



A Welsh version of Caring Times is available. Mae fersiwn Gymraeg o'r Caring Times ar gael. It would really assist the Carers Team if you can provide **your email address** if we do not already have it. Please can you email Carersservices@valeofglamorgan.gov.uk with your latest email address and this will enable us to send information about suitable events, as well as Caring Times, more quickly to you.

Vale Central GP Cluster Achieves Bronze Accreditation

For many carers, the first place they contact for help and support can be their local GP Practice. Usually GP Practices come in contact with carers a long time before Social Services. In every GP Practice there is a carer's register and in most a dedicated point of contact, a Carers' Champion.

Work has been ongoing with GP Practice Carers Champions in order to provide staff and patients with relevant and up-to-date information about caring and for carers. As part of the previous Carers Strategy (Wales) Measure, Cardiff and Vale University Health Board, City of Cardiff Council and the Vale of Glamorgan Council, have developed a Carers GP Accreditation Scheme. The scheme has a set of criteria that GP Practices need to achieve to obtain recognition for their support to carers and their families.

The Scheme has been 'live' since November 2015, and those Practices who have been assessed and can evidence they meet the criteria, have been awarded a Bronze level certificate. The Practices will then be able to work towards gaining the soon to be launched Silver award if they wish. The Bronze level certificate will last for two years.

Caring Times is pleased to announce that all seven Vale GP Practices in the Central (Barry/

Sully) Cluster have achieved the Bronze Level, the first Cluster to do so across the Vale and Cardiff.

More GP Practices, in Dinas Powis and Penarth (Eastern Cluster), as well as Llantwit Major (Western Cluster) will be assessed in the near future. Look out for the Bronze certificate in your local GP Practice!

Additionally, plans are underway to develop a similar Accreditation Scheme with Pharmacies. If you are a GP Practice that wishes to be considered for Bronze Level Accreditation, please contact James Livingstone, Carers' Development Officer, on **01446 704604** or email: CarersServices@valeofglamorgan.gov.uk



Information Stand at Waterfront Medical Centre to promote Carers' Week 2017.

Proposed new Velindre Cancer Centre and Outreach Services in South East Wales

Transforming Cancer Services Programme

Cancer in Wales

Cancer is the second biggest cause of death in Wales. According to Public Health Wales, there were 19,088 new cases of cancer in 2015 compared to 17,389 in 2006. The increase in cancer cases is part of a long term trend in Wales. Soon it is expected that one in two of us will develop cancer in our lifetime and this will have a big impact for those caring for loved ones with cancer

The main reason is the increase in older working-aged people in the population, the result of people living longer and the changing trends of cancer risk factors in our society.

Why transform cancer services?

As the incidence of cancer is forecast to increase, so too is the number of referrals to Velindre Cancer Centre. Unless we transform the way we provide our cancer services, we'll be unable to meet the future needs of our patients and their carers.

How will we transform cancer services?

Welsh Government has asked Velindre NHS Trust to develop a Business Case to improve cancer services across South East Wales. Our Business Case will propose that we:

- ❖ Build a new Velindre Cancer Centre in Whitchurch, Cardiff. Outline planning permission was submitted to Cardiff Council in July 2017.



- ❖ Build a satellite radiotherapy unit. We are developing an outline business case for a new Radiotherapy Satellite Unit to be co-located at Nevill Hall Hospital which is run by Aneurin Bevan University Health Board.
- ❖ Provide more care closer to our patient's homes.
- ❖ Better integrate our specialist expertise with our colleagues in hospitals and GPs throughout South East Wales.

Our vision is to transform cancer services in SE Wales, with the New Velindre Cancer Centre opening by 2023. If you would like to find out more information please visit our website

<http://velind.re/TransformingCancerServices>

or ring us on **02920 615888**. To subscribe

to our newsletter go to <http://velind.re/>

[NewsletterSubscription](#)



Artistic impression of new Velindre Cancer Centre

Your Library – at your fingertips!

As was mentioned in the May 2017 edition of Caring Times, Vale of Glamorgan Libraries are full of great resources and you can access many of them at the touch of a button. We provide e-books, e-audio books and e-zines and you can download them onto your iPad, tablet, smartphone, PC/MAC or similar devices – all for



free! As carers, you can access a wide range of services from the comfort of your own home.

All you need is a Vale Libraries card and pin number. Ask the library staff to sign you up today – just bring along one form of ID with your name and address on it.

e-Books

Vale Libraries subscribe to two eBook services. Choose from hundreds of eBooks to download, from popular best sellers and children's books, to biographies and travel.



e-Audio Books

We also subscribe to three online audio book services. Once you have registered and created an account you will have instant access to every title within the collections.

e-Zines

Choose from over 250 top magazines to read online – again, all for free!

Zinio is a new eZine service that makes over 250 top magazine titles – from cycling to cooking or fashion to fitness. Once again, these are all available to library members free of charge.

For more details about all these and all our other services, go to www.valeofglamorgan.gov.uk/libraries

Group helps hospice with dementia friendly plans



A group of people living with dementia and their carers visited the Marie Curie Cardiff and the Vale Hospice, Penarth in July to find out about a terminal illness charity's services – and to give staff tips on making it a Dementia Friendly Community.

Monica Reardon, who leads the Including Diverse Communities in End of Life Care project, is aiming to ensure the hospice secures Dementia Friendly status, and invited the group along to help put a plan of action together to achieve this. Following a tour of the hospice, there was a meet and greet for the visitors and a Question and Answer session where the visitors answered questions from hospice staff about supporting people with dementia.

During the Q and A session, discussions were held around what would make someone living

with dementia – and their carer – feel the hospice was safe and secure, and how they would want staff to discuss plans for future care.

"It was important to us to work with this group in putting together our dementia friendly plan," said Monica.

"We want to have honest feedback from the people who use our services and that involvement is really important to us."

Linda Willis, Alzheimer's Society Ambassador commented, *"We like being involved and it means a lot to us to be asked for our opinions. People think they know what we are thinking, but it's not always what we are thinking, so it's great that we've been able to give advice to help the hospice work towards being Dementia Friendly."*

All the feedback generated from this visit will contribute to our ongoing work towards ensuring the services we provide are appropriate and accessible for people living with dementia. If you would like more information about this please contact Monica Reardon on telephone **02920 426025** or email Monica.reardon@mariecurie.org.uk



Shared Reading

– an enjoyable break from caring

Shared Reading is an excellent forum for carers who want to have a relaxing break in their week, an opportunity to meet other people and the chance to read and discuss a variety of bite-sized literature.

This became very popular in libraries and I also acted as a group facilitator for sessions at Ty Hapus for people with early onset dementia. Occasionally I would offer “taster sessions” at churches, care homes and other groups. My role was to choose suitable stories and poems and read them aloud while the group members silently read along with copies I had given them. Occasionally, a group member would take over reading aloud.

Shared reading can have equally good benefits for young people as for “seniors”, in that listening to a story or poetry being read aloud is a great way of calming down and releasing feelings of stress and anxiety.

Since taking early retirement from the library service, I have continued offering this service in partnership with Barry Library and would like to

do more with other groups now that I have some time to spare.

If you organise a Young Carers Group, or a group of adult carers who would like to try this, I would be only too happy to discuss your requirements. If you are interested in giving it a go for yourself, you will be very welcome at Barry Library any Friday lunchtime, 1:00-2:30 pm, in the Meeting Room upstairs.

I look forward to hearing from you!

Andy Griffiths

Tel: **0781 777 3479**

Email: andyscribe@hotmail.com



Diabetes UK Vale of Glamorgan

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

The Vale of Glamorgan Support and Campaign Group meet on the third Tuesday of each month between March and November. We meet in the Board Room at Llandough Hospital and the meetings start at 7:30pm. Information about the hospital and directions to the hospital are available on this link. You may need to copy and paste it to your browser: www.cardiffandvaleuhb.wales.nhs.uk/uhi-contact-information.

We often have a guest speaker, who may not always talk about Diabetes related topics, but other areas of general interest. A cup of tea or coffee with a biscuit is available for a small

2017 Programme

donation. We warmly welcome everyone, and appreciate that carers may also like to attend.

Here is our programme for the rest of 2017:

Tuesday 19th September

Emily Beach, Volunteer Support Officer,
Diabetes UK Cymru office visit

Tuesday 17th October

Nerys Thomas – Kidney Specialist

Tuesday 21st November

Dr Lindsay George - Questions & Answers

More information can be found at:

<https://vale-of-glamorgan.diabetesukgroup.org/>

Change of Model in our Barry Recovery Cymru Centre

After a recent consultation, Recovery Cymru (RC) has undertaken a change in our Barry Centre.



looking at implementing groups further out in the Vale after our recent success with our Cowbridge group on a Friday between 1-3pm.

We are passionate about reaching out to the Vale; and the Centre base approach we have been using is not always the best way to engage individuals or their carers. After looking at many options, it was agreed we should look at a peripatetic model instead of the current Centre base. This will enable us to deliver more support through an outreach model across communities in the Vale.

Our Barry Centre will now only be open to the public for groups on a Wednesday and on a Saturday. We will continue running Telephone Recovery Support (TRS) and Recovery Coaching so members will still receive support but in a different way. This will allow RC to carry out a scoping exercise and continue

As stated, we will still be delivering in the Vale 6 days a week offering recovery coaching and TRS 5 days a week; groups on a Wednesday including SMART, Relapse prevention, , music and relaxation; drop in/social activities on a Saturday from 12-4. The Cardiff Centre is open 6 days a week (including a Sunday) which members from the Vale are very welcome to access so there are still seven days a week recovery support between Cardiff and the Vale.

If you, or your organisation, have any ideas about how best we can deliver recovery support across the wider Vale, please get in touch with Jo Price on 01446 734220 or you can email joprice@recoverycymru.org.uk. Our web address is www.recoverycymru.org.uk/

Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership

Our Integrated Health and Social Care Partnership has been established under the direction of a Regional Partnership Board (RPB), as part of the requirements of the Social Services and Well-being (Wales) Act 2014. The purpose is to manage and develop services to secure better joint working between local health boards, local authorities and the third sector; and to ensure effective services, care and support that best meet the needs of our population.

The objective of the RPB is to ensure partnership bodies work effectively together to:

- ❖ Respond to the Population Needs Assessment undertaken to review care and support needs, support for carers and preventative services across the region;
- ❖ Ensure partnership bodies provide sufficient resources for the partnership arrangements;
- ❖ Promote the establishment of pooled budgets where appropriate;



Prioritise the integration of services in relation to:

- Older People with complex needs and long term conditions, including dementia
- People with learning disabilities
- Carers, including young carers
- Integrated Family Support Services
- Children with complex needs due to disability or illness

We are pleased to say that a new Regional Partnership Board website has now been completed and is available via <http://www.cvihsc.co.uk/>

Age Connects - Let's Get Out

Looking to join clubs and activities in the Vale of Glamorgan? Or just want to get out of the house? If you are over 60 and feeling isolated, or lost your confidence to get out on your own, we can help!

What we do

We will share our knowledge of what is available in the community, encouraging and supporting you to become more involved. This could be through escorting or organising transport to activities and clubs. Perhaps there is a class you have been meaning to get to but lacked motivation to get there.

How we achieve this

We can provide up to eight weeks support, helping you to overcome any barriers, and

achieving whatever you would like to do. For example:

- you may want a volunteer to walk with you to the local shop until you have gained confidence.
- Or to attend an activity with you until you feel comfortable going on your own.

Make new friends and share your interests

Our focus is to help those who would otherwise be isolated to create strong friendship groups. We aim to bring people together to establish friendships and share interests throughout the Vale of Glamorgan.

For more information contact Toby on

07377 414806

Toby.messer@ageconnectscardiff.org.uk

www.ageconnectscardiff.org.uk

Woody's Lodge

Woody's Lodge, a centre for providing Veterans (and their families) of both Armed and Emergency Services with access to charities, advice, counselling and a place to socialise with other veterans, has opened its doors to the public.



The Lodge is currently based on the grounds of HMS Cambria in Sully. It is a ground breaking and visionary ethos developed and brought to fruition by a group of local residents and led by Dr David Trotman.

It's motto is "Giving Space and Time" and the idea is simple – a place under one roof, where veterans of any age or background from the Vale of Glamorgan or Cardiff can meet and connect with the help they require, be it social, mental or practical.

Woody's Lodge commemorates Penarth born and bred Marine and Special Boat Service member, Paul "Woody" Woodland, who lost his life in 2012 on a training exercise prior to returning to Afghanistan. His fiancée, Sian has campaigned tirelessly in his memory since his passing, and has raised thousands of pounds



for related charities. She has been a driving force behind Woody's Lodge, alongside Russ Kitley, a RAF veteran, who has had this project as a vision for 12 years.

Noel Godfrey, Chairman of Woody's Lodge and Army veteran of 26 years, says, "Without the hard work of a dedicated band of veterans and civilians, men and women of all ages, and encouragement from our supporters, we could not have realised

this dream. After 12 years in the making, we can now provide a special, unique, quiet and safe space for veterans to meet with support agencies and have the opportunity to socialise at the same time."

Woody's Lodge is a Not for Profit Organisation and can be contacted via **01446 730777**. We are open Monday to Thursdays every week between 10.00hrs and 14.00hrs.

In the May 2017 edition of Caring Times, there was an article about The Welsh Government Homes Nest scheme and how this could help carers keep warm and save money on their energy bills (see www.nestwales.org.uk or ring 0800 808 2244). In this, and the next, edition of Caring Times, we've pulled together some tips and hints for you to think about below.

Tips for Keeping Your Home Warm and Saving Energy

- Only fill the kettle with the amount of water that you need.
- Turn your thermostat down - reducing your room temperature by 1° could cut your heating bills by up to 10% and typically save £65 a year.
- If you have a programmer, set your heating and hot water to come on only when it's required rather than all the time.
- Closing doors will help to keep heat in the rooms you use most.
- Radiator panels will help to save heat by reflecting it back into the room.
- Ensure radiators in rooms are not obstructed by curtains or furniture to ensure maximum heating is retained in a room.
- Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors. Use draught proofing to seal gaps around windows and doors.
- Keep curtains open during the day to allow in as much daylight as possible. Keeping windows clean will also help to make the best use of natural heat and light.
- When decorating your home it's important to remember that light colours can reflect the light more than darker ones. Painting your walls and ceilings in lighter colours can therefore also help keep the room lighter by reflecting more light.
- Fridges and freezers should be positioned as far away as possible from cookers and heaters.
- Don't dry clothes on the radiators. Bleeding radiators regularly will remove excess air that prevents them from working efficiently.
- Turn off lights and appliances (even those on standby) when they are not in use.
- A dark lampshade can absorb much of the light that a bulb gives out, wasting light and energy. Using transparent shades and keeping them clean can help to improve the light in a room and save money.
- Replace old light bulbs with new CFL or LED light bulbs
- Leaving your mobile phone on charge overnight can reduce the battery life and waste electricity. So make sure you unplug it when it has charged.
- Smart controls are the latest way to help you control your heating and understand your energy use. They allow you to control your heating remotely via a mobile app, meaning that you can manage the temperature of your home from wherever you are, at whatever time of day.
- Have you been in touch with your energy supplier to ask about getting a Smart Meter? Smart meters mean no more estimated bills, so you only pay for gas and electricity you actually use. They also help you keep track of what you're using and how much you currently owe in pounds and pence.
- Your energy supplier will provide and fit your smart meter at no extra cost.
- Fuel Buying Clubs can help energy customers save money. Citizens Advice can provide information on your nearest fuel buying club.

The Vale Courses Prospectus for September 2017 - Out Now!



You can pick up your copy from the Civic Offices, Docks Office, Libraries or the Cowbridge Community College Old Hall or visit www.valecourses.org. Carers will receive a concession on our weekly courses if they are in receipt of carers benefit or any means tested benefit (Please note there are no concessions for anyone on our One Day Courses).

Knit and Natter



Cardiff and Vale University
Health Board Voluntary Services



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

A new Knit and Natter group is proving a great success at the University Hospital Llandough.

The group brings together patients, carers, staff and the local community for an afternoon of fun, knitting and nattering! Staff have also had some lessons in knitting from some of the experienced patients.

One patient, who had not knitted for a number of years, picked up needles and a ball of wool and started knitting, much to the surprise and delight of her husband and daughter.

The group was organised by Sarah Davies, who is the Facilitator for the Information and Support Centres in Cardiff and Vale University Health Board, with the help of Janice Boland, a Health Board volunteer.

It meets every Monday afternoon from 14:00-16:00 in the Information and Support Centre, The Plaza, University Hospital Llandough and are currently busy knitting Twiddlemuffs for

the wards and thinking about what to knit for Christmas to raise funds for the Health Charity.

All patients, visitors, staff and the public are welcome to call in during the afternoon. For further information, please contact Sarah Davies – Telephone **07973 715912** or email sarah.davies37@wales.nhs.uk



Attendees at recent Knit and Natter group

Handyperson Carers Service

Every now and then, we all need a little bit of help with those small repairs, minor works and niggling 'odd jobs' that need doing in our homes. If you live in the Vale of Glamorgan and are a carer or receive informal care from a relative, friend or neighbour, then Care and Repair Cardiff and the Vale's Handyperson Carers Service could help you solve these problems.

Our Handyperson Carers Service supports carers and the people they care for to repair, adapt and maintain their homes thereby enabling them to live as independently as possible with increased safety, security, warmth and comfort.

Myfanwy is 93 and lives with her sister Winnie in Penarth (who is also in her 90's) and cares for her disabled grandson. Our Handyperson attended their property to assist them with putting up a curtain rail. After completing the works, he provided them with a copy of the

Carers Handbook and Carers Directory.



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

When our Handyman returned to the property a few months later to fit a keysafe, Myfanwy advised that after receiving the Carers Handbook on the previous visit, the family had been successful in accessing financial support to obtain a new cooker, dishwasher, tumble dryer and fridge. They were extremely pleased with the help and advice given.

For further information on the Carers Handyperson Service in the Vale of Glamorgan provided by Care and Repair Cardiff and the Vale, 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

Seasonal Flu-jab FREE for all carers!



"It is important to be aware that while flu can sometimes be mild, it can also be a very serious illness, especially for older people, the very young and those with long term health conditions. It can result in hospitalisation and long term incapacity, and unfortunately every year people die from flu. The vaccine is free and easy and helps protect against flu." (Dr Tom Porter, Consultant in Public Health Medicine)

As a carer it is not always easy to put your own wellbeing first; however it is important you do so. It is recognised that caring can have a significant impact on mental, physical health and general wellbeing. Vaccinations are important not only to protect the person you care for but also yourself and your family.

- ❖ You may notice that your surgery have posters up asking people to attend for flu vaccination. The individual you care for should have an invitation from their GP and, if you have registered as a carer, you too should have one. If the person you care for is house bound and is seen regularly by the District Nursing they may be able to offer them the vaccination. If the District Nurse does not visit the practice may be able to help, be sure you speak to your practice as soon as possible so the necessary arrangements can be made. If accessing your GP is difficult there are Pharmacies delivering the vaccine for NHS patients. Watch out in the local press to see

the Pharmacies that are participating in your area.

- ❖ While children are generally a source of joy, we also know they come into contact with many infections. This year an intra-nasal flu vaccine will be offered to all children between the ages of 2-3 years of age in General Practice and 4-9 years of age in school. Please consider giving consent to your child having this vaccination, not only to protect your child, but also the more vulnerable in your communities.

Pneumonia vaccine & Shingles

- ❖ Once we reach the age of 65 years all need to have a pneumonia vaccine, although this is only required once
- ❖ For those more mature, a shingles vaccine is also available. I appreciate the eligibility age has made it very confusing; this year you can access the vaccine free of charge if you are 70, 71, 72, 73 & 74 or 78 or 79 years of age.

Why not speak to your practice nurse if you are concerned about having this vaccine and together you can decide what is best.

For more information contact Nuala Mahon, Immunisation Co-ordinator,
Nuala.mahon@wales.nhs.uk or
www.nhsdirect.wales.nhs.uk/

Board Game highlights role of young carers

As part of its activities during Carers' Week, Marie Curie extended an invitation to schools and organisations working to support Young Carers to receive **FREE** copies of the board game, 'I Care... Do You?', as its Big Lottery funded Caring for Carers Project comes to an end (see <https://www.mariecurie.org.uk/media/press-releases/board-game-highlights-role-of-young-carers/159385>)



Children at St Cyres School in Penarth June 2017

One of the initiatives of the Marie Curie Caring for Carers Project, an All Wales Project based in Penarth, has been to highlight awareness in young people about the issues faced by Young Carers.

Susan Court, Project Manager Marie Curie, was delighted to be able to donate copies to the Vale of

Glamorgan Council to be used to support young carers in the Vale.

Telecare in the Vale -



“Let our pendants take care of your independence”

The Vale’s Telecare service provides support to people in their own homes and community, with the help of technology, so that they can continue to live with greater independence and safety.

The service is used by more than 900 Vale residents currently and is still continuing to expand, helping us to promote a safer Vale.

There are two levels of Telecare service available:



TeleV provides both personal and environmental safety at a touch of a button. This service is available to anyone of any age who would like to feel safer or more secure in their own home.



TeleV+, which is a more bespoke service available to manage greater risks. TeleV+ supports individuals with conditions such as epilepsy; dementia and wandering; mobility or instability problems and falls; reablement after leaving hospital.

Although our service generally links to our 24/7 monitoring centre in Barry, there is also a range of equipment which can alert a carer or family member, for example directly through a pager or to a smart phone.



We have been told, by some of our service users, their families and carers:

“The TeleV team are doing a great job and the service itself is priceless.

... It is a price worth paying for peace of mind and knowing that there is someone on the end of the line who can help. I would recommend anyone living alone with any form of disability to join the Telecare family. My gratitude to the team is immense, without a doubt they have saved my life twice through their response to my calls. My thanks to you all”

“I want to stay living in my familiar bungalow as long as I can. Knowing someone is there at the press of a button if I have a fall, am nervous or panic is such a reassurance”

“My mother has dementia. We are confident having the alarm on her bed that she would not be able to get out of her bed without us being able to reach her room before hurting herself. This therefore allows us to have a good night’s sleep. She also has an alarm on her chair in her room. This also is very good; it warns us straight away that she is trying to get up.”

“The Telecare alarm for bed and door gives great peace of mind to deal with seizures and safety issues. An invaluable piece of equipment.”

To find out further information or to request an application, please contact us on **01446 700111** or email Telecare@valeofglamorgan.gov.uk

The Social Services and Wellbeing Act – What matters to You?

In April 2017, Cardiff and the Vale Parents Federation held an information event for carers, to update them on progress being made in implementing the new Social Services and Wellbeing Act (the Act). This is new Legislation that affects all carers across Wales (not the rest of the UK). It replaces and builds upon past carers legislation and seeks to place the carer

and the person being supported at the heart of things.

As carers and individuals receiving support you may well have a clear idea of how funds can be better spent to achieve the goals you have, the Act encourages negotiation between all parties to agree on how assessed needs can best be met.

The Act has the potential to free up resources within our communities



and encourage all of us to play a more active and effective role in service design and planning. It expects carers to be listened to and encouraged to play an active role in planning and decision making. If services already meet your needs, then that is fine, but if they do not, the Act allows you to have more of a say in things.

Several speakers gave presentations on the new legislation.

Stephen McMillan, (Head of Regional Engagement and Workforce Readiness, from the Wales Government), gave a presentation on the progress made so far in putting the Act into practice. He explained how the Act seeks to improve the outcomes that people receive by engaging with them from the outset, asking, 'What Matters to You'? He stressed that the Act is a shift away from the previous approach, which typically focussed upon matching a persons' assessed needs with an existing service, toward a conversation placing the individual (and their carers) at the centre. This approach encourages people to think about 'what really matters' to them here and now (i.e. what assistance do you feel you need in order to get along). This process can often result in people getting the help that lets them get on with life here and now, rather than wait for unnecessary levels of (costly) or intrusive support.

James Livingstone, the Carers' Development Officer for the Vale of Glamorgan, gave a presentation that explained that new definitions of a carer within the Act extended far beyond those used previously. In the past a carer had to provide substantial or regular care to be eligible whereas the New Act considers you a carer if you currently provide any level of care (or expect to do so in the future).

James highlighted how, in recent years, a great deal of effort has been devoted to improving

support for carers by developing online information resources, along with more visible support on the ground. The Dewis Wales information site (www.dewis.wales) offers a useful portal to find services and opportunities in your area, bringing together all the many Directories (such as the Parents Federations' Where You Stand) in one place.

Further presentations included details of Adult Family Placement schemes that allow Individuals to live with a host family receiving support and companionship within a home setting. This is proving popular with people who for various reasons choose not to live in a shared house or do not want to live alone. Some families use adult family placements as a convenient form of respite and occasionally it proves so popular with all concerned that short term breaks can become a long term permanent accommodation option!

Federation members and parents, Pauline Young and Anne Duminil, then gave their own views on the Act. Pauline, who chairs the All Wales Forum, explained how the Act can encourage practical, affordable and local solutions or opportunities to be developed. In parts of Wales families have pooled their

resources and ideas, using direct payments creatively to develop opportunities that were previously not there.

Anne gave a personal account of the difficulties she has faced and how she felt the act might be of real help by ensuring that 'What Matters' to her and her son would be taken into account when agreeing future care packages.

While not without its critics, the Social Services and Wellbeing Act will open up many opportunities for carers and families. For a more detailed record of this event, please contact the Parents Federation on **02920 565917** or visit our webpage www.parentsfed.org



Vale of Glamorgan's New Carers' Support Officer

It is a pleasure to introduce Melanie Friday, who joined Vale of Glamorgan Social Services on 2nd May, as a Carers' Support Officer.

Primarily based within the Child Health and Disability Team, she will undertake young carer and parent carer assessments.

Melanie has worked within the Health and Social Care Sector for over eight years, building on her responsibilities and knowledge in each of her roles, most recently within mental health and disabilities. Melanie feels passionate about her new post, having been a carer herself. She has said that she's very pleased that the caring role is finally being given more of the

recognition it deserves and is glad to be a part of it.

If you are a parent carer or a young carer, the Council's Children's Services will arrange an assessment of your needs. If you would like further information please contact: **01446 725202**.

If you are aged over 18 years, the Council's Adult Services will arrange your Carer's Assessment. If you would like further information ring: Contact Centre (CIV) **01446 700111** or email **c1v@valeofglamorgan.gov.uk**

Carers Wales Local Volunteers



As a carer, you'll know how caring can cut some people off from the outside world. It's hard to meet other people who know what you're going through and sometime it takes a while to even recognise you are a carer.

That's why Carers Wales has a network of volunteers who use their knowledge and expertise to help other carers, a team of volunteers who understand what caring is like in order to reach out to carers, raise awareness of carers' issues and improve local services. Whether you are still caring or your caring role has ended, your experience is valuable to other carers.

We'd love you to help us help carers like you!

Carers Wales needs more volunteers in the Vale of Glamorgan raising awareness of the services and support available to carers and the issues affecting carers.

Being an Awareness Volunteer

- ❖ Raising awareness of the services available to carers

- ❖ Helping people recognise themselves as carers
- ❖ Building understanding and compassion in the local community

We know life can be unpredictable, so our volunteering role is very flexible, designed to fit around your life, if you can offer at least 2 hours a month, we'd love to hear from you.

There are lots of ways you can volunteer, either by getting out and about in your local community supporting information stands, putting up posters or leaving information leaflets in community hubs. You can pop along to local support groups to supply them with Carers Wales publicity materials or just pop along to talk with the group. You can even volunteer from the comfort of your armchair via social media.

Want to know more?

If you would like to know more contact Julie Skelton **Julie.skelton@carerswales.org** **02920 811370**