



# CARERS' NEWS

Welcome to the third edition of the newsletter for carers in Caerphilly. We're really pleased that people still seem to be enjoying both the newsletter and the activities and events. We are still busy organising things, and meeting and supporting carers old and new, which is what our aim is. As always, please get in touch by e-mailing [carers@caerphilly.gov.uk](mailto: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](http://www.caerphilly.gov.uk/carers).

We're also very excited to announce that we have four tickets for carers at each Autumn International rugby match (except New Zealand). We'll be drawing the lucky carers out of a hat after 5pm on the 6th October 2017, so let us know by e-mail, text, telephone or post if you would like to be entered into the draw. We'd love to hear from new carers too, so please get in touch!

## Update on Events and Activities



Twenty of us took to the lanes back in the July heatwave for an evening of ten pin bowling. There is a great deal on where you get two games, a drink and a sharing platter between two, all for £10. We had so much fun and because of that, another evening has been booked. Read on for details.

We also had a great day out in Barry Island back in May, if a little windy, so we booked another seaside trip to Porthcawl in August.

Carers' Week was a great success with a family fun day, information day and relaunch of the carer's emergency card.

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](mailto: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.

# Upcoming Events and Activities

Wednesday 23rd August 2017 – Day trip to Porthcawl.

Monday 4th September 2017 from 4pm to 7pm.  
Open garden event at Trevelyan Court, Lansbury Park, Caerphilly CF83 1RQ. Come along for nibbles and refreshments and see how a communal garden can work and speak to the organisers about how you could set up a scheme yourself.

Wednesday 6th September 2017 at The New Forge, Oakdale from 1pm - Afternoon tea. Get in touch to book a space.

Wednesday 13th September 2017 at Coffee 37, Ystrad Mynach from 12:30pm - Afternoon tea. Get in touch to book a space.



Thursday 14th September 2017 – Bowling at Tenpin, Nantgarw. We've booked 20 spaces for two games, a drink each and a sharing platter between two. Bowling at 6pm, meet at 5:45pm to order food and drinks. Please let us know if you wish to attend.

Wednesday 20th September 2017 at the Farmer's Arms, Rhymney at 12:30pm – Lunch at the friendly and newly refurbished pub. Get in touch to book a space.

Wednesday 27th September 2017 at Caerphilly Garden Centre from 12:30pm – Afternoon tea. Come and have afternoon tea with us and maybe do some shopping while you're there! Contact us to book a place.





Sunday 1st October 2017 at Llancaiach Fawr from 11am to 12:30pm – Classic car rally for carers. Any classic car buffs should come along and see a collection of golden oldies and chat to the owners. Refreshments will be served free of charge courtesy of Llancaiach Fawr. Please let us know if you wish to attend for an idea of numbers.

Friday 24th November 2017 – Save the date for Carers' Rights Day. Hopefully this will be as much fun and as well attended as last year.

Saturday 9th December 2017 at 2pm in the Blackwood Miner's Institute – Panto time! Come and join us for Jack and the Beanstalk, rumoured to star Welsh favourite Owen Money! Get in touch to book a space.

Tuesday 12th December 2017 at 7pm till late – Carers' Christmas Ball at the Maes Manor, Blackwood. This event is free to carers and cared for over 18 years old due to the venue and entertainment. Carers are welcome to

bring friends along but they will need to purchase a ticket themselves. Cost is £22.50 and includes entertainment and a three course meal. Let us know if you wish to attend.

Thursday 14th December 2017 – Christmas shopping trip to Cheltenham. First pick up 8:30am, leaving Cheltenham at 4:30pm. Please e-mail or call to book a place – first come, first served!

Thursday 15th February 2018 at 2:30pm in the New Theatre, Cardiff – The Sound of Music! Will your hills be alive? Are you 16 going on 17 at heart? What are some of your favourite things? How do you solve a problem like Maria? Come along and find out the answers to all these questions with us as we relive our childhoods in one of the most memorable musicals ever made. Tickets are limited; please get in touch with us if you would like one.

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.

\*\* More to be added throughout the year, we will update you in future communications and newsletters and also add details to the website: [www.caerphilly.gov.uk/carers](http://www.caerphilly.gov.uk/carers) \*\*



# Carers' Groups

Just a reminder about our groups, which continue to grow 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. N.B. There will be no groups in December 2017 as we have our carers' ball, but they will resume in the new year.

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## Feedback

We've had some really lovely feedback this quarter, plus some constructive comments about the lack of male carers that come along to things and also the support groups. We're always looking for ways to improve 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.

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

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## 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](mailto:caerservices@barnardos.org.uk)  
For more information, the website address is [www.barnardos.org.uk](http://www.barnardos.org.uk)



# Resources

- Carer's emergency card – please get in touch on [carers@caerphilly.gov.uk](mailto: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.

## Recipes

### Italian Rice with Chicken

I love this recipe as it all gets made in one pot, so there's less washing up. It can also be adapted to be vegetarian (use any beans, but add them closer to the end, veggies, Quorn or other meat substitutes), gluten free by using gluten free pesto and stock or dairy free by using vegan pesto and dairy free stock.

#### Ingredients

- 2 tbsp olive oil
- 2 skinless boneless chicken breast fillets or 4 boneless thighs, cut into strips
- 1 red onion, cut into 8 wedges
- 2 orange peppers, halved, deseeded and sliced thickly
- 1 garlic clove, crushed
- 100g long grain rice
- 400g can chopped tomatoes
- 300ml chicken or vegetable stock
- 4 tbsp ready-made pesto (You'll find long-life jars on the shelves with pasta sauces or more expensive fresh pots in the chiller cabinet)

#### Method

1. Heat oven to 200C/fan 180C/gas 6. Heat the oil in a large, shallow ovenproof pan, add the chicken and cook for 3-4 mins until golden all over. Remove from pan and set aside.
2. Add the onion and peppers, and cook for 3 mins or until lightly golden. Tip in the garlic and fry for a min. Stir in the rice, then the tomatoes, stock and reserved chicken. Turn up the heat and bring to the boil before transferring to the oven to cook, uncovered, for 20 mins. Season to taste and drizzle over the pesto before serving.



### Key Lime Pie

This is a great recipe for a family gathering or dinner party as it's quite simple but looks the part. Add in more or less lime juice and zest dependent on how tart you like your desserts!

#### Ingredients

- 300g Hob Nobs, ginger biscuits or similar
- 150g butter, melted
- 1 x 397g tin condensed milk
- 3 medium egg yolks
- finely grated zest and juice of 4 limes
- 300ml double cream
- 1 tbsp icing sugar
- extra lime zest, to decorate

#### Method

1. Heat the oven to 160C/fan 140C/gas 3. Whizz the biscuits to crumbs in a food processor (or put in a strong plastic bag and bash with a rolling pin). Mix with the melted butter and press into the base and up the sides of a 22cm loose-based tart tin. Bake in the oven for 10 minutes. Remove and cool.
2. Put the egg yolks in a large bowl and whisk for a minute with electric beaters. Add the condensed milk and whisk for 3 minutes then add the zest and juice and whisk again for 3 minutes. Pour the filling into the cooled base then put back in the oven for 15 minutes. Cool then chill for at least 3 hours or overnight if you like.
3. When you are ready to serve, carefully remove the pie from the tin and put on a serving plate. To decorate, softly whip together the cream and icing sugar. Dollop or pipe the cream onto the top of the pie and finish with extra lime zest.

# 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](http://www.carersuk.org/wales)

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

[www.ctsew.org.uk](http://www.ctsew.org.uk)

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

[www.alzheimers.org.uk](http://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](http://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](http://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](http://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/>

A support group for sufferers from this chronic pain condition. They offer advice and support everyone including families and carers. Refreshments at every venue. Advice on new treatments, medications and research that is going on. Chair exercises. Guest speakers every three months and quarterly newsletters. Lunch every three months in different locations.

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