



A Welsh version of Caring Times is available. Mae fersiwn Saesneg o Amser Gofalu ar gael.

Carers' Rights Day 2017 – Local Information Stands



The theme in 2017 was: **'Make Connections, Get support'**. Carers' Rights Day (CRD) makes carers aware of their rights (especially benefits) and a number of local events were arranged:

During the week leading up to Carers Rights Day, on 24 November, the Cardiff and Vale UHB Patient Experience Team, along with colleagues from both Cardiff and Vale of Glamorgan Local Authorities, held information stands at the concourse of Llandough Hospital and many carers were able to ask questions and pick up information.

Carers' information was made available via:

- Barry and Rhoose Libraries, as well as The Gathering Place, St Athan over the whole of CRD week
- The mobile/pop-up library service
- A Stand, at ASDA supermarket in Barry, was held all day on CRD 2017. This was the first time



the Vale Carers Team had a promotion in a supermarket and lots of information was given out.

- Posters and information in GP Surgeries' Carers Notice Boards were refreshed.

Further information for internet users: the Minister for Children and Social Care issued a Written Statement: **A carer friendly Wales** and this can be viewed via:

<http://gov.wales/about/cabinet/cabinetstatements/2017/carerfriendlywales/?lang=en>

The 2017/18 Carers UK Guide can be downloaded at: www.valeofglamorgan.gov.uk/carers and then go to the events and training page.

More information about CRD 2017 can be found at:

www.carersuk.org/news-and-campaigns/carers-rights-day

<http://gov.wales/newsroom/health-and-social-services/2017/carers-rights/?lang=en>

www.carersuk.org/wales/news-campaigns/news/press-release-carers-rights-day-welsh-unpaid-carers-missing-out-on-vital-support

Advance Notices:

Young Carers Awareness Day is **Thursday 24 January 2018**. For more resources and information please visit <https://carers.org/young-carers-awareness-day-2018>

Carers' Week is **11-17 June 2018**. More details about events for Vale carers are to follow.

Update on the Vale Young Carers 'Time 4 Me' Project



This is a youth project run by Cardiff YMCA which supports Young Carers within the Vale. 'Time 4 Me' offers Young Carers a chance to have a break from the caring role by experiencing new opportunities, meeting other young carers, accessing support and advice and having fun! In this article, Emma Drew, the new Vale Young Carers Project Worker, describes some of activities she has undertaken with young carers in recent months.

A First Aid Course was held at the YMCA Cardiff offices on Thursday 2nd November where the senior group of young people from Cardiff and the Vale attended. They learnt new skills and met new friends from other areas.



During October half term, the junior Young Carers group had fun at Hendrewennol Farm, Bonvilston, where they took part in broomstick making, web making, pumpkin carving and the spooky village.



The juniors (aged between 7 – 10 years old) also attended a Superhero Day at the Tramshed, Cardiff in partnership with Resolve It, where they dressed up in Halloween outfits. Throughout the day, the young carers learnt about fire safety, street safety whilst out trick or treating, arts and crafts and decorated spooky cupcakes too.



On Friday 3rd November 2017, the Young Carers met at YMCA Plasnewydd in Cardiff with Children in Wales for a consultation about the issues they face with being a young carer particularly with regards to medicines and health care. Lots of great ideas were shared and discussed at the consultation and the young carers are looking forward to being part of the initial planning process which will start shortly.



The senior group of Young Carers (are aged between 11 – 16 years) also attended Hendrewennol

Farm and took part in pumpkin carving and a spooky terror trail where fun was had by all.

Emma Drew, the Vale's Young Carers Project Worker, is based in Cardiff YMCA and can be contacted on [07966 834506](tel:07966834506) or emma.drew@ymcacardiff.wales www.ymcacardiff.wales/what-we-do/family-work/young-carers/ or visit the Vale's website www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Carers/Young-Carers.aspx

New drop-in Group for Parkinsons

A new drop-in group will be held at Llantonian Hall, Llantwit Major, starting 18 April 2018 and then every third Wednesday of each month between 1.30-3.30pm. Everyone is welcome for a cuppa and a chat. For more information contact Martin Simmonds via [01446 796310](tel:01446796310) and simmo97701@gmail.com

The Royal British Legion Admiral Nurse Service - Social welfare advice and information



The Royal British Legion now has a dedicated team of Admiral Nurses who are looking to support carers of people living with Dementia in the Vale.

The service offers specialist support, information and advice to the carers of people with dementia. Admiral Nurses are registered nurses specialising in dementia. The service aims to help family carers gain the necessary skills to assist with dementia care, promote positive approaches in living well with dementia and improving daily life. Services offered include:

- ❖ Skilled person-centred assessments of the needs of the carers, families and individuals with dementia
- ❖ Practical advice

- ❖ Helping carers to develop and improve skills in care giving

The service has been developed in partnership with Dementia UK, a national charity which promotes and develops Admiral Nursing.

Am I eligible?

To qualify for this service the carer or person with dementia needs to be a beneficiary of the British Legion. This includes anyone who has served in the British Armed Forces, their family and carers.

To find out more, please contact your local service **0333 011 4497** or email mairjones@britishlegion.org.uk

<http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=8168>

Dewis Cymru - THE place to find information and services that can support your well-being



You may have heard of the Dewis Cymru website. It is THE place to go for people who want information or advice about their well-being, or the well-being of a family member or friend. It has a directory of local and national services that can support you, whether it be a social group, a leisure activity, a housing provider, a befriending service. You simply type in what you are looking for and your post code and it will find services in your local area.

We now have almost 900 services on Dewis covering the Vale of Glamorgan and almost 5,000 across Wales. The site also attracts approximately 45,000 page views per month across Wales.

There are over 200 services/ groups / activities listed on Dewis for carers either located in the Vale or that cover the Vale. These include Care & Repair, Carers UK, Penarth Carers Social Group, Barry Carers Support

Group, Carers Emergency Card, to name a few. You can also search by selecting a category such as 'Mental Health Recovery Services', 'Transport', 'Housing', Leisure'.

There are also a series of information pages and a section on 'Looking After Someone', with links to organisations that can help with your legal rights as a carer, your right to a carer's assessment, benefits and financial help, balancing employment and caring and much more. Here is a direct search on Dewis Wales to find services to support carers in the Vale of Glamorgan: www.dewis.wales/SearchResults.aspx?q=carers&loc=&d=5&c=6|21|8|19|14|15|17|1|22|16|18&a=W0600014

Dewis will be launched nationally to the public next summer. If you know of a service that could benefit from being on Dewis, please encourage them to add their information. Visit: www.dewis.wales / www.dewis.cymru

In the September 2017 edition of Caring Times, there was an article with tips for keeping your home warm and saving energy. In this edition, we include some further tips and hints for you to think about

Tips for Reducing Use of Water and Lowering your Bills

- Fit a water efficient shower head. Using a modern energy efficient shower head can use up to 50% less water without sacrificing shower pressure. This can reduce your water use and reduce the amount of water you need to heat for your shower.
- Use a bowl in the sink when washing fruit, vegetables or dishes. You can then use the waste water to water your plants.
- Fill a jug of water and put it in the fridge for when you want a cool drink
- A dripping hot water tap wastes energy so fix leaking taps and ensure they are fully turned off.
- Don't leave taps running whilst brushing your teeth/washing your hands.
- Take a shower instead of a bath
- Use a water saving device in your toilet cistern – some water companies provide these at a discounted cost or for free.
- A full load uses less energy than two half loads when using a washing machine / or a tumble drier or a dishwasher.
- Check with your water provider if you are eligible for a social (reduced) tariff/bill
- Check with your water provider if you should be on the priority services register which means if there is a break in service provision that you will be a priority.
- Check with your water provider for any free kit that they may be promoting such as a lagging kit to prevent your outdoor tap from freezing during winter.
- Contact your water provider for any water saving advice or devices that are available.

Find links here for more tips to reduce your use of water:

www.dwrcymru.com/en/My-Account/Helpu.aspx

www.dwrcymru.com/en/Business/Water-Efficiency/Top-Water-Saving-Tips.aspx

www.waterwise.org.uk/pages/water-saving-advice-and-tips.html

www.energysavingtrust.org.uk/home-energy-efficiency/saving-water

Care and Repair's 5 tips to reduce your fuel bills this winter

- Switch. Changing energy supplier is easy and can knock hundreds of pounds off your bills.
- Check your tariff. Phone your current supplier to change your tariff, this can save you around £150 per year.
- Pay by direct debit. This can save you up to £80 per year
- Avoid inaccurate bills. Make sure your supplier has your meter readings
- Use wisely. It sounds obvious, but the less energy you use the lower your bills will be



Care & Repair Cardiff and the Vale
Gofal a Thrawio Caerdydd a'r Fro

If you need further information with any of this, one of our caseworkers will be happy to visit you at home. Please feel free to contact us or ask someone to contact us on your behalf by:

Telephoning: **02920 473337**

Emailing: careandrepair@crcv.org.uk

Writing: Tolven Court, Dowlais Road, Cardiff, CF24 5LQ

www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=8140

Supporting Young Carers in the Vale of Glamorgan - Young Carers in Schools Programme



An exciting opportunity for schools across Cardiff and the Vale of Glamorgan to take part in the Young Carers in Schools Programme delivered by Carers Trust South East Wales. The Young Carers in Schools Programme has been commissioned by Cardiff and the Vale Council and Cardiff and Vale UHB to support schools to implement the programme to Understand, Inform, Identify, Listen and Support young carers.

This opportunity has been made available to 26 secondary schools across Cardiff and the Vale. There are currently 10 of 18 schools in Cardiff (56%) and 4 out of 8 schools in the Vale of Glamorgan (50%) working

towards the Programme. These schools have shown an increase in the identification and support for young carers, with staff and students receiving information on, 'What is a young carer and how to identify and support them'. Each school has an operational lead for young carers allowing the students with a caring role a point of contact.

More information about the Young Carers In Schools award can be found at: <https://carers.org/young-carers-schools-wales> and an interactive map showing support for young carers in schools can be seen at <https://carers.org/content/young-carers-schools-map>

Free Carers Workshops 2018 - Run by Education Programmes for Patients and Carers (EPP)



The NHS are offering free courses to help carers focus on their own health and wellbeing, which can often take a back seat. The courses cover a wide range of topics in particular techniques to manage stress, something that due to the pressures and expectations of caring, carers can be particularly vulnerable to.

EPP Cymru run a number of NHS courses including short carers' workshops, confidence building and wellbeing sessions for anyone with a long term health condition or a caring role. They're unique in that they are not delivered by health professionals but by trained tutors who have real life experience of living with a health condition, or caring for someone.

The courses are peer lead and participants learn from each other, gaining practical advice and information on local services. If you find on the day that you can come – please just come along. Although we prefer to have an idea of numbers, we understand that caring can be unpredictable

Workshop 1 Mental Health and Wellbeing

Caring can be very rewarding. It can also be very stressful. The first workshop looks at how to cope with stress, improving sleep, how to breathe, relax and let go of tension, and how to build these techniques into your day.

Workshop 2 Physical Health and Wellbeing

This workshop looks at how you can look after your own physical health while caring. We look at: food, mood and energy; practical help, fitness, and time management — getting some “me” time, relaxation.

EPP will be running the workshops in Barry Library and dates will be available in the New Year. For more information on courses Tel: **02920 335403**

or Text: **“interested”** and your name to **07976 050178**
Email: Epp.Info.cav@nhs.wales.uk

Live Well with Hearing Loss



The Live Well with Hearing Loss service provides information and support for people who struggle with deafness, hearing loss or tinnitus and their carers. Having hearing loss can be a challenge but this should not stop someone from living an independent life.

Action on Hearing Loss Cymru's free, volunteered service can help you find out about assistive equipment, local services and more. Whether you need advice on equipment to help you hear the phone or television or if you're looking for a way to communicate better with someone you care for, Live Well with Hearing Loss can help.

Barry monthly Hub

On the first Thursday of every month there is a free drop-in service at Barry Senior Health Shop (38 Holton Road, Barry, CF63 4HD) from 10-12am. Anyone can call in with questions or for advice on equipment and local services.

Home visits to help you with equipment

Our volunteers are able to visit homes across the Vale of Glamorgan and are trained to advise on accessing equipment and supporting with using it in the home. We can help with installation and troubleshooting with the following products:

- ❖ listening devices
- ❖ telephones
- ❖ doorbells

- ❖ loop systems
- ❖ alarm bells.

We also provide information on where to access other helpful services such as the fire service, social services and community groups who may be able to help the people you support further.



Want to get involved?

This service relies on the work of volunteers in their local communities. If you'd like to help organise a monthly hub, or help with home visits in your area then please get in touch. All volunteers are given full training.

Contact us

For more information about the Live Well with Hearing Loss service, or if you would like to volunteer, call us on 029 2033 3034 (telephone), 029 2033 3036 (textphone) or email wales@hearingloss.org.uk.

You can write to us at Action on Hearing Loss, Anchor Court North, Keen Road, Cardiff CF24 5JW.

More information is available at www.actiononhearingloss.org.uk/wales and www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=4803

Carers Trust South East Wales - Engagement Project

Do you provide unpaid care for a relative, friend or neighbour who needs care and support?

Do you want easier and improved access to the information, advice and support you need?

Would you like to be involved in developing services and providing an independent voice for carers and those you look after?

Contact **Carers Trust South East Wales** to find out more about a new project in your area. We want you to have your say on what matters to you.

Want to find out more?

Phone: **01495 769996**

Email: engagement@ctsew.org.uk



Get involved in a new project involving diverse people in decisions



Diverse Cymru and C3SC have just launched a new project aimed at improving understanding amongst diverse communities of how Government works and how you can get involved. Our “Your Wellbeing, Your Government” project will run monthly events from January to June 2018 in the Vale of Glamorgan and Cardiff.

In January diverse individuals will develop understanding of how Government and the public sector works; what the Well-being of Future Generations Act is; and how you can get involved and influence the public sector locally. We'll also look at barriers to engaging diverse people and your solutions.

The January events will take place:

Friday 26 January 2018, 9.30 am – 1.00 pm, The Culture and Media Centre @ Loudoun, Plas Iona, Loudoun Square Butetown Cardiff, CF10 5HW

And

Wednesday 31 January 2018, 9.30 am – 1.00 pm, Castleland Community Centre, Belvedere Crescent, Barry, CF63 4JZ.

In February we'll be bringing people together directly with the local public sector to explore current opportunities for you to get involved and co-produce better involvement of diverse communities.

From March we'll be running a series of events moving around the Vale of Glamorgan and Cardiff exploring your experiences of barriers to involvement and developing solutions together. The project will end with a conference in Cardiff in June sharing solutions with organisations across Wales

The project is aimed at all diverse individuals and community organisations, including: Black and Minority Ethnic, disabled, trans*, older, lesbian, gay and bisexual people, people of different faiths, and carers.

We reimburse travel, access, childcare, replacement care and respite costs related to attending. All events include light refreshments.

To register for any or all events or for more information about the project email: shelagh.maher@diverse.cymru or phone **02920 368888 (ext 255)**

Carers' News Round-up

Ty Hapus Dementia Café - Starting January 2018



A new dementia café will start on Monday 8th January 2018 at Ty Hapus, 163 Holton Road,

Barry, CF63 4HP. This will be a friendly and supportive café in a friendly and informal setting for people with dementia and their carers. The Dementia Café offers a calm, safe environment and a cup of tea with someone who understands. It's an opportunity to share your stories and socialise with others.



The café will be held every second Monday of every month between 1.30-3.30pm. For more information please contact Elin Jones ellin.jones@alzheimers.org.uk or ring **01446 738024**

New Strength and Balance Class for over 50s

A new exercise class to music will be held at Llantorian Hall, Llantwit Major, on Tuesday afternoons starting 9 January 2018 between 2-3pm. Cost £3.50 (refreshments included after class). Everyone is welcome. For further information and to book please contact Age Connect Senior Health Shop on **01446 732385**.

Telecare in the Vale -



“Let our pendants take care of your independence”

The September 2017 edition of Caring Times outlined the Telecare service provided by the Vale of Glamorgan Council. Both the TeleV and TeleV+ service supports people in their own homes and community, with the help of technology, so that they can continue to live with greater independence and safety. In this article, we show what a difference Telecare has made to Victor and his main carer.

Telecare has been a huge help for Victor Rodriguez, 81 years, living in the Vale of Glamorgan. Victor lives with his wife; they are both retired and spend much of their time at their home. Having lived most of his life in the countryside, Victor enjoys going off for rambles along the lanes. However, following his recent diagnosis of dementia, he has been found twice after getting lost and wandering onto a busy main road. He has been brought home by local police officers.

Victor's Social Worker made a referral to Telecare for a TeleV+ service to help keep Victor safe. The day following the referral a member of the Telecare team went out to visit Victor and his wife in their home and was able to recommend and install Telecare

equipment to help support them. The equipment was small and unobtrusive - Victor was provided with a GPS tracker which he attached to his key ring and the front door of the house was fitted with a sensor to alert his wife if he slipped out for a walk.

Victor has since been off for a few walks with his tracker. The tracker has been set up so that if Victor travels beyond a certain (selected) distance, the wife is immediately alerted from the tracker to her smart phone; she also has the option to message the tracker from her phone to request its current location. Thus Victor's wife was able to check where he was and make sure that he could make it home safely. Victor has been able to keep his independence and his wife has stopped worrying as much.

The Telecare service is currently continuing to support around 1,000 service users, whilst technology is also continuing to develop, allowing us to help promote a safer Vale.

For more information, contact the Telecare team on **01446 700111** or e-mail c1v@valeofglamorgan.gov.uk. More information is available at www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Telecare

Beat Flu and Shingles Vaccination update

Now that Christmas is behind us and the days are gradually getting longer we can forget that Flu is still lurking around ready to pounce on unsuspecting individuals. If you have not had an opportunity to get vaccinated, there is still time to be vaccinated. If your GP is unable to do so, enquire at your local pharmacy as many are participating in the NHS scheme.

Shingles affects a lot of people as they get older. It often causes severe pain that can last for months or in some cases years. Shingles is more common and more severe as you get older. There are lots of myths around as to how we develop shingles. We do not catch shingles; anyone who has ever had chickenpox can develop shingles and you can't catch shingles from chickenpox. In fact being in contact with

chickenpox can boost your immunity and reduce the risk of developing shingles.

For several years now there has been a vaccine available to help reduce the risk of developing shingles. It is offered to any one born between 02/09/1942 and 01/09/1947. There is a catch up programme for those born between 02/09/1937 and 01/09/1940. All remain eligible until 80 years of age. For those not included, you will be offered it very soon.

Uptake of this vaccine has been very slow, if you are entitled to have it and have any questions please contact your practice nurse who will be happy to answer them for you.

