

# 'CARE'PHILLY NEWS

Issue 8  
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2019

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](mailto:carers@caerphilly.gov.uk). We would love to hear from you.



Welcome to the eighth edition of the newsletter for carers in Caerphilly since its relaunch in January 2017, and the first one of 2019.

This Christmas has seen the biggest gathering of carers and their families so far, with over 280 people in attendance at our Christmas ball.

A big congratulations to Rachel, who is now full time within the team, and a very

warm welcome to our newest edition, Amanda! Amanda is really looking forward to getting out to meet you all and will be an extra support as our numbers continue to grow.

After all that we were involved with organising during the end of 2018, we have a few things organised for the new year, mainly old favourites and things that have been popular in past years.

## Carers' Rights Day - Friday 30th November 2018

What a great day we had at the Maes Manor for our annual gathering of professionals, organisations and carers. Around twenty organisations attended to provide information and advice, over 120 carers took time out of their busy schedules to join us and the food and entertainment appeared to be enjoyed by all! We were very lucky to be serenaded by West End star Peter Karrie and it was lovely this year to be able to share the day with carers from Blaenau Gwent.



## Continued

Our favourite quote from the day:

“Best Carers’ Rights Day ever!”



(From left to right: Geraldine, Rachel, Hayley and Leanne – the Caerphilly Carers Team.)

# Carers' Christmas Ball - A Celebration of Carers in Caerphilly



On Thursday 6th December 2018, we held our very popular Christmas ball, which was attended by over 280 people. It was such an honour to see people having such quality time with families, and we received such wonderful feedback about the food, venue and organisation.

Some of the comments we received:  
“Fantastic night! Very well organised, great location,

thank you for all your hard work and amazing night!”

*“Thank you so much for this evening. We hardly get to go anywhere as a family- one of the children often makes a last minute refusal. The food was lovely; the atmosphere non-judgemental and relaxed. On the way home, everyone said how much they enjoyed themselves. Really appreciate the organisation that must’ve gone into tonight. Thank you.”*

It seems to be becoming a tradition that we have special announcements every year, so this year was no exception, with one of our carers announcing that she and her family are expecting their first grandchild! Congratulations all.



# 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.

Cinema evenings: we've previously 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.

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

Thursday 24th January 2019 at 6pm – Bowling for 20 and a sharing platter between two at Tenpin, Nantgarw.

Thursday 7th February 2019 at 6pm – Dinner for 20 carers at The Nant College Restaurant. Three courses available.

Sunday 17th February 2019 at 1pm – Sunday lunch curry buffet for 20 carers at Castle Gate Indian Restaurant, Caerphilly.

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.)

Monday 4th March 2019 at 12 noon – Lunch for 20 carers at Casa Mia, Caerphilly. One or two courses available. Orders will be needed upfront – we should have the menu by February 2019.

Sunday 17th March 2019 at 2pm – Afternoon tea for 20 carers at McKenzie's Café, High Street, Blackwood.

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.



# 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](mailto: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:

23.01.19	27.02.19	27.03.19
24.04.19	22.05.19	26.06.19
24.07.19	28.08.19	25.09.19
23.10.19	27.11.19	

### 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:

29.01.19	26.02.19	26.03.19
30.04.19	28.05.19	25.06.19
30.07.19	27.08.19	24.09.19
29.10.19	26.11.19	

### Caerphilly

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

#### Upcoming dates are:

04.01.19	01.02.19	01.03.19
05.04.19	03.05.19	07.06.19
05.07.19	02.08.19	06.09.19
04.10.19	01.11.19	

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## Risca

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

### Upcoming dates are:

10.01.19	14.02.19	14.03.19
11.04.19	09.05.19	13.06.19
11.07.19	08.08.19	12.09.19
10.10.19	14.11.19	

As usual, there will be no group meetings in December, however you are more than welcome to meet up without us.

## Aberbargoed Bereavement Group

We have recently met with Laura Murphy from Co-op Funeralcare, who has started a monthly bereavement group in the Chapel on Ty Fry Road, Aberbargoed CF81 9FN. The group meets every Tuesday of the month from 10am until 12:30pm. Please feel free to pop along if you have lost someone for a tea, coffee and supportive chat.

# Young Carers

Barnardo's Young Carers Project provides support for young carers 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, and we enjoyed a great

day this year at Hilston Park for an outdoor activities day, organised by Monmouthshire County Council and Carers Trust.

To contact Barnardo's please call 01633 615859 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)





# 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 are pleased to introduce a new team member this quarter too. Amanda Symons has joined us as a Carers Support Officer and we hope you will all enjoy meeting her and welcoming her into the team.

We have lots of ways for you to contact us, 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 [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk) to be added to the group), Twitter (@CarerCaerphilly) or at [www.caerphilly.gov.uk/carers](http://www.caerphilly.gov.uk/carers).

## Resources

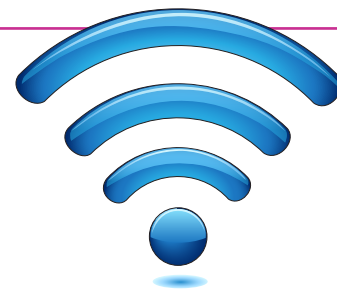


- Carer's Emergency Card – please get in touch on [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk), 01495 233218 or 01495 233234 if you would like one.
- Small Grants Scheme – We currently have a small amount of money available to assist carers in their caring role. Carers can apply for money 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](mailto:carers@caerphilly.gov.uk) to find out more.
- We still have a number of 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](mailto:jules.horton@gavowales.org.uk) Find them on Facebook to keep up-to-date with new courses etc.:@EPPCymru

# 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.

## Useful Links



Here are some useful links that we thought you might be interested in too.

[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).

[www.ageuk.org.uk/cymru/gwent](http://www.ageuk.org.uk/cymru/gwent)

Age Cymru Gwent offers lots of services for older people and their carers.

[www.caerphillyover50.co.uk](http://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](http://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](http://www.caerphillycareforcarers.co.uk)

Care for Carers provide a respite care service for carers over the age of 16.

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

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

# Continued



[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.dewiscil.org.uk/advocacy](http://www.dewiscil.org.uk/advocacy)

Dewis Advocacy provide an advocacy service for people with mental health issues and their carers.

[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.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://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](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.

## And finally...



Next edition will be winging its way to you around April time, and we hope to have some exciting new activities for you, plus news of our plans for Carers Week!

As always, well done to you all for the hard work you have done this year, we really do appreciate it. Please stay in touch for more opportunities to meet up and make new friends.

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