

'CARE'PHILLY NEWS

Issue 9
April 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. We would love to hear from you.



What we've been up to



The Coffee Mill, Risca

Welcome to the ninth edition of the newsletter for carers in the Caerphilly borough since its relaunch in January 2017.

Since we last wrote to you, we've had success with the relaunch of Risca carers' group in a lovely new venue, the Coffee Mill; more panto; trips to the cinema; a

curry buffet; posh three course dinners; a restaurant with a view; bowling; spa days and the usual sharing of information and forging of new friendships.

We hope you're happy with the things we've organised for this quarter, and we genuinely do listen and take on board all your suggestions.



Casa Mia, Caerphilly

Carers' Week - Monday 10th - Sunday 16th June 2019

Here we are again – save the date! More details later on, but needless to say we have the usual mix of information, pampering, good food, time out and general fun!

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 will continue to organise these on an ad hoc basis, usually using Facebook, however just give us a call to see when the next one will be.

Monday 1st April 2019 from 5-7pm (6 week course, every Monday until 6th May 2019) - Spring Floristry with Nicola Downie, to be held in The Twyn Community Centre, Caerphilly. We will fund the course but you will need to purchase the tools you need and the materials each week, therefore only request a place if you can make all the sessions and are happy with this.

Friday 5th April 2019 from 5-7pm (6 week course, every Friday until 10th May 2019) - Spring Floristry with Nicola Downie, to be held in The Twyn Community Centre, Caerphilly. We will fund the course but you will need to purchase the tools you need and the materials each week,

therefore only request a place if you can make all the sessions and are happy with this.

Friday 12th April 2019 at 10am, lunch at 1:30pm – Spa day for 10 carers at Bryn Meadows Golf & Spa, Maesycwmmer. (Please note, priority will be given to those carers that have not been given places previously.)

Wednesday 1st May 2019 at 1:30pm until 3:30pm – Bath bomb making with Hermione Rose Bath Bomb Workshops for 20 carers at Cefn Fforest Community Centre.

Saturday 18th May 2019 at 6:30pm – Swan Lake at Newbridge Memo for 20 carers.

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

Sat 25th May 2019 at 7:30pm – Motown Duo at St Helen's Community Centre, Caerphilly for 20 carers.

Thursday 20th June 2019 at 7:30pm – Avenue Q at the New Theatre for 20 carers.

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.

Continued

Carers' Week 2019

Monday 10th June 2019 from 10am until 2pm – Information and Wellbeing Day at Newbridge Memo. To include a light lunch and refreshments, information provided by various organisations, mindfulness sessions, Indian head massage, manicures and more! Also includes a screening of a short film on autism that one of our very own carers, Ian, did the sound for! All welcome.

Tuesday 11th June 2019 – Gentlemen's breakfast at The Sirhowy, Blackwood. One for the boys! Come and join us for a fry up and hot drink from 10am.

Wednesday 12th June 2019 – Day trip to Porthcawl. Leaving Blackwood at 10am, pick ups from Maesycwmmmer shops, then the Pontygwindy pub in Caerphilly, departing from Porthcawl at 3pm to then drop off in reverse. Enjoy some free time at the seaside with your friends and family. Hopefully the weather will be kind!

Thursday 13th June 2019 – Very late afternoon tea at the Old Library, Caerphilly at 6pm. Join us for scones, cake and sandwiches with a hot drink of your choice.

Friday 14th June 2019 – 10am, lunch at 1:30pm – Spa day for 15 carers at Bryn Meadows Golf & Spa, Maesycwmmmer.

Saturday 15th June 2019 – Tawe River Cruise, Swansea for 47 carers. Transport provided and pick ups will be 8am from opposite Blackwood Miners' Institute, then Maesycwmmmer shops and finally outside the Pontygwindy Pub in Caerphilly. Cruise starts at 10am, lasts around an hour and a half and then we will have some time to have a wander around the marina and eat some lunch (not provided), then we will leave Swansea at 1:30pm to be dropped off in reverse.

As we have so much on this week, we are hoping we can offer most of you a place on something.

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.

TRANSPORT IS ONLY PROVIDED WHERE STATED.

ALL these activities are paid for to show our appreciation of carers and the hard work you 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.



A Summer Celebration of Carers

Following the success of last summer's ball and the ever popular Christmas Ball, we are very pleased to be able to announce this year's event. We will be hosting a Summer Party for Carers at Bryn Meadows Golf Club and Spa on Friday 28th June 2019 from 6pm until late.

There will be the usual chance to spend some quality time with friends and family, dance the night away to the sounds of the resident DJ and also grab a bite to eat from the buffet. We are limited to 250 spaces this year, so please only request a place if you know you are able to make it.

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.

A carer's assessment can:

- Provide information, advice and assistance that may help with the caring role.
- Offer emotional support to the carer.
- Start a "what matters?" conversation.
- Provide information about what practical support may be available to the carer.
- Talk about the carer's strengths and help them find their own solutions to problems and situations.
- Open a door to a network of other carers, providing more support and advice.
- Offer support groups and social opportunities.
- Help with applications to the Carers Small Grants Scheme for things like

household items, driving lessons, courses to enable the carer to continue with their caring role, a break.

- Discuss any training needs that would assist with the caring role and try and source access to this training.
- Offer one off breaks or very short term breaks from caring.
- Provide information about care organisations if the person wants to pay for support privately.
- Provide a Carer's Emergency Card so that a carer can be identified as a carer should they have an accident or emergency.
- Signpost on to other organisations or teams that may be able to assist.

A carer's assessment cannot:

- Be used as a replacement for an assessment of the cared for person's needs.
- Provide ongoing "respite".
- Put in an ongoing care package (via funding from Social Services)

You can request 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. 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.

Isobel Jones from the Welsh Ambulance Service Trust (WAST) will be attending groups in May and June for the first half an hour to give a brief overview of the “Choose Well” idea, which aims to educate us about when we should call for an ambulance and how calls are prioritised. She will also take any questions you might have about the ambulance service. See below for which dates she will be at a group near you.

Bargoed

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

Upcoming dates are:

24.04.19	22.05.19- (WAST attending)	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:

30.04.19	28.05.19	25.06.19- (WAST attending)
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:

05.04.19	03.05.19 - (WAST attending)	07.06.19
05.07.19	02.08.19	06.09.19
04.10.19	01.11.19	

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.

Upcoming dates are:

11.04.19	09.05.19 - (WAST attending)	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.

Blackwood Stroke Support Group

We are a volunteer led group of stroke survivors and carers who firmly believe there is still a life to be enjoyed after a stroke. Part of the Stroke Association, we meet every Thursday morning at the Cefn Glas Extra Care Scheme in Blackwood (NP12 1WS) to socialise and organise our many trips, outings and activities. Currently we have members throughout the Caerphilly and Gwent Valleys. Sometimes carers drop off their partners etc. and take a well earned break for a couple of hours - sometimes they stay together in the meeting and just enjoy the company and support of other stroke survivors/carers.

A warm friendly family atmosphere awaits all our new members. Take a look at our Facebook page "Blackwood Stroke Support Group" and see what we get up to or contact Mike Rees, Secretary on 07941 786918 for more information.



Zest for Life Young Onset Dementia Service



We are a supportive group for younger individuals. Suitable for those living with young onset dementia or cognitive impairment. We welcome individuals and carers across Gwent.

New Friday Group - We are offering a **weekly drop-in** group commencing **Friday 25th January 2019**

1pm–3pm at the Widdershins Centre, Pontypool. The sessions are open to individuals and carers. You can drop in or stay for the full session. Call in for a cuppa and chat and make new friends in a welcoming atmosphere.

What's On Offer?

- Peer Group Support
- One to One support
- Relaxation, Mindfulness and Gentle Exercise
- Specialised Arts and Crafts
- Choice of external speakers
- Specialist information and advice
- Health Suite therapies- beauty treatments, manicures, hair styling

For more information please contact: Janet Bloor on 01495 769264

Caerphilly Mental Health Carers Group

The Mental Health Carers Group (that previously met in the Blackwood Basement) have recently relocated to Asda Blackwood Community Room and currently meet every fortnight. The next meetings will be held on Wednesday 3rd and 17th April 2019 from 12 noon. If you have any queries, please contact Keith Sutcliffe, chair of the group, on 07874 683630.



Young Carers

During February, young carers and their families enjoyed a panto at Caerphilly Workmen's Hall, along with adult carers and their families. "Adventures in Pantoland", written by and starring Caerphilly Players, received many positive reviews!

More attended a lovely evening at Tony's Pizzeria in Crosskeys with family members, socialising with peers, eating pizza, cakes and other goodies, playing pool and forging new friendships. All fed back they had had a brilliant time.

During the rest of February and March families were given the opportunity to take part in some lovely activities, including a meal at Morel's restaurant, Crosskeys College; afternoon tea at C37 in Ystrad Mynach; a fun day out at Longleat Safari Park, afternoon tea at McKenzie's in Blackwood and bowling at Tenpin, Nantgarw.

Barnardo's Young Carers Service also provide individual and closed group support for young carers from across 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. For more information on what is available, please contact Barnardo's on 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 them, please get in touch on 0808 100 2500 and ask for the Community Connectors.

Supporting People



Help finding housing and work.
Support with form filling,
debts, benefits, eviction notice,
rent/mortgage arrears.

Contact Supporting People:

01443 864548

Text: [housupport](tel:housupport) to 81400

Email: supportingpeople@caerphilly.gov.uk

www.caerphilly.gov.uk/supportingpeople

cefnogipobl
supporting people
supporting independence
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Caerphilly Carers' Team

In case you are new to us, the team are:
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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 search for
“Caerphilly County Carers Group” and
request to be added. We are also on
Twitter (@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 01495 233234 if you would like one.
- Small Grants Scheme – We still 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 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 Find them on Facebook to keep up-to-date with new courses etc.: @EPPCymru

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.dewisil.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



Butternut Squash Soup

- Serves: 4
- Prep: 10 minutes
- Cook: 40 minutes
- Easy
- Freezable
- Vegetarian

Ingredients

- 1 medium onion, finely chopped
- 2 tbsp olive oil
- Garlic (1x clove), finely chopped
- 1 butternut squash (medium sized - peeled, seeded and cubed)
- 1 tsp ground turmeric (optional)
- 800ml vegetable stock

Method

1. Sauté the onion in the oil in a non-stick frying pan for about 8 minutes over a medium heat, stirring occasionally, until transparent
2. Add the garlic and stir for a minute or two
3. Add the butternut squash cubes to the frying pan with the turmeric and sauté for a further 5 minutes
4. Add the stock and simmer for 25-30 minutes or until the squash is tender
5. Allow to cool a little then purée in a blender
6. Reheat to serve

Why not try...

You can also use cubed sweet potato or any other firm squash or orange-fleshed pumpkin for this recipe.

Use 500g carrots instead of squash and swap the turmeric for ground coriander. Garnish with a swirl of yoghurt or cream.

Alternatively for carrot and orange soup replace 400ml of stock with 250ml chopped canned tomatoes and the juice of 1 large orange. Add 1/2 teaspoon each of ground coriander and cumin seeds.

It would be nice to have some carer recipes included for next time – send them into carers@caerphilly.gov.uk if you're happy to share and include a photo too, to show off your skills.

And finally...



Our next newsletter will be coming to you via post or e-mail in July 2019, when we will have more news, activities and useful information for you. If you know of anyone who might be interested in receiving our

newsletters, please let us know. Also, if you are no longer a carer and want to be removed from the newsletter mailing list, just get in touch and we can take you off the list.

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