



Carers' Week 2015

As detailed in Caring Times May 2015, several themed events were held at Cardiff City Stadium - 'Staying Well' and 'Staying Safe' with a number of workshops on eating well, keeping active, door step crime/scam mail, first aid and benefit checks, as well as an opportunity to meet with other carers.

A big 'THANK YOU' is extended to the many organisations and groups who supported the event. Much networking and exchanging of information and contact details was evident.

A carer who attended said that days like these have helped her to find out vital information and support which has helped her in her role as a carer.

The carer said, "I have cared for 17 years now and it is a very isolating situation. These events really help build a network so you can find out more about what is out there. The biggest impact of becoming a full time carer is the enormity of the job. It can be overwhelming and there is no clocking in and out time, so it can be hard to find time for yourself, which is important.

You want to look for things that will make their lives better, but in the process it is easy to neglect

yourself, making you physically tired and, sometimes, ill yourself.

When my mum was ill from cancer she needed night time care and I found this extremely difficult to access. It was such a harrowing time.

I do get more care now and without this I would find it very difficult to survive. It does take its toll to fight for help if you don't know where to access it and this can cause added stress.

I think caring creates a lot of anguish, from learning how to support and manage the condition, to doing your best to support that person, to finding it financially crippling, especially when you have to give up work."

The different events were supported by a very wide range of Providers and very encouraging feedback was received from stall holders and the carers who attended. For fuller interviews with carers who attended local events, please visit:

<http://www.cardiffandvaleuhb.wales.nhs.uk/news/37727>



All Together Now!

Many people in Wales with a mental illness - and their carers - are lonely and isolated. Getting out and meeting people can have a huge impact on recovery, but it's not often addressed when planning for recovery.

All Together Now! campaign aims to change this. Run by service users and carers, and supported by Hafal, Bipolar UK, the Mental Health Foundation and Diverse Cymru, the **All Together Now!** roadshow will travel across Wales, with music festivals and events taking place in each of the 22 counties.

The campaign came to King's Square, Holton Road, Barry on Friday 17th July 2015 and featured the campaign camper van and tour



bus, a live ukulele orchestra; and it was a golden opportunity to obtain information and have a chat. For more information about the event visit:

www.hafal.org/2015/07/all-together-now-roadshow-reaches-the-vale-of-glamorgan/

For further information about the **All Together Now!** Campaign, contact Hafal on **01446 733331** or email: sophie.hirst@hafal.org

The Therapy Project

The young carers have been enjoying art and drama therapy sessions at Penarth Pier, during the Months of May, June and July thanks to funding from Children in Need. The sessions have been very creative and beneficial to the young people who have taken part. The Junior group were able to develop and contribute to a large piece of work, over six separate sessions, where they expressed their creative side through a beach and seaside theme using silk printing and painting. The work will be put together by the artist Becci Holmes and shown at the Pier during the summer period.

Our sessions with Mel and Mandy, from the Therapy Project, were amazing! Mel and Mandy have helped to set up The Creative Therapies Collective (CTC), which is a community organisation of South Wales-based arts therapists working together to make a lasting impact in the lives of those in need. The arts therapists use music, drama and art to improve the quality of life for vulnerable children and adults.

They use: Image, sound, movement, story and play as a tool for change. Watching some of the young carers, who started the session shy and withdrawn, really embrace their character and the drama was incredible. The sessions provide a safe space where the arts are used to communicate experiences. Confidence develops and emotional needs are met. The therapists are non-judgemental and embrace difference. They offer support to anyone facing difficulties within their lives. Their belief is that given the right environment and support, everyone has the ability to grow and repair, and they do this through play and creativity.

I would highly recommend this for any young people or organisations. If you want more information, please contact Mel or Mandy go on the website www.thetherapyproject.org

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

Welsh Young Persons Discounted Travel Scheme Card

Young persons aged 16 to 18 years are now able to register their interest for the new 'Welsh Young Persons Discounted Travel Scheme Card' which will enable them to receive discounted fares on all local buses and TrawsCymru journeys throughout Wales from 1st September 2015.

For more information ring **0300 200 22 33** or visit: <http://mytravelpass.gov.wales/>

Carers Services – Bipolar UK



In the May edition of Caring Times, Alicia Roberts (Development Officer) outlined the Link Mentoring Carer Services available via Bipolar UK. Alicia outlines other services available to carers in the Vale of Glamorgan.

Bipolar UK offer a range of services available to carers, such as peer support groups which are open to both carers and individuals with a diagnosis across Wales, with groups just outside the Vale of Glamorgan in Cardiff and Bridgend. There is also a vibrant, supportive online E-community and discussion forum which is a great source of support and information for anyone affected by Bipolar. Visit. www.bipolaruk.org.uk/e-community or www.bipolaruk.org.uk for more information.

If you are interested what services are available to carers please get in touch with Alicia Roberts aroberts@bipolaruk.org.uk Tel: **01633 244244**

Vale Training Courses for Carers



The next manual handling course for carers will be held on Thursday 1 October 2015 and Basic Care of Medicines course on Wednesday 14 October respectively. Please contact **01446 704604** or email CarersServices@valeofglamorgan.gov.uk for more details.

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: http://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/caring_for_someone/events_and_training.aspx

If your home is hard to heat, call Nest



The Welsh Government's Nest scheme is here to help you keep warm and save money on your energy bills. Nest is open to all householders in Wales and provides advice on saving energy, money management, energy tariffs, and benefit entitlement.

In addition to free advice, if you own or privately rent your home and you, or someone you live with, receives a means tested benefit, you may be eligible for home improvements at no cost. These may include a new central heating boiler, loft insulation, or cavity wall and solid wall insulation.

If your home is hard to heat, please contact Nest on Freephone **0808 808 2244** for free advice and to see if you are eligible for energy-saving home improvements, or visit www.nestwales.org.uk for more information.

Social Services and Well-being (Wales) Act

The Social Services and Well-being (Wales) Act became law on 1 May 2014. It now provides the legal framework for improving the well-being of people who need care and support, and carers who need support, and for transforming social services in Wales. The Act will be implemented from April 2016.

It has updated and brought together the law on adult social care into one piece of Legislation. For the first time, it gives carers equivalent rights to those they care for. The Legislation also stresses the importance of both prevention and early intervention in helping people live independently.

For carers, the Act is designed to ensure wider access to a range of appropriate services. This includes providing comprehensive information, including all types of support and respite services available in the community which do not require a formal carer's assessment.

There is a new definition of a carer in the Act: "a person who provides, or intends to provide, care for an adult or disabled child (but excludes paid carers, etc.)." This removes the requirement

that carers must be providing "a substantial amount of care on a regular basis."

The Act creates a duty for Local Authorities to undertake a carer's assessment where it appears that the carer has needs for support, removing the requirement for the carer to 'request' an assessment. Assessments must be proportionate to ensure more energy is focussed on delivering support.

This means that straightforward situations such as providing short-term help after someone has been discharged from hospital, home help, supported shopping etc. can be arranged as a result of a proportionate assessment. For people with more complex needs, where assistance is required from a wide range of services, a more comprehensive assessment will be required.

In future editions Caring Times will cover more aspects of the new Act. In the meantime more information can be found at <http://www.carersuk.org/wales> and <http://www.ccwales.org.uk/?force=1>

Carers' Workshops and 6 week 'Self-Help' Courses

The **NHS** is offering **free** Carers' 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.



you stay as healthy as possible. This is a time when you can focus on **you**.

If you think the Course or the Workshop is for you, give us a call. Tel: **02920 335403**
Email: carol.stingl@wales.nhs.uk or carol.young@wales.nhs.uk

Our next courses are:

Workshop 1:	Cowbridge Health Centre – Monday 14 Sept (10:30 to 12)
Workshop 2:	Cowbridge Health Centre – Monday 28 Sept (10.30 to 12)
6 Week Course:	Barry Library – Wed 9 Sept to 14 Oct (10 to 12:30)
	Trinity Church, Penarth – Tue 3 Nov to 8 Dec (10 to 12:30)



The **NHS** also provides a **free** 6 week (2½

hours a week), self-help course for anyone with a long term health condition or anyone who's a Carer. As a Carer, it's very important that

Watersure Wales



What is WaterSure Wales?

The Welsh Water Assist scheme has been replaced by WaterSure Wales. The scheme is available to all household customers who have a water meter fitted. It helps low-income households who have either a large family, or a family member with a medical condition that requires the use of a significant amount of extra water.

If your application for WaterSure Wales is successful, your charges from 1st April 2015 to 31st March 2016 are capped at a maximum of £133 for water and £196 for sewerage. You'll have peace of mind as your charges won't be higher than £329 for the year, helping you budget your finances.

You can request a copy of our WaterSure Wales application

form via post, by calling Welsh Water 0800 0520145 Monday-Friday 9am to 5pm or visit www.dwrcymru.com then search for "watersure wales"

HelpU

What is Welsh Water HelpU?

Welsh Water know that some of their customers genuinely struggle to pay their water and sewerage bills. To help these customers they have a new tariff called HelpU.

Who's eligible?

If you're a customer of Welsh Water and your total household income is £12,500 or less a year you may be entitled to up to 55% or an average of £250 off your water and sewerage bill. This is an average amount and we will be able to confirm the reduction from your bill if you are eligible and after you apply.



For more details have a look at Welsh Water's website: www.dwrcymru.co.uk then search for "HelpU" or ring 0800 052 0145

How to be water wise

The water industry funds Waterwise, an organisation set up to help us all use the water we need, without wasting water we don't need.

Waterwise has put the focus on being water efficient, so we only use the water we need and take steps to cut down water waste. For water saving tips and advice visit: www.water.org.uk/consumers/using-water-wisely

Two new Open University courses for carers

What about me?

This is a personal development course for carers in Wales. It will help you to identify and reflect on your experiences, interests, skills and your future aspirations. You will also have the opportunity to develop a personal action plan to take forward beyond the course.



Developed by The Open University in Wales (OU) and The Carers Trust Wales, it uses case studies from real carers sharing their experiences and reflections.

- Due to be launched Autumn 2015 – it is a free 5 hour course on OpenLearn Cymru – the OU in Wales' home for free learning.
- The course will be available in both English and Welsh and can be studied by individuals as an on-line course, or can be used by facilitated groups in the community.
- From December/January 2015/16 – The OU in Wales will be running a series of workshops and information sessions for learners and practitioners/staff working with carers.
- For more information please contact Gayle.Hudson@open.ac.uk

OU OpenLearn

Using a range of FREE online courses from the Open University's award winning OpenLearn website, this step-by-step guide helps you select and study our FREE courses to suit your own goals and interests, and help you start on the road to success.

This resource uses a printed and online guide to recommend a selection of free study pathways in different subjects – e.g. arts, sciences, health etc. of varying lengths – you can try 12, 25 or 50 hour options whatever your previous study experience – even if you've never studied before.

There might be various reasons why you're thinking about university study: - Perhaps you feel you haven't yet fulfilled your educational potential; you are keen to up skill to improve your career opportunities; or you simply want to learn more about a subject of interest. If you have little or no experience of university study, the first step might be a bit daunting. Trying a FREE OU OpenLearn unit using the Pathways to Success resource can help give a realistic understanding of what an online university course is like.

All you need is access to the internet. To order your FREE copy of the guide: Email your name and address to:

Wales-partnerships@open.ac.uk

For further information on the PTS programme log on to the website – www.open.ac.uk/wales/pathways

Epilepsy Wales - New Local Support Groups



Do you have epilepsy or care for someone who has epilepsy? Two new support groups aim to provide support, information and social activities for people with epilepsy, together with their families and carers. You would be most welcome to drop in for a coffee and chat.

Barry Civic Centre - A new group will meet the first Tuesday of the month between 10.30am-12.30pm (6th October, 3rd November etc).

Cosmeston Lakes, Sully - A new group will meet the first Wednesday of the month between 10.00am-12.00pm (7th October, 4 November etc).

For further information, or if you would like to meet on a 1:1 basis, please contact: Lesley Williams on **07710 395 070** or epilepsywales@aol.com

Free-phone Helpline: **0800 228 9016**
Landline: **01978 312 325**

Launch of new service for cancer patients

**WE ARE
MACMILLAN.
CANCER SUPPORT**

A new service to improve the care of cancer patients in Cardiff and the Vale of Glamorgan has been launched officially. This is the first time that Macmillan Cancer Support (MCS) has funded a service like this in Wales. MCS will be working in partnership with Cardiff and the Vale University Health Board to improve urgent care for cancer patients.

The Acute Oncology Service (AOS) aims to provide specialist oncology input for any acutely unwell inpatient with a complication of their cancer, complication of cancer treatment, or a new diagnosis of cancer. The service aims to see patients within 24 hours of referral to the service and is available Monday to Friday 9am-5pm. Carers can find the reassurance that the AOS is available to provide a communication link between medical staff and you and any information you may require regarding the patient's cancer or cancer treatment.

The service will work closely with all Cardiff and Vale UHB hospitals, as well as Velindre cancer

centre, to ensure that the right information and expertise are available to provide high-quality patient care. It will hopefully reduce the need for some patients to be admitted to hospital and help those who do, to return home sooner.

Sophie Norton, Macmillan Acute Oncology Specialist Nurse, said, "I think it is a really exciting project. It is a brand new service that makes such a difference to patients. We are also helping to educate colleagues and we can make a real difference to a huge number of people's lives. It can be quite scary for cancer patients coming into a big hospital. For them, it really helps them get what they need and it is reassuring knowing that there is someone who knows about cancer and what you are dealing with".

For further information about AOS, contact Team Members, Jane Whittingham or Sophie Norton, by visiting: <http://www.cardiffandvaleuhb.wales.nhs.uk/acute-oncology-service> or ring **0808 808 00 00**

"I'll just put the kettle on..."

Fluid is essential. We can't live without it and most of the fluid we take is in the form of drinks. Sharing drinks is important socially too, whether in a cafe, the pub or at home.

We are advised to drink around 6 to 8 cups or glasses each day (around 3 pints or 1.5 litres). Not drinking enough can result in headaches, confusion, poor concentration and constipation. There are many types of drinks to choose from and all provide fluid. They have advantages and disadvantages for health, depending upon your own circumstances.

What type of drinks to choose?

Plain Tap Water is easily available in the UK, costs little and quenches thirst. However, it does not contain any nutrition or calories. Chilling or filtering tap water are cheap ways of making it taste more pleasant.

Milk is an important source of calcium and protein along with many other nutrients. At

bedtime it can help to improve sleep and is a source of extra calories for those who need to gain weight. Semi skimmed milk is usually recommended for adults but full fat milk provides more calories if you need to put weight on. Malted milk drinks and milk shakes encourage weight gain too, for those that need it.



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Fruit juice is a source of vitamin C. It is best taken at mealtimes when it can help iron be absorbed from food and it is when the natural sugars it contains cause less harm to teeth. It is quite high in calories. If you want to lose weight tomato juice and vegetable juices could be an alternative choice sometimes, with less sugar content and fewer calories.

Tea, coffee and chocolate all contain water and are a good way to keep hydrated. They contain caffeine which, if taken in large amounts can cause anxiety, palpitations and disturb sleep. Cola drinks and energy drinks contain caffeine as well, so moderation with all of these is recommended.

Soft drinks that are sweetened with sugar cause weight gain and damage teeth. Most of them have few if any nutrients. Sugar-free versions don't contain calories, but the acid in them may still harm teeth. They do least damage taken with meals.

Beer and cider. Weak alcoholic drinks provide some fluid but stronger drinks such as wines and spirits lead to dehydration. The NHS recommends the following limits

- Men should not regularly drink more than 3-4 units of alcohol a day
- Women should not regularly drink more than 2-3 units a day
- If you've had a heavy drinking session, avoid alcohol for 48 hours

What you drink is a matter of personal choice, but the benefits of fluid to health and wellbeing shouldn't be underestimated.

For more information:

<http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx>

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>

<https://www.bda.uk.com/foodfacts/fluid.pdf>

Extend in the Vale

Rhose Extend class celebrated its first anniversary in May. EXTEND is a holistic exercise class designed for older or less able people of any age. It is gentle movement to music, with at least 20 minutes seated exercises using various equipment including hand weights, therabands, balls, hoops and pom poms, to name just a few. The aim is to maintain independence, improve balance, mobility and coordination whilst helping to reduce social isolation. The overall principal is to have fun whilst getting fit.

The class has been made possible by the financial support received from Age Connects rural coordinator, Jane Platts. There are 15 people on the register and weekly attendance varies depending on personal circumstances. However, all who attend agree that they are deriving worthwhile benefits to their overall fitness and stamina. It is open to men and women, and wheelchair users are welcome along with their carers. Exercises can be adapted to be inclusive for all. Please come along and have a go. We are a very friendly group and you will be made very welcome.



The class meets weekly at Rhose Community Hall, Stewart Road, Rhose every Thursday 10.30-11.30am. Cost £4.00 per session. All equipment provided. Shirley Dodd-Clark,

Extend Teacher, also runs classes in St Athan and Dinas Powys. Please contact on **01446 751077** for more details or email shirleyadc@aol.co.uk and see www.extendinthevale.com plus www.extend.org.uk for more information.



Extend in the Vale - Rhose class celebrates 1st Birthday.

Seasonal Flu-jab Free for all Carers

Caring can have a significant impact on mental and physical health and general wellbeing. As carers you will be very aware of this. It is not always easy to put your wellbeing first but it is important you do. One way that could help is to ensure you receive the seasonal Flu Vaccine each year. This is important not only to protect the person you care for, but also yourself and your family. By being vaccinated you are reducing the risk of you and the person you care for getting flu.



chronic health conditions, such as diabetes, severe asthma, liver and kidney problems, regardless of their age. It can result in hospitalisation and long term incapacity. If you have ever spoken to anyone who has had "flu" they will tell you how terrible they felt, and it can take you several weeks to recover.

Let's try and do better this year and get vaccinated, so as to protect not only those we care for, but ourselves and our families as well.

Shingles Vaccine

Like lots of other infections, the risk of having shingles increases from 50 years of age. Anyone who has ever had chickenpox, and at least 90% of us have, can develop shingles. It can be a very unpleasant and debilitating illness. One in four of us will develop shingles. Up to 20% will go on to develop complications, the most common being neuralgia (nerve pain) which can last for some time and, in a few cases, years.

In 2013, the Welsh Government introduced Shingles Vaccination for all 70 year olds as part of the routine national immunisation programme for adults. They also introduced a catch-up programme for all 78 and 79 year olds. This year all those who are **70 years on or before the 1st of September 2015** will be offered vaccination as part of the routine programme and **those who are 78 or 79 years** as part of the catch-up programme. Alongside this, **anyone who is 71 or 72 years** who missed out on the immunisation can also be vaccinated. If you are unsure if you are eligible please contact your Practice Nurse. When the programme is fully established it will be offered to everyone, once they have reached their 70th birthday.

Please do not request the vaccine to be given if you are outside the age range as supplies are limited and must be reserved for those included in the programme.

For more information contact Nuala Mahon, Immunisation Co-ordinator, Nuala.mahon@wales.nhs.uk or www.nhsdirect.wales.nhs.uk/ or ring **02920 336200**

I expect 'flu is far from your mind at the moment as we all try to enjoy the good days between the rainy ones. However, before we know it the darker nights will be here and the risk of getting flu will be increased. You may soon notice that your surgery has posters up asking people to attend for flu vaccination.

Did you know unpaid carers are entitled to a free flu vaccination? Your GP will be the best place to access this. If you are registered with them as a carer they should in fact call for you to have the vaccination. However you can make an appointment at any of their flu clinics. If accessing your GP is difficult, there will again this year be Pharmacies that can also offer the vaccine. You will be asked to confirm that you are an unpaid carer and the details of your vaccination will be sent to your GP so they can record it on your records. Watch out in the local press to see what Pharmacies are participating.

Following several years of steady increase, the uptake of the seasonal 'flu vaccination in the Vale fell last year by 2.4 % for those in an 'at risk' group; this group included those 6 months to 65 years, who have a chronic health condition that affects, for example, their heart, lungs or liver. The uptake for those over 65 years increased by only 0.1%. While we do not have accurate uptake figures for carers, using information from carers recorded on General Practice carers' registers, the uptake is about half of these known carers.

It is important to be aware that 'flu can be a very serious illness for anyone, but especially for the elderly, the very young and those with

Young adult carers four times more likely to drop out of college or university

A recent Carers Trust Wales' report on the experiences of young adult carers, 'Time to be Heard Wales', has found that young adult carers are four times more likely to drop out of college or university than a young person without caring responsibilities.



The 'Time to be Heard Wales' report draws on these findings, as well as on research that the Carers Trust commissioned the University of Nottingham to undertake with young adult carers living throughout the UK.

Young adult carers are those aged 16-25 who care, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. There are over 22,000 young adult carers in Wales, who are balancing their caring duties with their education, employment or training – that's at least one young adult carer in every class.

The report is part of Carers Trust Wales' campaign to raise awareness of young adult carers among decision makers in Wales, and to give young adult carers the opportunities they need to make their voice heard. Carers Trust Wales' has spent the past year talking to young adult carers in Wales, finding out about the barriers they face and what would make a difference to their lives.

The report also finds that young adult carers:

- Miss or cut short, on average 48 school days a year because of their caring role
- Over a third (35%) had not informed someone in school that they were a carer
- Experience high rates of bullying – one quarter reported bullying and abuse in school because they were a carer
- Have higher rates of poor mental and physical health than the average young person

For further information, contact Kieron Rees: krees@carers.org / **07824 567813** or visit www.carers.org/wales Carers Trust also have an excellent on-line resource called Matter <https://matter.carers.org/> which has lots of advice and support for young adult carers, as well as videos showing individual carers' stories.

The Parents Federation

The Cardiff and the Vale Parents' Federation have now moved to the Vision 21 Sbectrwm Building, Bwlch Road, Fairwater, Cardiff, CF5 3EF.

The new office enjoys excellent parking and is alongside many projects that are accessed by people with a learning disability. These include a community garden, a pottery, art and craft workshops and a community cafe.

Please come along and meet the staff and



see some of the various projects in action at any time. For more information, please email admin@parentsfed.org or phone the new office on the number **029 2056 5917**.

HYNT

Until now, there has been no consistent provision from theatres and arts centres for people who need the support of an assistant or carer to go to the theatre. We know that this can make things tricky, or at least add more time and effort to something that should be a simple process.

Hynt is a national scheme that works with theatres and arts centres across Wales to make things clear and consistent. It's also a resource for anyone who needs specific access information to plan a trip to the theatre.

If you have an impairment or specific access requirement, or care for someone that does, then Hynt applies to you.

Hynt cardholders are entitled to a ticket free-of-charge for a personal assistant or carer at all the theatres and arts centres participating in the scheme.

Hynt Venues in Cardiff and the Vale of Glamorgan include:

- Memo Arts Centre (see www.memoartscentre.co.uk/your-visit-2/)



- Chapter Arts Centre (see www.chapter.org/access)
- New Theatre (www.newtheatrecardiff.co.uk/access; http://www.newtheatrecardiff.co.uk/media/213353/updated_access_guide_2014.pdf)
- Royal Welsh College of Music and Drama (http://www.rwcmd.ac.uk/whats_on/your_visit/accessible_facilities.aspx)
- Sherman Cymru (<http://www.shermancymru.co.uk/access/>)
- St David's Hall (www.stdavidshallcardiff.co.uk/English/Your-Visit/Access/)
- Wales Millennium Centre (www.wmc.org.uk/yourVisit/AccessInformation/)

To find out whether you or the person you care for are eligible for a card visit <http://www.hynt.co.uk/en/join/eligibility-criteria>

or to apply to be a member visit: <http://www.hynt.co.uk/en/join/apply/>

For further information please ring **0344 225 2305** or email info@hynt.co.uk

Age Connects Cardiff and Vale Nail Cutting Service



Do you have problems cutting your own nails?

Good foot care is crucial in helping older people to stay active and independent. But many carers struggle to care for their feet due to sight impairment or arthritis, or they simply can't reach their feet to cut their toenails.

Nearly 1 in 3 older people are unable to cut their own toenails. Age Connects Cardiff and the Vale provide nail cutting surgeries at:

- Barry, Highlight Park Medical Centre, Lakin Drive, Highlight Park, CF62 8GP
- The cost is £11 a session

- We also maintain a list of low-cost nail cutting providers across Cardiff and the Vale of Glamorgan.

This is a simple nail-cutting service. However Age Connects are unable to provide:

- Help with foot care problems such as corns or bunions,
- Nail-cutting for anyone with a medical condition such as kidney failure, blood circulation problems, a history of ulceration or being treated with steroids, or
- Anyone who has diabetes or is taking warfarin unless they have been assessed by the GP practice as being low risk. (We have a letter for you to take to your doctor).

In these cases, we advise visiting a registered Podiatrist.

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If you are unsure whether you are eligible for our service, we will be happy to discuss it with you. For more information visit www.age-concern-cardiff.org.uk/nail-cutting-service/ or to book an appointment please phone **02922 331113**.

To find out more about the podiatry service for Cardiff and the Vale of Glamorgan visit <http://www.cardiffandvaleuhb.wales.nhs.uk/Podiatry> To find out more about how to keep your feet healthy visit www.nhs.uk/Livewell/Foothealth/Pages/Foothealthhome.aspx

Disability Sport in the Vale of Glamorgan

Working together

The Disability Sports Wales programme has been established between Sport Wales, Federation of Disability Sport Wales and 22 local authorities.



Making a difference

Simon Jones is the Vale of Glamorgan's Disability Sports Wales Development Officer. Helping with performance, coaching and volunteering, Simon promotes quality community sports and physical activities opportunities for people with disabilities.

A new monthly newsletter produced by Simon Jones, started in April 2015. The monthly newsletter is available to view/download at: http://www.valeofglamorgan.gov.uk/en/enjoying/leisure_and_activities/sports_and_play_development/disability_sport/disability_sport.aspx

South Wales Fire and Rescue Service - Keep your Family Safe!



Do you or someone you care for have working smoke alarms at home? Do you have trouble hearing your smoke alarm? Can you hear the telephone or doorbell? Do you have difficulty leaving your home? Do you know, or care for, anyone who does? How would you or they get out if there was a fire?

The Home Safety Support Team supports Station Personnel and Partners, enabling them to carry out Home Fire Safety Checks for the more vulnerable residents in our community. South Wales Fire and Rescue Service Personnel and their Partners (SWFRS) deliver around 26,000 FREE Home Fire Safety Check Visits every year to vulnerable homes in their communities. This targeted approach continues to drive down the number of house fires in the South Wales area.

Smoke alarms are available for people who are deaf or hard of hearing. The alarm main unit works in conjunction with specialist smoke alarms fitted by the SWFRS. On actuation, the light flashes and the attached disc vibrates

as a further warning. All specialist Deaf Alarm equipment is supplied and fitted by trained fire service personnel and fitted free of charge.

We also supply a range of specialist equipment to help reduce the risk in homes. Electric blankets, fire retardant bedding, home fire suppression units, extension leads and deep fat fryers are all available free of charge if risk is identified as part of a Home Fire Safety Check.

As Donna Crossman – Partner Agency Manager, SWFRS – explains, “My current project is the development of an all-Wales awareness package to be aimed specifically at carers, but which can also be utilised for organisations and individuals who deal with all vulnerable clients. These checks are seen as the cornerstone of the proactive and targeted approach the Service is now adopting in its drive to reduce the deaths and injuries caused by accidental dwelling fires.”

Call: **0800 169 1234** or TEXT **88365** to speak to a member of the Home Safety Team.

Marie Curie's Blooming Great Carers Café



On Tuesday 30th June, the Marie Curie Caring for Carers Project held a Blooming Great Tea Party-themed Carers Café.

Carers who came were offered delicious cakes and refreshments; they were able to soak up the sunshine and sea

views whilst tucking into some Wimbledon favourites, strawberries and cream and Eton mess.

Carers were also able to sample cakes from the Wiltshire Farm Foods new dessert range. The delicious Lemon Drizzle Cake, Madeira cake, Golden Syrup Cake, Ginger Drizzle Cake were enjoyed by all!

The Marie Curie Carers Café is held on the first and last Tuesday of every month between 2pm and 4pm at the Marie Curie Cardiff and the Vale Hospice in Penarth. Carers can come and enjoy time out for themselves if they are looking after someone living with a terminal illness.

The Café provides information and is a place where Carers can meet



and share tips with other Carers in similar situations. The Café is free and you don't need to book in advance.

For more information please contact sarah.johnson@mariecurie.org.uk or telephone **02920 426023**

Marie Curie Care and Support through terminal illness

Are you caring for someone with a terminal illness?

We all know it's the little things that make a big difference for families of those living with a terminal illness – like having a chat to someone over a cup of tea, help with shopping, some time and space for you, or support after a loved one has died. Our Marie Curie Helper Volunteers can provide this support to you as a carer.

Our specially trained Helper volunteers are matched to families living with a terminal illness (any terminal illness) across the Vale of Glamorgan. Volunteers are able to provide companionship, emotional and practical support any day of the week (including evenings and weekends), between 9am and 9pm.

Do you live in the Vale of Glamorgan and would like to find out more? Please contact us on **0845 073 8596** or email southwaleshelper@mariecurie.org.uk

Unemployed, over the age of 25 and looking to volunteer?



GVS (Glamorgan Voluntary Service) has an exciting new project. If you are over the age of 25, are unemployed or economically inactive and want to try out volunteering, then we can help!

We have a new member of staff, Clare Humphreys, who will be helping new volunteers with application forms and supporting them on a one-to-one basis during the initial stages. Clare will be there to advise and help you find a volunteering opportunity that suits your needs. Volunteers will also be able to gain Agored Cymru qualifications, which is the equivalent of a GCSE, for free.

Why not pop into GVS at 34 Holton Road, Barry, ring **01446 741706** or email clare@gvs.wales More information can be found at www.gvs.wales