

'CARE'PHILLY NEWS

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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 seventh edition of the newsletter for carers in Caerphilly since its relaunch in January 2017, and the last one of 2018.

Will there be another ball? Will there be any silly jokes? Will there be anything new for you all to attend? Read on to find out the answers to all these questions...

As usual, we have all sorts to tell you about things we have planned over the next few months and if you have any thoughts on what we're doing and the content of the newsletter, do get in touch. We are also keen to feature any stories or information you may have as carers that you would like to share.

Carers' Summer Ball - A Celebration of Carers in Caerphilly



On Saturday 7th July 2018, we held our first ever Summer ball, a celebration of carers in Caerphilly, following the success of the Christmas Ball. We were incredibly lucky with the weather and a great time was had by all.

We received so many wonderful comments, and here are some of our favourites:

"This was our first event with yourselves and it was a beautiful, brilliant evening and the children present made it even more special, magical and joyous and it was a pleasure to see so many families have a wonderful evening."

"Thank you so much for a lovely evening at Bryn Meadows on Saturday. It is good to know that we as carers are not alone. It is easy to become isolated but good to know that you and your team are just a phone call away."

"Thank you so much for organising last night's ball. I had a fab time! It was very relaxed and good fun."

Carers' Vision 2019

Some of you kindly gave up your time to come along to our consultation day on Friday 29th June 2018 at Shappelle's and gave us a great start for our vision. All the ideas and information was incredibly useful and we will keep you up to date with progress in future newsletters.

Upcoming Events and Activities

We hope you all enjoy coming along to our activities and events as much as we enjoy seeing you all have a nice time, and hopefully there will be something for everyone this quarter.

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.

NEW! YOGA TASTER SESSIONS – We have booked six taster sessions at Libanus Lifestyle, Blackwood from Thursday 18th October 2018 for six weeks. The sessions will start at 2pm and last for an hour. Please get in touch to request a place.

Cinema evenings: We've organised a few of these which were very well attended so look out for more, or contact us to find out when our next ones will be, or even if you have any specific requests for dates or films.

Sunday 14th October 2018 at 2pm - Carers' Afternoon Tea at Mckenzie's Café Bar, Blackwood.

Wednesday 17th October 2018 at 6pm – Carers' two course dinner at the Farmer's Arms, Old Brewery Lane, Rhymney.

Friday 26th October 2018 at 7pm – Carers' ghost tour of Llancaiach Fawr, Nelson.

Thursday 1st November 2018 at 6pm – Carers' Curry Buffet at Bengal Cymru, Commercial Street, Risca.

Wednesday 14th November 2018 from 10am until 2pm – Regional Carers Event, The Riverfront Theatre, Newport.

Thursday 15th November 2018 at 7:30pm
Tickets for Wicked at Wales Millennium Centre.

Tuesday 20th November 2018 at 10:30am, lunch at 1:30pm – Spa day for ten carers at Bryn Meadows Golf & Spa, Maesycwmmmer. (Please note, priority will be given to those carers that have not been given places previously.)

Friday 30th November 2018 from 10:30am to 2pm – Carers' Rights Day at the Maes Manor, Blackwood. Information stalls, entertainment, food, drinks and more! Let us know if you'd like to come so we have an idea of numbers.

Thursday 6th December 2018 from 6pm, dinner served at 6:30pm – Christmas Ball at Bryn Meadows Golf & Spa, Maesycwmmmer. We should be able to accommodate everyone but please let us know by e-mail or telephone that you wish to come so we have an idea of numbers.

Wednesday 12th December 2018 at 6pm – Panto! Peter Pan at the Blackwood Miner's Institute - relaxed performance. (Relaxed performances are open to everyone, but the environment has been specifically adapted for families with children with an Autistic Spectrum Condition, individuals with sensory and communication disorders, those with learning disabilities and anyone who would benefit from a more relaxed environment.)

Continued



Wednesday 12th December 2018 at 8:30am – Christmas Shopping Trip to Birmingham Bullring. First pick up at 8:30am in Blackwood (bus stop opposite Blackwood Miners' Institute), then 8:45am in Maesycwmmmer (outside shops), then 9am in Caerphilly (outside Pontygwindy pub). Leaving Birmingham at 6pm.

Saturday 15th December 2018 at 2pm – Panto! Peter Pan at the Blackwood Miner's Institute.

Monday 17th December 2018 at 10:30am, lunch at 1:30pm – Spa day for ten carers at Bryn Meadows Golf & Spa, Maesycwmmmer. (Please note, priority will be given to those carers that have not been given places previously.)

Wednesday 16th January 2019 at 10:30am, lunch at 1:30pm – Spa day for ten carers at Bryn Meadows Golf & Spa, Maesycwmmmer. (Please note, priority will be given to those carers that have not been given places previously.)

Thursday 21st February 2019 at 10:30am, lunch at 1:30pm – Spa day for ten carers at Bryn Meadows Golf & Spa, Maesycwmmmer. (Please note, priority will be given to those carers that have not been given places previously.)

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.

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.

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.

Quiz Night



In July, we tried to start up a team at a monthly quiz night which was only attended by two of us, although the torrential rain probably didn't help! Despite being low

on numbers, we didn't come last (in fact, thanks to Sian, the team did quite well – Geraldine offered very little in the way of knowledge!)

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

Carers Groups



Here are the details of the groups we currently run. This is your chance to speak to us and others who have experience of a caring role. Even though each group meets for an hour and a half, please just feel free to drop in for as long as you want.

Bargoed

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

Upcoming dates are:

- Wednesday 24th October 2018
- Wednesday 28th November 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.

Upcoming dates are:

- Tuesday 30th October 2018
- Tuesday 27th November 2018

Caerphilly

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

Upcoming dates are:

- Friday 5th October 2018
- Friday 2nd November 2018

Risca

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

Upcoming dates are:

- Thursday 11th October 2018
- Thursday 8th November 2018

As usual, there will be no group meetings in December due to the Christmas Ball, however you are more than welcome to meet up without us. Normal service will resume in January 2019.

I'm Alex Jones and I'm the Regional Dewis Coordinator for Gwent.

Dewis is the national directory for wellbeing information in Wales. It has been endorsed by all Directors of Social Services and adopted by all 22 local authorities in Wales.

There has been a large effort placed on populating Dewis with information before it has been heavily advertised. It has now successfully launched and is live on a national scale since July 2018. Ongoing work includes the merging of existing directories and information portals to Dewis.

Dewis can be accessed here: www.dewis.wales



Stroke Association “Community Steps” Project

NEW PROJECT TO HELP BUILD A STRONGER STROKE COMMUNITY



Many more stroke survivors and their carers across Wales will be now able to receive additional support to help with their recoveries, thanks to the launch of a brand new project ‘Stroke Community Steps’ run by the Stroke Association.

The four-year project funded by the Big Lottery Fund aims to enable people affected by stroke to access community facilities and activities, such as accessible golfing sessions, sailing and art classes. The project also aims to increase the public’s understanding and awareness of stroke and the needs of those affected by it.

At a meeting in Caerphilly on 12 September, Lauren Heath, the project’s officer covering the county, looks forward to hearing from people affected by stroke to determine the support that they need to leave the house, to be more active and to rebuild their confidence after such a life-changing event. Carers are also welcome to attend to discuss how the project can support them.



Continued

Lauren Heath said:

“Many stroke survivors need support to get back out into their communities so that they don’t end up prisoners in their own homes.

“Through the ‘Stroke Community Steps’ project we now plan to offer that support, be it getting out for a golfing session or meeting up with other stroke survivors like themselves. We’re also here for the carers of stroke survivors and we’ll be working with them directly to understand their needs.”

Bethan Milner’s husband Aaron had the first of several strokes when he was 35, in 2015. Mother of four Bethan hopes the project will help her to meet others who are dealing with the demands of everyday family life and the challenges of returning to employment.

Bethan said:

“Aaron has often said it would be great to hang out and interact with more people his own age. I’m also hoping to meet other carers so that we can share stories, advice

and tips on things like going back to college or getting back into work.

“Once Aaron gets the support he needs to get fitter, he wants to volunteer. I also want to offer my support to other people like us, as they rebuild their life after stroke.”

One activity already organised in the Caerphilly area are the New to Golf sessions at the Bryn Meadows Resort, funded by Wales Golf and the Sports Foundation for the Disabled which welcome both stroke survivors and their carers.

Speaking about the project, Rachel Richards, Funding Officer at the Big Lottery Fund, said:

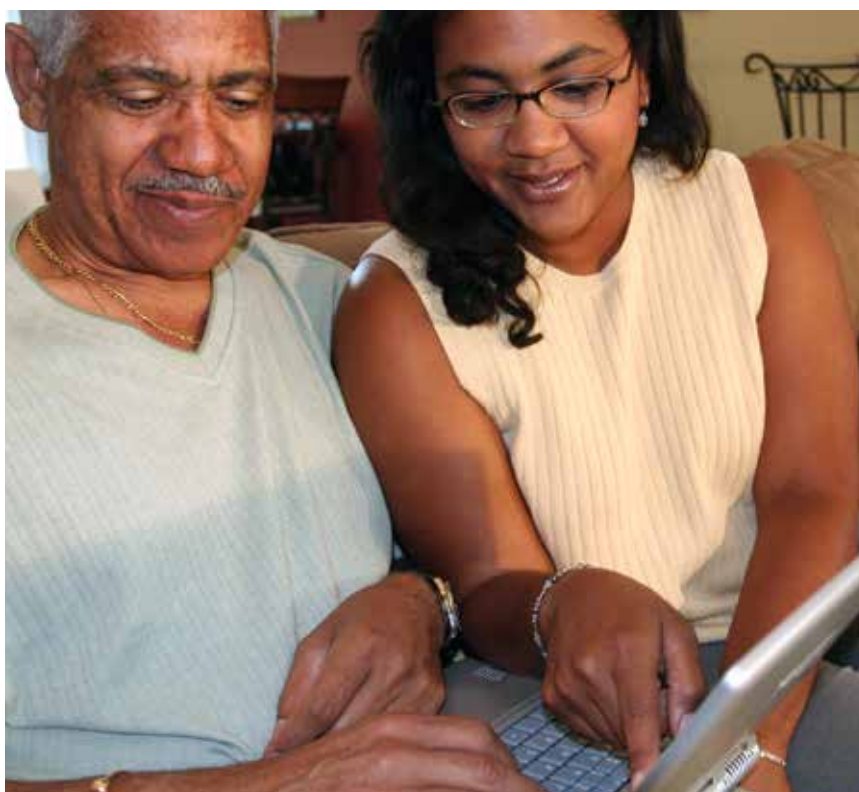
“We believe that ‘Stroke Community Steps’ will make such a difference to the lives of so many people in communities across Wales, and it’s projects like this that deliver on our promise to use National Lottery funding to regenerate and revitalise communities, tackle disadvantage head on and leave a lasting legacy.”

To find out more about the project, please visit www.stroke.org.uk/communitysteps

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 always like to know what carers would like from the team in the future, 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 fund and organise activities and events for young carers and their families, such as bowling, activity days and trips to Longleat and Oakwood.



Here are a couple of photos of young carers enjoying their day bodyboarding at the beach in August, facilitated by Caerphilly Adventure Group.

To contact Barnardo's please call 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 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 -
01495 233218 or 07808 779367
or e-mail jenkihl@caerphilly.gov.uk

Leanne Gallent, Carers Support Officer -
01495 233234 or 07872 418927
or e-mail gallel@caerphilly.gov.uk

Rachel Lowndes, Carers Support Officer -
07718 669188
or e-mail lowndrm@caerphilly.gov.uk

Geraldine Powell, Carers Coordinator -
01443 864658 or 07713 092795
or e-mail 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) or at www.caerphilly.gov.uk/carers.

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.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.

Recipe Corner

This edition's recipe comes from one of our carers, Charley. It's a simple but hearty dish that she has very kindly walked us through step by step.

Quick and Easy Cannelloni (Makes four to six servings)

Ingredients:

- 500 grams of minced beef (or alternative according to dietary preferences)
- 1 pack of cannelloni pasta tubes. (Tesco do a great value box for 55p and it tastes very good)
- 4 ounces of grated cheese (mature is better, but it's what you like that counts)
- Large jar of white sauce/lasagne white sauce
- Large jar of pasta sauce/ Bolognese sauce (if using one with herbs, garlic, etc. added then cut down the amount of garlic puree and pesto)
- 1 tin of chopped tomatoes (fully drained of juice)
- 2 large white onions.
- 2 teaspoons of garlic puree.
- 3 teaspoons of pesto (green)/fresh basil/dried basil from a jar.
- Salt and pepper to season.
- (1 fresh tomato sliced. Not essential, just for garnish)
- (Add whatever other herbs you like; it's your meal so have your own twist on it)

Equipment:

- Large saucepan or frying pan.
- Wooden spoon.
- Teaspoon for measuring.
- Knife for easing mixture into tubes.
- Sieve for draining mince.
- Large glass oven proof dish around the size of two A4 pieces of paper. (You can make up to 18 in one these)

Step one:

Pre heat your oven on gas mark Five, and 190 degrees Celsius if using electric. Peel and chop your onions into small rough pieces. Place your pan on a ring using a low heat and put your raw mince into the pan. Using your wooden spoon gently turn over the meat until it softly browns, this will only take a minute or two as you don't want the meat to fully cook yet. If your mince is very fatty, drain off the excess fat from the mince.

Step two:

Place your mince back into your pan and add your two teaspoons of garlic puree and pesto along with your salt and pepper give it a good stir until all the mixture is thoroughly coating the mince. Then add your onions.



Step three:

Ok, again put the pan on a medium heat and begin to add the drained tomatoes and the jar of pasta sauce. With your wooden spoon slowly stir the ingredient together until the mixture begins to just about come to the boil. Leave the mixture come to a full boil for a minute or two without stirring. Then bring the heat back down and let the mixture simmer for around twenty minutes, stirring every now and then.

Step four:

Take your mixture completely off the heat and allow it to cool down. Don't let it cool down completely as it is easier to spoon into the tubes while it is still at a runny consistency.

Step five:

Have a well-earned cuppa.

Step six:

Once the mixture has cooled down to touch safe heat, take your large oven dish. (Here is a tip for filling the cannelloni pasta tube. Place the tube upright in with the one of the ends directly onto the dish so it stands as a tower, then slowly spoon in some of the juice first) this part can be messy but it will taste great. Place the tubes laying flat in the dish once filled. Use a knife to push the contents into the tube if it gets stuck when spooning the mixture in. When you have filled the dish with rows of cannelloni tubes, you can then pour on the white sauce completely covering all the tubes. Finally sprinkle the grated cheese over the top of the white sauce. I like to garnish with tomatoes and pesto. Put in the oven and leave in for 35-45 minutes. If you're not sure if it's done, get a knife and push into the pasta and if it's soft or not resistant against the blade then it's ready.

This meal can feed up to five people with three tubes each. All depends on how big you like your portions. Good luck and enjoy a lovely Italian feast.

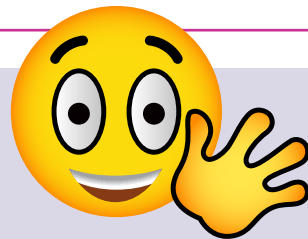
Resources



- 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.
- 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](https://www.facebook.com/EPPCymru)

And finally...



Next edition will be winging its way to you around January time next year, so stay tuned for more exciting activities and events, delicious recipes and (hopefully) useful information.

And well done to you all for the hard work you have done this year, we really do

appreciate it. Do stay in touch for more opportunities to meet up and make new friends.

I will leave you with this thought...Age is something that doesn't matter, unless you are cheese. Luis Bunuel

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