



Please be aware that a Welsh version of Caring Times is available.

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 training, as well as Caring Times, more quickly to you.

Cardiff and Vale Young Carers Speak Out!



As part of The Carers Strategies (Wales) Measure, key partners - Cardiff and Vale Councils, YMCA and the University Health Board - have worked with a group of local young carers to plan a range of activities to identify method(s) for ongoing engagement, services and support for young carers.

The working group designed a survey that captured the views and experiences of young carers to inform an action plan for improvement.

In addition to this method of consultation, the working group also delivered a Young Carers 'Speak Out' event on Thursday March 31st at City Hall, Cardiff. Some 45 carers from both Cardiff and the Vale of Glamorgan attended, along with some of their parents.

At the start of the day, initial, key findings from the survey were shared by Dr Jen Lyttleton-Smith, from Cascade (a Children's Social Care Research and Development Centre) based at Cardiff University. Over the course of the morning there were opportunities for young carers to find out information on a range of services and sample activities, such as first aid and cooking, which they had identified an interest in through the survey. Entertainment



was provided in the form of a magician, live music and a photo booth.

Further consultation took place in afternoon sessions where Cascade ran workshops to gain further, more detailed views from those attending; the fact that YCs had this opportunity to share their thoughts was the highlight of the day for many of the young people who came.

Initial feedback shows that the Young Carers Speak Out! event was extremely successful and provided the opportunity for young carers to meet friends and have fun.

Cascade will be analysing the survey and workshop findings and producing their Final Report to the working group later in 2016. Feedback on the findings will be shared in future editions of Caring Times.



The Big Carers' Tea Break

Summer 2016 will see mental health carers in each of the 22 counties come together for a **BIG Carers' Tea Break**.

We're taking time out to meet up and enjoy afternoon tea, have a chat and provide mutual support to fellow carers. We'll also have the opportunity to sample some wellbeing and pamper activities, get tips at a carers' information marketplace, and receive some advice and support on carers' assessments.

These events will be at the core of our wider campaign which will:-

- ❖ **Make our collective voice heard** so that carers have their say at a local and national level on how mental health services are planned and delivered

- ❖ **Empower individual carers** to play a full part in planning the care and treatment of the person they care for
- ❖ **Inform carers** across Wales by providing them with high-quality, up-to-date information on benefits, treatments and local services
- ❖ **Ensure we get excellent carers assessments** under the new **Social Services and Wellbeing Act** by delivering key advice and support to carers.

Find out more about our campaign, and how you can be a part of it, at
www.hafal.org/BIGCarersTeaBreak

As well as the Carers Campaign (see above), Hafal are running a series of Mental Health engagement events for Carers in the Vale. These events will be taking place throughout the next year and provide an opportunity for Carers to receive support, training and information. Previous sessions included a two day Mental Health First Aid course provided by New Pathways. Guest speakers will be invited to talk and answer any queries you may have, so please feel free to get in touch if you have any topics or areas of interest. (These will be separate from our existing Carers Support groups in the Vale).

The next event will be held on Wednesday 25th May from 10 am -12pm at Golau Caredig in Barry, lunch and refreshments will be provided. For more information and to book a place please contact Sophie Hirst on 07989473375 or email sophie.hirst@hafal.org

If you would like to learn about Hafal's Carers support groups across the Vale or to receive Hafal's bi-monthly Carers update by post or email please feel free to get in touch.

Forgotten Families - Putting Family First!

This is a peer support group, about helping our family and friends through difficult times. We focus on supporting people who are caring for loved ones with addiction issues, especially alcohol and substance misuse. Come along and meet us on Monday evenings between 5-7pm at: The People Centre, 3 Dunlin Court, Barry. All are welcome! Please ring 07938 935284

People And Pets AdvocateS (PAPAS)

Do you know of anybody who may need assistance to walk their dog, pet respite, foster care or vet trips? PAPAS offers this service and is looking for new customers; who must fit a criteria of

- ❖ Suffering a health or personal crisis
- ❖ Finding it difficult to cope with their pet

For more information please ring 0300 666 3 999 email enquiries@papas.org.uk or visit: www.papas.org.uk

The Act and Dewis Cymru

The Social Services and Well-being (Wales) Act 2014 has come into effect. This new law gives people more of a say in the care and support they receive. It places a greater emphasis on promoting people's independence to give them stronger voice and control.

Local councils will be providing improved access through an Information, Advice and Assistance Service to enable people to access the right help at the right time to meet their individual situation. The Act requires the Council to help people access well-being support through preventative services and early intervention.

Our support and advice services

An important part of this Information, Advice and Assistance Service will be a national resource directory so that people are able to access accurate, up-to-date information at any time. This national information portal for Wales has been named **Dewis Cymru** (go to www.dewis.wales). It already exists for resources in North Wales, Cardiff and the Vale of Glamorgan and is helping people to think about their well-being needs and to find services/resources which can assist them.

Dewis Cymru **is THE place** to go if you want information or advice about your well-being – or want to know how you can help somebody else.

When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to you.

We've got information in different categories to help you think about what matters to you, and we've also got information about people and services in your area that can help you.

The information on Dewis Cymru will continue to be developed and improved over the coming year, but there are already 450 resources listed for the Vale of Glamorgan area.

If you know of a service that is missing from the site, you can suggest it to Dewis via the contact section: www.dewis.wales/ResourceDirectory/ContactUs.aspx?page=%2fhome

Carers Workshops



For unpaid carers looking after relatives or friends

We know how rewarding caring for a loved one can be. We also know how stressful and tiring it can be. Carers need to look after their own physical and mental health and wellbeing. If you would like to come along we do ask you to book a place—but if you don't have time or forget – just come along. You will be very welcome.

We have some time at the end of the session to have a cuppa and a chat and share information. You can attend as many workshops as you like. Each free workshop is different because there will be different carers there.

Laughing for health — free on the NHS!!

If you have a carers group, or a group where carers and cared for meet together, you can have a free laughter session. It's fun easy—very inclusive and so good for your physical and mental wellbeing.

For more information ring Carol Young: 029 20335403 or

Email: carol.young@wales.nhs.uk

Text: "interested in carers workshops" and your name to 07976 050178. Visit our website:

www.eppwales.org for more courses

Date	1: Mental Health and Wellbeing 2: Physical Health and Wellbeing	Time
1 Nov Tue	Workshop 1 Barry Library	10.30 – 12.30
8 Nov Tue	Workshop 2 Barry Library	10.30 – 12.30

Café supports 300 carers in first year

A café providing support for local carers in Cardiff & the Vale of Glamorgan has celebrated its first anniversary by welcoming its 300th carer for afternoon tea.

The Marie Curie Carers' Café, launched at the charity's Cardiff & the Vale Hospice in Penarth in March 2015, inviting carers from Cardiff and the Vale of Glamorgan along for a cup of tea, slice of cake and an informal chat about their caring role.

The Marie Curie Caring for Carers in Wales project team hosted a special St David's Day-themed café on Tuesday 1st March, and were delighted to welcome new visitors which extended the number of carers supported to 303 in just one year. Such has been the success of the scheme that the cafés have been rolled out to other areas of Wales.

Among those people to have been supported at the café is Maureen Kettlety from Barry. Maureen has been helping to care for her sister, Annie, who was diagnosed with cancer in November last year.



Maureen, whose parents were cared for at the Marie Curie Cardiff & the Vale Hospice, said the café was a 'fantastic' resource for local carers.

"It can be a lonely place when you're supporting somebody, but if I do have a few bad days I know I can come here and there will be people around who I can speak to and who can give me support. There's always a good listening ear here.

"I can speak to people here and I can bring my sister along and she can share things that she may not want to talk about in front of her

family. You can learn about the services that are available here, like the day therapy unit and reflexology, and you can also get information about other support that is available."



As well as receiving advice and support, Maureen, 62, also helps out at the café by providing refreshments and talking to other carers about their experiences. She encouraged other carers to come along to the café and take advantage of the support that's on offer.

"Once you get through that door the first time you'll never look back. I think the ambience is quite relaxing; it's a warm, friendly atmosphere and there are people around to offer you support. I think that is what a lot of the people who come here are looking for."

Sarah Johnson, who has been running the Marie Curie Carers' Cafés, said she has been blown away by the success of the project.

"When we set up the first café one year ago we never could have imagined that we could have supported over 300 carers in a little over 20 sessions. We've been really pleased with the positive response that we've had.

"I think the most rewarding thing, from the project's perspective, has been the feedback that we've received - that this café is making a real difference for the carers who attend, often providing them with support at a time when they need it the most."

The Marie Curie Carers' Café takes place at the Marie Curie Cardiff & the Vale Hospice on the first and final Tuesday of every month. Please note: Caring for Carers Project will be holding a Carers Café on Tuesday 7th June during Carers' Week where afternoon tea will be provided, and Marie Curie Nurses on hand to offer information and advice to carers.

For more information about the Marie Curie Carers' Café, please contact Sarah Johnson on 02920 426023 or email sarah.johnson@mariecurie.org.uk.

Carers Week 2016 – Information Stands (for Vale carers)

As part of the 2016 Carers' Week celebrations, the Cardiff and Vale University Health Board's Patient Experience Team will be hosting a number of carer information stands across Cardiff and the Vale. Carers will have the opportunity to talk with a member of the team who can provide information, advice and signposting on relevant sources of help.

Please come along and talk to us about your caring situation. We will have stalls on the following days/times

9th June 10am- 12pm Age Connects Senior Health Shop 38 Holton Road Barry

9th June 1pm – 4pm – Llandough Hospital – Information Centre

13th June 11am – 2pm – Concourse UHW

For more information please contact Suzanne Becquer-Moreno, Patient Experience Support Advisor on 029 2074 5307

With the number of people with dementia in Cardiff and the Vale expected to increase from 5,000 to over 8,000 by 2030, Cardiff West and Barry celebrated working towards their Dementia Friendly Communities status with an event held on 9 December 2015 at Barry Memorial Hall. This event acknowledged the ongoing commitment to supporting people with dementia in the community. Since then, work has progressed with making communities more welcoming and inclusive. In the article below, John Porter, describes a local initiative.

Dementia Supportive Barry - Enabling people affected by Dementia to continue to live fulfilled lives in Barry.

Our vision is for Barry to become a community that is committed to supporting and respecting the needs of people with dementia and their carers.

We hope to achieve this vision by making individuals, businesses and community groups aware of the needs of those experiencing dementia and their carer's needs. There are a number of initiatives that will help in planning our future environment and service provision and ensure those with dementia remain independent and are able to continue to contribute to community life.

Some of our aims are to:

- ❖ increase the numbers of dementia friends and champions in the community
- ❖ encourage businesses and service providers to support the initiative in any way possible.

Develop a kite mark of excellence, with a checklist of tasks for businesses and community groups to adopt in order that they can proudly display a dementia friendly sticker.

This initiative is led by a steering group comprising of members from a range of agencies.

Carers are represented by Dr Rosie Tope the chair of Carers Cymru, who spent many years caring for her husband (see article in February 2015 edition of Caring Times via www.valeofglamorgan.gov.uk/carers).

We recognise that it is difficult for carers to find time but we would welcome carers or former carer's contributions. You can either join the group or if this is not possible, receive updates and contribute by e-mail. The initiative is gaining momentum and we are trying to ensure that Barry becomes a dementia friendly community.

If you require further information, or wish to be involved, please contact:

Rhia Stankovic-Jones, Dementia Friendly Communities Coordinator, South East Wales Alzheimer's Society
Tel: 02920 434960 Mob: 07885 225613
E-mail: Rhia.Jones@alzheimers.org.uk

John Porter, Older Peoples Strategy Coordinator, Vale of Glamorgan Council. Tel: 01446 707779
E-mail jporter@valeofglamorgan.gov.uk

Josef Prygodzicz Senior Health Promotion Specialist Public Health Wales. Tel: 02920 336206 Email: josef.prygodzicz@wales.nhs.uk

23rd Understanding Disability Awards 2016

The Understanding Disability Awards celebrate active engagement and commitment in promoting positive attitudes towards people with learning disabilities and encourages everyone in the community to nominate persons who make a difference, whether it be a school, volunteer, local group, child/group of children, employer, or a professional. Nominations for the awards can come from Cardiff, Vale of Glamorgan, Newport and Bridgend.

The 2015 award Ceremony, held on 10 November 2015, was an annual opportunity to celebrate good work and provides inspiration to who all attend. Norbert Flynn, Chair of the Understanding Disability Group, said that, "this uplifting event is a moving and unique experience for anyone in the community, whether they have a personal experience of learning disability or not".

Representatives from the health service, local councils, and voluntary organisations participated in the judging of the Awards. Councillor Margaret Wilkinson, Deputy Mayor of the Vale of Glamorgan Council and Councillor Sue Lent, Deputy Leader of Cardiff Council, presented the awards.

Barry Town United Football Club (BTC) and the Sherman INC Youth Theatre (ST) were presented with a joint award in the Local Group/ Organisation Category. BTC were recognised for their efforts in including a young man, Ryan Cox (27), who has receptive speech and language disorder, by allowing and encouraging him to



address announcements at their matches and for including him in the Club's social events. The ST, were

recognised for being a fully inclusive group of both disabled and non-disabled people, enabling young people aged 15-22 to gain skills in dance and drama.

Sasha Williams, (aged 12) who has development and learning needs sustained as a result of a serious car accident, has attended the Vale Parent/Child Homework Support Club in Rhoose. The Club has helped children (aged from 4 to 13) with a range of abilities/disabilities, providing learning support (such as numeracy, literacy and study skills). As a result of attending the Club, Sasha has now become much more confident and now mentors other children.

For further information about the work of the Understanding Disability Group or to request a nomination form for 2016, please contact:

Hasina Kaderbhai, tel: 02920 565917 or email hasina@parentsfed.org.

Volunteer for Bipolar UK – Become a Carer Mentor



Bipolar UK is the national charity dedicated to supporting individuals and families affected by the life-long mental illness of bipolar. We're looking for volunteers aged 18+ who have first-hand experience of living with and supporting someone with a diagnosis of bipolar.

As a volunteer, you'll provide one-to-one telephone support, advice and practical information to other carers through our Link Mentoring service. This role is based in our

Newport office, close to the train and bus stations. Travel expenses will be reimbursed.

All volunteers are subject to a DBS disclosure through Bipolar UK. Comprehensive training, support and supervision is provided by Bipolar UK.

For more information contact us on 0333 323 4458 email mentoring@bipolar.org or visit www.bipolaruk.org/Pages/Category/mentoring

What's on at the Senior Health Shop, Barry

The Senior Health Shop's aim is to improve the health and wellbeing of older people in the Vale of Glamorgan. We do this by providing:

- A place to meet, socialise, make new friends with the Café open from 9am till 12.30pm on weekdays
- A one stop centre for information
- Volunteering opportunities to get older people involved in the community.

Healthy Ageing activities – exercise & health screening opportunities in the café and the community. These include Strength & Balance Classes, Extend, keep fit and Zumba Gold classes, health screening sessions and social activities such as Stitch & Bitch and the afternoon tea or quiz.

Some of the forthcoming activities are shown below. Please Call 01446 732385 for further information on any of our activities.

Date	Time	Activity/Event
Tuesday 14th June, 12th July, 9th August	9.30am to 11.30am	FREE Welfare Rights Surgery NO Appointment is needed
Tuesdays 14th June, 19th July, 16th August	10am to 12 Midday	FREE Legal Advice Sessions
Thursday Mornings	10am to 12 Midday	FREE COMPUTER AND TABLET TRAINING This session is held by Barry Communities First Computers and Tablets are provided although you can bring your own.
Tuesday 7th June	10am to 12	Emotional and Practical Support is available from your local Epilepsy Group in Vale of Glamorgan
Tuesday 21st June	10am to 12 Midday	Practical and emotional support will be available from Action on Hearing, Cardiff. NO Appointment is needed just come along

B-eat Carers Awareness Project

B-eat, the UK's leading charity supporting anyone affected by eating disorders. B-eat have been funded to deliver an important project raising awareness of eating disorders to parents and carers of young people with an eating disorder.

By 'carer' we mean anyone who provides help and support to someone with an eating disorder. This includes parents, step-parents, guardians, siblings, partners, other relatives or friends - or anyone worried about someone they know.

The project will launch during Carers' Week 2016 (Monday 6 to Sunday 12 June) and will include:

1. an update to B-eat's current carers information resources including a leaflet and the website

2. a poster advertising page to increase awareness and encourage visits to B-eat's website to receive information about eating disorders.

We've launched a survey for carers. We're inviting your feedback about the design and content of our current leaflets and any changes you think would be helpful to you and other carers.

B-eat currently have three carers' leaflets:

- Caring for a child or adolescent with an eating disorder
- Supporting an adult with an eating disorder
- Supporting a partner with an eating disorder

For more information visit: www.b-eat.co.uk/latest/4166-carers-awareness-project ring 0300 123 3355 or email info@b-eat.co.uk

Keep Safe Cymru Card



South Wales Police, Learning Disability Services and Mencap Cymru, have jointly developed a Keep Safe Card Scheme for anyone in the South Wales force area with a Learning Disability, Mental Health or Dementia and communication need. The scheme is designed to make people more aware of their personal safety, to encourage reporting of crime – especially hate crime – and to seek help if they need it. It will also help those providing assistance, such as the Police, to access support for the user of the card and understand how to make them feel safer.

If the card holder needs assistance, whether they are lost, a victim of crime or any situation that means they need some extra support, they can use the card to access this help. The card will hold basic information about the individual such as how they communicate, any health issues and any emergency contacts such as parents or carers.

When an individual registers for a keep safe card, they will also be given access to the Police Disability Line. This is a dedicated non-emergency telephone number for people with a disability to use to contact the police. When calling this number, the Call handler will be aware

before they speak to the caller that they have a disability.

During the telephone call, the call handler will be able to access information provided on the registration number.

This will ensure that the call handler is aware of any additional needs the caller may have and can pass it onto any policing resource managing their report. This is not an alternative to the emergency 999 service; it is to be used instead of the non-emergency telephone number only.

To access this scheme, please complete a registration form, you can do this one of three ways:

Download the forms – via www.south-wales.police.uk/en/contact-us/keep-safe-cymru-card

Ask for the forms to be sent out to you by post – our contact details are:

Public Service Centre
South Wales Police Headquarters
Police Headquarters, Cowbridge Road
Bridgend CF31 3SU
T: 01656 761804

Email: judith.major@south-wales.pnn.police.uk

Carer's Credit

Overview

You could get Carer's Credit if you're caring for someone for at least 20 hours a week. Carer's Credit is a National Insurance (NI) credit that helps with gaps in your NI record. Your State Pension is based on your NI record. Your income, savings or investments won't affect eligibility for Carer's Credit.

What you get

If you're eligible for Carer's Credit, you can get credits to help fill gaps in your NI record. This means you can take on caring responsibilities without affecting your ability to qualify for the State Pension.

How to claim

You don't need to apply for Carer's Credit if you:

- ❖ get Carer's Allowance - you'll automatically get credits
- ❖ get Child Benefit for a child under the age of 12 - you'll automatically get credits
- ❖ are a foster carer - you can apply for NI credits instead

You can download the Carer's Credit claim form via www.gov.uk/government/publications/carers-credit-application-form or contact the Carer's Allowance Unit (details below). The form includes a Care Certificate - ask a health or social care professional to sign it for you.

Carer's Allowance Unit Telephone: 0345 608 4321
Textphone: 0345 604 5312 (Monday to Thursday, 8:30am to 5pm Friday, 8:30am to 4:30pm)