



CARERS' NEWS

Welcome to the second edition of the newsletter for carers in Caerphilly. We had a great reaction to the first newsletter, with the events that we have organised being very popular! We will therefore continue to book events in and, as always, all you need to do is get in touch so we can add you to the list. We can still be contacted at any time on carers@caerphilly.gov.uk and up to date information can be found between newsletters at www.caerphilly.gov.uk/carers.

Carers' Meal at Crosskeys College



The first of our meals out was a resounding success! We all enjoyed lovely food in Morels Restaurant, and the only time we were quiet was when we were tucking into the three course meal. If you haven't been, Morels is well worth a visit, with a three course meal only costing £8.50, and we were reliably informed that the wine was reasonable too!



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

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.

Events and Activities



Fancy a trip to the theatre? We have booked a small number of tickets to attend a showing of Grease at Wales Millennium Centre, Cardiff Bay on Wednesday 26th July 2017 at 7:30pm. Please note that these tickets are for carers only. Contact us for details.



Don't forget, we still have a couple of places left for our other meal at Ystrad Mynach College (Scholars Restaurant) on Thursday 18th May 2017 at 12:30pm. All spaces for afternoon tea at Grazing Ground, Caerphilly on Wednesday 10th May 2017 have now gone, but afternoon teas have been so popular that we will organise others for later in the year.

We have booked a trip to the seaside on Wednesday 24th May 2017. Please come along and play games in the arcades, ride on the fairground rides and take a walk along the beautiful coastline. More importantly, enjoy a lovely bag of chips! Pick up points will be arranged based on interest, leaving at around 10am and departing from Barry Island at around 3pm. Contact us to book a place.

Due to the success of our meal at Crosskeys College, we have booked the next dining experience at Nant Restaurant, Coleg y Cymoedd, Nantgarw CF15 7QY on Thursday 25th May 2017 at 6:30pm. Contact us for details.

Come along and join us for a game of ten pin bowling on Thursday 6th July 2017 at 6pm, held at Tenpin Cardiff, Parc Nantgarw, Treforest Industrial Estate, Nantgarw, Caerphilly CF15 7QX. Food and a drink will be provided. There are limited spaces, so contact us to book a place.

More will be arranged please visit our website (www.caerphilly.gov.uk/carers) or join our Facebook group (details at the end of the newsletter). With all of our activities, priority will be given to those who have not attended previously.

At our support groups (www.caerphilly.gov.uk/carers for more information), we have been asking those of you that attend what kinds of things you would like to see more of. Pamper sessions, theatre trips, wine tasting, meals and rugby tickets have all come up, so we are doing our best for the rest of the year to accommodate these requests. We've also had some other really good ideas about more activities on weekends and evenings for those of you that work or are in school or college, which we have definitely taken on board.



Carers' Week 2017

Which leads us nicely into carers' week. In previous years, events have been held during the working week. The official dates are 12th to 18th June 2017 but we recognise that carers don't always have the capacity to attend Monday to Friday 9am – 5pm, so we thought in Caerphilly we'd do something a little bit different this year.

Our launch event for carers of all ages will take place on Saturday 10th June 2017 from 11am – 3pm at Ysgol Gymraeg Caerffili, Pontygwindy Road, Caerphilly CF83 3HG. The day will be a celebration of the important work that our carers do and will include food, activities, entertainment and, most of all, fun!

On Monday 12th June 2017 we will be visiting local supermarkets promoting support for carers and hopefully meeting with carers we don't yet know. We will also be attending the North Resource Centre in Rhymney on the morning of Wednesday 14th June 2017 to do the same.

On Tuesday 13th June 2017, from 10am – 2pm, we will relaunch our carers' emergency card, as well as having information, advice and assistance about other resources available to carers at Shappelles, New Cottage, The Boot,



Maesycwmmer, Hengoed CF82 7PR. We will be providing food and refreshments and we will have local students attending to pamper you on the day.

The week will finish with a relaxing afternoon tea on Wednesday 14th June 2017 from 1:30pm – 3:30pm. We have booked The New Forge, Brynhoward Terrace, Oakdale, Blackwood NP12 0LG. Please contact us to book a place, as spaces are limited.

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 ring 01633 612712 or e-mail: caerservices@barnardos.org.uk For more information, the website address is www.barnardos.org.uk

Testimonials

This part of the newsletter is all about the feedback we've received so far. We had a great comment about the solicitor that attended our Carers' Rights Day from one of our carers. She was able to sort out some legal stuff as a result

of meeting the solicitor in November at our event. We've also had several carers compliment us on the number of things going on in Caerphilly for carers at the moment and the information being shared. We hope that this continues to grow!

Carers' Groups

Just a reminder about our groups, which are growing each month. These are:

Caerphilly

The Caerphilly carers' support group will meet on the first Friday of the month from 2pm – 3:30pm in Caerphilly Library, The Twyn, Caerphilly CF83 1JL. 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' support group will meet on the second Thursday of the month from 2pm – 3:30pm in Risca Library, Unit B, Risca Palace, 75 Tredegar Street, Risca NP11 6BW. 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' support group will meet on the third Wednesday of the month from 11am – 12:30pm in Rhymney Library, Victoria Road, Rhymney NP22 5NU. 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

The Blackwood carers' support group will meet on the last Tuesday of the month 1pm – 2:30pm in the Markham Meeting Room, Blackwood Miners Institute, High Street, Blackwood, NP12 1BB. Please come and join us and you can chat with others who have experience of a caring role.

Other Groups

Movement & Memories

This is an exciting new group designed to support people with memory problems. It is a fun activity which draws on reminiscence, music and gentle movement. If your loved one has memory problems bring them along to this group; you can stay or use the hairdressers, café, or beautician (20% off for carers on first visit) on site. To be held on the first Thursday of the month from 2pm – 4pm at Creazione Caerphilly, Sparks House, Western Industrial Estate, Caerphilly CF83 1BQ. First session 4th May 2017. Sessions cost £5, drinks and biscuits provided.

A Lifetime of Memories

This is another new group organised in conjunction with the Memory Team from the Health Service. The group is a fun, relaxed activity, and will use reminiscence to share life experiences, memories and stories from the past. Bring your loved one along and join in, or you can take some time out for yourself while they enjoy the activities. To be held on the first



Tuesday of the month from 2:30pm – 4pm at Cwmgelli Lodge, Lon Pennant, Blackwood NP12 1BR. First session 2nd May 2017. There is no cost and drinks and biscuits are provided. For more information please contact Natalie Flowers on 01443 802414.

Resources



We have a private Facebook group set up with over 50 members. This has been really good for sharing information and promoting our events and groups with carers, but has also been successful for carers sharing information between themselves. If you would like to join, and are a member of Facebook, just drop us a quick e-mail on carers@caerphilly.gov.uk and we will send you an invite.

We are also conscious that those of you not on e-mail may not receive information as soon as those who are. To remedy this, we are piloting a text message service. Simply text us your mobile number and we will share events and activities with you in real time.

We were recently told about a book called “The Power of Now” by Eckhart Tolle that had helped a carer that attends one of our support groups. We found them for such a good price that we’ve purchased 20 copies so if you would like to borrow a copy, just let us know, or come along to one of our groups as we will have copies with us. Dates of all our groups can be found here: www.caerphilly.gov.uk/carers - just check the tab marked “events”.

Register for online resources here:
www.carersdigital.org

This will take you to **Digital Resource for Carers**, an online platform that brings together Carers UK’s digital products and online resources with additional information and support resources on a single webpage aimed at supporting people with caring responsibilities. You can dip in and out this page as often as you want and use the resources at your own pace. (The free access code to sign up is **DGTL3562**)

Sense Cymru

TouchBase Wales is Sense Cymru’s first community support base for adults with a multi- sensory impairment, or a single-sensory impairment with additional needs. They provide a range of support to help people develop skills and link in with the local community, providing opportunities to:

- Meet other people
- Develop friendships, skills and connections
- Develop and deepen a sense of belonging

For more information please contact: TouchBase Wales, Caerphilly Business Park, Van Road, Caerphilly, CF83 3ED Tel: 0300 330 9280 Email: cymruenquiries@sense.org.uk Website: www.sense.org.uk

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.



Useful Links



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

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

www.carersuk.org/wales

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

www.ctsew.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.alzheimers.org.uk

Find an NHS dentist – if you are not currently registered with a dentist and are entitled to free dental treatment because of your age or disability or benefits, you can find one here (look for "Find Local Services" on the left hand side, enter your postcode and check the box "Dentists"). NB. This site can also be used to find other services in your area.

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

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.jointlyapp.com

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.youngcarerstoolkit.co.uk

We received a recommendation from one of our Social Workers about this place. It is a reasonably priced spa run by industry professionals and future talent at Cardiff and Vale College if any of you feel in the need for a little pampering and relaxation.

www.urbasba.co.uk

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