

'CARE'PHILLY NEWS

Issue 10
July 2019

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.



Welcome to the tenth edition of the newsletter for carers in the Caerphilly borough since its relaunch in January 2017.

We've had such a blast in the last quarter: Carers' Week, the Summer Party and loads of amazing activities, plus we now have well over 1100 carers on our mailing list and over 350 members of our Facebook group!

In the coming three months, we have organised some new things we hope you will like, as well as putting on some training that we hope you will find useful. Eventually, we hope to have a rolling programme of training courses and practical sessions for you to attend, so we need your ideas to make this as successful, useful and diverse as possible.



Bristol Balloon Fiesta

Carers' Week 2019

We had a VERY full week of events, learning and activities. We are hoping for the same sort of things next year but if there is something you feel was missing or something you'd particularly like us to include, please let us know.

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

Upcoming Events and Activities



Tredegar House, Newport

This quarter sees some old favourites returning and a few brand new and exciting things. 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.

Friday 19th July 2019 at 2pm until 4pm – Afternoon tea at the Coffee Mill, Risca. Finger sandwiches, savoury tarts, scones and sweet treats along with tea and coffee. Bring your own fizz at no extra cost – they will even chill it for you!

Thursday 25th July 2019 from 9:30am to 3:30pm – Paddleboarding at Pen-y-Fan Pond with Caerphilly Adventure Group. Bring your own picnic!

Thursday 8th August 2019 from 11am (first pick up) and leaving Bristol at 10pm - Bristol Balloon Fiesta. More details here: <http://bristolballoonfiesta.co.uk/>

Monday 12th August 2018 at 1pm – Afternoon tea for 20 carers at the Lakeside View Café, Parc Cwm Darran, Deri.

Thursday 22nd August 2019 from 9:30am to 3:30pm - Adventure Day with Caerphilly Adventure Group to include archery and team games. Bring your own picnic!

Wednesday 4th September 2019 from 9:30am to 4pm - Trip to Tredegar House with a soup and sandwich lunch at 1:30pm Coach will

pick up from the bus stop opposite Blackwood Miners' Institute at 9:30am, then go onto Maesycwmmmer shops and the Pontygwindy pub in Caerphilly. We will leave Tredegar House at around 3pm.

Wednesday 11th September 2019 at 6pm – Two course dinner at the Farmer's Arms, Rhymney. Gluten free and vegetarian options available.

Monday 16th September 2019 at 6pm – All you can eat Indian buffet for carers at Bengal Cymru, Risca.

Limited places are available to most activities and events 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

Wednesday 3rd July 2019 from 10am until 2pm – Understanding anxiety at Unit 3, Foxes Lane, Oakdale NP12 4AB (16 places)

Tuesday 16th and Wednesday 17th July 2019 (two day course) from 9:30am to 2:30pm each day – Understanding Autism with Johanna

Condon (Auspicious Wales). More time will be given at the end (until 4pm) for questions/discussion, however if you are unable to stay after 2:30pm, you won't miss the actual course. This course is being held in Room A, Unit 3, Foxes Lane, Oakdale NP12 4AB (20-24 places)

Tuesday 30th July 2019 from 10am until 2pm – Mindfulness awareness at Unit 3, Foxes Lane, Oakdale NP12 4AB (18 places)

Carers Groups



Bargoed

The Bargoed carers group will meet on the fourth Wednesday of the month from 2pm – 3:30pm in Bargoed Library.

Upcoming dates are:

24.07.19

28.08.19

25.09.19

23.10.19

27.11.19

Blackwood

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

Upcoming dates are:

30.07.19

27.08.19

24.09.19

29.10.19

26.11.19

Caerphilly

The Caerphilly carers group will meet on the first Friday of the month from 2pm – 3:30pm in Caerphilly Library.

Upcoming dates are:

05.07.19

02.08.19

06.09.19

04.10.19

01.11.19

Risca

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

Upcoming dates are:

11.07.19

08.08.19

12.09.19

10.10.19

14.11.19

As usual, there will be no group meetings in December (as we may well have something special in the pipeline); however you are more than welcome to meet up without us.

Young Carers

We hope you enjoy this photo of a young carer feeding a sea lion at Longleat during March half term. Young carers and other relatives took part in this trip and we are pleased to report the weather was kind and brought all the animals out for the safari ride. The lake boat ride was excellent and seeing the hippopotamus and gorillas up close was a delight for all on board.

Cameras were out for feeding the dolphins and it's just a shame that the videos couldn't be captured in the newsletter!

Everyone gave thanks for being able to take part in a great day and some parents exchanged contact details to offer on-going support to each other as adult carers.

During the last quarter, young carers and their families have enjoyed an afternoon tea and cinema day, a three course meal at Scholar's Restaurant, Ystrad Mynach College and a trip to Thorpe Park. We hope to share more photos in the next newsletter.

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

Community Connectors

The Carers Team works closely with the Community Connectors in Caerphilly. If you would like to contact them, please get in touch on 0808 100 2500 and ask for the Community Connectors.



Supporting People



Help finding housing and work.
Support with form filling,
debts, benefits, eviction notice,
rent/mortgage arrears.
Contact Supporting People:

01443 864548

Text: [housupport](tel:housupport) to 81400

Email: supportingpeople@caerphilly.gov.uk
www.caerphilly.gov.uk/supportingpeople

cefnogipobl
supportingpeople
supporting independence
cefnog irobyniath



Caerphilly Carers' Team

In case you are new to us, the team are:
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We have lots of ways for you to contact us,
please get in touch by e-mailing
carers@caerphilly.gov.uk or search for
“Caerphilly County Carers Group” and
request to be added. We are also on Twitter
(@CarerCaerphilly) or at
www.caerphilly.gov.uk/carers.

Resources

- Carer's Emergency Card – please get in touch on carers@caerphilly.gov.uk, 01495 233218 or 01495 233234 if you would like one.
- Small Grants Scheme – We still 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 and guidance notes.
- 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 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.
- BSM and Motability driving lessons - The Motability Scheme is the UK's leading car scheme for disabled people. It provides affordable, convenient, trouble-free motoring to over 600,000 disabled customers and their families. Motability,



- as a national charity, can provide grants to help Motability Scheme customers with the cost of learning to drive. More information here: <https://www.bsm.co.uk/learner-driver/motability/who-are-motability> or call 0330 100 7501.
- Free wellbeing courses. For more info or to book a place on a course, contact Jules Horton via T: 01633 247674 | E: jules.horton@gavowales.org.uk Find them on Facebook to keep up-to-date with new courses etc.: @EPPCymru

Useful Links



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

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).

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.

www.caerphillycr.co.uk

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.caerphillycareforcarers.co.uk

Care for Carers provide a respite care service for carers over the age of 16.

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!

www.dewiscil.org.uk/advocacy

Dewis Advocacy provide an advocacy service for people with mental health issues and their carers.

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).

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.

It would be nice to have some carer recipes included for next time – send them into carers@caerphilly.gov.uk if you're happy to share and include a photo too, to show off your skills. If your recipe is published, you will win a £25 gift voucher of your choice!

And finally...

Our next newsletter will be coming to you via post or e-mail in October 2019, 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.**