



CAERPHELLY CARERS' NEWS

Issue 6
July 2018

Welcome to the sixth edition of the newsletter for carers in Caerphilly since its relaunch in January 2017. As always, we're excited to tell you what we have planned over the next few months and we welcome

your feedback on what we're doing and the content of the newsletter. We are always keen to feature any stories you may have as carers that you would like to share.

What we've been up to since we last wrote to you...

The last quarter has seen some old favourites as well as some brand new activities, and as always, it is very much led by what people tell us they want.

We organised a lovely open garden event in conjunction with the 50 Plus Forum (contact 50plusforum@mail.com) for more details. Here is a picture of us enjoying ourselves and meeting new carers.



For more information about this newsletter you can contact the Carers' Team on telephone number 01495 233218 / 01495 233234 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.

Continued

We worked with the Memory Assessment Service on some activities in Dementia Awareness Week, enjoying a funfair, talent show and ball. Here is a photo of people enjoying themselves at the ball...



And some of the excellent performers at Caerphilly's Got Talent...

Carers' Summer Ball

– A Celebration of Carers in Caerphilly

Just a quick reminder about our Summer Ball, which is booked for Saturday 7th July 2018 from 5pm until 11pm. Bryn Meadows Golf, Hotel & Spa. Two course meal to be served at 6pm.



Upcoming Events and Activities

We've got a few new things up our sleeves this quarter, and we're particularly excited to announce...

CINEMA EVENINGS! We'll be organising more of these over the coming months, so look out for them and, as we can be quite flexible with these, if you have any suggestions as to films you'd like to see, do let us know.

RUGBY TICKETS! We've had such good feedback from our lucky carers who have been drawn to win tickets that we'll be getting some more when we can. Here's a lovely photo of two of our carers having a whale (or should that be dragon?) of a time at Judgement Day back in April.



We all know this is the most exciting part of the newsletter, which is why we have left it until the middle of the newsletter. (Just testing, to see if you are still reading!) As usual, 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.

Wednesday 11th July 2018 from 1pm – Guided beer tasting and lunch for 20 carers at Tiny Rebel Brewery, Rogerstone.

Saturday 14th July 2018 at 2:30pm – War Horse at Wales Millennium Centre, Cardiff.

Thursday 19th July 2018 at 10am until 3pm – Spa day for 10 carers, including lunch at Bryn Meadows Hotel and Spa, Ystrad Mynach.

Thursday 19th July 2018 – Trip to Chepstow Races. We have 24 tickets up for grabs and first pick up will be from the bus stop opposite the Blackwood Miner's Institute at 11am, with pick ups from Maesycwmmmer shops and outside the Pontygyndy pub in Caerphilly to follow. We will be leaving soon after the last race finishes.

Friday 20th July 2018 at 7pm – Quiz night at the Newbridge Memo, High Street, Newbridge, Gwent, NP11 4FH. Let's get a Carers Quiz Team together and see if

we can beat the current champions! Free entry and a chance of prizes for the winning team. If this is successful, we could carry on monthly!

Wednesday 25th July 2018 – Cinema night. Meet us there and choose your film! No restriction on numbers for this, and we can decide what we watch a couple of weeks before.

Saturday 11th August 2018 from 1pm – Guided beer tasting and lunch for 20 carers at Tiny Rebel Brewery, Rogerstone.

Thursday 16th August 2018, first pick up 11am, leave at 3pm – Farm trip to Cefn Mably Farm Park.

Wednesday 8th August 2018 – Cinema night. Meet us there and choose your film! No restriction on numbers for this, and we can decide what we watch a couple of weeks before.

Continued

Saturday 1st September 2018 – All aboard the Waverley from Penarth to Devon, where you will be able to spend the afternoon in beautiful Ilfracombe. The Waverley will leave Penarth at 10:30am and return for 7:45pm. We have spaces for 20 adults and 20 children and we will be putting on a coach from Blackwood, Maesycwmmmer and Caerphilly. (Times to be decided.)

Thursday 20th September 2018 – Dementia Awareness Day at Caerphilly Castle, 11am to 2:30pm. Arranged by the Memory

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. 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.

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

Team in Ysbyty Ystrad Fawr, this is an opportunity to gather information regarding local services available, have your say on what services should be in place to allow you to live well with Dementia in Caerphilly Borough, and meet the team. No need to book, just turn up on the day. Entertainment and refreshments provided.

Friday 28th September 2018 at 7:30pm – An Evening of Mediumship with Sue Clements at the Newbridge Memo.

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

Quiz Night

Every month, Newbridge Memo organise a free to enter quiz. Let's get a carers quiz team up and running and become the new champions! Let us know if you'd like to be part of it. The first date will be Friday 20th July 2018 at 7pm. (Quiz starts at 7:30pm.)



Carers Assessments

A carer's assessment is your opportunity to tell us about your situation. You can tell us what you do, how caring affects you and what help you would like.

Sometimes, carers worry about talking to us because of loyalty, guilt, fear of not coping, or pride. Please don't let these feelings stop you contacting us. By letting us know your situation, we can make sure you receive information and advice that could be helpful to you.

You can have a carer's assessment by calling the Information, Advice and Assistance Team on 0808 100 2500 or by e-mailing IAAAdults@caerphilly.gov.uk

Carers Groups



Here are the details of the groups we currently run. Even though each group meets for an hour and a half, please just feel free to drop in for half an hour if you feel that is too much.

Bargoed

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.

Upcoming dates are:

- Wednesday 25th July 2018
- Wednesday 22nd August 2018
- Wednesday 26th September 2018

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.

Upcoming dates are:

- Tuesday 31st July 2018
- Tuesday 28th August 2018
- Tuesday 25th September 2018

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.

Upcoming dates are:

- Friday 6th July 2018
- Friday 3rd August 2018
- Friday 7th September 2018

Risca

The Risca carers group will meet on the second Thursday of the month from 2pm – 3:30pm in The Commercial, Risca. (**PLEASE NOTE, NEW VENUE**) 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.

Upcoming dates are:

- Thursday 12th July 2018
- Thursday 9th August 2018
- Thursday 13th September 2018

Rhymney

It is with deep regret this quarter that we have to announce that we are cancelling the rest of the Rhymney groups until further notice. The nearest group is Bargoed, details are above. If there is demand in the future, we will obviously consider reinstating this group.

Dance Your Feelings by Karen Woodley

Caring for yourself

As carers you give so much of yourself physically, emotionally, mentally and energetically. It is a beautiful vocation, to care for others and help make their lives more manageable and easier through your kindness and support. However, in any helping profession it is essential to keep on flourishing yourself every day, whether that be attending to your physical well-being, your emotional well-being or your spiritual and mental well-being.

Deep at the core of the helping professions is the ability and the capacity to relate to others however, there are many people who are caring and helping with deep stress, burn-out and even post-traumatic stress disorder (PTSD). Absorbing the distress and disturbance of our clients and patients over and above what we are able to carry, deal with and then let go of will inevitably cause insomnia, loss of appetite, migraines, irritability and over tiredness, paranoid thoughts, anxiety and not wanting to get out of bed and even symptoms like pretending to care whilst playing the role of carers however, the actions and feelings are incongruous.

Having a kind and safe person to share your experiences with is important if you want to

STOP THE STRESS and start to make yourself an important part of your life! Words allow us to reveal our personal thoughts and feelings and communicate through sound however, non-verbal and pre-verbal communication is an extremely important element in this. The movements that accompany how and what we say speak volumes and in daily life our relationships are not given enough attention.

My counselling service is a little bit different in that Movement, Music and Creativity are used often and especially if requested.

Why?

Because oftentimes putting our experiences into words is extremely difficult.....

"If I could tell you what it meant, there would be no point in dancing it"

Isadora Duncan

Professional and personal development groups and workshops for carers here in south wales are being offered by Karen Woodley (RDMP) who runs 'Dance Your Feelings' Therapy services. Please feel free to contact us for more information or a friendly chat: E-mail: Karen@danceyourfeelings.com / tel: 07852 873 857.

Feedback

Once again, we've been so honoured to have more positive feedback since we last wrote out – especially in relation to the spa days, which have been extremely popular. We're always looking for ways to improve, new things to do 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 or activities.

We'd still 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. We are pleased to be working in conjunction with

Barnardo's to provide some activities and events for young carers and their families, such as bowling, trips to Longleat and Oakwood.

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. If you would like to contact the Community Connectors, please get in touch on 0808 100 2500 and ask for the Community Connectors.

Caerphilly Carers' Team

In case you are new to us, the team are:

Hayley Jenkins, Carers Support Officer
– 07808 779367 or jenkihl@caerphilly.gov.uk

Leanne Gallent, Carers Support Officer
– 07872 418927 or gallel@caerphilly.gov.uk

Rachel Lowndes, Carers Support Officer –
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

We have lots of ways for you to contact us, please get in touch by e-mailing carers@caerphilly.gov.uk or keep up to date on Facebook (e-mail carers@caerphilly.gov.uk to be added to the group), Twitter ([@CarerCaerphilly](https://twitter.com/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 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 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 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.

Quote of the Quarter

I thought I'd give you a rest from the recipes and inject some humour this quarter. (Let's have some carers' recipes for the next edition though?) It's a food-based quote too, so remember...



Next edition will be winging its way to you around October time. Will there be news of a Christmas Ball...?

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