



## Carers' Week 2014



To celebrate Carers' Week 2014, the Vale of Glamorgan and Cardiff Councils as well as the Cardiff and Vale University Health Board are organising a series of events between 9 -15 June.

The programme for the week is as follows

**Monday 9 June** 10.30am – 12 noon and 1pm – 2.30pm

Two workshops on: 1. Stress Control and 2. Benefits and allowances for carers will be held at Cardiff City Stadium, Leckwith, Cardiff.

Both workshops will be run in the morning and repeated in the afternoon.

The Stress Control workshop is designed to give carers information and advice about stress management and is being delivered by the Cardiff and Vale University Health Board Primary Mental Health Support Service. The session on welfare benefits and allowances aims to give carers an overview of their entitlements and is being provided with the support of the Department of Work and Pensions.

The workshops are open to any carers who live in Cardiff or the Vale. Booking is essential to attend either or both of these workshops. Places will be allocated on a first come first served basis. Please contact us on **01446 704604** or **CarersServices@valeofglamorgan.gov.uk** to book.

### Information Roadshow

**Tuesday 10 June**, 10am-1pm  
The Hub, Gladstone Road, Barry

**Wednesday 11 June**, 2pm-7pm Copthorne Hotel, Culverhouse Cross, Cardiff (health checks will also be available at this event, see article on page 2)

**Thursday 12 June**, 1pm-4pm  
Star Centre, Splott, Cardiff

Come along and find out about the range of services available locally to help and support carers. Each of three Information Roadshows are drop in events and no booking is required. The Roadshows will be an opportunity to obtain information from a range of organisations and provide a good opportunity

to meet other carers who are in similar situations. The roadshows are open to any carers who live in Cardiff or the Vale. It is hoped that by varying the days, times and locations that this will enable more carers to come along during Carers' Week. We are extending the Wednesday event into the early evening for the first time to enable carers with work and/or other daytime commitments to attend.



## Carers' Week Quest



The Carers' Week Quest is an exciting new approach from Carers UK to encourage improved collaborative working in local communities to reach out to carers during Carers' Week.

By encouraging people and organisations to work together and share information and ideas, the purpose of the Carers' Week Quest is to:

- Reach out to thousands of carers who are missing out on advice and information, support and services;
- Encourage individuals and organisations to come together to improve how the UK's 6.5 million carers are supported;

Help individuals and organisations to come together to improve how the UK's 6.5 million carers are supported;

- Support individuals and organisations to improve how they look after carers;
- Provide a focus and impetus for activities throughout the UK including fundraising.

More information on the Quest can be found on the Carers' Week website: [www.carersweek.org](http://www.carersweek.org) On this website you can find information and ideas about how you can take part in Carers' Week and pledge your support to the Carers' Week Quest.

## Carers Week health checks *Helping carers look after themselves*



GIG  
CYMRU  
NHS  
WALES

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

Because we know that carers of all ages don't always have time to look after themselves, we are once again including health checks for carers as part of our events for Carers' Week, 9th – 13th June. Over 60 carers who attended the main event at St Fagan's last year took advantage of blood glucose testing (which helps to determine diabetes); also blood pressure testing, having their height and weight measured to determine their Body Mass Index (BMI) and advice on oral hygiene.

This year, as it was widely requested by carers last year, we are adding in blood cholesterol testing to the health checks on offer at

our Information Roadshow at the Copthorne Hotel on Wednesday 11th June from 2.00 – 7.00 pm. Trained health staff will also be on hand to offer tailored lifestyle advice.

A wide range of information will also be on show at the same event advising carers on preventative measures they can take to maintain as healthy a lifestyle as possible.

A full programme can be seen on page one of Caring Times. For enquiries about the health checks please contact Sue Barrow on **029 2033 5468** or email [cardiffandvale.carers@wales.nhs.uk](mailto:cardiffandvale.carers@wales.nhs.uk)

## Manual Handling for Informal Carers

On Tuesday 10 June 2014 the Vale of Glamorgan Council is running a manual handling course for carers who live in the Vale. This course is designed for people who are providing care for a family member or friend living in the community. The aim of course is to provide everyday guidance and practical problem solving for difficult handling situations. The course content may vary depending on the requirements of those who are attending and the

attendance numbers on the course are limited so that time can be spent on individual handling needs.

This carer's course will take place between 9.15am-4.30pm at the Community Enterprise Centre, Skomer Road, Barry, CF62 9DA.

Please ring the Carers' Development Officer on **01446 704604** or email [CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk) to book a place on this course.

## Carers' Week Message from Councillor Stuart Egan Deputy Leader, Vale of Glamorgan Council

During 2013, as part of my role as Chair of the Cardiff and Vale Carers Strategy and Planning Group, I was pleased to learn of the success of the Carers Week event held at St Fagans Castle in June last year of which I was pleased to attend. This was the first event run jointly by the two local authorities and the health board covering Cardiff and the Vale of Glamorgan.

Feedback from both carers and service providers was mainly positive and has helped us develop a wider programme of events across Carers Week 2014.

We were asked to provide more opportunities to give and receive information, to improve access, and we also recognised the need for workshops specifically aimed at carers, due to the overwhelming demand for places at St

Fagans. For the first time we are extending one event into the early evening to accommodate carers who may be working or have other commitments during the daytime.

The statutory organisations and voluntary sector partners have worked hard to provide a wider range of information at venues across Cardiff and the Vale of Glamorgan during Carers Week 2014. By working together again, we can reach even more carers and provide you with the information and signposts you need to get the right services and support to help in your caring role. The events also offer the opportunity to meet other carers who may be in similar situations to your own.

I wish the Cardiff and Vale Carers Week events every success and recommend you attend.

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## Carers' Week Message from Alun Cairns, MP Vale of Glamorgan

Caring is an issue that will affect all of us at some point in our lives. In Wales, 1 in 8 of adults are carers meaning that there are over 15,000 in the Vale of Glamorgan. Unpaid carers in Wales save the Welsh Government £7.72 billion pound a year which proves that they are not only extremely beneficial for our community but also for our economy and this should not go unrecognised. This is why carer support should be a primary concern within our community.

In 2010 the Welsh Assembly passed the Carers Strategies Measure. This placed a duty on the NHS and Local Authorities to provide carers with helpful advice and to work with them in regard to decisions about the provision of services to them and the person they care for. As a result, charities such as Carers Wales have been able to provide more and more support for those who need it. The launch of Parents' Federation Where you *Stand Carers' Information Guide* also proved to be a positive step forward as it gives particular emphasis on families with a disabled relative and helping

them to access the support that they are entitled to receive.

2013 proved to be a productive year for the Vale of Glamorgan Carers. Events such as The Carers' Week were acknowledged across Barry and the Vale. In caring for other people, our carers can neglect their own health and wellbeing and so it is great that events such as Carers' Week offer free health checks for people to try out. It is also exciting to learn about more carers' events, welfare advice and training courses via the Vale website as well as the availability of flexible study options for carers that are provided by the Open University in Wales.

More needs to be done to appreciate the sacrifices made by those who care for loved ones and I think Carers' Week is a fantastic way to offer support and to acknowledge how significant carers' are within our community and also across Wales. I sincerely hope that Carers' week 2014 proves to be as successful this summer and I wish all the carers the best of luck.



## Marie Curie holding a Carers' Day event on Monday 9 June 2014



To celebrate Carers' Week this year Marie Curie Carers Wales Project will be hosting a free event for Carers living in Cardiff and Vale.

The event will provide the opportunity for Carers to come and meet others, share stories, relax and enjoy taster complementary treatments in a safe and comfortable environment and learn more about Marie Curie services and support for Carers.

The Day Centre and Garden Room at the Penarth Hospice will welcome Carers from 1.00 pm to stay for as long or as little time as they wish. Carers will be able to explore the cliff top gardens and take tea and cakes whilst enjoying musical entertainment before the afternoon finishes with a flourish and Balloon Release at 4.00pm.

All Carers are welcome and the event is completely free.

If you would like to:

- Receive more information about the event
- Reserve a free taster complimentary treatment session
- Learn more about the services and support that Marie Curie can offer Carers

Contact Sarah Johnson

Email: [sarah.johnson@mariecurie.org.uk](mailto:sarah.johnson@mariecurie.org.uk)

Telephone: **02920 426033**

Caring for Carers within Revitalised Communities in Wales is funded by the Big Lottery Fund Wales

## Age Connects -

## Exercise for the Over 50's in the Western Vale



***Did you know that if you are over 50 there are lots of opportunities for you to get out, make friends and improve your health?***

Being a carer you often don't have time for yourself, symptoms of stress, tiredness and depression are common place. But exercise can help! Age Connects are running various activities in the Western Vale.

Exercise is extremely important as we get older and, as carers, you need to look after yourselves. "There's strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia". ( NHS)

If you live in or around Ewenny there is a weekly Tai Chi class on Thursdays 11am – 12pm that meets in the Village Hall, they regularly go out for lunch afterwards too! We are also starting a new one at The Gathering Place in St Athan on a Tuesday 11.30am – 12.30pm, from the end of April.

If you like a bit of music there is a Zumba Gold class every Wednesday from 1pm – 1.45pm, the easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class.

At the beginning of May we are starting an Otago Class in Penllyn Village Hall, every Friday 10am – 11am. "This exercise programme has been shown to prevent falls by as much as 35 per cent and 54 per cent respectively. Appropriate for older people at high risk of falls." (Age UK report 2013)

There are also groups that meet weekly in Llantwit Major, Bonvilston and Ewenny that have a variety of activities, including Extend, which provides gentle exercise to music for older people and for anyone of any age with a disability, book groups, speakers, mah-jong as well as lunch clubs and trips out.

So if you live in the Western Vale and want to get more active, improve your confidence and meet new people please call Jane Platts Rural Connections coordinator for more information on **01446 795631** or email [jane.platts@age-concern-cardiff.org.uk](mailto:jane.platts@age-concern-cardiff.org.uk).

# Major legislation to transform social services in Wales

Care and support in Wales will undergo its biggest change in a generation as The Social Services and Well-being (Wales) Bill gained final assent and became law in Wales on 1 May 2014, as it has now passed all the stages of scrutiny in the National Assembly. The Act aims to transform the way social services are delivered through an approach that is focused on achieving the outcomes necessary to promote a person's well-being - as an individual, as part of a family and as part of their community.

To do this it will ensure that people have access to clear information, advice and assistance and will place their voice and rights at the centre of decisions about their care and support.

The Act introduces, for the first time, a strong statutory framework for the protection of adults and has provided for strong national leadership arrangements for safeguarding people.

It also recognises the key role played by carers by giving them the equivalent rights to support as those they care for as well as the importance of both prevention and early intervention in helping people live independently.

Deputy Minister for Social Services, Gwenda Thomas, said in the lead up to gaining Royal Assent:

*"We are now nearing the end of three years of hard work which has been focused on a shared ambition*

*- to make a real difference to the lives of those who need care and support in our society. In the face of continued pressure on public services, the Welsh Government wants to be able to continue to offer quality services that protect people in need of care and support and which improve their lives.*

*"To do this we have to make sure social services are sustainable for generations to come and this legislation is key to making sure that happens. By placing a clear focus on the rights of an individual and by making sure services are based on outcomes, we can also be confident that social services in Wales are focused on what people need most.*

*"Throughout its passage through the Assembly, this landmark Bill has been subject to robust scrutiny. We have listened, debated at length, and dealt with more amendments than ever before. I am confident that the Bill is all the stronger for it and I welcome the contributions from all parties which have been included as it has developed.*

*"I look forward to the next stage of debate and to the final vote, with a great degree of pride in what we have achieved so far and with every confidence in the abilities of everyone involved in social services to deliver the changes that this legislation will require."*

For more information please see <http://www.senedd.assemblywales.org/mglIssueHistoryHome.aspx?lId=5664>

## Carer Services at Velindre

Velindre Cancer Centre is working to improve care for patients who have dementia and cancer. Having staff that are compassionate, educated and focussed on delivering person centred care means that people with dementia are cared for with dignity and respect. The work will also extend to their carers, and that of the wider community, as projected figures indicate a trend to many more people being affected by dementia in the future.

Velindre's newly appointed Supportive Care Nurse for Dementia & Cognition is Shirley Treharne. She is available on Tuesdays,

Wednesdays and Fridays to support patients, carers and staff with issues affecting people who are being treated at the hospital and have dementia or other cognitive impairment abilities. Shirley can be contacted on **029 20615888** ext: 6103 (or paged on 235) or e-mail [shirely.treharne@wales.nhs.uk](mailto:shirely.treharne@wales.nhs.uk). More information can be found at [www.wales.nhs.uk/sites3/page.cfm?orgid=357&pid=61239](http://www.wales.nhs.uk/sites3/page.cfm?orgid=357&pid=61239)

This additional page on the Velindre web site has specific information for carers: <http://www.wales.nhs.uk/sites3/page.cfm?orgid=357&pid=61808>

## Disability Sport in the Vale of Glamorgan



Barry Leisure Centre recently put on a taster day for disabled adults in the Vale of Glamorgan offering them a number of opportunities to take part in sport and physical activity.



The staff at Barry Leisure Centre worked with the Disability Sport Wales Development Officer in setting up opportunities so that each service user had a suitable activity to take part in.

The activities on offer were Zumba, Light Circuit Training, Football, Table Tennis, Badminton and Easy Line Circuits, the idea behind the taster day is to set up regular sport sessions in Barry Leisure Centre during the day for Disabled Adults.

Parkwood and the Disability Sport Wales Development Officer aim to work together to provide inclusive opportunities for the Disabled Population in the Vale of

Glamorgan and are encouraging disabled people to use their local facilities so we can work together to produce appropriate activities that people will want to take part in.

If you are interested in accessing sport in your local leisure centre please contact Parkwood Leisure on **01446 403000** or Simon Jones who is the Disability Sport Wales Development Officer for the Vale of Glamorgan on **01446 704728**

If you would like more information on Disability Sport in the Vale of Glamorgan please contact me **01446 704728** or [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)  
I hope to hear from you soon.

## Gwanwyn Festival

The Vale 50+ Strategy Forum will organise a Gwanwyn festival on Friday the 30th May 2014, at the Old School Sully, South Road Church Community Hall, Sully, Penarth, CF64 5TG Telephone **029 2053 1705**



E-mail [oldschoolsully@gmail.com](mailto:oldschoolsully@gmail.com) free tea coffee and biscuits available.

This is your opportunity to enjoy workshops, join in activities and learn about local services at a range of information and advice stalls. This free Gwanwyn festival event will operate an open door policy all ages welcome. If you have an activity that you would like to promote please contact us. We are

particularly interested in you sharing your skills and knowledge with others and if you would be happy to run free workshops we can accommodate you. For further details please contact John Porter **01446 450201**  
E-mail [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)

Gwanwyn festival organised by Age Cymru promotes the arts to people over fifty, if you would like to organise your own event visit the following website: [www.valeofglamorgan.gov.uk/en/our\\_council/achieving\\_our\\_vision/partnerships,\\_policies,\\_plans/older\\_peoples\\_strategy/older\\_people\\_news.aspx](http://www.valeofglamorgan.gov.uk/en/our_council/achieving_our_vision/partnerships,_policies,_plans/older_peoples_strategy/older_people_news.aspx)

Alternatively, you can call Age Cymru on **02920 431 555** to request a pack by post.

# Brain Injury Support for Carers – Headway Cardiff



Headway Cardiff

Over the last thirty years the number of people living with the effects of an acquired brain injury has increased dramatically.

More people are surviving brain injuries owing to the advances in medical knowledge and surgical

techniques. Survivors of a brain injury generally have a normal life expectancy. This means that there are an ever-increasing number of people living with the long-term effects of brain injury.

It is estimated that across the UK there are over 500,000 people (aged 16-74) living with disabilities as a result of brain injury.

Headway Cardiff was established nearly 30 years ago to provide support to survivors and their families and to help them cope with the often devastating changes that occur following brain injury. We serve the population across the south east of Wales including the Vale of Glamorgan.

Survivors of brain injury can struggle with a large range of difficulties such as physical, behavioural, cognitive and emotional. However brain injury happens to the whole family, not just the individual. It can happen to anyone, at any time. As a carer there is no time to adjust or plan. You are thrown in at the deep end. Here are some of the more common issues that families are faced with:

- Practical & financial stresses
- Change in role – partner/parent to care giver
- Personality changes in the survivor
- Lack of understanding and therefore support from the wider network of family and friends particularly regarding the 'hidden disabilities'
- Isolation
- Lack of knowledge about the effects of brain injury
- The lack of insight on the part of the survivor into the changes that have occurred.
- Guilt
- Grief for the loss of the person and the life you had.

We aim to support carers by providing information, signposting to other services, offering emotional and practical support, as well as the opportunity to meet with other people to share experiences. Once a month Headway Cardiff run a carers' evening in the Recreation Hall at Rookwood Hospital, Fairwater Road, Llandaff, Cardiff CF5 2YN between 7-9 pm. Generally we have a guest speaker or an organisation come and talk to us about different aspects of brain injury and other avenues of support. This group offers an opportunity to meet with others experiencing similar challenges in supporting someone with an acquired brain injury.

If you would like any information on our carer's group or any others that we offer, then please call us on **02920 577707**.

All our group meetings can be viewed at [www.headwaycardiff.org](http://www.headwaycardiff.org) under forthcoming events.

## Adult Community Learning Event

Vale Adult Learning Network will be holding a Learning Festival event in Barry Memorial Hall on the 19th of June 2014 between 1-6pm. We will be giving participants the exciting opportunity to start on a path to Rock Stardom. Rock Academy Wales (RAW) will be facilitating rock and other music workshops in the Glamorgan Suite, no experience is required RAW will cater for anyone whether you have played an instrument or not, and at the end of the sessions you will have the

opportunity to perform (not obligatory). There will also be an indoor planetarium for people to study the universe. If this is not enough there will be many other activities to try out. If you think learning and opportunity is not for you, we want you to come along and give it a go. For more information ring Colette Chilcott, Learning Support Officer, on **014446 422418** or visit <https://www.facebook.com/pages/Vale-of-Glamorgan-Learning-Festival-Group/479764895392934>



# Reflexology for carers?

## *How can that help?*



**In the May 2013 edition of Caring Times Claire Viader outlined the benefits of complementary therapies for carers. In this new article she describes how reflexology may be a beneficial therapy for carers.**

This is frequently the question I am asked by carers. Complementary therapies such as reflexology are often considered to be a luxury, but in fact are an effective contribution towards dealing with the anxiety and stress associated with being a carer.

Reflexology is based on the principle that reflex points on the soles, tops, and sides of the feet correspond to different areas of the body, so the feet can be seen as a 'map' of the body. By applying specialised massage techniques to specific reflex points, a reflexology treatment helps restore balance to the body naturally, and improves the client's general wellbeing.

Your therapist will start with a full consultation, asking various questions about your health and lifestyle, to ensure reflexology is right for you.

For the treatment itself you remove your shoes and socks. The therapist gently cleans your feet and applies a fine powder, cream or oil before gently massaging and stretching your feet and ankles. Treatment generally lasts for 45 minutes to an hour.

So, why does it work for carers? Everyone experiences stress at some time in their lives, and mild stress helps us produce the appropriate reactions in certain circumstances. However, many carers experience high levels of stress, especially when they first take up this role (and even more if it is unexpected) and when the cared-for person's condition gets worse.

Accumulated stresses can eventually lead to a variety of physical and emotional problems including insomnia, anxiety and behavioural changes. If these problems interfere with daily life they will make the caring work even more

difficult, and might even result in chronic illness. Carers are also known to be at risk of low self-esteem and confidence, particularly if they have had to give up work.

The impact of touch on many carers can be profound and although reflexology can never be a complete form of stress management it provides a pleasant, deeply relaxing and safe complement to medicines and counselling, and frequently helps relieve physical effects of stress and mild depression.

During a reflexology treatment the carer also has the opportunity for reflection in a non-judgemental discussion about his or her life. The safety and confidentiality of the treatment room make it a space for the carer to express fears or anxieties, explore options and make decisions.

Trust, respect, encouragement, communication and positive reinforcement all help the carer to make positive adjustment to their lifestyle. This may be as simple as a change in diet or asking friends and family for help.

Treatment is known to help improve carers' self-esteem and reduce irritability, agitation and feelings of anger and loss of control. Reflexology can also help improve mood and energy levels alongside creating a renewed or new-found interest in personal health and wellbeing. And we all know that being healthy and happy is essential for people who are otherwise pre-occupied with their care for another person.

Claire Viader is a holistic therapist based at the Washington Pharmacy in Penarth. She is registered with the Federation of Holistic Therapists and is the local ambassador for the Complementary and Natural Healthcare Council.

Claire is one of a number of therapists working with the Vale of Glamorgan Council to provide taster sessions and support to Carers. Carers often feel a dual benefit from attending one-off events as it enables the carer have a break from their caring situation and gives them the confidence to do something in their own right to benefit their health and wellbeing in the longer term.



## Carer's Allowance on-line claims

The DWP Carer's Allowance on-line Service has been operating successfully with over 50,000 carers using the Service in the last six months. This Service allows carers to make a claim to Carer's Allowance or report a change of circumstances, with information being received at the Carer's Allowance Unit at Preston as soon as the submit button is pressed. The On line Service is available 24 hours a day, 7 days a week and is accessible through smartphones and tablets. A Welsh version of the service was also launched on 26 March 2014.

The Carers Allowance On Line claim has fewer questions than the paper claim and carers themselves have been involved by contributing to the design and testing of the screen layouts. No signature is required as the Carer's Allowance Unit will ensure that the person being cared for is advised that a claim has been

made, making it even easier to do it on line. Very few carers have had any problem using the Service and many comments have been positive. A typical example was from a lady who sent us a comment that, "I went onto the Site last night and filled the form in and sent it off, all done within 20 minutes, I couldn't believe it, it just seemed so easy."

If you would like to make a claim or report a change of circumstances the Carer's Allowance service is available via Gov.uk and can be accessed at [www.gov.uk/apply-carers-allowance](http://www.gov.uk/apply-carers-allowance). Please note that as part of Carers' Week two workshops on *Benefits and allowances will be running on Monday 9 June* (see page one for further details).

Oliver Mawdsley Outreach Manager - Unit & Management Support Team Department for Work and Pensions [www.dwp.gov.uk](http://www.dwp.gov.uk)

## 21st Understanding Disability Awards 2014

### *Celebrating Learning Disability Inclusion* **Promoting Positive Attitudes**

Nominations are invited for the 21st Understanding Disability Awards. Every nomination counts, so if you know of any positive role models, community organisations, children or an employer, make sure they are recognised for their achievements. If you can think of anyone who deserves to be recognised then nominate now!

The Understanding Disability Awards aim to recognise, encourage and celebrate the active engagement and commitment of individuals and groups who promote positive attitudes towards people with learning disabilities.

Nominations will be welcome in the following categories:

- School or College
- Employer
- Child or Group of Children
- Local Group or Organisation
- Volunteer
- Professional
- Special 21st Birthday Lifetime Achievement Award



*The Local Motion Dance Company of Barry receiving the 2013 Award in the Local Group Category with the Deputy Mayor of the Vale Council, Cllr Howard Hamilton.*

**The closing date for entries is Friday, 23 May 2014. Nomination forms can be obtained from Hasina Kaderbhai, Parents Federation on 029 2022 7800 or email [Hasina@parentsfed.org](mailto:Hasina@parentsfed.org).**

# Co-Creating Healthy Change Project Update

The Co-Creating Healthy Change Project at Diverse Cymru aims to increase the opportunities that people in Cardiff and the Vale have to share their views about health, social care and wellbeing services. In particular, it is working with Black and Minority Ethnic people, Carers, Disabled people, Lesbian, Gay and Bisexual people, Older people and Transgender people.

The project was officially launched earlier this year with events in Cardiff at The Cardiff Story and at the Vale of Glamorgan Civic Offices in Barry. These events gave both members of the public and service providers an insight into the project and included taster training workshops on 'effective communication skills' and on 'co-production'.

From mid-April onwards we are running training sessions in Cardiff and Barry to help members of the public develop their communication skills and to feel confident in sharing their views about health, social care

and wellbeing services.

These sessions are free to attend and expenses are offered to cover travel costs and replacement care costs. In conjunction with this, we are planning to host the first of the project's forum meetings at the end of May. These will be meetings where members of the public can share their views about health and social care services with service providers. They will also be free to attend and we can offer expenses.

If you would like to know more about the project or are interested in coming along to the training sessions or forums please get in touch. We are also currently going out speaking to different community groups about the project and what it involves so let us know if you think your group might be interested in this. Contact Roz or Shelagh on **029 2036 8888** or via email [roz.warden@diversesecymru.org.uk](mailto:roz.warden@diversesecymru.org.uk) or [shelagh.maher@diversesecymru.org.uk](mailto:shelagh.maher@diversesecymru.org.uk)



## Changing Places

People with profound and multiple learning disabilities, as well as other serious impairments such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury, often need extra facilities to allow them to use the toilets comfortably.

The Changing Places campaign has brought adult changing facilities to public attention. These facilities can now be found across the country, but getting them installed can be challenging.

Changing Places toilets are different to standard disabled toilets with extra features and more space to meet these needs.

Each Changing Places toilet provides:

### The right equipment

- a height adjustable adult-sized changing bench

- a tracking hoist system, or mobile hoist if this is not possible.

### Enough space

- adequate space in the changing area for the disabled person and up to two carers
- a centrally placed toilet with room either side for the carers
- a screen or curtain to allow the disabled person and carer some privacy.

### A safe and clean environment

- wide tear off paper roll to cover the bench
- a large waste bin for disposable pads
- a non-slip floor.

For further information and to find your nearest Changing Places toilet, visit [www.changing-places.org](http://www.changing-places.org) The website also contains a very useful practical guide which can be downloaded.

# Working towards a Dementia Supportive Community



Cardiff and the Vale of Glamorgan are committed to developing Dementia Supportive Communities, and working in partnership with local residents and professionals to become

Dementia Friends. A YouGov poll recently highlighted that 49% of UK adults think public understanding of dementia is poor. To tackle this Dementia Friends training has been developed, by the Alzheimer's Society, to give people an insight into what it's like living with dementia, and helping to turn understanding into action.

The aim of Dementia Supportive Communities is to give people an understanding of dementia, the small things that they could do to make a difference to people living in their community. A person's experience of dementia can be affected by the people around them and the environment they live in, so every action counts, from helping someone find the right bus to using social media to spread the word about dementia.

Two pilot sites have been identified one in Cardiff West and one in the Barry area. The pilots involve a number of public, private and third sector organisations working together with the Alzheimer's Society, to develop training and awareness sessions. Dementia Friends Training will be offered to local organisations, and identified local residents who are likely to come into contact with people with dementia on a regular basis.

Dr Helen Lawton, Community Director, Cardiff West explained, *"This initiative recognises that people with dementia sometimes need help to go about their daily lives. Small action such as allowing a person with dementia time when using services such as banks or shops can increase a person's confidence."*

Dr Suzanne Wood, Consultant in Public Health Medicine, added:

*"Within a Dementia Supportive Community our aim is to get businesses to work together to support people with dementia, making their community inclusive, reducing social isolation. By raising awareness within the community we hope to normalise issues around dementia."*

There are a number of types of dementia which can affect the brain, the most common of which is Alzheimer's disease. Dementia not only affects a person's short-term memory but can also affect their speech and the way they think. These symptoms can mean a person with dementia may find it difficult to communicate or become confused. However, with the help of a supportive community, they can still enjoy their hobbies, have good relationships and live independently for longer.

For more information contact Suzanne Becquer-Moreno at **02920 33 6208** [Suzanne.Becquer-Moreno@wales.nhs.uk](mailto:Suzanne.Becquer-Moreno@wales.nhs.uk) or [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## Extend – An Update

EXTEND helps to encourage people of all shapes and sizes improve their general health and maintain independence and mobility in an enjoyable atmosphere! Some of the benefits are:

- improving quality of life through keeping active
- improving balance and agility
- greater movement and mobility
- better posture and co-ordination
- support from qualified exercise professionals
- enjoyable and worthwhile social activity
- fun and friendship

Two new Extend classes have started in the Vale: from April 2014 between 10.30-11.30am at the Murch Community Centre, Dinas Powis and from May 2014 (every Thursday) at the Rhoose Community Centre, Stewart Road, Rhoose. Classes are followed by tea and chat. Disabled facilities are available at the Gathering Place and people in wheelchairs are welcome as all classes include at least 20 minutes seated exercises. Cost per session is £4 with refreshments afterwards included in this price.

For more information contact Shirley: **01446 751077** [Shirleyadc@aol.co.uk](mailto:Shirleyadc@aol.co.uk)



# Primary Mental Health Support Service

The Primary Mental Health Support Service came into effect via the Mental Health Wales Measure (2010) legislation from the Welsh Assembly Government. The service offers assessment, support, advice and therapeutic interventions to members of the public experiencing common mental health issues, such as stress, anxiety, or depression. Support might include self-help, online Cognitive Behaviour Therapy, bibliotherapy, telephone or in person sessions with a practitioner, or therapeutic group attendance.

You can access the service by requesting a referral from your GP or community mental health team worker, or by attending one of our open access groups (these are free and you do not need to pre-register but can simply come along on the day). The service works with you around your goals and preferences to identify a personal plan of action. Please see our website for more details. This is an excellent resource for carers and we encourage you to seek support if you feel you would benefit from it.

**ACT-ion for Living and Stress Control** are both open access courses - that is, anyone may simply come along on the day to register - there is no need to book ahead or speak to us first. Courses follow an adult education model to learn coping strategies for managing distress.

We are also pleased to be offering a number of more intensive therapeutic groups, in a small group setting with 5-8 participants throughout 2014. To access these groups, please speak to your GP. You will need to be referred to the service and take part in an assessment to ensure you are directed to the appropriate supports.

You can find more information about the courses on our website <http://www.cardiffandvaleuhb.wales.nhs.uk/primary-mental-health-support-service> or ring **02920 906210**. Please be aware that courses are first-come first-served, in that we can only fit as many people as the venues allow, so it's best to arrive a bit early to guarantee a place.

## Chronic Condition Self-management Programme/ Looking after me – Courses for carers

If you are a Carer for a friend or relative and recognise any of the following symptoms:

**Stress • tiredness •  
pain • tense muscles  
• depression •  
shortness of breath  
• difficult emotions •  
anxiety**

You may be interested in either joining a group for 2½ hours each week over 6 weeks or, a one-off 3hour workshop or a health and wellbeing 1.5hr course, to help with these symptoms.

The next six week Chronic Disease Self Management Programme (6 week) course is at: Barry Library starting from Thursday 12 June 2014, 10.00am until 12.30pm



NHS  
WALES  
GIG  
CYMRU



# FREE

## Health and well being course

If you live in Penarth and would be interested in attending this six week course, please can you contact Carol Stingl (details below)

Courses are led by trained tutors who live with a health condition or who care for someone with a health condition. For further information or to book a place on a course contact EPP Cymru on **02920 335403** [www.eppwales.org](http://www.eppwales.org)