

NEWSLETTER

November 2018



November

Contents

- 1 Crossroads & Carers Trust Merge
- 2 Care giving and Sibling Relationships - 5 Tips for Working Together
- 3 Don't Forget to Laugh
Quote of the Month
Did you Know?
- 4 Direct Payments
- 5 Optician's Eye Tests 'could spot early signs of dementia'
- 6 Rocking Around the Clock with group members Sylvia and Ann.
- 7 Christmas Party Invitation
- 8 CTSEW Job Vacancies
- 9 Help & Support Contacts
- 10 Carers Trust Support Groups are Worth Your Time
- 13 CTSEW Support Group Meetings October, November, December 2018 & January 2019
- 14 Our Appeal



Crossroads Care in the Vale and Carers Trust South East Wales Merge



On 30th June 2018 Crossroads Care in the Vale EMI merged with Carers Trust South East Wales (CSEW). The merger will ensure the long-term sustainability of the specialist services the scheme provides across the Vale.

There will be no changes to the services offered across the organisation continuing to provide a range of flexible services to meet the changing needs of the carer and the person they care for, from the point of diagnosis until the caring role ceases, and for some time beyond.

The scheme will remain the only specialist dementia care organisation providing a comprehensive range of high quality services for both carers and their loved ones, throughout the Vale.

CTSEW are currently developing a comprehensive website which will include much of the information contained in our Newsletters. We will let you know as soon as the website is up and running so that you can continue to keep in touch our latest news, resources, dates for support groups and contact details etc.

We would like to take this opportunity to thank you all for your continued support of our services and we look forward to continuing to work with you all.

From all the team at Carers Trust South East Wales



Care giving and Sibling Relationships: 5 Tips for Working Together



For some families, working with siblings to care for aging parents can be almost as challenging as the care giving itself.

In an AARP article from Dr. Barry Jacobs, he talks about his experience working with his brother to care for their mother and the challenges and conflicts that come up for most siblings. It's always easier to give advice than to follow it, but working toward putting these tips into action improves relationships and makes care giving go more smoothly.

1. Focus on the quality of your parents' care

It's helpful to remember that when siblings are able to work together to care for aging parents, the parents will get better care overall. Plus, when siblings are in conflict, parents are likely to know. It will probably upset them to be unintentionally causing a difficult situation. Dr. Jacobs also makes a good point that if you're spending time and energy fighting with each other, it takes away from the effort you could use to advocate for your older adult.

Thinking of these factors might help you to put aside differences for your parents' sake.

2. Don't get stuck in childhood roles

It's easy to fall back into childhood roles and rivalries when working together to care for aging parents. Siblings might compete to be the favorite or fight to control decisions.

It's helpful to remind yourselves that everyone is now an adult and that you don't have to follow the behavior patterns of childhood.

Try to treat each other with respect, as you would any another adult.



3. Get rid of sexist stereotypes

Gender stereotypes shouldn't be used to assign care giving responsibilities. Brothers shouldn't expect sisters to do all the work because they're used to the idea of women taking care of the household.

Siblings can work only together effectively when gender stereotypes are put aside.

4. Don't aim for equality, do what makes most sense

It's not likely and not practical that you'll find a truly equal distribution of care giving work. Instead, it helps the whole team if responsibilities are distributed in ways that make sense based on each person's unique situation.

Siblings will live varying distances from parents, have different financial situations, and have different life responsibilities. It's natural for one or two to take on more responsibility than others.

This "inequality" isn't always a bad thing. When one or two people can respond quickly when things happen or be there in person more often, they can take the lead.

Of course, it's still important that all siblings contribute. Having regular family meetings to check in and acknowledge everyone's contributions helps keep things on track.

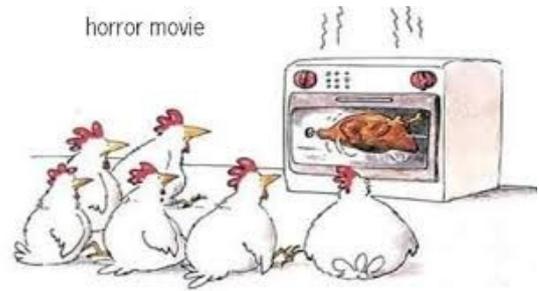
5. Be kind to each other

Care giving is a tough job that tests everyone's patience. And some parents are uncooperative, mean, or don't show any appreciation. It makes the job a little easier when siblings are kind to each other. Plus, you can vent your frustrations to each other and get support, knowing that you all understand the situation.

Don't forget
to smile.



"I invented wax."



QUOTE OF THE MONTH

Self care is not about self-indulgence, it's about self-preservation

Audrey Lorde

DID YOU KNOW

?

Badgers are part of the family *Mustelidae* this is the same family as otters, ferret, polecats, weasels and wolverines. Badgers can grow to nearly a meter in length. The European badger is larger than the American badger and the Honey badger. They weigh on average around 9 - 11 kg (20 - 24 lbs). A badger can run up to 30 km/h (19 mph) for a short period of time. A male badger is called a boar, the female is called a sow and the young are called cubs. A group of badgers is called a cete, although they are often called clans. There are usually 2 - 15 badgers in a cete.



?

A full moon is 9 times brighter than a half moon.



?

The honey bee is the only insect that produces food eaten by humans. It takes the nectar from 2 million flowers to make 1lb (450g) of honey. One bee would therefore have to fly around 90,000 miles, 3 times around the globe, to make a pound of honey. The term 'make a beeline for..' is used because the honey bee takes the shortest route possible to reach their flower of choice.



?

Water freezes faster if it starts from a warm temperature than a cool one.



Direct Payments Support Scheme

It is recognised that disabled people have the right to live independently in the community, controlling their own care needs and making services work for them to create a more inclusive lifestyle.

Until recently, the only available assistance from the local authority was given in the way of homecare services, traditional carers who worked on a rota system visiting many service users during the week at times to suit their schedule rather than the person receiving the service.

You can now opt to receive a cash payment from the local authority in lieu of services such as homecare. This cash payment is known as a **Direct Payment**. This money must then be used to meet the needs on your care plan, by either buying services of your choice, or more commonly, employing your own Personal Assistants. The idea of providing a person with a Direct Payment is that social services are providing an individual with an opportunity to have **more choice and more control** over their care needs. Direct payments can also be given in lieu of respite services if you have received a carer's assessment.

Dewis Centre for Independent Living has been contracted by Vale of Glamorgan Council as well as Rhondda Cynon Taff, Merthyr and most recently Cardiff, to provide a support scheme for those receiving direct payments. The Direct Payments Support Scheme provides a comprehensive package of support to everyone who is referred to it. Within the organisation there is a wealth of experience in all the issues involved in community care, in recruiting personal assistants and in employing staff.

If this sounds like something of interest to you, please ask your social worker or local Social Services Department for more information on Direct Payments, or contact :

Dewis Centre for Independent Living on 01443 827930

or visit our website www.dewiscil.org.uk .

Optician's eye test 'could spot early dementia signs'

A simple eye test carried out by opticians could help predict who is at risk of developing dementia, a study suggests.

The test is usually done to spot early signs of eye disease, by looking at tissue at the back of the eye - the retina.

Now scientists have found people with thinner retinas are more likely to have problems with memory and reasoning.

Researchers believe the test could be used to screen for early dementia.

Over 40s health check to include dementia advice

The foods that might help with dementia

Dementia patients 'abandoned' by system



The study of 32,000 people measured parts of the retina, and in particular the retinal nerve fibre layer (RNFL), using optical coherence tomography (OCT).

Study participants, who were between the ages of 40 and 69, were also assessed on their memory, reaction time and reasoning.

Scientists found those with the thinnest RNFLs were more likely to fail one or more of the tests.

They were also twice as likely to score worse in follow-up assessments over the next three years, the study published in JAMA Neurology found.

Memory loss, difficulty with carrying out familiar tasks and other types of cognitive decline can be early symptoms of dementia.

Prof Paul Foster, from the University College London Institute of Ophthalmology, co-lead author of the paper, said OCT tests could help identify people at high risk of developing the disease.

Prof Foster added: "It is likely that treatments will be more effective in slowing or stopping dementia at earlier stages of the disease.

"Also, by targeting people in the earlier stages, it should be possible to design better clinical trials for treatments that make a real difference and improve people's lives."

An association between deterioration in the retina and optic nerves, and people who have established dementia had already been known.

But researchers said their study suggested such changes could be spotted with OCT tests even in the early stages of cognitive decline.

Experts say **deterioration in the retina may mirror changes going on in the blood vessels in the brain**, which could play a role in the development of the disease.

However, other scientists have questioned the link between RNFL thickness and dementia, arguing that it does not reliably predict cognitive ability.

Researchers said an advantage of OCT tests is that they offer a relatively inexpensive and non-invasive way to screen for dementia.

But they said the tests should probably not be done in isolation to screen for dementia, as there would be people with

thinner retinas who did not go on to experience cognitive decline.

Research 'vital'

Dr Laura Phipps, from Alzheimer's Research UK, said exploring how the eye can be used as a window into early brain changes was a growing area of research.



She said it would be interesting to see whether further studies showed that a greater likelihood of cognitive decline in those with thinner retinas also translated into an increased risk of dementia.

"With future treatments for Alzheimer's and other dementias likely to be most effective when given early in the disease process, research into sensitive and non-invasive early markers of disease is vital.

"The brain is well protected by the skull and current approaches for detecting brain changes - such as brain scans - can be expensive to use routinely.

"While a diagnosis of dementia will always rely on results from a number of different tests, further studies should look at how sensitive OCT could be at identifying those most at risk of cognitive decline in the general population."

The charity added that it was co-funding a study which analysed eye scans to look for features that could indicate the presence of dementia.



24th July 2018



ROCKING AROUND THE CLOCK

At CTSEW Carers Social Group, Penarth

Just look at our very own Dancing Queens at one of our summer Penarth Social Group Meetings in Penarth.

Two of our fabulous members, **Sylvia Brown** and **Ann Lampert**, showed us just how it's done as they jived around the room to Bill Hayley's 'Rock Around the Clock' ... to our joy.

Ladies, you certainly are in fine tune!!

Thank you so much for making an enjoyable afternoon extra special!!

If you are caring for somebody with dementia or late onset mental illness and you would both like to join our Penarth Social Group please give **Jayne a call on 02920 700057 Option 3** for details.



We will be given a warm and friendly welcome.

**It's coming up to that time again !!
You are invited to our**

CTSEW CHRISTMAS PARTY

Please come and join us for some fun and good cheer!!

This years Christmas event will be held on:



Thursday 6th December 2018

12 noon to 3pm

at Penarth Conservative Club



We will be having a 2 course buffet lunch provided by

Foxy's Deli & Cafe

Entertainment from **Live Music Now**

Tenor Huw Ynyr and pianist Conal Bembridge-Sayers

followed by a raffle

The event is open to :

- **CTSEW carers and their dependent relative, group members, counselling service users plus family and friends**
- **CSTSEW staff trustees and professional partners**

If you would like to join us, please complete the attached reply slip and send with a cheque for **£9.50 per person** payable to 'Carers Trust South East Wales' by **Thursday 29th November 2018** to:

Jayne Hill, Carers Trust SEW, West House Cottage , Stanwell Road, Penarth, Vale of Glam CF64 2EZ or for further details call 02920 700057 Option 3

To: Jayne, Counsellor at CTSEW, Penarth

I/We would like to attend the CTSEW Christmas Party at Penarth Conservative Club on **Thursday 6th December 2018**

Name(s): _____

I have enclosed a cheque for £9.50 per person payable to 'Carers Trust South East Wales'



JOB VACANCIES

Carers Trust South East Wales are looking for new care workers to join their team in the Vale of Glamorgan. The role will require you to care for our clients in their own home assisting with their personal care, general household duties, shopping as well as assisting to access the community and our Day Centre.

Successful applicants should have the following :

- Good Communication skills
- Compassion for others
- Good time keeping
- Perform well under pressure
- Flexible
- Ability to understand what the role entails
- Ability to follow instructions
- Hold a current driving license and have their own transport
- Have the right to work in the UK
- Applicants must have a full DBS Check carried out and be able to provide references before employment can start.

Although past experience in the care sector is desirable it is not essential as full training is given to all successful applicants.

CTSEW currently have both full and part time positions available with the opportunity to pick between flexible shift patterns (£8.20 per hour).

For more information please contact CTSEW direct or send your CV and a covering letter to care@crossroads-vale.org.uk

NO CLOSING DATE FOR APPLICATIONS

WALES DEMENTIA HELPLINE

This helpline offers support, information and agency signposting for anyone caring for a family member or friend with dementia.



SENIOR HEALTH SHOP

38 Holton Road, Barry
Tel: 01446 732383

Health Topics * Information Sessions * Weekly Classes & Cafe



Vale of Glamorgan Libraries Home Library Service

Melanie on 01446 422419 for more information.

www.valeofglamorgan.gov.uk/libraries



WITH MUSIC IN MIND Groups in Cowbridge & Barry

Please call, email or visit the website for details of times and venues

Tel: 07500 776295

Email: info@withmusicinmind.co.uk

Website: www.withmusicinmind.co.uk

DIAL Project

Cardiff & the Vale of Glamorgan



DIAL supports people living with dementia.

The project delivers a range of activities including cookery, sports and therapy to support people living with dementia and their carers in coping with the condition, and there is not charge to access this service.

Contact information:

If you would like to get involved with the DIAL project, or if you would like further information about the project, contact:

Rob McMillan, DIAL Senior Case Worker
Tel: 02920 895250
E mail: dial@gofal.org.uk
Website: Gofal.org.uk



Marie Curie Carers Café

Care and support through terminal illness

For more information please contact:

Susan Court, Project Manager :

E: susan.court@mariecurie.org.uk

Care & Repair Cardiff and the Vale

Are you over 60?
Do you live in Cardiff or the Vale of Glamorgan?
Do you own your own home or privately rent?
Would you like advice and support with maintenance, adaptations and repairs?

Call Care & Repair Cardiff and the Vale for a free home visit on 029204 73337

careandrepair@rcrcv.org.uk



FORGET ME NOT CHORUS

Come together to share an evening of singing, fun and laughter

The sessions are specially designed for people with dementia and their families and are located in easily accessible venues with parking.

For more information call: Sarah 07968 169424/02922 362064



Dementia Café



2nd Monday of every month

Ty Hapus
163 Holton Road, Barry
CF63 4HP
1.30 to 3.30pm

3rd Tuesday of every month

Bethel Baptist Church
Durrell Street
Llantwit Major CF61 1AD
2 to 4pm

For more information please call 029 2043 4960

Why CTSEW Carers Support Groups are worth your time

Care giving is difficult and everyone struggles with the day-to-day challenges. Instead of feeling abandoned and suffering on your own, try our carers support groups. They are a helpful, safe and confidential place that can make your life easier, reduce stress, and improve your health.

- Learn valuable care giving tips from other caregivers.
- Get support and advice to help you make difficult decisions or deal with family conflicts.
- Give and receive advice on how to manage.
- Find out how other caregivers make time to care for themselves.
- Make new friends and gain ongoing support .
- Laugh and cry with people who really get it. We all need an emotional release every now and then.



How caregiver support group meetings work:

Who leads the meeting? Our facilitator Jayne, who is also a qualified, experienced counsellor.

How often do groups meet? Each group has a regular schedule – meetings are monthly on the same day, time, and location (location varies for CAMEO and Western Vale Groups).

What if I miss a meeting? No problem, you don't have to go regularly. Just attend when you can or when you need extra support.

Do I have to talk? No, it's completely optional to share. If you'd prefer not to speak, that's absolutely ok.

How long do they last? Meetings usually last between an hour and a half to two hours, but don't let that keep you from attending. Talk to the facilitator if you need to arrive late or leave early.

What happens at meetings?

Expect a warm welcome whichever group you attend.

Carers only meetings? The facilitator will introduce new members to the rest of the group and give them an opportunity to talk about their care giving situation. After that, anyone can ask questions, ask for advice about specific situations, or bring up topics for discussion over a cuppa and biscuits.

Social group meeting? The facilitator will introduce new members to the group and members will get to know each other over lunch (Western Vale Social Group) or enjoy a guest speaker, share past memories and experiences over a cuppa and biscuits (Penarth Social Group).

CAMEO (Come And Meet Every One) Group? The facilitator will introduce new members to the group over lunch. You can chat, make new friends and learn about how others are coping with the changes in their life following the loss of a loved one or their loved one has gone into full time residential care.

How carer support groups can help

Support group members validate each other's experiences. It's a relief to know that what you're going through is normal and that you're not the only one with these feelings – negative or positive.

By sharing feelings, accomplishments, losses, and humour, known only to those who experience dementia, members can develop emotional ties to one another. Many life long friends have been made in our groups.

Support groups are a great place to ask for advice, find out about useful resources, and just vent about your frustrations.

Nobody will judge you because everyone is going through the same struggles.

After all, there's no instruction manual for being a caregiver! And let's be honest, being forced to learn **everything** by trial and error is tough! Why not learn from someone else's experience?

Carers in support groups report 8 key benefits

Research has shown that participating in carer support groups results in very real benefits that can significantly improve your quality of life:

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Improving your coping skills
4. Reducing distress, depression or anxiety and having lower rates of clinical depression
5. Developing a clearer understanding of what to expect with your situation
6. Getting practical advice or information about treatment options
7. Improving your caregiving ability and giving better quality of life for the older adult
8. Helping you keep your loved one at home longer

**If you would like to know more about CTSEW Carers Groups please see contact details below.
We look forward to welcoming you!**

You are not alone.....



Caring for someone with dementia or mental illness can be challenging, isolating and stressful, don't be alone.

If you would like to share your experiences with others, gain support, or simply be in the company of others in a similar position, you are welcome to join one of our monthly Carers Support Groups.

Our groups are welcoming, friendly and confidential.

Please see details of our groups for carers, carers and their dependent relative and past carers overleaf (page 13).

For more information contact:

**Jayne Hill, Group Facilitator/Counsellor 02920 700057 Option 3
or email: counsellor@crossroads-vale.org.uk**

Are You Caring for an Older Person with Dementia or Late Onset Mental Illness ?

Would you benefit from the support of others who understand your day-to-day challenges?



Carers Trust SEW provides groups to support carers and their dependent relative.

Caregivers in Support Groups report many benefits:

- **Feeling less lonely and isolated**
- **Making new friends**
- **Gaining a sense of empowerment & control**
- **Developing coping skills**
- **Taking time for yourself**
- **Being understood**
- **Learning valuable care giving tips**
- **Freedom to express feelings**
- **Enhancing self esteem**
- **Reducing stress, depression and anxiety**

GROUPS FOR CARERS & THEIR DEPENDENT RELATIVE	
Western Vale Social Group	Meets monthly for a pub lunch in the Rhoose/ Llantwit Major/Wick area
Penarth Social Group	Meets monthly at Stanwell Road Baptist Church, Penarth . Socialise over a cuppa and biscuits.
GROUPS FOR CARERS ONLY	
Barry Carers Group	Meets monthly at St David's Church Hall, Colcot Road, Barry
Barry Evening Carers Group	Meets monthly at Crossroads Day Centre, Barry Island
GROUP FOR WHEN THE CARING ROLE HAS ENDED	
CAMEO Group 'Come and Meet Every One'	Meets monthly for lunch in Barry, Sully or Penarth

**For more information about Carers Trust support groups please contact Jayne Hill:
02920 700057 Option 3
counsellor@crossroads-vale.org.uk**





Carers Trust SEW Support Group Meetings

October, November, December 2018 & January 2019

PLEASE NOTE DATES & LOCATIONS ARE SUBJECT TO CHANGE, IN WHICH CASE WE WILL LET GROUP MEMBERS KNOW AHEAD OF TIME

CAMEO PAST CARERS' GROUP

For when the caring role has ended.

Wednesday 3rd October

The Toby Inn, Barry

Wednesday 7th November

The Toby Inn, Barry

Wednesday 12th December

The Toby Inn, Barry

12–3pm

Wednesday 9th January

The Toby Inn, Barry

PENARTH SOCIAL GROUP

For carers and their dependent relatives.

Monday 1st October

Monday 5th November

No group in December

Monday 7th January

2–3.30pm

Meeting at Stanwell Road Baptist

BARRY SUPPORT GROUP

For those currently in a caring role

Monday 15th October

Monday 12th November

No group in December

Monday 14th January

2–3.30pm

**St David's Methodist Church,
Colcot Road, Barry**

WESTERN VALE SOCIAL GROUP

For carers and their dependent relatives.

Thursday 25th October

Thursday 22nd November

No group in December

Thursday 24th January

12.15–2pm

Lunch at:

The Cherry Orchard, Barry

EVENING CARERS GROUP

For those currently in a caring role

Wednesday 31st October

Wednesday 28th November

No group in December

Wednesday 30th January

6.30–8pm

Carers Trust Day Centre, St John Bungalow, Breaksea Drive, Barry, CF62 5TN

Group facilitator/counsellor Jayne can be contacted

Monday to Thursday 9am to 4pm

02920 70057 option 3

Donation appeal



Since 1987 Crossroads have helped and supported thousands of Carers and their families in the Vale of Glamorgan. We have now merged with Carers Trust South East Wales. Your donation, however small, will continue to help and ensure that the Charity continues this invaluable service to support carers and their loved ones with dementia in the Vale of Glamorgan for another 30 years .

If you would like to make a donation please fill out the form below and forward with a cheque payable to **Carers Trust South East Wales, (West House Cottage, 17 Stanwell Road, Penarth CF64 2EZ)** or see one of our staff who would be more than happy to receive a donation on behalf of the charity.

Every donation received will help Carers Trust South East Wales continued success.



Name: _____

Address: _____

Amount £

If you are a UK taxpayer and would like to gift aid your donation, please tick here.