



Carers' Rights Day 2013

The theme in 2013 was "Rights, Advice, Support." To promote the awareness and support available to carers a number of events were organised:

Carers Stand at Velindre Hospital – Information and a promotion of Carers' entitlements was held during the busy Wednesday morning clinic at Velindre. Carers were able to ask questions and pick up information.

Carers Stand at Barry Library – Nigel Hughes from the Cardiff and Vale University Hospital Wales was available through the day to answer carers' queries and encourage

carers to have an assessment of their needs. This was a successful day.

Information was sent to all Vale Council employees about the Vale's Working Carers Policy as well as signposting for staff to help them in their caring role(s).

Carers' Champions at some GP surgeries were on hand to answer any queries carers had.

Advance Notice:

Carers' Week is 9-15 June 2014. More details about events in the Vale are to follow.



Launch of Where You Stand Carers' Information guide

On Carer' Rights Day 2013, the Cardiff and the Vale Parents' Federation officially launched the latest edition of our popular Where You Stand guide.

At the event, Jane Hutt AM, the Minister of Finance for the Welsh Government spoke of how important information and signposting to appropriate support was for families with a disabled relative.

Dawn Gullis from Mencap Cymru also stressed how valuable such a guide is in helping families and individuals to access the support that they are entitled to receive.

Within its pages are details on how to access services, where to go for assistance and advice and where to find alternative sources of support along with contact details for hundreds of useful organisations and groups.



The guide is available online at www.wherestand.org or is for free to all carers and families who support a person with a learning disability across the region. The Parents' Federation also co-ordinates a variety of carer focused social activities.

If you have a learning disability or care for someone who has, please contact Parents' Federation on **02920 227800** or email us at admin@parentsfed.org for your free copy.



EXTEND at The Gathering Place, St Athan

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

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

A new Extend class is starting in February 2014 between 2-3pm at the Gathering Place, St Athan. Classes are followed by tea and chat. Disabled facilities are available at the Gathering Place and people in wheelchairs are welcome as all classes include at least 20 minutes seated exercises.

If you have any physical restrictions just let us know. We are trained to make sure that you exercise within your limits. We provide easier, alternative or seated exercises whenever appropriate. The Cost will be £3.00 per session, although the first class is free. For more information contact Shirley: **01446 751077** Shirleyadc@aol.co.uk



Recovery Cymru

Developing Recovery Support in the Vale of Glamorgan!

The 2013 Consultation on Carers' Services showed that carers who were dealing with drug and alcohol problems were keen to know what help and support was available. Recovery Cymru have recently secured premises in Barry and, in this article, they outline the help available for carers through this new project.

An exciting new peer-led, self-help recovery community!

Recovery Cymru is a registered charity supporting people in or seeking recovery from drug, alcohol and associated problems. We have a thriving recovery community in Cardiff and are excited to be developing our activities in the Vale of Glamorgan.

All our groups and activities are developed and run by people with personal experience of recovery and recovery advocates. We run a range of groups, activities and events, as well as a thriving recovery community centre. Our aim is to develop Recovery Cymru in the Vale of Glamorgan, based on our underlying principles but in a way that allows the people of the Vale of Glamorgan to genuinely inform, design and run activities that best suit their needs and interests. In other words, 'to make it their own'!

Our philosophy is positive, empowering, inclusive and non-judgemental – although our

support groups are specifically for people who have, or have had, problems with drugs and/or alcohol, our activity groups are open to friends, family, and people in recovery from other problems, recovery supporters – indeed anyone who likes what we do. We are also committed to the mutual benefits of volunteering and offer a range of opportunities to people in and seeking recovery, friends, family members and recovery advocates.

We have recently secured premises at 232 Holton Road, Barry which will act as the initial hub of our growing community. We have started meeting carers, identifying needs and interests and will be starting up groups and undertaking a refurbishment of the building. From this hub, our aim is to develop satellite groups all over the Vale. This early stage of developing the project is a very exciting, busy and creative time for members, volunteers and staff and we want as many carers to be involved in each stage as possible! The 'RC Vale Community' will also have the full support of the 'RC Cardiff Community' and we want these to be linked in whatever ways are possible.

In the meanwhile, if you have any information about yourselves you would like to share or if you would like to arrange to meet and discuss anything more, please get in touch. We look forward to working with you.

If you require any more information, you can ring or text us on 07767 113705 or check out the website www.recoverycymru.org.uk

Cardiff and Vale of Glamorgan Community Health Council Online Survey – Accessing your GP Surgery

Community Health Councils in Wales are conducting a national survey to gather patients' views on access to their GP Surgery.

The survey asks how easy /difficult patients find obtaining an appointment for both urgent and routine health issues.

The survey also queries whether patients are restricted to discussing one health issue per appointment and whether they feel this causes any difficulty in addressing their general

health concerns.

The survey is based on the CHC website and can be accessed by following the survey link found on the CHC home page at: www.communityhealthcouncils.org.uk

If you don't have access to the internet, you can still have your say by contacting the CHC Office on 02920 377407 and requesting a postal, paper copy.

The survey will close on 31 March 2014



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

If you are a Carer for a friend or relative and recognise any of the following symptoms: Stress • tiredness • pain • tense muscles • depression • shortness of breath • difficult emotions • anxiety

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

The next six week Chronic Disease Self Management Programme (6 week) course is at: Lower Penarth Community Hall starting from Tuesday 29 April 2014, 10.00am until 12.30pm

The next An Introduction to Self-Management (3 hour) course is: Barry Library 7 April 2014 13.30-16.30

The next Health and Wellbeing Workshops (1.5hours) are: Barry Library 1 April and 6 May 2014, both between 10.30-12.00

Courses are led by trained tutors who live with a health condition or who care for someone with a health condition. For further information or to book a place on a course contact EPP Cymru on 02920 556028

Vale Adaptive Cycling Club

at Jenner Park Stadium,
Barry CF63 1NJ



Come cycling on the Jenner Park Stadium Track. The Vale Adaptive Cycling Club will operate on Wednesdays and Fridays from 12-4pm, commencing in March 2014. We have specialist adaptive bikes, trikes, tandems etc enabling young children, young people and adults with varying disabilities to access and enjoy the exhilaration of cycling. There is a suggested hourly rate donation of £2.

For more information contact Cliff Hayes,
Tel 01446 420533, text: 07594 459940 or
email valecycleclub@outlook.com

Do you have a child with additional needs?

By signing up to the Disability Index, you will receive regular information on services, groups, activities and support for your child. We produce a quarterly newsletter 'The Index' where we advertise the school holiday playschemes and Disability Teenscheme, as well as any new disability sports clubs (see page 5), services and events. You can also contact us if you have any enquiries.



For more information please contact our Index Administrator Lee Parry: 01446 704736, email: disabilityindex@valeofglamorgan.gov.uk and visit our website where you can download a registration form: www.valeofglamorgan.gov.uk/disabilityindex.



The Disability Index is part of the Vale Family Information Service – a one stop information and advice shop for parents with children aged 0-20 years:

www.valeofglamorgan.gov.uk/fis

Disability Sport in the Vale of Glamorgan

My name is Simon Jones, Disability Sport Wales Development Officer for Vale of Glamorgan. I am based in the Leisure and Tourism Department at Vale of Glamorgan Council.



achieve the different levels of insport, the scheme can show potential sports people which clubs have met the standard.

My aim is to set up opportunities for disabled people to take part in sport and physical activity throughout the whole of the Vale of Glamorgan.

There are currently 36 sport clubs offering sporting opportunities for disabled people throughout the Vale, with sports ranging from football, tennis, gymnastics to Boccia, cycling and laser rifle shooting. The clubs are run throughout the week and all offer a friendly, fun environment that is suitable for disability sport.

All of the community sport clubs can be found in the Disability Sport Directory for the Vale of Glamorgan; you can access this via the following websites www.disability-sport-wales.org or www.valeofglamorgan.gov.uk.

If there is a sport that you would like to try and it is not covered in the Disability Sport Directory for the Vale then I can work with mainstream sport clubs to help them become inclusive.

I also support the existing disability sport clubs and try to help promote their clubs so they can increase their membership.

I am also working on a national project called 'insport' which aims to make sport more inclusive throughout Wales. If community sport clubs

Disability Sport in the Vale isn't just about taking part as I am always on the lookout for potential volunteers and coaches to help with the community sport clubs. Volunteering can range from supporting a coach in a session, supporting participants, sport administrator or even driving a mini bus for a team when they travel. A person's own time is the most valuable gift they can give to help with disability sport, so any time a person wants to give is greatly appreciated.

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



Greenlinks Weekly Bus Service

A new flexible bus service, the G1, will operate Monday to Friday between 8:15am and 6:15pm and will provide a link between Llantwit Major, Cowbridge, Bridgend Town Centre and the surrounding villages. There are guideline routes for each day which are flexible depending on demand. Welsh concessionary bus passes will be accepted on the services, enabling pass-holders to travel for free. Child fares will also apply for these services. You do not need to be a member of Greenlinks to access the weekly bus services.

Requests must be received by 12:00 (noon), at least one working day before transport is required.

Passengers will be advised of their pick up times from agreed locations one working day prior to travel. Please note the pick-up time may vary by up to 10 minutes either side of the agreed pick up time.

To request a seat on this service please call the freephone number 0800 294 1113 between the hours of 09:00 – 13:00 Monday to Friday. (If no requests are received the service will not run).

More information can be found at: www.valeofglamorgan.gov.uk/en/working/regeneration/rural_regeneration/greenlinks.aspx

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 are developing nail cutting services (in Consultation with Cardiff and the Vale LHB) to provide basic foot care services to older people of Cardiff and the Vale.

The service is provided by our nail cutting assistants, who are trained via an award winning NHS podiatry developed training course to assist people in taking care of their nails and to provide basic advice on foot care.

Service Delivery

- *At the initial appointment the client will be assessed to see if they are an appropriate appointment / referral, if not an onward referral to podiatry will be made.*

- *If the appointment / referral is deemed appropriate, the client will sign a form listing their current health status and medication and consenting to the foot care treatment proposed.*
- *The client's medical history / medication will be checked at every consultation to ensure it has not changed.*
- *A 15 / 20 minute nail cutting session will cost £10 for toenails or fingernails alone or £15 for both.*
- *Disposable nail nippers are used to meet hygiene requirements.*

Nail Cutting Surgeries

We will be providing regular surgeries in Barry at Highlight Park Medical Centre, Lakin Drive, Highlight Park, CF62 8GP.

What we cannot provide

This is a simple nail-cutting service. We 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*
- *Have diabetes or 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 chiropodist / podiatrist.

If you are unsure whether you are eligible for our service, we will be happy to discuss it with you. For more information or to book an appointment please phone **029 2056 0952**.

Royal Air Forces Association – Friendship, help, support



Much of my time, as an Honorary Welfare Officer for the Royal Air Forces Association in the Vale, is spent visiting, initially, ex RAF Veterans and / or their partners, having been requested to just pop in and see them. During the many conversations I have had this has led to help being provided in many areas. My favourite way of explaining it is to say that during those visits, it's like opening up "Pandora's Box" where many avenues of help can be identified.

There is a team of three honorary Welfare Officers in the Barry RAFA Branch covering the Vale of Glamorgan, ready and willing to visit those ex RAF Veterans in our local community. Our biggest problem is letting people know that we are there to help. My colleagues in the Royal British Legion are happy to visit, where one of these white goods (items such as : a broken fridge, freezer, washing machine or cooker) need replacing and fund it from the collections made during the annual "Poppy" collections, for those who served in any of the Armed Forces.

Recent cases have seen charitable funding being sought for the replacement of a very tired mattress someone slept on, a rise and recliner chair for an elderly gentleman, toilet repairs led

to charitable funding being sought from several different charities linked with that particular persons' previous employment. The variety of cases dealt with is endless and I am just a phone away.

2013 saw the Barry Branch look back with pride as it celebrated its 75th Anniversary within the community. The Vale Mayor, Councillor Margaret Wilkinson, hosted the start of many planned events which brought the work of the Barry Branch of the RAF Association to the public eye and hopefully make our RAF Veterans and / or their partners aware that help is available out there. As we enter 2014, we strive to get the message out into the community about the work we do. My contact details are: tel: **01446 740522** or email: geoff@horton.co.uk

More information about the Vale's Armed Forces Covenant can be found at: www.valeofglamorgan.gov.uk/en/living/armed_forces/Armed%20Forces%20Covenant.aspx

This website provides a mechanism to ensure the Armed Forces community is aware of the support available to them, locally within the Vale of Glamorgan, and more widely.

Life Coaching

Are you looking for a second chance after caring for a loved one? Are you still caring for someone and feel that you need something new in your life? Are you feeling tired and need help to deal with emotional and mental barriers?

We offer a fully funded Life Coaching opportunity with qualified coaches that can help you...

- build confidence
- do something different
- re-motivate
- develop new skills
- help to overcome stress and anxiety
- have a new purpose
- feel valued

**To find out more, please contact: Disability Advice Project
Tel: 01633 485865 e-mail: info@dap-wales.org.uk
www.dapwales.org.uk/life_coaching.htm**



Clinical Waste

Carers who are dealing with loved ones who have problems with incontinence have many things to contend with. A few carers have contacted Caring Times asking for information about the collection of clinical waste. Some of the common questions have been brought together along with a brief answer.

Who should I contact to have a reassessment of my continence needs?

Assuming this is for an individual patient it would be the District Nurse (DN). The DN can reassess for changing needs with regards to continence supplies, including products' absorbency, fit, storage and the best product for the particular situation. This does not necessarily mean an increase in provision but more suitable products to address clinical requirements. There is a maximum of four products per 24 hours.

Can you tell me when/why I should contact my District Nurse and how would I go about this?

The DN can be contacted if the patient's needs or circumstances change. All patients are requested to phone the Communications Hub for any district nurse enquiries and they will forward your enquiry to your district nurse. The telephone number for the Communications Hub is 029 20444501.

What is the difference between clinical and hygiene waste?

Clinical waste consists of medical waste that could pose a threat to public health unless properly disposed of. It is a category of hazardous waste, and has to be collected under tightly controlled conditions and disposed of by incineration or alternative heat treatment. It cannot be put with normal household rubbish. The process is legally enforced by strict Government Regulations.

Clinical waste consists of four main categories:

- Human or animal tissue, blood or bodily fluids, or excretions
- Dressings or swabs

- Unwanted medicines and other pharmaceutical products
- Used syringes, needles and blades ('contaminated sharps')

Hygiene waste is non-hazardous domestic medical waste, of the kind resulting from small injuries or minor illnesses, plus soiled nappies, incontinence pads and sanitary towels. This should be put in a strong black bag and then can be put in a hygiene caddy (see below)

Who supplies a sharp bin?

Your GP surgery (e.g. practice nurse) will provide a puncture-resistant 'sharps box'

Can you tell me what is put in clinical waste and what goes out in hygiene waste?

Hygiene waste consists of items such as nappies, incontinence pads and sanitary towels. The Vale Council can supply you with a free lockable caddy, lined with black bags with this type of hygiene item stored within. Do not use carrier bags to line your caddy.

Can you tell me who collects clinical waste and how do I arrange a collection?

Your District Nurse is responsible to complete a referral form to arrange collections of clinical waste. You need to ring the University Health Board Contractor - SRCL – 0333 2404009, also if you are due to go on holiday please contact SRCL to cancel your collection. The Vale Council no longer collects clinical waste.

Who collects hygiene waste?

Hygiene waste is collected by the Vale Council on the same day as your refuse (black bin bag) collection. The Vale provides a hygiene caddy but this needs to be lined with a strong black bag and this needs to go out on the kerbside

by 7am on the day of black bin bag refuse collection. Please tie the black bag before leaving it out for collection.

And how do I get a hygiene caddy?

You need to ring Contact One Vale 01446 700111 or email c1v@valeofglamorgan.gov.uk

Where can I find out more information?

More information on hygiene waste collection can be found on the Vale of Glamorgan's website: www.valeofglamorgan.gov.uk/en/living/environment/recycling_and_waste/resident_information/hygiene_caddies.aspx

Accessing different websites which would be able to give information regarding bladder and or bowel care specific to individual's needs, such as:

www.ageconnectswales.org.uk
www.bladderandbowelfoundation.org - general charity for continence needs
www.dementiauk.org/what-we-do/admiral-nurses
www.eric.co.uk - children and enuresis
www.mssociety.org.uk
www.promocon.co.uk - continence aids / products and advice
www.shinecharity.org.uk - spina bifida
www.spinal.co.uk - spinal injuries



ABCD Cymru

Kirstin Hampton is the new case worker at ABCD Cymru, a charity supporting Black & minority Ethnic (BME) disabled and/or terminally ill children and young people. ABCD which was established in 1991 works with over 400 families from 20 different ethnicities speaking 30 different languages.

ABCD works with disabled children, young people and their parent carers, with all manner of impairments including physical, learning disability, autism, ADHD, and long term illnesses.

Case study 1

A family (referred to us from a Families First provider) were unclear as to what benefits they were entitled to, and needed support. The child has congenital myotonic dystrophy. The family were unaware how social services could help, we got in touch with Rachel Salmon (muscular dystrophy family support advisor). We also advised the family to get in touch with the Child Health And Disability Team regarding respite care.

They wanted to know who to contact for funding for a tricycle for their child. We advised them to approach Caudwell Children, who gave £1014 towards the cost. Other organisations involved were Joseph Patrick Memorial Trust, lifeline4kids and action4kids who helped to raise the money outstanding.

We gave advice and support in relation to benefit entitlement as they were not aware of the discount that was available to their Welsh Water bill. We also helped to ensure that the information regarding benefit entitlement was correct (information was obtained from Citizens' Advice) but also that it was in the appropriate language and format for the family to understand. We discussed with them respite care and housing options (as they wanted to apply for more appropriate housing for their child) and referred to Snap Cymru for further help and support with the child's educational needs and one to one support in school.

They received the funds to purchase the tricycle, and mum has said it has made such a difference to their child's life.

The mum was able to meet other parents who spoke the same language and were from the same religious background as her. This helped reduce her isolation and improved her capacity to care for her family, as the mum had been suffering from depression due to social exclusion and lack of a support system. She gained the confidence to take her children out socially by linking up with the Play and Events co-ordinator at ABCD Cymru. They all attended ABCD Cymru social events as a family, improving family relationships and

the emotional well-being of the non-disabled siblings.

We are here to help, and work closely with other organisations and statutory services in relation to health, education, social services, training and employment and other related areas.

We also run social activities and events, which include Cadbury World, Longleat and most recently, we took a group of children to the pantomime in Cardiff to see Jack and

the Beanstalk. We know when families feel isolated, or socially excluded, these events are an important part of their lives.

If you live in the Vale of Glamorgan and you feel you could use support from our services, or you are struggling to understand information because of a language barrier, please get in touch- we can help.

Contact ABCD Cymru on **02920 250055** and speak to Kirstin or a member of the Team www.abcdcymru.org.uk

Cardiff and the Vale Alzheimer's Society Dementia Support Worker



My name is Katherine Davies and I am the Cardiff and the Vale Alzheimer's Society Dementia Support Worker for the Western Vale.

What does that mean?

- My role entails providing information and support to people affected by dementia including carers, family members, and people who have been diagnosed with dementia.
- I also run a Dementia Café which provides a friendly and relaxed atmosphere for carers and people with dementia to meet and enjoy the opportunity to catch up and share experiences. The café is held on the first Tuesday of every month between 2 and 4 p.m. at Bethel Baptist Church, the Old Manse, Durrel Street, Llantwit Major. CF61 1AD.

What information is provided?

- This will depend entirely on the particular needs of the inquirer ranging from services provided by the Alzheimer's Society,

Factsheets, sign-posting to other relevant organisations and emotional support and much more.

How do I access the service?

- You can ring the Cardiff and The Vale Alzheimer's Society Monday → Thursday 9 a.m. to 5 p.m., Fridays 9 a.m. → 4.30 p.m. (answer-machine available) who will in turn contact me.

Telephone: 02920 434 960

E-mail me at Katherine.davies@alzheimers.org.uk – please type "Referral" in the subject line.

What is the criterion to access the service?

- The 2 essential criteria in order to access the service are:
 1. A diagnosis of dementia.
 2. A carer (if applicable) has had or agrees to undertake a carers assessment.

Not sure if you would like to get in touch? If any of the above applies to you, your partner or spouse, someone you know or a family member and you would like to find out more please don't hesitate to contact me for an informal, no obligation chat. I look forward to hearing from you. Katherine

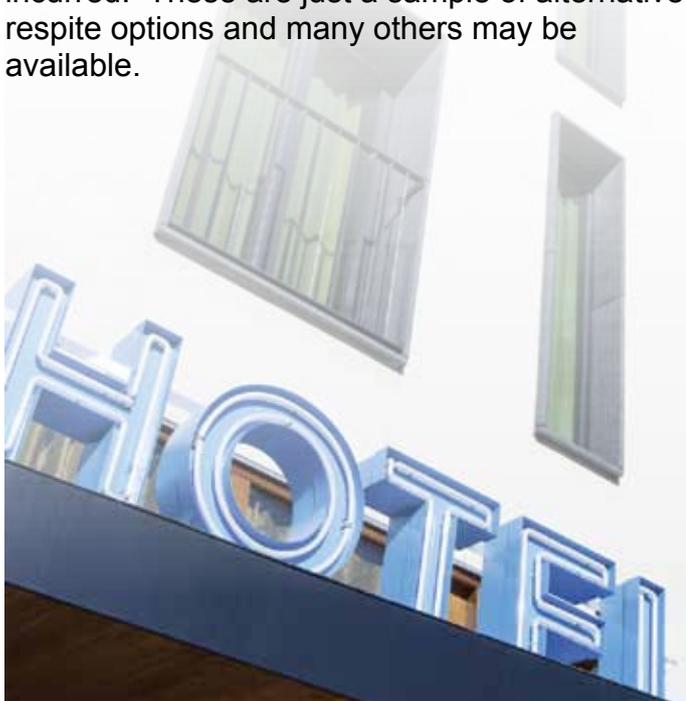
Breaks for Carers

Every now and then it helps both the carer and the person who is being cared for to have a well-earned break. Respite care is now becoming an increasing need in the community but not always understood so here is a brief explanation:

“Respite is short-term care used as a temporary alternative to a person’s usual care arrangements. It refers to either the person who is cared for or a relative or friend who cares for someone else.

As more and more families commit themselves support relatives to continue living independently in the community, pressures can build due to the increasing needs of the individual who is being looked after and the dependency this creates.

A respite break gives the elderly or a person with disabilities something to look forward to: daily routines can get tedious, especially if the person concerned has an active mind and has been an active person throughout their life. Having a holiday is a great way of giving the person something to look forward to and plan for. Caring Times has received some information on three potential breaks but it worth stating that the Vale of Glamorgan Council cannot recommend a potential location and nor can it cover any expenses that may be incurred. These are just a sample of alternative respite options and many others may be available.



The New Mayfair

The New Mayfair is an organisation based in Blackpool and they provide accommodation for disabled people and their carers. They can also accommodate visitors with a diagnosis of dementia. www.thenewmayfair.co.uk

Merton House Hotel

Merton House Hotel is a Georgian house located in the pretty market town of Ross-on-Wye in the lovely Wye Valley. The Views from the garden of the River Wye and the Black Mountains of Wales are spectacular. Merton House is the ideal holiday hotel for those guests who may feel the need to take a holiday in an environment where the staff are a little more understanding about their various needs.

Merton House is a not-for-profit Community Service Project and is ideally suited for guests requiring the use of a wheelchair. www.mertonhouse.org/home

Royal Glamorgan Hotel

Glamorgan Holiday Hotel is an established respite hotel located on the seafront of Porthcawl. The hotel is located opposite the harbour/marina with outstanding views of the Bristol Channel and Ogmore river estuary and is a few minutes straight level walk to the shops in the town centre. Transport to and from home to the hotel in an adapted minibus can be arranged (at cost).

The hotel offers affordable respite facilities in the form of holidays or short breaks for local people and those living further afield in the South Wales region who are elderly or disabled.

The Glamorgan Holiday Hotel in Porthcawl provides respite facilities with the environment of a hotel as an alternative to a care or nursing home. It has 39 comfortable bedrooms designed for the elderly and people with disabilities. There is a team of experienced care staff available 24/7 to provide support for guests throughout their visit

For more information please contact the Glamorgan Holiday Hotel on: 01656 785375 www.glamorganholidayhotel.com or email hotel.enquiries@cartrefi.org

Caring for Carers in Wales

Marie Curie's new project, Caring for Carers, is developing and delivering a series of free awareness sessions to help Carers across Wales.

The three-year project, funded by the Big Lottery Fund, is led by Project Manager Susan Court.

Susan said: "We want to support carers who are looking after relatives or friends who are terminally ill. By enabling carers in this way, it would be more likely that the people they are caring for will remain in their preferred place of care - at home. Our sessions are designed around the practical information and support needs of carers, giving them skills and confidence in their caring role"

There are an estimated 370,000 carers in Wales and over 345 people in Wales taking on a new caring role every day. With more people living longer with more complex illnesses, these figures are likely to rise. However, we also know that caring for someone who is terminally ill at home places a huge amount of both physical and emotional strain on carers.

How the project will help carers

To deliver the project, Susan will be working in partnership with Local Health Boards, Local Authorities and Voluntary Organisations across Wales.



Susan said: "I will also be working with other Carer support services in Wales to extend the reach to meet the needs of more carers".

"Our sessions will cover a range of topics relating to symptoms, practical care and emotional support".

In the first year of the project, Susan is aiming to deliver sessions in Cardiff and the Vale, Carmarthenshire, Pembrokeshire and Ceredigion and in North Wales. Delivery of awareness sessions will expand to cover all seven health board areas over the duration of the project.

If you would like to:

- find out more about the project
- support us in raising awareness of the project in your local community
- share your experience and views with us
- find out how you can attend one of our events

Contact Susan Court at Marie Curie:
Email: susan.court@mariecurie.org.uk
telephone **02920 426000**

New Vale of Glamorgan Parkinson's Support Group

A new Support Group has recently started in Dinas Powys for people, carers and family affected by Parkinson's. We also organise regular events and social activities. Please join us and meet other people affected by Parkinson's. The Group meets the first Tuesday every month between 2-4pm at the Three Horse Shoes, Dinas Powys. The co-ordinator is Barry Lakin.

02920 512724 barrylakin674@btinternet.com www.parkinsons.org.uk/local-support-groups/regions/vale-glamorgan-support-group