

'CARE'PHILLY NEWS

Issue 11
October 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.



We've had such a blast in the last quarter: Carers' Week, the Summer Party and loads of amazing activities, plus we now have nearly 1200 carers on our mailing list and we have also hit 400 members of our Facebook group!

Celebrations aside, this group has really grown and it is wonderful to see the sharing of friendships, advice, support and information, so well done you lot!



Paddleboarding and water activities at Pen-y-Fan Pond



Summer party at Bryn Meadows Golf & Spa

In the coming three months, we have organised some new things we hope you will like, as well as putting on some training that we hope you will find useful. Eventually, we hope to have a rolling programme of training courses and practical sessions for you to attend, so we need your ideas to make this as successful, useful and diverse as possible.

Carers' Week 2019



River Tawe Cruise on the Copper Jack in Swansea, Carers Week

We had a VERY full week of events, learning opportunities and activities. We are hoping for the same sort of things next year but if there is something you feel was missing or something you'd particularly like us to include, please let us know.



Learning about CPR with the Welsh Ambulance Trust, Carers' Week Information Day



Carers Team stand at the Information Day

Upcoming Events and Activities

This quarter sees some old favourites returning and a few brand new and exciting things. 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.

Friday 11th October 2019 - Cinema night at Vue, Cwmbran. We'll be at the cinema so you can just come along and pick your own film. Let us know if you'd like to come and we can

let you know more information like times and films closer to the date.

Wednesday 16th October 2019 at 7:30pm – Grease! at the Millennium Centre, Cardiff for 20 carers.

Thursday 24th October 2019 at 6pm – Bowling with a burger at Tenpin, Nantgarw. Dust off your bowling shoes and come and play with us! Two games of bowling and a burger meal.

Wednesday 30th October 2019 at 6pm – Two course dinner for carers at Bistro 8.

Continued



Swansea Christmas Market

Thursday 7th November 2019 - Cinema night at Maxime Cinema, Blackwood. We'll be at the cinema so you can just come along and pick your own film. Let us know if you'd like to come and we can let you know more information like times and films closer to the date.

Thursday 21st November 2019 from 10:30am until 2pm – Carers' Rights Day at Bedwas RFC. Come and join us for our annual mix of information, meeting other carers, entertainment, food and drink! Lunch will be served at 1pm, entertainment will begin at 12 noon.

Thursday 28th November 2019 from 8:30am to 6pm – Christmas shopping trip to Swansea Christmas Markets. Coach will pick up from the bus stop opposite Blackwood Miners' Institute at 8:30am, then go onto Maesycwmmwr shops and the Pontygwindy pub in Caerphilly. We will leave Swansea at 4:30pm. Spaces for 47.

Thursday 5th December 2019 at 6pm – Carers' Christmas Ball at Brynmeadows Golf & Spa. Arrival from 6pm, with two course dinner to be served at 7pm. DJ and disco until late. Raffle to be held with special first prize. Small portions available for children and those with smaller appetites.

Thursday 12th December 2019 – Cinema night at Showcase, Nantgarw. We'll be at the cinema

so you can just come along and pick your own film. Let us know if you'd like to come and we can let you know more information like times and films closer to the date.

Saturday 14th December 2019 from 3pm – 5pm – Cake decorating and buffet at the Coffee Mill, Risca. Come along to decorate delicious cakes with resident experts at Risca's newest café.

Limited places are available to most activities and events (unless stated) 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.

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.

Carers' Training

Tuesday 8th October 2019 from 10am until 2:30pm (including buffet lunch from 1:30pm) – Stressbusting for carers course at Training in Mind, 1-4 Church View, Ivor Street, Blaenavon NP4 9NA. Very limited places available as regional training.

Wednesday 9th October 2019 from 10am until 2:30pm (including buffet lunch from

1:30pm) – Stressbusting for carers course at Training in Mind, 1-4 Church View, Ivor Street, Blaenavon NP4 9NA. Very limited places available as regional training.

Monday 14th October 2019 from 10am until 2pm – Understanding anxiety at Unit 3, Foxes Lane, Oakdale NP12 4AB (20 places)

Tuesday 19th November 2019 from 10am until 2pm – Mindfulness awareness at Unit 3, Foxes Lane, Oakdale NP12 4AB (18 places)

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.

Carers Wales have asked if you would like them to attend your groups so we have organised for them to attend Blackwood and Caerphilly.

Bargoed

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

Upcoming dates are:

23.10.19

27.11.19

Blackwood

The Blackwood carers group meets on the last Tuesday of the month from 1pm – 2:30pm in the Sirhowy (Wetherspoon's), Blackwood.

Upcoming dates are:

29.10.19

26.11.19 (Carers Wales attending)

Caerphilly

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

Upcoming dates are:

04.10.19

01.11.19 (Carers Wales attending)

Risca

The Risca carers group meets on the second Thursday of the month from 2pm – 3:30pm in The Coffee Mill, Commercial Street, Risca.

Upcoming dates are:

10.10.19

14.11.19

As usual, there will be no group meetings in December (due to our big gathering); however you are more than welcome to meet up without us.

Dementia Cafés

We have recently been told about two new dementia friendly cafés in the borough. These have been set up for people with memory loss/dementia and their carers, and entry is £1 per person. Activities include bingo, board games as well as a chance to chat and reminisce and have a cup of tea or coffee. The groups meet from 1:30pm to 3:30pm.

You can attend St Catwg's Hall, Gelligaer, on the third Wednesday of the month (October 16th, November 20th and December 18th 2019). Alternatively, there is another group that meets at St Margaret's Church, Gilfach, on the first Thursday of the month (October 3rd, November 7th and December 5th 2019).

For more information please contact:
Carolyn on 07983 677360



Carers' Small Grant Scheme



We've been able to add more money into the scheme, which has benefitted over 150 carers (and their families) in Caerphilly since it began in 2017. To encourage more carers to apply, we'd like to highlight just one of the many success stories we've had the pleasure to hear about so far.

Gill cares for her mum and also has a busy job in a third sector organisation, so her life can be very demanding and busy. She applied to the Carers' Small Grant Scheme so her and mum could have a few days away together, to give them both a well deserved break.

Here is what they had to say: "My mother and I would like to say a big 'thank you' for receiving a carer's grant. It allowed me the opportunity to have respite as my mum's main carer, to be her daughter and not worry about the numerous jobs I have to do for her and to share a lovely few days at Weston-Super-Mare eating too much."

And here's a beautiful photo of them both to prove it!

Young Carers

During the last quarter, young carers and their families have enjoyed a beach day, a day at Caerphilly Mountain Ranch and a trip to Thorpe Park.

Barnardo's Young Carers Service also provides 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



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
– 01495 233234 or 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 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



- We still have a number of free My Max Cards available for those of you with children under 25 which offers discounts and concessions 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 telephone on 01633 247674 or e-mail on jules.horton@gavowales.org.uk Find them on Facebook to keep up-to-date with new courses etc.: @EPPCymru
- 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 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.

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.

<https://www.careandrepair.org.uk/en/your-area/blaenau-gwent-and-caerphilly-care-repair/> 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.

Continued

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.dewis.wales

Dewis Cymru is the place for information about well-being in Wales.

They have information that can help you think about what matters to you, along with information about local organisations and services that can help!

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

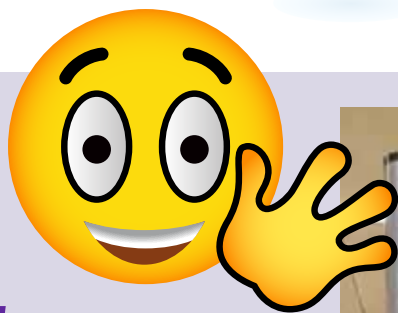
In Wales, around 7,000 people every year have a stroke, while nearly 65,000 people are living with the long term effects of stroke. The Stroke Recovery Service is a flexible and tailored service designed to support stroke survivors, their families and carers with recovery after a stroke.

<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).

It would be nice to have some carer recipes or stories included for next time – send them into carers@caerphilly.gov.uk if you're happy to share and include a photo too. If your article is published, you will win a £50 gift voucher of your choice!

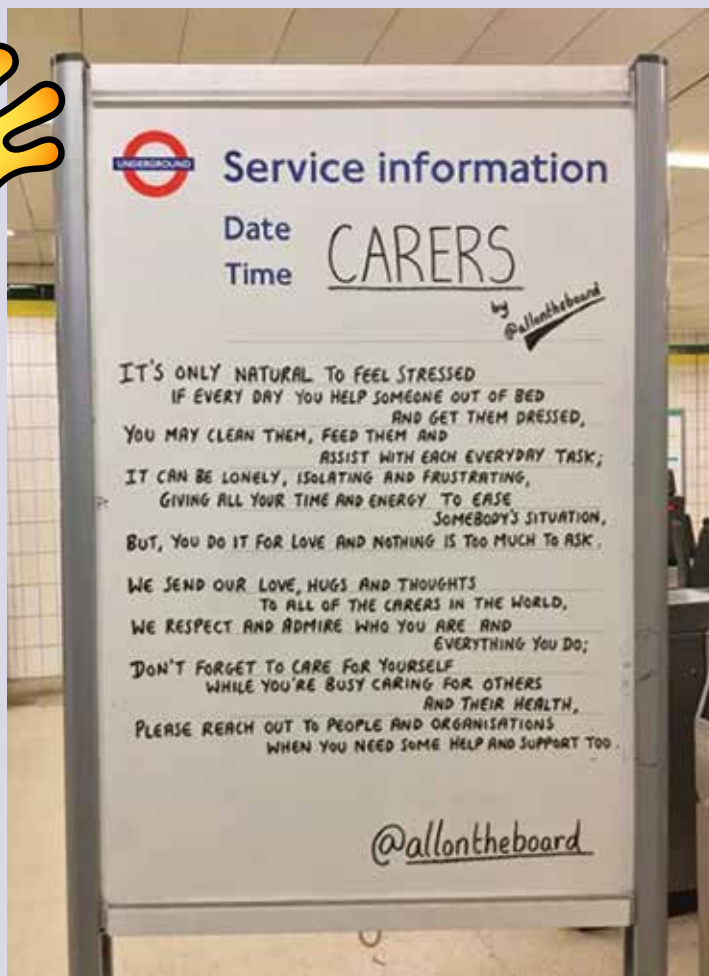
And finally...



Our next newsletter will be coming to you via post or e-mail in January 2020 (yes, 2020!), 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 it touch and we can take you off the list.

I'll just leave you with this lovely post by Transport for London...



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