who qualify, which has been a great help.*

*Don't forget everyone, I can be contacted on 01663 745500; I know I'm not always there, but I will ring you back, so do leave a message.*

**Finally I would like to wish everyone a really Happy Christmas and I hope that the New Year will bring good fortune.**

Lynne O'Brien

*I'd like to take this opportunity to wish all Amber Valley Carers a very Merry Christmas and good health and happiness for the New Year.*

## Come along and meet new friends at your local Carer Support Groups:

**Belper Carers Support Group**  
Meets 2nd Wednesday of the month, 10.30am-12 Noon at Manor Farm, Newbreck Road, Belper.

**Ripley Carers Support Group**  
Meets 1st Tuesday of each month 10.30am-12 Noon at Field Terrace (Opp. Co-op store), Ripley

**Heanor Carers Support Group**  
2nd Monday of each month, 10.30am-12 Noon at Park Court Community Rooms, (opp. Hospital through archway at sheltered housing), Ilkeston Road, Heanor.

*Louise Green*

Tel: 01773 749087

Fax: 01773 512288

E-mail: ambervalley@derbyshirecarers.co.uk



## Questionnaire

With the autumn edition of your Carers News magazine, we included a questionnaire, to gather information from our Carers. We asked for your thoughts regarding our services, how we could improve and what made a difference to Carers.

**Here are some of the things you told us:**

### How did you hear about Derbyshire Carers Association?

*Carers heard about us from: Social Services, GP's, hospitals, other existing Carers*

### Did DCA make a difference?

*81% of Carers stated that DCA made a difference to their lives.*

### How quickly did we respond?

*42 Carers said we responded within the week, 28 said within a month, 5 said in 6 weeks and 2 said in more than 6 weeks.*

### Was the service what you expected?

*65 Carers said yes. 21 said no.*

### The number of hours spend in caring roles:

*52 people said they were full-time Carers. 8 totalled 40+ hours of care, 6 were daily Carers. 4 totalled 60+ hours, 2 totalled 35 hours and 3 totalled 20+ hours.*

### Comments collated from the questionnaire.

- *The grant helped with a cleaner.*
- *I know somebody is available for info and support.*
- *DCA makes you feel less isolated and give help on request.*
- *It is important that people recognise and value a Carer.*
- *As other charities are pulling their support workers because of funding, it's good to know that you are out there.*
- *DCA staff have been very helpful and supporting, they have given me a lot of info about Carers Assessments.*
- *Staff I have met since joining have be so friendly and helpful, you're not made to feel a failure in any way*
- *It is nice to be able to meet up with other Carers, it's good to talk to other people instead of friends and family.*
- *We were a while getting to know about your service, more adverts would help.*
- *I was assisted with applying for Attendance Allowance for my own needs - which was successful, I can now afford to pay for a cleaner.*
- *Its good to talk to people who understand the work and commitment of caring for a person, the home visit is essential.*
- *At the moment I feel very isolated from Carers, I am unable to attend meetings to due to the Carers criteria change.*

## Direct payments influences jobs

The adult social care workforce in England has grown to 1.63 million according to a new report released by Skills for Care. Those workers are filling 1.85 million job roles representing a 4.5% increase according to figures in the 'The State of the Adult Social Care Sector and Workforce in England, 2012' report.

The majority of these jobs were due to a 15% increase in the number of direct payment recipients which the report suggests reflects a continuing move towards more personalised care.

The report uses data from Skill for Care's National Minimum Data Set for Social Care (NMDS-SC) and other sources also shows that 22,100 organisations provide adult social care which is up 1% from 2010. *Source: Skills for Care*

## Keep warm - keep safe

As the weather turns colder many people get out their electric blanket for warmer nights. Many of these blankets have not had a safety check and could cause a fire. Many of the blankets will be old and again unsafe to use.

It is recommended that electric blankets have an annual check and that any blanket over 10 years old should be discarded.

When buying another electric blanket, never buy a second hand one and when buying new always look for one of these safety certification marks. BEAB or KEMAKEUR

## Tan's the man with the voice

Tan Yung, based at the Derby City Carers Centre on Babington Lane will be taking responsibility for the Carers Voice Project in the very near future.

## Supermarket shopping by phone

Many supermarkets offer online ordering but this is not of interest if you are not on the internet. However, Sainsbury's have a telephone ordering service where people can phone in their grocery order. The number to call is 0800 328 1700 from 8am to 8pm, 7 days a week, when asked, go for the extension 'option 1'. There is a delivery charge if your order is under £100.00 (over £120.00 in some very rural areas). Have your order list ready when you phone.



### Making it happen at the Carers Ball...

*Hard working DCA staff take time out for a quick group photograph at the Ball...*

*L-R: Lisa H, Steph, Tan, Kye, Nicky, Joanne, Becky with CEO Helen Robinson*

## Volunteers needed

Derbyshire Carers Association needs the assistance of volunteers to help maintain the high level of support Carers need, be it through direct work with Carers or office based.

If you have a hidden talent that you feel may be of benefit to others, we endeavour to utilise it in the best possible way. As a volunteer you will receive support from staff and other volunteers to fulfil your potential.

If you would like to help us, help Carers, then volunteering could be for you.

Please contact Kelly Gibbons on 01246 222373 ext 3 or e-mail on [kelly.gibbons@derbyshirecarers.co.uk](mailto:kelly.gibbons@derbyshirecarers.co.uk)

## Spot the signs of a Stroke

Sometimes symptoms of a stroke are difficult to identify, unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** Ask the individual to **SMILE**.

**T** Ask the person to **TALK and SPEAK**  
(a simple sentence coherently.)

**R** Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with **any one** of these tasks, call an emergency number immediately and describe the symptoms to the person answering the phone.

**New Sign of a Stroke - Ask the person to stick out their tongue:**

If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

**Remember the first three letters - S T R.**

## UK's cheapest gas and electricity

13 million people now face rises in gas and electricity of up to 9%, starting next month! With such rocketing price rises, it's basic common sense to find the best deal possible by switching supplier; shopping around before the harsh months of high energy usage are upon us.

The Utility Warehouse guarantees to save you money on both energy and telephone services, claiming the UK's cheapest standard gas and electricity. And it couldn't be easier to make a switch.

Find out how you can combat the crippling costs of keeping warm this winter - for yourself and those you care for.

Click to the Utility Warehouse – and take advantage of a free, no-obligation Energy Audit by its 'Utilities Guru'.

Check out the feature article on the Care Directions website and make a simple, free Callback request at: [www.caredirections.co.uk](http://www.caredirections.co.uk)

## Elder Friends

Elder Friends is a befriending scheme which tries to match up volunteers to people who are housebound and socially isolated. This could be due to age, disability or social circumstances. The aim is to match like-minded people with similar interests, hobbies or things in common. They initially meet in the clients own home and things progress from there.

If you are interested please phone Janet Millington, Elder Friends Project Co-ordinator at the Chesterfield Volunteer Centre, telephone: 01246 276 777.

Thanks goes to Ellie Trown, Carers Champion at Blue Dykes Surgery for this useful information.

## Finding the right care

SCIE has recently launched 'Find Me Good Care' to help people find the right care and support to suit their needs and lifestyle, whether at a time of crisis, as they plan for the future or as they change care services.

Find Me Good Care is a comprehensive source of adult social care information and advice, combined with a searchable, comparable directory of care and support services.

The site offers care and support providers the opportunity to promote their services - including those that do not have to be registered with the Care Quality Commission (CQC) – through a well-regarded and promoted online service.

Find Me Good Care has been developed in consultation with care providers, councils, people using care and carers. The 70 advice and information topics have been written and quality-assured by care experts and the service has broad sector support including: English Community Care Association, Community Catalysts, the National Care Forum, UK Home Care Association and Voluntary Organisations Disability Group, as well as leading voluntary organisations including Carers UK, Turning Point, Mind and Action on Hearing Loss.

[FindMeGoodCare.co.uk](http://FindMeGoodCare.co.uk)

## 'Great Escape' Xmas Lunch!

To be held on 11th December 2012 at Sudbury prison restaurant, outside the gates!

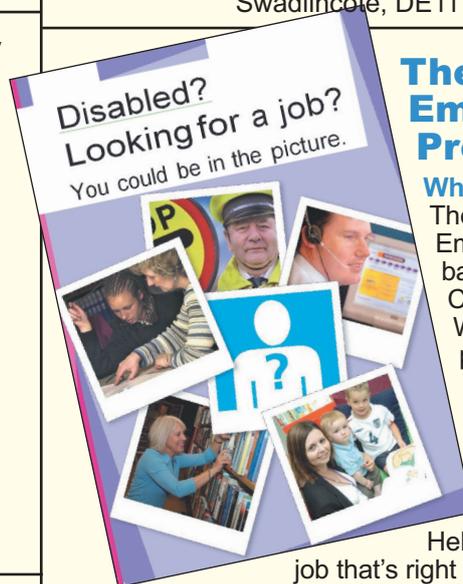
Come and join us... A deposit of £5.00 per person will secure your place. Send it to the office at Swadlincote.

Thank you for getting in touch early - as the places will be limited!

**Lisa Barker**

*Carer Support Worker - South Derbyshire*

South Derbyshire CVS, Room 4, 46-48 Grove Street, Swadlincote, DE11 9DD. Tel: (01283) 212194



## The Disability Employment Project

### Who we are

The Disability Employment Project is based at Derbyshire County Council.

We support disabled people to find training, work experience, voluntary work and paid employment.

### We offer the following services:

Help to match you to the job that's right for you.

Help finding work experience and voluntary work.

Make sure you find out about job vacancies.

Help with selling yourself in your forms and CV.

Help you prepare for interviews.

Advise you about support in the workplace, such as equipment or other support you may need.

**Who we work with:** We can assist anyone who is unemployed and has a disability.

### What we cannot do:

We cannot promise that you will get an interview or that you will get a job.

We cannot give you a job or create a job for you.

**Telephone: 01629 532441 or 01629 532159**

**Email:**  
[disabilityemploymentproject@derbyshire.gov.uk](mailto:disabilityemploymentproject@derbyshire.gov.uk)

## An old recipe for Fruit Cake...

- 1 Cup of milk.
- 1 Cup of sugar
- 2 Cups mixed dried fruit.
- 4 oz. Stork margarine (block not soft)

*I also add a small tub of glazed cherries and sometimes a little more mixed fruit.*

Put all the above in a large saucepan and bring slowly to the boil.

Leave to cool, the longer the better, as the fruit plumps up the longer you leave it.

Add one egg and 8 oz. self raising flour.

Put into a loaf tin and bake for one hour at 350 or Gas Mk.4.

After one hour cover with foil to stop the top burning.

*Thats it. I buy those loaf tin liners to put in the tin and it makes things a lot easier.*

*I tasted this recipe during a home visit, it was delicious. Just one of the perks of the job! - Lisa Barker.*



## Did you know...?

**Did you know...** Derbyshire Carers Association was set up in 1988 by Gerry Fryer together with a group of other Carers. He wanted to offer support and information to Carers who were in the same position as him.

*Which means next year - the Charity will be celebrating 25 years of supporting Carers!*



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



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# care100

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## Are you sitting comfortably?

A guide to rise and recline chairs by Care100

As the winter months approach, thoughts turn to being comfortable at home by the fireside. Rise and Recline chairs are designed not only to help you put your feet up; recline gently for a snooze - but they also raise up to assist you getting out of the chair.

Rise and Recline chairs start as low as £399 up to over £1000 so it is important to make the right decision.

Care100 specialise in Rise and Recline chairs and have a large selection in their shop for customers to try.

Kate and Gill said: 'There are many important considerations when buying such a chair and getting good advice is crucial. Many people also don't know that if you have a long term chronic condition or disability, you don't pay VAT on these chairs.'

**Size:** To be comfortable, a chair needs to give you support where you need it. When you are buying a chair, give yourself time to sit in it for as long as possible. In the right chair...

- You should be able to sit with your bottom right at the back of the seat and your feet flat on the floor.
- Your thighs should be level and your lower legs straight up and down.
- You should be able to get two fingers between your knees and the seat.
- The seat should be wide enough to fit you but not so wide that it doesn't offer you any support.

If you are buying a rise and recline chair for someone who is unable to visit the shop, any reputable supplier should be able to show you how to take accurate measurements to ensure a comfortable fit.

**Single or Dual Motor:** A single motor will lift your feet up and then gently recline the back. On a chair with a dual motor, the footrest and the back are operated by two different motors and will give more choices of sitting positions.

Dual motor chairs also recline much further and may be more suitable for someone who sleeps in the chair. However, the single motor chairs usually only have two buttons (up and down) and the dual motor can have four or five buttons. Consider carefully the person who will be using the chair. Would it be easier for them with only a choice of 'up' and 'down' or will they manage five buttons?

**Positioning in the room:** The chair will need an electrical socket (without trailing wires across the room) and also space for the chair to recline. The chair must not touch the wall when it is reclining as this will damage the motor. Always check the measurement of the chair you are considering, to see if it will fit into the allocated space. If there is not enough room for the chair to recline, ask about a wallhugger. These can usually be placed within 6 or 8 inches of the wall as the mechanism is slightly different.

Kate and Gill have a wide selection of rise and recline chairs in their showroom. They offer expert advice and fast delivery of your chosen chair. Customers are welcome to come and try the chairs for as long as they like. If you are buying a chair for someone who is unable to come to the shop, Kate and Gill will come to your house to get the correct measurements and advise on the chairs available.