

CARERS' NEWS

Welcome to the fourth 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 and writing about them.

Since the last newsletter, we've been lucky enough to have another new member of staff in the team. We now have three Carers Support Workers, with Rachel Lowndes being the newest member of the team. They can be contacted on:

Hayley Smith – 07808 779367 or smith@caerphilly.gov.uk

Leanne Gallent – 07872 418927 or gallel@caerphilly.gov.uk

Rachel Lowndes – 07718 669188 or lowndrm@caerphilly.gov.uk

Geraldine Powell is the Carers Coordinator and can be contacted on 07713 092795 or powelg4@caerphilly.gov.uk

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.

More Rugby Tickets up for Grabs!

We're very excited to announce that we have 6 pairs of rugby tickets for carers to see Judgement Day VI, taking place at the Principality Stadium, Cardiff, on Saturday 28th April 2018. Kick off for the first match is 3:05pm and you will be able to watch both the Dragons vs the Scarlets and Cardiff Blues vs the Ospreys.

We'll be drawing the lucky carers out of a hat after 12 noon on 30th March 2018, 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!



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.

Update on Events and Activities



The highlight of the past couple of months must be our Carers' Christmas Ball. Hayley, Rachel and Leanne worked incredibly hard while Geraldine was off gallivanting on holiday (and celebrating her 40th birthday) and it really showed. We organised this in recognition of the hard work that you as carers do and what you said you wanted. The evening provided an opportunity for you as carers to meet up, let your hair down and dance the night away to the sounds of the

Pop Tarts band. Despite quite severe weather conditions, well over 100 carers and their loved ones made it to the Maes Manor in Blackwood for a three course meal, music and a live band. Feedback was incredibly positive and the night was topped off by a wedding proposal from one of the carers to another, in a well-crafted takeover of the stage! There wasn't a dry eye in the house during the emotional and romantic gesture. Special mention to our Highways department who went out to plough and grit the road to ensure that people were able to get to the ball!



We also celebrated Carers' Rights Day in Caerphilly Castle with a great turnout of carers and organisations. We had wonderful entertainment from the Springfield Drama Group, fabulous food and we were able to speak to carers about what they wanted in order to continue their caring role. We also had a graphic illustrator who put the feedback into a fantastic visual (see below).



Since the last newsletter we've also enjoyed a lovely shopping trip to Cheltenham, several afternoon teas, more bowling, a wonderful pub lunch and a pantomime!

Upcoming Events and Activities

This is what we have organised so far, but fear not, we have had requests for a trip to the races, a visit to the botanical gardens, comedy nights, crazy golf and more, so we are doing our best to get these booked too!

Thu 1st February 2018 at 12 noon – Carers' lunch at Ystrad Mynach College (Scholars Restaurant).

Wed 7th February 2018 at 11am - Brewery tour and lunch at Tiny Rebel, Rogerstone.

Thu 15th February 2018 at 2:30pm - The Sound of Music! in the New Theatre, Cardiff.

Sat 17th February 2018 at 7pm – Ghost tour and meal at Llancaiach Fawr.



Mon 26th February 2018 at 6:30pm – Carers' evening meal at Farmer's Arms, Rhymney.

Wed 7th March 2018 at 12 noon - Carers' lunch at Cross Keys College (Morels Restaurant).

Limited places are available to all events but we do try and share these out fairly. To enquire about any of them, please get in touch.

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 **

Carers Groups

We're carrying on with our groups following their success in 2017, and we're adding a new one in Bargoed! Here are the details:

Bargoed **New group******

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.

Movement and Memories

We are also pleased to be working jointly with the Memory Assessment Service and Bethan Ryland, international ballroom dancer, to facilitate a new group for people with dementia and their carers. The group will be held at Caerphilly Leisure Centre on the first Thursday of every month from 2:30pm to 3:30pm. There is a small payment of £2 per person payable directly to Bethan on the day.

Feedback

We've had some really lovely feedback this quarter. 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!

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 this quarter, they have asked if they can have a “slot” in our newsletter. So this section has been written by them and has details of lots going on around the borough.

Well, we are now coming into winter following a busy autumn and the Connectors have been supporting the residents of Caerphilly access their community and improving that feel good factor!

We have been out and about promoting the service to the public and have been visiting many groups throughout the borough. These have included Blackwood Art Group; the Beeches in Caerphilly and the St Gwladys' Church in Bargoed. The Connectors have also been accessing groups in other boroughs including the Bipolar Support Group in Cwmbran, Autism Connections Cymru and the Dementia Friendly Café in Zion Chapel, Llanilleth. All these groups are providing fantastic services to the residents of Caerphilly.

The Connectors continue to run the Widow and Widowers' group, which is currently being held in The Royal Oak Pub in Ystrad Mynach. The group is very relaxed and a good social opportunity and is held on Tuesdays from 12 noon until 2pm. A light bite menu is also available!

The Connectors are now running 'Connect Socials'. These are welcoming groups for individuals over 18 years. Get in touch with us to learn more about the socials or just pop in!

Wetherspoon's in Caerphilly, Monday 2pm-4pm;
Bargoed Library, Wednesday 2pm-4pm; and
Risca Library, Monday 10.30am- 12.30pm.

Coming Up...

Eat Up!

There are various luncheon clubs running in your area! They are friendly and open to all. Call the connectors for luncheon clubs in your area and pop along!

Put your Wellbeing First

MIND are continuing to run courses to help wellbeing on anxiety, employability and stress management. They also offer counselling sessions. Contact them on 01443 816945 for more information.

Did you know...?

Get Your Goggles On!

Newbridge pool has disabled swimming facilities, which includes an individual changing room and waterproof wheelchair. Please check opening times on 01495 248100.

Parkinson's Dance Class

A new dance class has started in Blackwood to lift the symptoms and moods of those with Parkinson's and their carers. Specifically designed dance moves with accompanying live music. Volunteers also welcome! Get in touch for further details.

Dance 'Till You Drop!

Wheelchair and inclusive dancing, for all ages and abilities...no excuses! In Plas Hyfryd Extra Care Centre on Wednesdays 11am-12 noon. Please contact Louise Bowman on 07971 497439.

Dementia Cafés

Coffee and a chat? There are dementia cafés in Llanilleth, Argoed and Pontllanfraith. Please contact us for details.

Stoke Association

The Stroke Association offer support for both individuals who have experienced a stroke and their families. Meeting weekly, the group is warm and welcoming with both men and women attending and also arrange regular trips out including the rugby! Why not volunteer for them? Guaranteed a good time! Contact Lucy on: 02920 524408

Community Connectors

The Connectors continue to support individual to access social opportunities in their community. We have also supported people into health goals in going to yoga; confidence in walking; providing swimming buddies.

Connectors are keen to support people into voluntary positions and have helped people into volunteering into Lylac Ridge, Groundworks, charity shops and the Beeches Centre. A few have taken the plunge in employment through the community employment agencies.

Sometimes you just need a bit of confidence building and hand holding until you feel confident on your own. We can do that!!

For more information 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.

The South East Wales Shared Lives Scheme works across Blaenau Gwent County Borough Council, Caerphilly County Borough Council, Newport City Council, Monmouthshire County Council, Merthyr Tydfil County Borough Council and Torfaen County Borough Council. 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.

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