

'CARE'PHILLY NEWS

Issue 12
January 2020

The Quarterly Newsletter for Unpaid Carers in Caerphilly

For more information about this newsletter please contact the Carers' Team on 01495 233218 / 01495 233234 or e-mail carers@caerphilly.gov.uk. We would love to hear from you.



Headlines

We've had another great three months: Carers' Rights Day, the Christmas Ball and loads of amazing activities, plus we now have over 1260 carers on our mailing list and we now have nearly 450 members on our wonderful, friendly Facebook group!

It's still making us proud to see how much the network has blossomed, and to see people treating each other with such kindness even with their own busy lives and caring duties, so another big pat on the back for all of you!

It's going to be a relatively quiet quarter as we've put so much on during 2019, but we shall be taking up the reins again after March this year to provide more information days, activities, training and events for all of our amazing carers.

Big congratulations to our own Leanne, who has left us to go on maternity leave! Best wishes to her and her family, and we will see her with the new addition to the family very soon. We have been able to take on a new member of staff to cover Leanne and some extra funding means we also have a second new member of staff – hopefully you will meet them at groups, events and activities in the near future, but we will introduce them when they start.

Carers' Rights Day 2019



The team at this year's

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais. Bedwas RFC
This document is available in Welsh, and in other languages and formats on request.

Christmas Ball 2019

Another amazingly successful event, for which we had nothing but positive feedback. Over 250 carers and their beautiful families came together again this year to enjoy our annual Christmas knees up at Bryn Meadows Golf Hotel and Spa.

A special thank you to them for the amazing staff, atmosphere and delicious food they provided.



One of our individually constructed place settings



The room

Upcoming Events and Activities

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. Or just simply get in touch with us if you don't have access to the internet.

 Tuesday 21st January 2020 at 10am-1pm; lunch at 1:30pm	Spa day for 10 carers at Bryn Meadows Golf & Spa, Maesycwmmr. (Please note, priority will be given to those carers that have not been given places previously.)
 Tuesday 4th February 2020 from 2-5pm	Music, "Mocktails" and Massage at Caerphilly Golf Club
 Thursday 27th February 2020 at 10am-1pm; lunch at 1:30pm	Spa day for 10 carers at Bryn Meadows Golf & Spa, Maesycwmmr. (Please note, priority will be given to those carers that have not been given places previously.)
 Saturday 21st March 2020 at 10am-1pm; lunch at 1:30pm	Spa day for 6 carers at Bryn Meadows Golf & Spa, Maesycwmmr. (Please note, priority will be given to those carers that have not been given places previously.)

Continued



**Saturday 28th March
2020 at 10am – 1pm;
lunch at 1:30pm**

**Spa day for 6 carers at Bryn Meadows Golf & Spa, Maesycwmmwr.
(Please note, priority will be given to those carers that have not
been given places previously.)**

Limited places are available to most activities and events (unless stated) but we do try and share these out fairly. To enquire about any of them, please get in touch.

NB. 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.

TRANSPORT IS ONLY PROVIDED WHERE STATED.

ALL these activities are paid for to show our appreciation of carers and the hard work you do. We do always try to ensure that everyone showing an interest gets a chance to attend at least one event or activity.

While we know that things happen that sometimes mean you are unable to come on the day, where possible, please do let us know as soon as you know you cannot come as we can then offer precious places to other carers.

Carers' Training

We are still working with our in house training team to bring you more training courses this year.

Chatty Cafés



Caerphilly County Borough Council are working closely with the 50+ Forum to help address isolation and loneliness in the borough by supporting a community based initiative which encourages people to get talking!

The Chatty Café Scheme encourages cafes to designate a 'Chatter and Natter' table, where

customers can sit and talk to other customers if they so wish! This scheme is for all, and it is hoped it will bring people together, and encourage social interaction.

There are already several venues across the borough signed up to the scheme, including Caerphilly Visitor's Centre and the White Rose Resource Centre, New Tredegar. It is hoped to bring more venues on board over the coming months.

For more information, or if you are interested in joining the scheme, please contact Rhian Meaden on meader1@caerphilly.gov.uk / 07818 036940.

Carers Groups

Here are the details of the groups we currently run. This is your chance to speak to us and others who have experience of a caring role. Even though each group meets for an hour and a half, please just feel free to drop in for as long as you want.

The All Wales Forum have asked if they could attend your groups in January and February to speak to carers about what your priorities would be over the coming year. We have therefore invited them to attend groups during these months.



Bargoed

The Bargoed carers group meets on the fourth Wednesday of the month from 2pm-3:30pm in Bargoed Library.

Upcoming dates:

22.01.20
26.02.20
25.03.20

Blackwood

The Blackwood carers group meets on the last Tuesday of the month from 1pm-2:30pm in the Sirhowy (Wetherspoon's), Blackwood.

Upcoming dates:

28.01.20
25.02.20
31.03.20

Caerphilly

The Caerphilly carers group meets on the first Friday of the month from 2pm-3:30pm in Caerphilly Library.

Upcoming dates:

03.01.20
07.02.20
06.03.20

Risca

The Risca carers group meets on the second Thursday of the month from 2pm-3:30pm in The Coffee Mill, Commercial Street, Risca.

Upcoming dates:

09.01.20
13.02.20
12.03.20

Dementia Life Coach Service

Dementia Life Coach



A Dementia Life Coach provides an holistic bespoke service, tailored to the well-being needs of the carer(s) of an individual with Dementia who lives in the Greater Gwent locality.

Caring for someone with dementia can have a huge effect on carer's and families life. It can be a lonely, stressful, complex and a difficult journey to embark on when on your own.

What Services Can A Dementia Life Coach Provide?

- Information and supportive coaching in the home
- A safety assessment with solutions for problem areas
- Telephone and email support
- Assist you to plan for the future
- Ongoing supportive coaching
- Recommend measures to meet home safety requirements
- Designs a setting to reduce/manage stress, anxiety and guilt
- Provides support and structure in dealing with Dementia
- Develops solutions to on-going, dementia related problems
- Increase care giver confidence
- Creates teamwork among family members and care giver
- The Dementia Coach can assist to restore a sense of normality in the home to the extent possible



www.ageconnectstorfaen.org

Registered Charity No: 1172466

For more information about accessing this service please call:
01495 769264

Carers' Small Grant Scheme

We've been able to add more money into the scheme, which has benefitted over 160 carers (and their families) in Caerphilly since it began in 2017. To request an application form and guidance notes, please e-mail us on carers@caerphilly.gov.uk or call us.



Young Carers

Caerphilly's young carers were able to take part in another successful Carers' Rights Day at Hilston Park, Monmouth, which was organised by Monmouthshire County Council Carers Team and Caerphilly Carers Team.

They were able to take part in arts and crafts, archery, the "Leap of Faith" (see photo), orienteering, and team games. The theme of the day was "superheroes" and we were able to give some special prizes and gifts to the young people as a thank you for being our heroes.



Everyone fed back they had enjoyed the day.

Barnardo's at Safeguarding Conference



Here is the Barnardo's stand at a recent conference. Barnardo's said: "It was wonderful to be at the Gwent Safeguarding Young People's Conference in Newport and have chance to talk about the support we can offer young carers.

We were really busy meeting young people aged 12 to 17 as part of a major event opened by the Children's Commissioner for Wales Sally Holland which included workshops on mental health, bullying and knife crime."

Young carers also enjoyed a family activity at the Coffee Mill, Risca, whereby a parent was able to accompany their child / children and spend time together. The activity was an afternoon of learning how to decorate cupcakes which the families could take home, a buffet and hot drinks and the chance to build

friendships. Jordana, owner of the Coffee Mill, was very helpful and patient when teaching how to decorate and all gave thanks for the opportunity and said they had enjoyed the day.

One parent fed back: "It was nice to be able to talk to other parents and to know we are not alone."

Barnardo's Young Carers Service also provides individual and closed group support for young carers from across Caerphilly Borough. We are pleased to be working in conjunction with Barnardo's to fund and organise activities and events for young carers and their families. For more information on what is available, please contact Barnardo's on 01633 615859 or e-mail: caerservices@barnardos.org.uk For more information, the website address is www.barnardos.org.uk

Resources



- Break from Caring – we may be able to help you with getting one off or short term breaks from your caring role. Contact us on carers@caerphilly.gov.uk to find out more.
- We still have a number of free My Max Cards available for those of you with children under 25 which offers discounts and concessions on days out and activities. More details can be found here: <http://www.mymaxcard.co.uk/> Get in touch if you would like one.
- Free wellbeing courses. For more info or to book a place on a course, contact Jules Horton via telephone on 01633 247674 or e-mail on jules.horton@gavowales.org.uk Find them on Facebook to keep up-to-date with new courses etc.: [@EPPCymru](https://www.facebook.com/EPPCymru)
- Carer's Emergency Card – please get in touch on carers@caerphilly.gov.uk, 01495 233218 or 01495 233234 if you would like one.

Useful Links

Here are some useful links that we thought you might be interested in too.

<https://www.alzheimers.org.uk/im-caring-someone-dementia>

Alzheimer's Society – information for people caring for someone with a dementia.

www.ageuk.org.uk/cymru/gwent

Age Cymru Gwent offers lots of services for older people and their carers.

www.caerphillyover50.co.uk

Caerphilly 50 Plus Forum is an independent voluntary organisation run for the benefit of older people. Their aim is to improve the quality of life for the residents of Caerphilly Borough who are over 50. Their current focus is promoting age-friendly communities.

<https://www.careandrepair.org.uk/en/your-area/blaenau-gwent-and-caerphilly-care-repair/>

Care & Repair Caerphilly is an independent home improvement agency whose aim is to help

older and vulnerable people live independently in their own homes for as long as possible. They are a non-profit making organisation and offer free practical advice and assistance on house repairs or improvements.

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.dewis.wales

Dewis Cymru is the place for information about well-being in Wales.

They have information that can help you think about what matters to you, along with information about local organisations and services that can help!

<https://gata.cymru/>

GATA is a free, independent and confidential service that assists you to know your rights and to have more voice, choice and control when decisions are made that affect you.

Continued

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.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://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).

It would be nice to have some carer recipes or stories included for next time – send them into carers@caerphilly.gov.uk if you're happy to share and include a photo too. If your article is published, you will win a £50 gift voucher of your choice!



And finally...

Our next newsletter will be coming to you via post or e-mail in March 2020, when we will have more news, activities and useful information for you. If you know of anyone who might be interested in receiving our newsletters, please let us know.



Also, if you are no longer a carer and want to be removed from the newsletter mailing list, just get it touch and we can take you off the list.

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