



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

## Barry Comprehensive School is first in Wales to receive Young Carers in Schools Programme 'Basics' Award

The January 2018 edition of Caring Times reported the exciting opportunities for schools across Cardiff and the Vale to take part in the Young Carers in Schools Programme (YCiSP). We are delighted to report that Barry Comprehensive has been presented with the award for achieving the 'Basics' of the YCiSP, the first to do so in Wales. This is a fantastic achievement and reflects the great work Barry Comprehensive is doing to identify and support young carers in their school.

The YCiSP was originally developed by Carers Trust and the Children's Society and, to achieve the award, the school assigns a lead member of staff to link with young carers. Barry Comprehensive's Operational lead, Sue Neilson, supports the young carers in the school.

Ms Nielson said: *"We are really proud of our young carers, who do so much to support their families. The young carers in school programme, has enabled us to identify the young carers within the school, putting in place a variety of positive measures to support them both in and out of school."*

Barry Comprehensive were initially unsure of the number of young carers they had within the school, but staff and

teachers worked hard to support and listen to young carers, and the school has now met the criteria for the basics of the Young Carers in Schools Programme.

Connor Dunn, 15, who will start an Access course at Cardiff and Vale College later this year, said: *"Being a young carer means people looking after their families. I help my dad at home and sometimes help my brother with homework. Young carers can have many problems, and they can lash out because of the stress at home"*.

Connor now supports other young carers in his school and said, *"It makes me so happy to help other carers. Ms Nielsen in school is great and can support you no matter what; she has helped me a lot."*

Tristan Evans, 14, said: *"I help my mum out at home when she needs it and I help around the house. I found out about young carers in school, from a poster in my Maths lesson. I told my teacher and she asked Ms Nielson to tell me more about how the school can help."*



# Carers' Week 2018

## (June 11th – June 17th)

If you are looking after a relative, neighbour or friend who is unable to manage at home due to long term illness, age, disability or substance misuse you are a carer. By a carer, we do not mean an agency worker, paid or volunteer carer.

Caring can be rewarding but it can also affect your homelife, worklife, free time and your relationship with the person you care for. You don't have to live in the same house as that person to be their carer. Carers are not paid a wage to provide support and are sometimes referred to as unpaid/family/informal carers.

Carers' Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities. It is backed by eight major charities. The theme for 2018 is Healthy and Connected.



Helping carers to get Healthy and Connected



In the Vale we are marking Carers' Week by having information stands in Barry Library, as well as various GP Surgeries across the Vale. Carers will have the opportunity to talk to someone about their caring situation as well as providers who support carers (these providers had not been confirmed at the time Caring Times went to press). A plan has been drawn up for the whole and the intention is to cover as much as the Vale as possible (see below).

### Location of Information Stands During Carers' Week

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<b>Information Stands in situ all day, with staff available between 9:30am - 11:30am</b>				
Court Road Surgery  Vale Group Practice – Porthceri Site	Cowbridge GP Practices	Practice of Health  Highlight Park Medical Centre	Dinas Powys Medical Centre	
<b>Information Stands in situ all day, with staff available between 2:30pm – 4:30pm</b>				
Waterfront Medical Centre	Eryl Surgery, Llantwit Major	West Quay Medical Centre	Redlands Surgery, Penarth  Stanwell Surgery, Penarth	
<b>Information Stands in situ all day</b>				
Barry Library	Barry Library	Barry Library	Barry Library	Barry Library
<b>Other Activities</b>				
		Royal British Legion Tea Dance in Cardiff 1-3pm (venue tbc)		
			Manual Handling Course for Carers in Barry 9.30am–3.30pm	

# Information and Support Centres

Cardiff and Vale University Health Board have three Information and Support Centres. This service supports anyone looking for health information by providing free access to information in hard copy and via the internet, signposting to services, and offering time to talk in a confidential environment.

## How to find us

- ❖ Macmillan Information and Support Centre, University Hospital of Wales, Concourse, Heath Park, Cardiff, CF14 4XW. Tel: **029 2074 5655**
- ❖ Information and Support Centre, University Hospital Llandough, The Plaza, Penlan Road, Llandough, CF64 2XX. Tel: **029 2071 6311**
- ❖ Information and Support Centre, Barry Hospital, Colcot Road, Barry, CF62 8YH. Tel: **01446 704141**



In the Centres, there is information about all types of health conditions, including cancer and long-term health conditions; local services and organisations; access to financial advice and information on benefits; carers information; screening, health awareness and health promotion information.



Some of the information is available in a range of formats including leaflets, booklets, online, audio, easy read and different languages.

Contact Sarah Davies, Facilitator, for further information by email: [sarah.davies37@wales.nhs.uk](mailto:sarah.davies37@wales.nhs.uk), telephone: **07973715912** or visit our website: [www.cardiffandvaleuhb.wales.nhs.uk](http://www.cardiffandvaleuhb.wales.nhs.uk) – Our Services section

## Support for stroke carers in the Vale

Carers and survivors of a stroke can connect with other people affected by stroke at the Vale Stroke Support Group. The Group offers a chance for everyone to get together to chat over a cup of tea and cake and take part in a monthly activity.



*in the activities and speak to others who know what they're going through. One lady volunteers because her mum had a stroke and she wants to give something back. Another person who has a husband in a care home*

Lizabeth Evans of Llantwit major and Cowbridge Lions said, *"We've just had someone show us how to do relaxation yoga, and will have a physio come next time."*

*'We're also going to have an African drumming group come and entertain us. You tend to think stroke just happens to older people, but we have members in their early 50s.'*

*"We also welcome the families and carers of stroke survivors who can come and take part*

*comes along as she knows there are people in the group who understand."*

The Vale Stroke Support Group meet on the third Tuesday of the month in Lantonian Hall, Llantwit major between 2-4pm. For more information, email [lizabeth13@hotmail.co.uk](mailto:lizabeth13@hotmail.co.uk)

For more information on what support is available for stroke carers, visit the Stroke Association at [www.stroke.org.uk/what-stroke/support-after-stroke/support-carers](http://www.stroke.org.uk/what-stroke/support-after-stroke/support-carers)

# John's Campaign launched to support carers



Cardiff and Vale University Health Board is piloting a campaign supporting carers to continue their caring role, if they wish, while the person they care for is in hospital. It is being piloted in seven wards, across four hospital sites; University Hospital of Wales (UHW), University Hospital Llandough, Barry Hospital and St David's Hospital.



*"As a Health Board we are committed to caring for people and keeping them well and by adopting the principles of John's Campaign it enables carers involvement, should they choose."*

*"There are estimated to be at least 51,000 carers across Cardiff and the Vale and it is important that they are recognised and included in decision making to ensure the best outcome for the patient."*

John's Campaign was founded after the death of Dr John Gerrard in November 2014 by his daughter Nicci Gerrard and her friend Julia Jones and aimed specifically at carers of people living with dementia.

*"It is really exciting to have worked collaboratively to provide a platform, which aims to ensure robust communication between patients, carers and staff. This initiative will also allow early identification of carers and improve the knowledge base of staff. It will be evaluated in three months' time, reviewed and then a wider discussion undertaken regarding further roll out across the Health Board."*

The Patient Experience Team worked closely with carers and staff to develop the 'Four P's' ensuring that the principles adopted were affiliated to the 'Social Services and Wellbeing (Wales) Act 2014'. The elements are;

As part of the pilot, Carers Support Leads have been identified in each area and are receiving training to identify and support carers in line with the campaign.

**P**riority – early identification of carers.

**P**inciples – ensuring carers have a voice, and that they are informed and communicated with.

Our **P**romises – are that we will always welcome carers and where possible we will support them to continue their caring role, if they wish, for example at mealtimes.

Finally, we ask that carers **P**lease – respect other patients privacy, ward issues and tell us if you need our help and support.

A pack is also available containing essential toiletries for carers who have an unexpected stay in hospital. They contain a discount voucher for use at Y Gegin in UHW and the staff restaurant at UHL; aligning to the ethos, "We care for those who care".

Ruth Walker, Executive Nurse Director said;

For more information on John's Campaign visit [www.johnscampaign.org.uk](http://www.johnscampaign.org.uk)

## Carers' Week – 11th - 17th June 2018

As well as attending various Carers' information road shows throughout the Vale, the Admiral Nurses' are holding a 1940's themed tea dance. The tea dance will be held between 1-3pm in Cardiff on Wednesday 13th June 2018, and we will be inviting all our carers and their loved ones to attend. We will be having a raffle, live music and most importantly tea and cake!! (1940's dress optional). The Venue will be confirmed shortly, and we will be letting everyone know.

# Round-up of Dementia News

This year, Dementia Awareness Week is changing to Dementia Action Week (**21 to 27 May**). Raising awareness and offering support will always be important, but it's time we all act to make change happen for people affected by dementia.

In the UK, one person develops dementia every three minutes, yet too many people feel excluded and face the disease alone.

That's why, this Dementia Action Week, the Alzheimer's Society will be asking people to unite and take actions big and small to make a difference to the everyday lives of people with dementia. It could be as simple as being more patient in queues or helping make your business dementia-friendly.

For more information visit [www.alzheimers.org.uk/info/20167/dementia\\_awareness\\_week](http://www.alzheimers.org.uk/info/20167/dementia_awareness_week)

## New Dementia Friendly Vale website

A new website where people with dementia and their carers can find out information has been launched. The site has lots of information and also lists some of the businesses which have received dementia awareness sessions and signed up to become a dementia friendly business or organisation. You can find out more at: [www.dementiafriendlyvale.co.uk](http://www.dementiafriendlyvale.co.uk)



## Memo Arts Centre, Barry

We are re-launching our Dementia Friendly Cinema programme! Relaxed and dementia friendly film screenings; fun and accessible for all...



The relaxed film screenings are specifically tailored for people living with dementia, their carers and families and they aim to make cinema more accessible, by providing an inclusive experience, in a safe and welcoming environment.

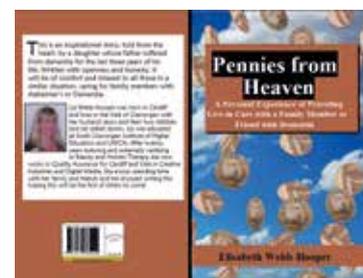
A series of great classic titles will run throughout the year. Tickets for relaxed screenings are £5, which includes a hot or soft drink with biscuit served during a short interval.

Dementia Friendly cinema screenings for 2018:  
 Monday 18 June, 1:30pm - **The Producers**  
 Monday 16 July, 1:30pm - **Gypsy**  
 Monday 13 August, 1:30pm - **Oklahoma!**

Monday 17 September, 1:30pm – **Casablanca**  
 Monday 15 October, 1:30pm – **Gigi**  
 Monday 26 November, 1:30pm - **The Quiet Man**  
 Monday 10 December, 1:30pm - **Christmas in Connecticut**

Contact the Box Office for tickets **01446 738622** or book online: [www.memoartscentre.co.uk/events/categories/cinema/](http://www.memoartscentre.co.uk/events/categories/cinema/)

Finally, **Pennies from Heaven** is a book written by local author, Liz Hooper, about her experiences caring for her father with dementia. This book is very moving



account of her experiences of being a carer and is well worth a read. For more information please contact Liz on email [lizhooper652@hotmail.com](mailto:lizhooper652@hotmail.com) or [www.facebook.com/Liz-Webb-Hooper-1940500516223860/](http://www.facebook.com/Liz-Webb-Hooper-1940500516223860/)

# Telecare in the Vale



The Vale of Glamorgan Council's TeleV+ service focusses on providing a more specialised approach to those who have greater risks to their safety and independence; these may include conditions such as epilepsy, dementia and wandering, reduced mobility, instability problems and falls and reablement after hospital discharge.

Telecare has helped many individuals and their families; Mrs Irene Nicholas is a recent TeleV+ customer who had been referred from the Discharge Team at the local hospital. The team had recommended Telecare to Irene's family and reassured them that specialised equipment would be available to help them manage and support Irene when she returned to the family home.



Irene currently lives with her two daughters and needs constant supervision to help her move around. Her daughters

were concerned that she would try to get up herself and would stumble or fall if she tried to walk unassisted.

After receiving the referral form from the hospital, the Telecare team were able to assess Irene's needs and made a special home visit where they recommended installing an under-mattress pad which would immediately alert the daughters on a small hand held pager during the night, set up to solely alert between 10pm and 8am. The bed sensor pad provided to Irene is also designed to alert to our 24 hour monitoring centre when the customer gets out of bed.



So Irene was kept safe at home and the daughters felt relieved knowing that they could sleep more easily with mum only an alert call away!

The Telecare team continue to work closely with health and social care professionals at local discharge wards and GP surgeries to support individuals and their carers by using a range of equipment which can help manage a multiple of needs.

For further details about the Telecare service please contact the team on: **01446 700111**, email [Telecare@valeofglamorgan.gov.uk](mailto:Telecare@valeofglamorgan.gov.uk)

## Home Library Service

Do you work with or know carers who are housebound and could benefit from the Vale Libraries Home Library Service? We use volunteers to deliver books to people in their homes and we have volunteers ready and waiting in the Penarth, Dinas Powis and Wenvoe areas.

This free service is ideal for anyone who finds it hard to get to their local library because of their caring responsibilities. Every four weeks a volunteer will drop off a bag of books for the reader and collect the previous month's books.

The volunteer can bring books in a number of formats – ordinary print, large print or

talking books on CD. All the reader has to do is give the volunteer an idea of the kind of books they like – books by a particular author for example, or historical fiction, crime, romances or non-fiction – there's loads to choose from!



If you think this service might be just what you are looking for or if you know of someone who could benefit from it, please call Melanie on **01446 422419** for more information.

[www.valeofglamorgan.gov.uk/en/enjoying/Libraries/Libraries.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/Libraries/Libraries.aspx)

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



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

*During half term in February, a group of young carers attended an activity day at the white water rafting centre in Cardiff.*

*Firstly they learnt about water safety and teamed up in two's for canoeing.*

*After learning how to use the oars, the young carers then went individually onto kayaking and kayaked across the bay. The last water activity was water rafting, where some of the young carers had a lot of fun falling in the freezing cold water.*

*The young carers then went on the zip wire trail, where two young people managed to conquer their fear of heights and complete the course as well as having an amazing time.*

*The young carers then finished up having food at Morrison's Café to help recoup their strength.*



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

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and engaging communities, where young people can truly belong, contribute and thrive.

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## New Local Guide to Managing medicines for adult and young carers

Are you caring, unpaid, for a friend or family member who could not cope without your support? If you are regularly handling and giving them medication and feel unsure about doing this then this booklet is for you. It has been designed with carers to give more guidance about how and when to give medication safely.

The new guide covers many aspects of managing medicines, including taking medication, questions to consider and what to expect from your local pharmacy. There is a separate page of information for young carers, as well as useful contact numbers.

The new guide can be viewed/downloaded via [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers) (see leaflets and support part of this webpage)

# Managing Stress -



## Primary Mental Health Support Services (PMHSS)

In the May 2017 edition of Caring Times, an article featured the PMHSS. The service offers assessment, support, advice and therapeutic interventions to carers and members of the public experiencing common mental health issues, such as stress, anxiety and depression.

The PMHSS runs two, open-access courses called ACT-ion for Living (four sessions) and Stress Control (six sessions). Any carer is able to come along on the day to register, there is

no need to book ahead or speak to us first.

The courses follow an adult education model to learn coping strategies for managing distress.

You can find out more information about courses on our website [www.stepiau.org/](http://www.stepiau.org/) 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.

### Stress Control

Dates and Times	Venue
Wednesday 6th June - 11th July 2018 16.00 - 18.00	Civic Offices Holton Road Barry CF63 4RU
Monday 6th August -17th September 2018 14.00 - 16.00	Civic Offices Holton Road Barry CF63 4RU
Wednesday 19th Sept - 24th October 2018 17.00 - 19.00	Civic Offices Holton Road Barry CF63 4RU
Thursday 10th January - 14th February <b>2019</b> 14.00 - 16.00	Civic Offices Holton Road Barry CF63 4RU

### ACT-ion for Living

Dates and Times	Venue
Thursday 31st May – 21st June 2018 16.00 – 18.00	Civic Offices Holton Road Barry CF63 4RU
Friday 6th July – 27th July 2018 14.00 - 16.00	Civic Offices Holton Road Barry CF63 4RU
Thursday 8th November – 29th November 2018 17.00 - 19.00	Civic Offices Holton Road Barry CF63 4RU
Friday 8th March – 29th March <b>2019</b> 15.30 – 17.30	Civic Offices Holton Road Barry CF63 4RU

### New Edition of Directions

Directions is a free directory and handbook for carers of people with dementia. A new edition has been produced. For copies call **02920 222000** or email [nexus@cavamh.org.uk](mailto:nexus@cavamh.org.uk)

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](mailto: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.

# Digital Communities Wales



Digital Communities Wales (DCW) is a Welsh Government programme delivered by the Wales Co-operative Centre. DCW are working with a wide range of partner organisations across Wales to facilitate and promote digital inclusion. Our mission is to inspire digital activities to support the positive use of technology to ensure that nobody is left behind. All DCW support is free of charge.

DCW support includes:

## 1. Digital Inclusion Assessment

An initial assessment of your organisation to support the development and delivery of digital inclusion activities

## 2. Free Digital Training for Frontline Staff and Volunteers

Our training is designed to enable staff and volunteers to assist service users to get online and use the internet more effectively and safely. All training is delivered at a suitable venue of your choice and can be tailored to the needs of your organisation.

As well as bespoke training DCW also run open-access courses across Wales, please follow the link for information on upcoming sessions

<http://digitalcommunities.gov.wales/training/>

## 3. Digital Equipment Loan

Short-term loan of digital equipment including tablets, laptops and Fitbits to enable delivery of digital activities.

## 4. Digital Volunteer Support

DCW can provide assistance to develop a digital volunteering programme, match your organisation with digital volunteers and train your existing volunteers. There are also opportunities to link in with our Digital Heroes programme. Our Digital Heroes project engages with young people from schools, colleges and youth organisations. Through the provision of training we harness existing digital skills and support them to pass on their knowledge to others who could benefit.

## 5. Digital Inclusion Accreditation

Assistance with adopting the Welsh Digital Inclusion Charter. Signing up to the six Charter principles is evidence of your organisation's commitment to working to alleviate digital exclusion. Gaining the Charter Mark is acknowledgement of this work -

<http://digitalcommunities.gov.wales/charter/sign/>

# Council Tax Discount

Council tax is a local form of taxation on domestic property and is collected by local councils (often referred to as local authorities). Council tax bills are generally based on the assumption that there are at least two adults living in the property. The bill will not increase if there are more than two people living in the property. However, if only one person or no-one lives in the property (or it is treated as such) a discount can be applied to the bill.

The following are examples of people who are 'disregarded' (treated as not living in the property) when it comes to calculating council tax.

## 'Severely mentally impaired' (SMI) people

To be disregarded on the grounds of being 'SMI' the person will need to meet all of the following conditions:

- ❖ have a certificate from a registered medical practitioner confirming this
- ❖ be entitled to (but not necessarily claiming or in receipt of) one of a number of specified benefits which include: Disability Living Allowance (middle or higher rate care component), the daily living component of Personal Independence Payment (either rate), Attendance Allowance (either rate), Constant Attendance Allowance or Employment and Support Allowance

Council tax rules state that, like students, those diagnosed as 'severely mentally impaired' – which covers conditions such as dementia or severe learning difficulties, but also many others – and who are eligible for certain benefits, are 'disregarded for council tax purposes'.

## Carers

To be 'disregarded' as a carer, you must meet all the following criteria:

- ❖ you must provide care for at least 35 hours a week
- ❖ you must live in the same property as the person you care for
- ❖ you must not be the spouse or partner of the person you care for, or their parent if you care for a child under 18
- ❖ the person you care for must be getting either the middle or higher rate of the care component of Disability Living Allowance, the daily living component of Personal Independence Payment, Attendance Allowance at any rate, Armed Forces Independence Payment or the highest rate of Constant Attendance Allowance

Research by Money Saving Expert (MSE) in September 2017 showed that thousands of families could be missing out on council tax discounts. MSE Report entitled, "The

Disregarded Discount" highlights that many carers are not claiming reductions in their Council Tax and are paying more than they need to.

You do not have to claim Carer's Allowance to qualify for this discount, and your income and savings will not affect your eligibility. If there is more than one carer in the property, they can both be disregarded for council tax purposes as long as they all meet the conditions.

If you think you may qualify for any of the above discounts please contact the Council Tax department. For more information visit [www.valeofglamorgan.gov.uk/en/our\\_council/council\\_tax/discounts.aspx](http://www.valeofglamorgan.gov.uk/en/our_council/council_tax/discounts.aspx) or ring **01446 700111**. More information about benefits visit [www.carersuk.org/help-and-advice/financial-support](http://www.carersuk.org/help-and-advice/financial-support) or to view MSEs Report visit [www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate](http://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate)

## Using "Food First" to help prevent and treat Malnutrition



In March 2018 the Dietetics Team in Public Health were involved with Nutrition and Hydration Awareness week.

Malnutrition is caused by lack of vital energy and nutrients and an unbalanced diet. It is often linked with major life changing events, loss of independence and poor health. "Food First" and food fortification can be used to help, and these are encouraged and promoted by community dietitians.

When someone has a poor appetite you can try:

- ❖ Encouraging little and often intake – aim for 3 small meals a day with snacks in between. Use a variety of different snacks to get a range of different nutrients. These could include: biscuits, sausage rolls, custard tarts, trifle, cheese and crackers, crisps
- ❖ Including some nourishing drinks such as milk, milky drinks, smoothies or fruit juices. It's important that everyone drinks enough fluid and all of these

would count towards the recommended 6 to 8 cups or glasses a day.

- ❖ Using fortified milk – to fortify milk, add 2-4 tablespoons of skimmed powder to full cream milk and mix well. It can then be added to food and drinks, for example: milky coffees, porridge, fruit smoothies, milkshakes, instant soup
- ❖ Enriching food - for example : Adding butter, cream or cheese to mashed potatoes, scrambled eggs, rice or pasta

There may be challenges in implementing this approach. However, knowing someone's likes and dislikes of foods and helping them to try different ways of eating more can help reduce the risks.

The British Dietetic Association produces a Fact Sheet about Malnutrition which gives more information. It is free to download: [www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf](http://www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf)

# Carers Wales - State of Caring in Wales



Last year over 400 carers across Wales took the time to share their day-to-day experience of caring through the Carers UK State of Caring Online Survey. The subsequent report covers a variety of themes, including: the impact of caring on health and well-being, taking a break from caring responsibilities, access to appropriate support, experiences of carer needs assessments, the costs associated with caring and juggling work and care. The full report can be found at [www.carersuk.org/wales](http://www.carersuk.org/wales) but here is a summary of our findings:

- ❖ 72% carers of carers felt their contribution is not understood or valued
- ❖ 65% found it difficult to get a night's sleep
- ❖ 52% have suffered depression as a result of caring
- ❖ 73% said their GP knows they are a carer but don't do anything different as a result
- ❖ 40% said they haven't had a day off in a year
- ❖ 1 in 5 carers caring for 50 hours

or more a week receive or buy no practical support to help them

- ❖ 66% of carers said they had not been offered or requested a carer's assessment
- ❖ A third were worried that support might be reduced in the future
- ❖ 43% said they are struggling to make ends meet
- ❖ 47% said they'd given up work completely to care

The Report is a stark reminder of why carers need to be sufficiently valued and supported to continue to care. The Report includes key recommendations on how to improve services for carers and has been widely circulated among politicians, decision makers and service providers. The survey is being repeated and we would be extremely grateful if you could find the time to contribute and encourage other carers to do so.

[www.surveymonkey.co.uk/r/StateofCaring2018](http://www.surveymonkey.co.uk/r/StateofCaring2018)

## Benefit Round-up - Carer's Allowance

From April 2018, the Carer's Allowance earnings limit went up from £116 a week (after deductions) to £120 a week (after deductions). Carer's Allowance is the main benefit for carers. If you are looking after someone for 35 hours a week or more, you may be eligible.

### Can you claim Carer's Allowance?

- Not every carer can get this benefit. You may be eligible for Carer's Allowance if you meet all the following conditions:
- you look after someone who gets a qualifying disability benefit
- you look after that person for at least 35 hours a week
- you are aged 16 or over
- you are not in full-time education

- you don't earn over £120 a week (after deductions)
- you satisfy UK presence and residence conditions

### How to claim Carer's Allowance

- visit [www.gov.uk/carers-allowance/how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim) to apply online or download a claim form
- request a claim pack DS700 (or DS700(SP) if you are getting a State Pension) by <https://www.carersuk.org/help-and-advice/financial-support/help-with-household-finance/council-tax-rate-relief#sec3> calling the Carer's Allowance Unit on **0800 731 0297** (text phone **0800 731 0317**, calls from typetalk are also welcome)

# The Royal British Legion Admiral Nurse Service South Wales



Families' caring for loved ones diagnosed with dementia and living in The Vale of Glamorgan are now benefiting from their own dedicated Admiral Nurse.

The Royal British Legion, in conjunction with Dementia UK, launched the Admiral Nurse Service in August 2017. Since that time we have had more than 10 referrals from the Vale of Glamorgan area, including Barry, Penarth and Cowbridge. There are four Admiral Nurses within the team, all of whom are qualified Mental Health Nurse Practitioners, who specialise in Dementia care.

Caring for a loved one living with dementia, can have its challenges, our Admiral Nurses' can offer, support – emotional and practical, advice regarding prescribed medication, reducing carers' stress and often and most importantly being someone to talk to.

## How do I access this service?

Individuals' and family members can self-refer or ask a professional to refer on their behalf – the eligibility criteria: you or the person with dementia has served in the British Armed Forces (Army, Navy, Air force, Merchant Navy – within hostile waters, National Service and Reservists).

Contact The Admiral Nurse Service directly on **0333 011 4497** for more information.

The Royal British Legion also offer a number of other services to 'veterans and beneficiaries', these include:

- ❖ Poppy Break Centres
- ❖ Handy Van Service
- ❖ Access to Welfare Officers
- ❖ Independent Living Advisors'
- ❖ Appello – personal emergency alarm service

For further details contact The Royal British Legion Contact Centre on **0800 802 8080**

## 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 9.30am till 12.30pm on weekdays
- a one stop centre for information with staff and volunteers on hand to answer queries you might have
- volunteering opportunities to get older people involved in the community.

Healthy Ageing activities – exercise and health screening opportunities in the café and the community. These include: strength and balance classes, Extend, keep fit and Zumba Gold classes, health screening sessions and social activities such as stitch and 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
First Tuesday in the month	10am to 12 Midday	Outreach Arthritis Support Group
Every month	1 30pm to 4pm	Cutting your nails. Cost £13. Appointment can be made by contacting 02922 331113
Thursday morning every week	10am to 12 Midday	Weekly Memories Cafe provide cafe, games, papers, music, colouring books, IT support with tablets available to use. Volunteers are all Dementia Friends trained.
Third Thursday in the month	10 30am to 12 Midday	Epilepsy Support, led by Lesley Williams