



## Carers' Rights Day 2015



Each year there are two national awareness campaigns to recognise the invaluable role of carers. Carers' Week, recognises the contribution carers make, raises awareness (eg amongst MPs) and provides information about help and support that is available and is normally held in June. Carers' Rights Day (CRD) makes carers aware of their rights (especially benefits), at the end of November.

This year, CRD will take place on Friday 20 November 2015 and Carers UK are encouraging organisations to focus on:

- Making carers aware of their rights.

Every year, more than 2 million people become carers. Many struggle to navigate the maze of

services and entitlements, and miss out on financial and practical support. And it's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of their entitlements.

- Letting carers know where to get help and support.

Caring can present all kinds of challenges. We want every carer to know where to turn for advice, information and support, whether in their local community or online.

- Raising awareness of the needs of carers.

Carers' Rights Day raises awareness of the needs of carers with the public, decision makers and professionals, helping us realise our vision of a society that respects, values and supports carers".

More information about any events in the Vale will be shown on: [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers) and follow the events and training link

The Carers UK website also has more information <http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day>

## Manual Handling

Within Cardiff and the Vale it is recognised that every caring role is unique and the support provided by unpaid carers can be very diverse. Whatever the role undertaken there may be a requirement to help move someone. We call this 'manual handling'.

The person you care for could be ill, frail or disabled and may require help with moving from one position or place to another, involving sitting, standing, walking for example.

To support carers with their manual handling needs, the Cardiff and Vale University Health Board, City of Cardiff and Vale of Glamorgan County Councils have worked together to gain an overall picture of the help available to carers. As a result of this joint working a Manual Handling leaflet

has been produced to signpost carers to sources of information and support and this has been complemented with a guide for professionals as to where help is available.

In order to reinforce the guidance carers have been given, for using particular aids or pieces of equipment, a series of illustrated guides have also been developed to provide a reminder of the steps involved to move someone safely.

If you need advice or support on any manual handling tasks you can ask the health or social care professional you are most in contact with for help or you can contact your local authority for details of the manual handling courses available.

# Barry Kicks

## free sports coaching sessions for ages 14-19

Caring Times has been contacted by Cardiff City Football Club Foundation in order to promote the work they do in the community.



They run a number of Projects which are of interest to carers and in the article below, Zac, tells us about 'Premier League Kicks.' This project started in October 2013 and is aimed at young people of ages 14-19, and will be of interest to our young carers. Kicks will be delivered at Colcot AstroTurf in Barry, every Thursday, 6-8pm

The primary objective of 'Kicks' is to use the positive role models within the Cardiff City FC Foundation to help engage young people in local community areas with known high levels of anti-social behaviour.

The 'Kicks' project offers FREE sports coaching sessions to young carers of ages 14-19, providing access to health and constructive exercise. During the 24 months of delivery through the initiative, over 1,200 young people were engaged in the project – and this is only expected to increase over the coming year.

The initiative is currently running in sites across South Wales, including Butetown, Aberdare, Caerphilly, and more recently, Caerau, Ely, Llanishen and now Barry. Young people are

able to just turn up and play at the weekly session; it is open to all in the age bracket and no referral is needed.

Regular attendance at the coaching sessions, as well as continued development, are rewarded with a selection of young people from each venue invited to the esteemed House of Sport facility for a football tournament every ten weeks. There have also been opportunities for young people to represent the Club in both regional and National fixtures, including South Wales Derby.

With personal development a key part of the 'Kicks' initiative, opportunities to gain qualifications in First Aid and Football Coaching are available to those carers who attend the centres.

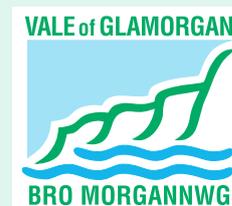
If you would like to get involved with the, 'Kicks' project, sponsorship and coaching opportunities are currently available.

Please contact Zac by email: [zac.lyndonjones@cardiffcityfc.org.uk](mailto:zac.lyndonjones@cardiffcityfc.org.uk) or ring **07701 287689**. You can keep up with regular information on the 'Premier League Kicks' initiative through both Facebook, Twitter and our website. [www.cardiffcityfcfoundation.org.uk](http://www.cardiffcityfcfoundation.org.uk)

## Vale Training Courses for Carers

For information on training courses, including manual handling, first aid awareness and basic care of medicines, in the Vale of Glamorgan Council please contact, James Livingstone on **01446 704604** or email [CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk).

Please let us know if there is anything that can be done to help you attend the training courses organised for carers. All training for carers can be viewed at: [www.valeofglamorgan.gov.uk/en/living/social\\_care/adult\\_services/caring\\_for\\_someone/events\\_and\\_training.aspx](http://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/caring_for_someone/events_and_training.aspx)



## Update from Diverse Cymru's Co-Creating Healthy Change Project



The Co-Creating Healthy Change project at Diverse Cymru works with diverse communities in Cardiff and the Vale to encourage people to share their views about health, social care and wellbeing services. We hold regular events in Cardiff and the Vale where you can meet service providers and share your views with them. In particular, we encourage BME people, carers, disabled people, LGB people, older people and transgender people to take part as these groups don't have their voices heard as often by service providers.

During the summer of 2015 our events have included a coffee morning with the Older People's Commissioner, training on 'Understanding the Health Board' and forum meetings with speakers from Cardiff Social Services, the Mental Health Clinical Board and Cardiff and Vale Action for Mental Health (CAVAMH). Our project members have also given feedback on the Shaping our Future Wellbeing strategy being developed by Cardiff and Vale University Health Board (pictured above).



Upcoming events for autumn 2015 will have speakers including Hospital Discharge Services and the Vale Social Services. We will also be running further training sessions on 'Understanding the Health Board' and on 'Demystifying Commissioning.'

If you would be interested in attending these events please contact Roz or Shelagh on **029 2036 8888** (select option 3) or email [roz.warden@diverseecymru.org.uk](mailto:roz.warden@diverseecymru.org.uk) or

[shelagh.maher@diverseecymru.org.uk](mailto:shelagh.maher@diverseecymru.org.uk). All of our events are free to attend and we can cover expenses such as travel, childcare and replacement care costs.

You can learn more about Diverse Cymru and the work

that we do by visiting our new website at [www.diverseecymru.org.uk](http://www.diverseecymru.org.uk) and you can visit the Co-Creating Healthy Change Portfolio blog at [co-creatinghealthychange.tumblr.com](http://co-creatinghealthychange.tumblr.com).

## 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 24th November	9:30am to 11:45am	<b>FREE Welfare Rights Service (home visits can be arranged)</b> Living in the Vale and need advice on Benefits such as Pension Credit Attendance Allowance, Housing Benefit or Disability Living Allowance? Pop along for a chat about any of these issues.
Monday 30th November	9:30am to 11:30am	<b>FREE Tax Advice Session</b> Are you concerned with your tax affairs? Do you know if you are paying the correct amount? Are you nervous approaching the Inland Revenue? Pop along for a chat with the Retired Professional Tax Adviser

# Pedal Power – the natural choice!!

Pedal Power, the cycling charity for all, is a great place for carers. We provide the opportunity to have a valuable and fun shared experience – an activity that is doing both of you good, in mind and body! Add in our friendly staff, and our welcoming, inclusive on-site café, could make Pedal Power a regular part of your week.



Being a carer can sometimes feel a bit isolated, but by coming regularly to Pedal Power you will soon get to know the staff and volunteers and can be assured of a warm reception. We know how important routine can be, so calling in to see us all, even when not cycling, helps build familiarity and confidence. From now, until the end of March, we will be holding our Musical Mondays – a drop in sing-along session in the cafe. Everyone is welcome to join in or just listen. This has proved very popular with our members as an opportunity to mix with other people, have some relaxed fun and even make new friends.

Come along for a visit and check us out – we’re confident you’ll agree that Pedal Power is the best choice, naturally!

Details on our website [www.cardiffpedalpower.org](http://www.cardiffpedalpower.org) or call us on **02920 390713**.

We specialise in making cycling possible and have trikes, bikes and accessories to enable everyone to get on a bike. Membership (only £20 per year for adults and £12 per year for children) includes an assessment in order to match you to the correct cycle, reduced hire rate and also allows you, the carer, to cycle for free! We are situated in beautiful, traffic-free parkland, so you have the added bonus of being surrounded by nature while you cycle – uplifting the spirit, whatever the weather.

## Health and Wellbeing - Can books really help?

### Absolutely!

In the Vale of Glamorgan we are keen to promote well-being among our residents and our libraries have many books and services to help. In this article you will find out more about the Books on Prescription scheme, the Mood-Boosting Books collection, the services we provide to Care Homes and assistive technology that can be found in our libraries.



All our libraries stock a wide selection of Large Print Books and Audio Books as well as books in standard format. There is very good evidence that books can help people who have emotional problems and we have a range of books especially chosen by medical professionals and librarians for their high quality. Read on...

### Books on Prescription and Child and Family Bibliotherapy

Book Prescription Wales is a scheme that aims to help people with mild to moderate emotional problems to make use of high quality self-help books. Many parents turn to their GPs and health professionals for help coping with a range of emotional difficulties.

All Vale of Glamorgan Libraries hold a set of these useful and popular books. If you are given a book prescription by a GP or other health professional you can bring it to your local library and the staff will locate the book for you.

An essential feature of the Child and Family Bibliotherapy Scheme is that it offers self-help books to the family, so that the family can help the child. Some of the books are also suitable for a child to read. NHS Wales has identified a number of books covering topics such as anger, bereavement, bullying, self-confidence,

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divorce, eating problems, sleep problems, step-families and more.

### Mood-boosting Books

A selection of uplifting novels, non-fiction and poetry recommended by readers in the UK. Everybody likes a good book, so look out for this symbol in our libraries and you can be sure of a satisfying read!



### Shared Reading

Remember when we were children, how much we enjoyed listening to our parents and teachers reading us stories? Shared Reading can help you regain that sense of wonder and enjoyment in a good story well told.

It has been found to benefit people suffering loss, loneliness, depression and those in the early stages of dementia. Carers often comment how Shared Reading helps them relax away from the home for a short time.

Barry Library Shared Reading group meets at 1:00pm on Fridays in the small Community Room upstairs. Refreshments are provided free of charge.

### Pop-Up Library and Care Homes Service

Co-funded with Barry Town Council, the Pop-Up Library serves those residents of Barry who live in Care Homes and Sheltered Housing.



The van currently goes out on a Friday, taking boxes of books and talking books and setting up a temporary library for residents and tenants in a communal area. We are keen to extend the service which only operates in Barry at present, to another weekday and to more homes, Community Centres, Day Centres, etc.

Our Care Homes Service provides a regular, changing supply of books (up to 120 at any one time) to care homes throughout the Vale, provided by their nearest library and delivered on a monthly basis.

Please visit the Library's website at [www.valeofglamorgan.gov.uk/en/enjoying/libraries/libraries.aspx](http://www.valeofglamorgan.gov.uk/en/enjoying/libraries/libraries.aspx)

<http://www.valeofglamorgan.gov.uk/en/enjoying/libraries/Health-and-Welfare.aspx>

or contact your local librarian for more information about the Library's services!

## New Support Officer at Hafal

In the May 2015 edition of **Caring Times**, Sophie Hughes told us about the carer support groups Hafal run across the Vale. Hafal have a new Family Support Officer in the Vale and she tells us about herself and her role.



My name is Julie Pickin, and I am the new Integrated Family Support Officer for Hafal in the Vale. The Family Support Service offers ongoing emotional and practical support to anyone who cares for a loved one of adult age recovering from serious mental illness, following a carer's assessment. I am based at The Amy Evans Centre in Barry, on Tuesdays, Wednesdays and Thursdays each week.

There is also a Carers group which will be held monthly at different locations across the Vale (see below). I have worked alongside carers and

those suffering with serious Mental Illness for a number of years and I am very much enjoying my new role in the Vale.

Feel free to join one of our friendly carer support groups and meet other family members and carers who care for loved ones with a mental health condition in a relaxed and supportive environment. A group will meet, on a rotation basis, between 10am-12pm. on the First Wednesday of every month, across the Vale of Glamorgan. All are welcome! Forthcoming dates are:

**Wed Dec 2nd - Golau Caredig, Barry**  
**Wed Jan 6th - Happy Days Cafe, Cowbridge**

If you would like any further information please don't hesitate to get in touch on the following contact details: Tel: **07580 792168** or Email: [Julie.pickin@hafal.org](mailto:Julie.pickin@hafal.org)

## Age Connects - Christmas Provision in the Western Vale

Caring Times has been asked to promote a Christmas Project aimed at people, both carers and people over 60 living alone in the Western Vale. A Christmas Day lunch will be provided at Bethel Baptist Church, Llantwit Major and will be co-ordinated by Glamorgan Voluntary Services (formally VCVS) and Age Connects. Jane Platts tells us more about this special, seasonal project in the article below.

The intention is to provide a 3 course lunch with entertainment, a visit from Santa, finished off with the Queens speech at 3pm.

Places for this Christmas Day lunch will be limited to 35, and we want to ensure that they go to those most in need. Specifically we will be looking for people over 60, who will be alone

at Christmas and could benefit from some company. Transport to and from the venue will be provided, including for wheelchairs users, as well as the use of the Greenlinks bus.

If you know anyone who would benefit from this please contact us, we will be working on a first-come first-served basis.

If you have any queries, or want to know more about our plans in detail, our contact details are below.

Jane Platts, Rural Connections Coordinator,  
[Jane.platts@ageconnectscardiff.org.uk](mailto:Jane.platts@ageconnectscardiff.org.uk)  
01446 795631 or Linda Pritchard, Health and Social Care Facilitator [Linda@valecvvs.org.uk](mailto:Linda@valecvvs.org.uk)  
01446 741706

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## Cancer, Older People & Advocacy project



Age Connects Cardiff & the Vale are working in partnership with OPAAL (Older People's Advocacy Alliance) and Macmillan Cancer Care, to provide one-to-one support for anyone 50+ who is affected by cancer, their carer or other family members, who live in Cardiff or the Vale of Glamorgan. In the article (below), Margaret share's her story; we are very grateful for her sharing her experience with us.

### Margaret's story

My name is Margaret; I'm 53, have 3 grown up children and 4 grandchildren. I used to be a teacher but 2 years ago I gave up work to care for my mum. I am her main carer and spend most of everyday with her.

*Earlier this year my mum was diagnosed with lung cancer. Mum is having treatment but as she doesn't want to worry me she won't talk about how she is feeling. Since the diagnosis she is*

*understandably very shocked and upset. I try to be positive but the problem is..... I'm really struggling with it too. I feel so upset and worried and don't really know what to say to her or what the best way of helping her is.*

*A couple of months ago a friend told me about the Cancer, Older People & Advocacy project at a local charity called Age Connects Cardiff & the Vale. I rang the Cardiff number and spoke to Angela who was lovely. Angela listened to my concerns and arranged for a volunteer Cancer Support Advocate to come out and see me. The volunteer Alice was really supportive and very helpful. We talked through my feelings and all of my worries and looked at some different support and financial options for my mum. Alice has helped me to go through paperwork and has found out information about local support groups. Mum was keen to meet Alice too. After they got to know each other*

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a little, Alice went with her to one of the medical appointments instead of me. This empowered my mum as she was able to give me a break.

The Cancer Advocacy Service has been wonderful for my mum and for me, a carer of someone with cancer. They say that if you are affected in any way by this horrible disease and are aged 50 or over, then they can help. I called Age Connects on **029 2068 3681**. If you need a bit of support and

want a confidential, free service where someone will listen then why not get in touch.

If you need advocacy support, or would like to talk to someone about the Project, then please contact Angela Jones – Independent Cancer Advocate - on **02920 683681** or **02920 683683** (there is a 24 hour answer machine service available) Or you can email the COPA project **COPA@ageconnectscardiff.org.uk** More information can also be found at our website: **www.age-concern-cardiff.org.uk/affected-by-cancer/**

## YMCA Vale Young Carers Update

Throughout the month of September, many of our senior young carers (ie aged 15-18) were able to attend a sailing voyage on Challenge Wales. This is a 72ft around-the-world yacht and the largest sail training vessel in Wales. The young people were able to have this amazing opportunity thanks to the charity, 'Challenge Wales.' Their remit is to provide teenagers with a chance to develop their self-esteem, life skills of team work and communication, through the experience of sailing.



Some of the young people were able to enjoy a day trip; others did two full days, and the older group gained the experience of sailing for 5 days and 4 nights. The 5 day trip was a challenge for the young carers as the weather was bad and a lot of the young people suffered with sea sickness (including myself!). Despite poor weather - it was cold, we were all wet and feeling unwell for several days - all of the young people worked together to support each other when they found it challenging. It was amazing to watch all the young people grow and making the most of their experience. They all took part in all aspects of sailing, including preparing food every day for the crew and young people.

During the voyage, the young people were able to visit Lundy Island and this included a visit from dolphins during our journey (on the third and fourth day) from Lundy Island to Neyland, something all the young people really enjoyed, as it was a new experience for all of them.

This was an amazing experience that myself and my colleague were able to witness and share with the young people. Additionally, we received very positive feedback, both from the young carers and other professionals working with us.

Carys Jenkins, the Vale's full-time Young Carers Project

Worker, is based in Barry YMCA and can be contacted on **07966 834506** or **carys.jenkins@cardiffymca.co.uk** or visit the Vale's website **http://www.valeofglamorgan.gov.uk/en/living/social\_care/adult\_services/caring\_for\_someone/Young-Carers.aspx**

**Save the date! 28 January 2016. Carers Trust [www.carers.org](http://www.carers.org) have decided to have an annual Young Carers Awareness Day to help raise the profile of young carers. More information will be available shortly.**

**YMCA**

## National Public Health Campaign in October 2015

During October 2015, "You Care / We Care", was a national community pharmacy public awareness campaign and it had the full support of our Local Health Board, Community Pharmacy Wales, Carers Trust Wales, Public Health Wales and the Royal Pharmaceutical Society. Further support will be provided by the Welsh Centre for Pharmacy Professional Education (WCPPE).

### How can pharmacies help carers?

There are over three million people in Wales with longer-term health needs, a large and growing group. Many of these people, and their carers, will be regularly visiting their local community pharmacy to collect prescriptions. Many carers will also be responsible for administering, storing and disposing of medication often without support, advice or training; this can often be the case with young carers.

Carers are likely to be visiting pharmacies regularly providing the opportunity for pharmacy teams to identify carers, provide advice that will help them fulfil their caring role effectively, particularly in relation to self-care and medication issues, and signpost them to other agencies providing wider support for carers.

Pharmacies are well placed to provide advice around safe and effective use of prescribed medicines, to support the ordering, collection and delivery of repeat prescriptions and to support carers to look after themselves, for example by providing advice on the management of common ailments and recommending and in some cases providing NHS influenza vaccinations.

### Purpose of the campaign

The purpose of the campaign was to raise awareness of the critical role of carers amongst pharmacists, to promote the support services available to carers and to highlight the role pharmacy teams can take to help carers.

The campaign recognised that there are things pharmacies can do to increase their awareness of carers and carer issues and, that by doing so, there will be opportunities for pharmacy teams to provide interventions that support carers including:

- Ordering, collecting and delivering prescriptions;
- Providing self-care advice e.g. on the treatment of common, minor ailments and on the importance of influenza vaccination;
- Supporting patients medication needs following a discharge from hospital through the Discharge Medicines Review service;
- Supporting patients to take their medicines effectively by conducting Medicine Use Reviews with the patient and their carer and
- Signposting people to relevant services and agencies that can support carers to maintain their health and wellbeing.

More information about this can be found at: [www.independentpharmacist.co.uk/wales-pharmacies-now-here-for-carers](http://www.independentpharmacist.co.uk/wales-pharmacies-now-here-for-carers)

The, "A carer's guide to managing medicines", booklet is available to view/download via the carers' noticeboard, accessed via [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers)

## Carer's Workshops and 6 week 'Self-Help' Courses

The NHS is offering free Carer's Workshops for anyone who cares for a family member or friend. This is an opportunity to meet other carers and find out how they manage. During the workshops you get some practical information as well as some ideas on how to relax and cope with stress.

As a Carer, it's very important that you stay as healthy as possible. This is a time when you can focus on you. If you think the Workshop is for you, please give us a call: **02920 335403** Email: [carol.stingl@wales.nhs.uk](mailto:carol.stingl@wales.nhs.uk) or [carol.young@wales.nhs.uk](mailto:carol.young@wales.nhs.uk)



Our next Carer's Workshops are:

**Workshop 1** – Barry Library,  
Tue 19 January 2016 - 10.30am to 12.30pm

**Workshop 2** – Barry Library,  
Tue 26 January 2016 - 10.30am to 12.30pm