

# WIN!



## PANTO TICKETS!

COMPETITION  
PAGE 2



# NO VAT TO PAY!

**If you're disabled, you don't have to pay VAT when you buy equipment that's designed solely for disabled people.**

You also don't have to pay VAT charges to adapt equipment so you can use it.

Disabled Adaptations Coordinator, Viv Callender says, "VAT is not charged on certain services provided to disabled people.

"This includes some building work to adapt your home, and the hire of disability equipment like wheelchairs.

"Goods and services that you don't pay VAT on are often referred to as zero-rated or eligible for VAT relief.

"However, the rules about VAT relief for disabled people are complex. Not everything that is supplied to disabled people is zero-rated for VAT."

### What's eligible for VAT relief?

- £ Wheelchairs
- £ Artificial limbs
- £ Stair lifts
- £ Adjustable beds
- £ Vehicles that have been adapted for use by a wheelchair user

These are just some of the many examples. For more details, call 0845 302 0203 or visit [www.hmrc.gov.uk](http://www.hmrc.gov.uk) or

**See if YOU can get VAT relief! Page 3**

# WIN!



Lighthouse  
POOLE CENTRE FOR THE ARTS

# PANTO TICKETS!

**CROSSWORD  
COMPETITION**



Starring former *Eastender*, Jack Ryder, and Adele Silva from *Emmerdale* this year's pantomime runs at the Lighthouse from 12th December 2008

to 4th January 2009. We're giving one lucky reader the chance to win FREE tickets to see the show, in our fantastic Hallowe'en crossword competition...

## CREEPY CROSSWORD!

**Across**

1. Feline
2. Female soccerer
3. Traditional fruity game
4. Apparition
5. Chiroptera (mammal)

**Down**

2. What to call as you knock at the door
3. Carve me!
4. Partywear?
5. Mythical creature, likes a drop of red
6. Give away to avoid a trick



Name:

Address:

Postcode:

Tel:

**Return to: DAN Crossword,  
FREEPOST PHP**

Closing date: 30th November 2008.  
All correct entries will be entered into a prize draw. Prize is one family ticket for *Dick Whittington & His Cat* at the Lighthouse, Poole. Usual PHP competition rules apply: [www.yourphp.org.uk/rules](http://www.yourphp.org.uk/rules).

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PLEASE CALL 01202 264444 TO DISCUSS YOUR REQUIREMENTS**

# NO VAT TO PAY!

continued from front page...

Before you pay for any product or service, check that it qualifies for zero-rating and that the supplier is registered for VAT.

You may have to sign a form declaring that you have a chronic illness or disability, and what it is. You must also declare that what you're buying is for your own personal use. The supplier should have copies of this form.

You can then buy at a price that excludes VAT. You don't have to pay VAT and then reclaim it – it will be taken off the purchase price before you pay.

For more information, call 0845 302 0203 or visit [www.hmrc.gov.uk](http://www.hmrc.gov.uk).

## Are you eligible?

VAT law states that you must be *chronically sick or disabled* to qualify for VAT relief. A person is *chronically sick or disabled* if they:

- £ Have a physical or mental impairment that has a long-term and severe effect on their ability to carry out everyday activities
- £ Have a condition that doctors treat as a chronic sickness (e.g. diabetes)
- £ Are terminally ill

A person with a temporary injury like a broken leg would not qualify, nor would a frail older person who was otherwise well and non-disabled

# Installation Update

Here's what major adaptations we've been doing to homes around Poole, since the last issue of DAN...

July 2008	
Level-Access Showers	5
Over-Bath Showers	4
Stair Lifts	0
Ramps	2

August 2008	
Level-Access Showers	2
Over-Bath Showers	1
Stair Lifts	1
Through-Floor Lifts	1

September 2008	
Level-Access Showers	3
Over-Bath Showers	1
Stair Lifts	7

The September schedule for Over-Bath Showers has been sent to our contractor. It will be rolled out as a continuous programme.



**Disability  
Information Team**

A resident-led service for you

**Tuesday 10:00am to 12:30pm**

**Thursday 10:00am to 12:30pm**

**BY APPOINTMENT ONLY**

**01202 679948 or 01202 264422**

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# A PUZZLE A DAY...

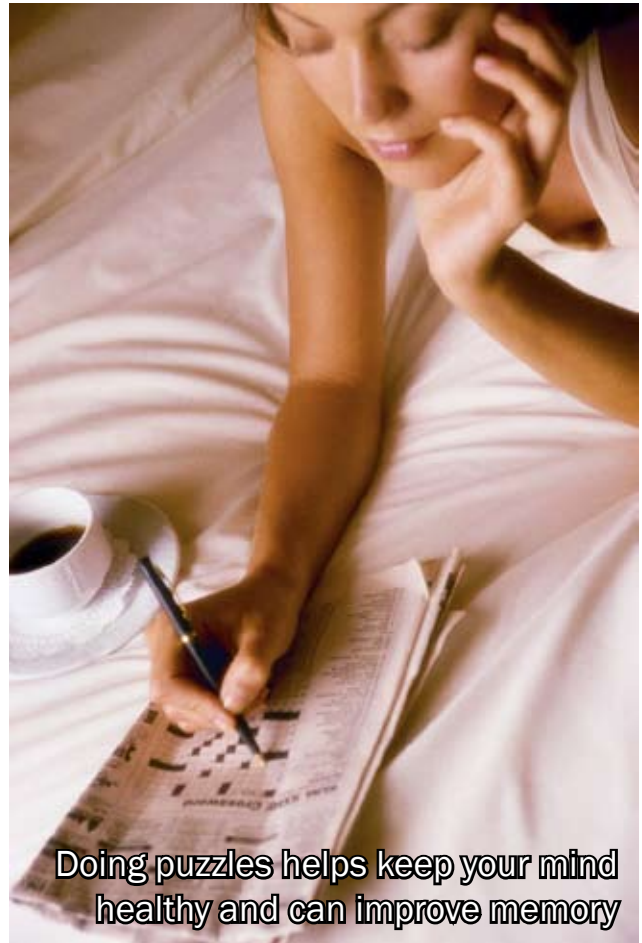
Keeping your mind fit and active is just as important as physical exercise.

Studies show that people who keep mentally active are less likely to develop dementia conditions like Alzheimer's.

A healthy diet is good for your brain and your body. Oranges, green leafy vegetables and oily fish are good for the brain. Avoid foods high in saturated fats - they will speed-up mental decline.

Keeping your brain active will improve your memory. There are lots of ways to give your brain a daily mental workout:

- 😊 Do a puzzle or crossword  
Try out the one on page 2!
- 😊 Do every day sums in your head,  
rather than using a calculator
- 😊 Memorise your shopping list
- 😊 Read more! Join a book club
- 😊 Play bingo, bridge or chess
- 😊 Stay socially active! Join a local  
choir or gardening club, start an  
evening class
- 😊 Meet up with friends and enjoy  
their company



Doing puzzles helps keep your mind healthy and can improve memory

## ACTIVE MIND ACTIVE COMMUNITY

**Make A Difference Where You Live!**

### JOIN THE PEOPLE'S PANEL!

**Get involved from the comfort of your own home!** We'll send you a questionnaire every 3-6 months. Just fill it in and return it to us free of charge, and you could win a prize!

#### **How do I join?**

E-mail [getinvolved.php@poole.gov.uk](mailto:getinvolved.php@poole.gov.uk) or text 'PANEL' to 07824 521271\*, with your name, address and phone number. Call 01202 264422\* for more information.

\* standard network charges apply

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