

CARERS' NEWS

Welcome to the fifth edition of the newsletter for carers in Caerphilly. We've got loads of news and exciting things planned this quarter and we hope you enjoy reading about them as much as we've enjoyed planning them.

Just to remind you who we are, and please note that our Hayley has finally changed her surname after getting married last year!

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As always, please get in touch by e-mailing carers@caerphilly.gov.uk or keep up to date on Facebook (e-mail to be added to the group), Twitter (@CarerCaerphilly) or at www.caerphilly.gov.uk/carers.

Update on Events, Activities and Training



We've enjoyed lots of fab activities during the last quarter, organising two brewery tours, a trip to the races, two lunches, two dinners, one theatre trip, one ghost tour plus we've also been able to organise some manual handling and first aid training for the coming quarter.

If you would like to attend the first aid training on 30th May 2018 from 12 noon until 2pm, the British Red Cross have been kind enough to provide this for us. Please get in touch to request a place.

We were very pleased to be able to fund a trip for young carers and their families to Longleat Safari Park Festival of Light, supported by the staff from Barnardo's. They were able to share in the experiences of seeing animals up close, view inside Longleat House to see how Victorians enjoyed their Christmas and walk around the estate to see the magical storytelling of the light festival.

For more information about this newsletter you can contact Hayley Smith on telephone number 01495 233218 / 07808 779367 or e-mail carers@caerphilly.gov.uk. We would love to hear from you.

Continued

Here are some comments from the attendees.

"Had a lovely day today. It would be nice if there were more day trips available for families. The lights were lovely and we really enjoyed the day. Thank you to Gill and Sarah who chaperoned the trip."

"Had a fabulous time feeding the sea lions and looking at the other animals. Loved the fact all the family could go to make precious memories together. The lights were amazing and the organisers also made us feel welcome. Would love to do more things like this. Many thanks."

"Absolutely fabulous experience. Animal Kingdom was fantastic. My children loved seeing all the animals up close. Thank you for providing this trip - a magical experience of creating memories with my family."

"What a wonderful day! My family loved it from start to finish and precious time we can't always get together. Thank you to Gill and Sarah for making us feel so welcome and included in this special day."

Upcoming Events and Activities

We all know this is the most exciting part of the newsletter which is why we have left it until the middle of the newsletter! As usual, although this is what we have booked so far, more events and activities get added as time goes on, so it's always best to check on our Facebook group or the website to see the most up to date list.

Thursday 19th April 2018 at 6pm – Bowling for 20 carers at Tenpin, Nantgarw.

Monday 23rd April 2018 at 10am until 3pm – Spa day for 10 carers, including lunch at Bryn Meadows Hotel and Spa, Ystrad Mynach.

Wednesday 25th April 2018 at 7:30pm – Fat Friends the Musical at Wales Millennium Centre, Cardiff. (No transport provided, sorry.)

Thursday 26th April 2018 at 12 noon – Lunch at Ystrad Mynach College.

Monday 30th April 2018 at 10am until 2pm – Open Garden Event at Trevelyan Court, Lansbury Park. Garden boxes, planters, advice, raffle, refreshments and freebies. All welcome (no restriction on numbers).

Saturday 19th May 2018 at 10am until 3pm – Spa day for 10 carers, including lunch at Bryn Meadows Hotel and Spa, Ystrad Mynach.



CARERS WEEK

Tuesday 12th June 2018 from 11:30am until 3pm – Trip to Cefn Mably Farm for people with dementia and their carers. Transport provided. Organised in conjunction with the Memory Assessment Service.

Wednesday 13th June 2018 at 10am until 3pm – Spa day for 10 carers, including lunch at Bryn Meadows Hotel and Spa, Ystrad Mynach.

Thursday 14th June 2018 at 2pm – Afternoon tea at the Newbridge Memo. Organised in conjunction with the Memory Assessment Service.

Friday 15th June 2018 (Doors 5pm) – The Bootleg Beatles at Caerphilly Castle.

Friday 29th June 2018 from 10:30am until 2:30pm. Carers Consultation Event – Shappelle's Dance Centre, Ystrad Mynach. Lunch provided; please contact us to book a place so we have an idea of numbers.

Carers' Summer Ball

– A Celebration of Carers in Caerphilly

Saturday 7th July 2018 from 5pm until 11pm. Bryn Meadows Golf, Hotel & Spa.
Two course meal to be served at 6pm.

Saturday 14th July 2018 at 2:30pm – War Horse at Wales Millennium Centre, Cardiff.

Thursday 19th July 2018 at 10am until 3pm – Spa day for 10 carers, including lunch at Bryn Meadows Hotel and Spa, Ystrad Mynach.

Friday 28th September 2018 at 7:30pm – An Evening of Mediumship with Sue Clements at the Newbridge Memo.

Limited places are available to most events but we do try and share these out fairly. To enquire about any of them, please get in touch. If you put your name down for something and we don't let you know

you've been successful, please assume you haven't got a place.

All these activities are paid for to show our appreciation of carers and the hard work they do. Where possible, we will try to ensure that everyone showing an interest gets a chance to attend at least one event or activity.

This quarter, we would also like to make a plea. While we know that things happen that sometimes mean you are unable to come on the day, where possible, please do let us know you cannot come as we can then offer places to other carers.

Carers Groups

Here are the details of the groups we currently run:

Bargoed

The Bargoed carers group will meet on the fourth Wednesday of the month from 2pm – 3:30pm in Bargoed Library. Please come and join us and you can chat with others who have experience of a caring role.

Blackwood

The Blackwood carers group will meet on the last Tuesday of the month from 1pm – 2:30pm in the Sirhowy (Wetherspoon's), Blackwood. Please come and join us and you can chat with others who have experience of a caring role.

Caerphilly

The Caerphilly carers group will meet on the first Friday of the month from 2pm – 3:30pm in Caerphilly Library. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.



Risca

The Risca carers group will meet on the second Thursday of the month from 2pm – 3:30pm in Risca Library. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.

Rhymney

The Rhymney carers group will meet on the third Wednesday of the month from 11am – 12:30pm in Rhymney Library. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.

Blackwood Stroke Support Group

Have you suffered a stroke?

Are you a Carer for someone who has had a stroke?

We can help

There is still a life to be enjoyed after a stroke

We are a recently formed Support Group of the national Stroke Association with members throughout the Caerphilly Borough. We meet at

Cefn Glas ExtraCare Scheme in Blackwood (NP12 1HD)

Thursdays from 10am to 12 noon to socialise and organise in house activities and monthly trips.

Guest Speakers on topics like:

Benefit grants & claims

Wills/probate by a Solicitor

Personal and home security by Police

Home fire safety by Fire Service

Monthly trips to walk around local parks followed by lunch

Shows at Blackwood Miners Institute

Rugby internationals

Xmas dinner

Fundraising activities

Why not come along and enjoy a warm welcome in a family atmosphere?

Contact Mike Rees for more information on 07941 786918.

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Strôc | Stroke
association



Feedback

Once again, we've been so honoured to have more positive feedback since we last wrote out. We're always looking for ways to improve, new things to do and are always happy to hear from carers, whether good or bad. Let us know what you think by calling, e-mailing, or popping along to one of our groups or activities.

We'd particularly like to know what carers would like from the team over the coming years, so all feedback will be gratefully received!

Young Carers

Barnardo's Young Carers Project provides support for young carers and young adult carers up to the age of 25 in the Caerphilly Borough.

To contact Barnardo's please call 01633 612712 or e-mail: caerservices@barnardos.org.uk

For more information, the website address is www.barnardos.org.uk

Community Connectors

The Carers Team works closely with the Community Connectors in Caerphilly, and they have asked us this time to include some wonderful artwork.

These were completed by Tony Scull who was referred to the Community Connectors; he is a stroke survivor and through the service now enjoys attending the stroke group in Blackwood and also an art group in Moose Hall, Blackwood,

where he completed this work. Tony found both these groups through the Community Connectors.

The painting of the colliery is of the Taff-Merthyr Colliery CCP (the washroom) where he previously worked. The painting with the two men is of the Ely Pit Iron Foundry in Newport.

He did both of these from memory!



If you would like to contact the Community Connectors, please get in touch on 0808 100 2500 and ask for the Community Connectors.

South East Wales Shared Lives Scheme



The South East Wales Shared Lives Scheme are urgently looking to recruit new Shared Lives Carers to provide long-term and respite arrangements.

Do you have motivation, commitment, strong values, a spare room and the availability to become a Shared Lives Carer?

Shared Lives Carers are self-employed and use their home as a base. Shared Lives Carers share their home, family and community life with individuals to help develop and maintain independent living skills, friendships and connections in their local area.

If you apply to become a Shared Lives Carer you will be supported through a thorough assessment process and will receive ongoing support from the Shared Lives team. Our Carers are offered a range of training and are paid for the arrangements they provide.

If you are interested in finding out more then give us a ring on 01443 863046, send us an email to adultp@caerphilly.gov.uk or have a look at our website <http://www.caerphilly.gov.uk/Services/Services-for-adults-and-older-people/Registered-providers-of-care/South-East-Wales-Shared-Lives-Scheme>

Resources

- Carer's emergency card – please get in touch on carers@caerphilly.gov.uk or 07808 779367 if you would like one.
- Small grants scheme – We currently have a small amount of money available to assist carers in their caring role. Carers can apply for money for various things, such as household equipment, driving lessons, short breaks and help with new skills. Please get in touch for an application form.
- We still have some free Max Cards available for those of you with children under 25 which gives discounts on days out and activities. More details can be found here: <http://www.mymaxcard.co.uk/> Get in touch if you would like one.



Useful Links

Here are some useful links that we have been using this month that we thought you might be interested in too.

www.carersuk.org/wales

Carers Wales – lots of information and advice for carers on a range of topics.

www.ctsew.org.uk

Carers Trust South East Wales – lots of information and advice on a local basis for carers.

www.alzheimers.org.uk

Alzheimer's Society – information for people with a dementia. Facility on website to search for local services (click on "Local Information" on the left hand side of the home page).

<http://www.wales.nhs.uk/>

Find a dentist, optician, GP surgery or pharmacy – if you are not currently registered these services and need to, you can find them here (look for "Find Local Services" on the left hand side, enter your postcode and check the relevant box).



www.jointlyapp.com

Jointly is an app that makes caring for someone a little easier, less stressful and a lot more organised by making communication and coordination between those who share the care as easy as a text message. You can access Jointly from anywhere.

www.youngcarerstoolkit.co.uk

This young carers' toolkit is aimed at professionals across Health, Education and Social Services, who are identifying, and have contact with young carers and young adult carers.

www.stroke.org.uk

In Wales, around 7,000 people every year have a stroke, while nearly 65,000 people are living with the long term effects of stroke. The Stroke Recovery Service is a flexible and tailored service designed to support stroke survivors, their families and carers with recovery after a stroke.

<http://fibromyalgiasupportgroupsouthwales.com/>

These are details of a support group for sufferers of this chronic pain condition. They offer advice and support everyone including families and carers. There are refreshments at every venue, with advice on new treatments, medications and research that is going on. Guest speakers every three months and quarterly newsletters, plus lunch every three months in different locations.

Recipe Corner



Ribollita

Category: Main meal | Serves: 2 | Prep time: 15 minutes | Cooking time: 50 minutes

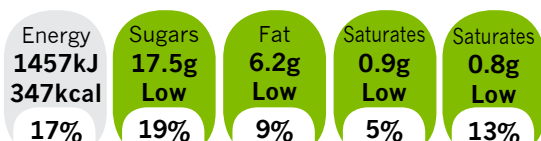
Ingredients

2 tsp olive oil
1 small red onion, finely chopped
2 sticks celery, chopped
2 carrots, sliced
2 cloves garlic, crushed
1 courgette, thinly sliced
400g (14oz) can chopped tomatoes in rich natural juice
450ml (16 fl oz) homemade or reduced-salt vegetable stock
215g (7 ½oz) can borlotti, butter or haricot beans, drained and rinsed
1 bay leaf
85g (3oz) cavolo nero (also known as black kale or Tuscan kale) leaves, shredded
55g (2oz) crusty white bread, crusts removed and bread torn into pieces
1 tbsp chopped fresh flat-leaf parsley
Freshly ground black pepper, to taste

Method

1. Heat olive oil in a non-stick saucepan; add onion, celery, carrots and garlic and cook gently for about 10 minutes or until softened, stirring occasionally. Add courgette; cook for a further 3 minutes.
2. Stir in tomatoes, stock, beans and bay leaf; bring to the boil. Reduce heat, cover and simmer gently for about 25 minutes or until vegetables are tender, stirring occasionally.
3. Remove and discard bay leaf. Stir in cavolo nero; cover and cook gently for a further 10 minutes or until tender. Stir in bread and parsley; season to taste with black pepper. If soup is too thick, stir in a little extra hot stock; if soup is too thin, stir in a little extra bread. Serve in warmed soup bowls.

Each portion contains:



%=an adult's reference intake



Blackberry yoghurt fool

Category: Dessert | Serves: 2

Prep time: 10 minutes, plus chilling time | Cooking time: None

Ingredients

225g (8oz) fresh ripe blackberries
1-2 tablespoons clear (runny) honey, or to taste
100ml (3 ½fl oz) thick low fat plain yogurt
2 tablespoons reduced-fat crème fraiche

Method

1. Put blackberries in a blender or food processor; blend until smooth. Press puree through sieve into a bowl, reserving juice and pulp and discarding seeds. Alternatively, thoroughly mash blackberries in a bowl; press puree through sieve as above.
2. Add honey to blackberry pulp; mix well. Gently fold in yogurt and crème fraiche until well combined.
3. Spoon into serving glasses or dishes; chill before serving. Serve with oat biscuits or sponge fingers.

Variations

- Use mixed fresh berries such as strawberries, raspberries and blueberries in place of the blackberries. Use same quantity of peeled, stoned ripe mango flesh instead of the blackberries, if desired.

Cook's tips

- For a blackberry custard fool, puree and sieve blackberries as above. Fold in 100ml/3 ½fl oz ready-made cold low fat custard instead of the yogurt, then fold in the crème fraiche. Add 1 tablespoon of honey, if desired. Serve chilled.

Per 100g

LOW fat LOW saturated fat LOW salt MED Sugar

Per portion / Percentage of GDA

Energy (kcal)	Fat	Saturated fat	Salt	Sugar
126	4.4g	2.8g	0.1g	17.9g
6%	6%	14%	2%	20%

**This publication is available in other languages and formats on request.
Mae'r cyhoeddiad hwn ar gael mewn ieithoedd a fformatau eraill ar gais.**