



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

Working together for carers



A local partnership, made up of the local councils in Cardiff and the Vale of Glamorgan, the Cardiff and Vale University Health Board, and our voluntary sector partners has started to work together on a plan for Carers. We want to take a regional approach to carers and work with a wide range of organisations that come into contact with carers. The Cardiff and Vale Integrated Health and Social Care partnership Carers Strategy will be created to help the region become a supportive and helpful environment within which carers, and those who benefit from their work, can thrive.

The partnership is committed to ensuring that carers are recognised within our communities and that every step is taken to ensure that the Cardiff and Vale of Glamorgan region is an environment that supports the highest quality of life both for those providing and in receipt of care.

The strategy is designed to strengthen all activity across the region where the needs of carers are an important factor, and will be useful for both residents and practitioners. The strategy intends to address the needs of the following groups:

- Children and young people who provide support to their parents or other family members (Young carers)
- Young adult carers
- Adult carers
- Parent carers

- People who provide care and support alongside maintaining paid employment
- People who provide care and support in their paid role but provide additional care and support outside of that (working carers or carers in employment)
- Families where one or more carers are involved
- Professionals assessing or supporting carers
- Those in receipt of care
- Those who have a relationship with a carer or the person they look after
- Members of the public who could potentially become carers, or cared for

In addition, the strategy will allow us to share and promote the ways we will support carers across Cardiff and the Vale of Glamorgan, and explain how we will monitor and maintain that support.

We will shortly be starting a series of activities to gather views from the above groups, involving some focus groups with local carers who have already volunteered to help us, and a survey which is open to everyone.

The consultation will:

- Focus on seven priorities that the region is proposing will be the focus of our regional strategy, and explain where they have come from.

- It will look at what carers need - Explain what each of the priorities mean - provide examples that will mean something.
- Talk about how we plan to make things better– give examples for each of the priorities.
- Ask people to tell us what they think about each of the priorities and what they mean to them.
- Ask people to suggest ideas about what else they think we could/should do to make things better for carers.

Focus Groups, with each session lasting two hours, are taking place as follows:

22nd May starting at 10.30 am - Channel View Leisure Centre,

Jim Driscoll Way, Cardiff, CF11 7HB

24th May - starting at 10.30 am - YMCA Barry, CF63 4EE

6th June -
Session 1 starting at 10.30 am;
Session 2 starting at 1.30pm - Channel View Leisure

12 June - starting at 1.30 pm - YMCA Barry

If you want to join us at one of the focus groups, please contact us at carersstrategyconsultation@valeofglamorgan.gov.uk or ring **01446 704604**

If you can't come along to one of these groups, but would still like to tell us what you think please let us know using the email or phone above.

Carers' Week 2019 (June 10th – June 16th)



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

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

Carers' Week is an annual campaign to raise

awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities. It is backed by eight major charities. The theme for 2019 is **Getting Carers Connected**

(see <https://www.carersweek.org/>) and there are lots of downloadable resources via <https://www.carersweek.org/get-involved/downloads>

Local events taking place in Carers' Week, will be shown, on the events section of dewis wales <https://www.dewis.wales/Events.aspx> and on the Carers UK map, which can be accessed via <https://www.carersweek.org/get-involved/events-near-you>

The Velindre Mindfulness App is now live!

This brand new free app been created by the Psychology team, here at Velindre Cancer Centre. The App is deliberately non-cancer specific so that anyone can use mindfulness as a tool to manage stress and anxiety.

Listeners will be guided through mindfulness exercises to help improve mental health and wellbeing and can be used before, during or after hospital treatment.

You can download the app via:

Google Play: https://play.google.com/store/apps/details?id=com.velindrecc.mindfulness&hl=en_GB

App Store: <https://itunes.apple.com/gb/app/velindre-mindfulness-app/id1450624693?mt=8>



Moving Forwards; Move More, More Often



The Annual Report of Fiona Kinghorn, the Director of Public Health (DPH) for Cardiff and the Vale of Glamorgan 2018, focusses on the benefits of physical activity. Moving Forwards; Move More, More Often, builds upon last year's annual report entitled, 'Moving forwards: Healthy travel for all in Cardiff and the Vale of Glamorgan' which focussed on healthy and active travel and on the influence of the car.

As Fiona Kinghorn says in her forward to the 2018 Report,

"All of us benefit from being active. It can be fun, sociable and a reason for meeting up with family and friends. It helps us to feel good and lifts our mood; it can relieve stress; helps us maintain a healthy weight and is good for our physical health. And it doesn't have to cost anything."

Moving Forwards; Move More, More Often has a striking format and excellent video case studies. The DPH want to engage with professionals and organisations in health, social care, transportation, planning, education, sport and leisure, community, third and cultural sectors as well as public and private employers to make the case for encouraging and supporting more physical activity, every day.

This report has the following underpinning messages for the population and for organisations:

For everyone:

- Sit less, move more and more often
- Use active travel options
- Visit and use green and blue spaces for play, walking and cycling
- Use the stairs
- Undertake some activities as part of a group.

For organisations (overview):

- Ensure the physical environment (buildings, infrastructure, roads, open spaces) support children, young people and adults to walk or cycle for recreation or travel and to engage in active play
- Integrate and promote opportunities for being active across and within settings (schools; workplaces; health and social care; primary care)
- Implement the commitments agreed within the Staff Healthy Travel Charter
- Provide community wide and one to one physical activity interventions across organisations and within local communities to support and promote health and wellbeing

The Report can be viewed/accessed via <https://sway.office.com/6QLeWnDIJVFgqoCx>

St John Ambulance first aid app

You can download a free St John Ambulance first aid app that will guide you through CPR and how to deal with a range of other emergencies.

Even basic first aid knowledge can be the difference between a life lost and a life saved. Our two free first aid apps put potentially lifesaving advice at your fingertips.

The app (download for Apple/iOS, Android or BlackBerry) provides step-by-step guides, both in illustrated form and as voice instructions to keep your hands free for giving first aid.



<http://www.sja.org.uk/sja/first-aid-advice/free-mobile-first-aid-app.aspx>

Culverhouse Cross and Morrison's Shopper Bus



VEST Community Transport provides door-to-door transport for individuals and their carers who are unable to use public transport due to age, isolation or restricted mobility. Supported with funding from The Vale of Glamorgan Council, VEST are able to provide a twice weekly shopping service for Barry and Wenvoe residents to visit any part of Culverhouse Cross.

In addition residents from **ALL AREAS** of The Vale are able to access Morrison's in Barry or Barry Town Centre every Saturday.

The vehicle is especially adapted for wheelchair users or those with mobility needs. You will enjoy meeting the same friendly driver each week who will happily help you into your home with your shopping.

Membership for services is enjoyed by many Vale residents. Brenda from Barry joined the scheme in May 2018 and uses the shopper bus to get her weekly shopping from Tesco's Culverhouse Cross. She told us, *"I find walking difficult so the shopper bus is a lifeline for me. The drivers are always on time, carry my shopping to my door and are just so caring; I don't know what I would do without them. It's a fantastic service"*.

The service costs from just £1.50 per person each way.

For further information please call **02920 490335** or visit www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=12525.

New Veteran Advice Service

The Veteran Advice service provides free, impartial, dedicated information, advice and support to members of the Armed Forces Community and their families, including carers, within the Vale of Glamorgan.

The service covers a range of areas, including Benefits, Adult Social Care, Finances, Employment and Housing.

There are many organisations supporting the Armed Forces community, so finding the right one can sometimes be complicated. The Vale of Glamorgan Veteran Advice Service aims to make this process as easy as possible. We will refer you to the most appropriate organisation for you to get the help you require.

Whether you're currently serving in the armed forces, or have previously served, you and your family can access our service for advice and support.

Contact the Veteran Advice Service or come in to any of our local library drop in sessions at: Barry, Penarth, Llantwit Major, Cowbridge, Sully, Wenvoe, St Athan, Rhoose, Dinas Powys.



To find out dates and times please contact Veteran Advice Officer, Abi Warburton, by phone **07725 704655** or email veteranservice@valeofglamorgan.gov.uk

Free Health and Wellbeing Courses Run by Education Programmes for Patients and Carers



The NHS are offering free courses to help carers focus on their own health and wellbeing, which can often take a back seat. The courses cover a wide range of topics in particular techniques to manage stress, something that due to the pressures and expectations of caring, carers can be particularly vulnerable to.

What will I learn on the course?

- Manage symptoms such as pain and tiredness
- Deal with anger, fear and frustration
- Cope with stress, depression and low self-image
- Eating healthily and getting better sleep
- Decision making and better breathing

- Relaxation techniques and taking regular exercise
- Improved communication and being more positive
- Planning and problem solving

The courses are peer lead and participants learn from each other, gaining practical advice and information on local services. If you find on the day that you can come – please just come along. Although we prefer to have an idea of numbers, we understand that caring can be unpredictable.

To book a place or get more information:

Telephone: **029 20 335 403**

Email: Epp.Info.cav@wales.nhs.uk

Text: **[your name]** and **“interested”** to **079 76 050 178** or **078 70 979 860**

Date Course starts	Type of course	Location of Course	Time
4th June 2019	Six Week Health Llandough Hospital and Wellbeing	Llandough Hospital	10:00am – 12:30pm
12th June 2019	Workshop 1 – Mental Health and Wellbeing	Remploy (YMCA), Court Road, Barry, CF63 4EE	10:30am – 12:30pm
19th June 2019	Workshop 2 – Physical Health and Wellbeing	Remploy (YMCA), Court Road, Barry, CF63 4EE	10:30am – 12:30pm
20th June 2019	Six Week Health and Wellbeing	Western Vale Family Practice, Cowbridge Health Centre	10:00am – 12:30

Epilepsy Wales - BARRY GROUP – COFFEE & CHAT

Ever wanted to know more about epilepsy? Epilepsy Wales holds a Coffee & Chat morning every 4th Thursday of the month, in the Age Connect café, Holton Road, Barry. Anyone who wants to know more, to ask questions, to ask for advice or sign-posting, or has an epilepsy related Personal Independence Payment (PIP) query, is welcome – whether you care or support someone with epilepsy, are affected by epilepsy yourself, or simply want to know more of this invisible condition that affects 1:94 of the general population in

HELPING PEOPLE WITH EPILEPSY THROUGHOUT WALES.



Wales. There are no appointments, no big purple banners shouting epilepsy, just a group of people affected by epilepsy meeting for a coffee and chat, facilitated by Lesley from Epilepsy Wales. The only things Lesley can't discuss are medication, Brexit and Manchester City!

Further Info: Lesley@epilepsy.wales
Phone/text: **07710 395070**

Epilepsy Aware at The Welsh Assembly

Join us to raise epilepsy awareness at the Welsh Assembly on Tuesday, 21st May 2019 during National Epilepsy Week (20-26 May 2019).

There will be an opportunity to meet your local Assembly Member to talk to them about any issue of epilepsy – whether you are frustrated by the lack of available appointments with your consultant, how you feel as a carer and/or whether you want to sing the praises of your epilepsy nurse.

Join us at The Pierhead Building, Cardiff Bay, between 12noon – 1.30pm on May 21st – it is an unique opportunity to raise your concerns about epilepsy treatment, both locally and across Wales.



Epilepsy Aware at Senedd

For further info: contact us
email: info@epilepsy.wales
or cal: **0800 228 9016 / 01978 312 325**

Relaxed Concert for carers at Penarth Pier

A concert in a supportive environment for those with additional learning needs and their carers will take place at 1.30pm on Friday 29 June 2019 at Penarth Pier. Top class musicians will play highlights from the four day Penarth Chamber Music Festival, including music by Schubert, Beethoven, Faure, and Mendelssohn.

Tickets are available, either by ringing ticket source on **0333 6663366** or on the door. More information about the concert can be found at <http://penarthchambermusicfestival.org.uk/programme>

Information and Support Centres



Caring Times would like to send its congratulations to Mary Bollingham, volunteer at Barry Hospital Information Centre. Mary was a winner at Cardiff and Vale UHB Volunteer award and is a friendly face we see around our hospitals who provides much needed support to people. Mary is pictured at the award ceremony alongside Jane Rowlands-Mellor, Lead Nurse Patient Experience at Cardiff and Vale University Health Board.



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

How to find us

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

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

Hafal Carer Group

The Family Support service is provided by Hafal over a 12-week period for carers of those with enduring mental illness and are in receipt of secondary service (where the cared for is under the care of the Community Mental Health Team). Hafal Family Support Staff provide advocacy, emotional support, welfare, information and advice and volunteering opportunities.

Hafal hold a carer's group every third Wednesday of every month between



10am-12pm at The Meeting Room, Barry Hospital. For further information, please contact Julie Pickin **07580 792168** or email julie.pickin@hafal.org or visit www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=17321

The Index

Are you caring for a child / young person with disabilities or additional needs?

Join over 700 families signed up to The Index in the Vale!

The Index lets you know about the services, activities and events happening in Cardiff and the Vale.

You can sign up to the Index if you are:

- a parent or carer of a child or young person with disabilities or additional needs
- a professional working with children or young people with disabilities or additional needs

Signing up means you don't miss out.

You get:

- The Index – a newsletter every 3 months. It's packed full of information.



- The Index eNews – emails about extra activities and events.

To sign up to The Index contact the Regional Index Officer (Cardiff and Vale):

0800 587 10 14

index@valeofglamorgan.gov.uk



Understanding Disability Awards 2019



Every year The Parents Federation hold an awards ceremony to acknowledge and celebrate the efforts of those who have made an extra effort to include our children. We encourage nominations all year round to recognise the many hidden heroes who make our children's lives so much easier.

The Understanding Disability Awards celebrate active engagement and commitment in promoting positive attitudes towards people with learning disabilities.

Do you know of:

- an Employer
- a School/ College or Teacher/ Learning Support Assistant
- a Volunteer

- a Local Group or Organisation
- a Child /Group of Children or Young People
- a Professional
- a Sibling or Young Carer (under 18 years of age)

who deserve recognition?

Why not nominate them for the 26th Understanding Disability Awards 2019?

Complete the form on-line: <https://goo.gl/forms/jXqh4ns0IRvBjxwk1> The closing date for nomination is Friday, 31 May 2019. For a more information, please contact the Parents Federation on 02920 565917 or visit our webpage <https://www.parentsfed.org/> The Spring 2019 Parents' Voice Newsletter is now available.

Carers Needed – Join Our Expert Panel!



The Carers Trust South East Wales Expert Panel works to ensure that the voices of carers are heard and for carers to be able influence, change and shape services that affect them.

The expert panel is made up of carers from across Cardiff and the Vale with various caring experiences. They advise, provide opinion and feedback on a wide range of things, including:

- Us – Carers Trust South East Wales
- The Local Authority
- Other third sector organisations
- Private sector organisations
- New legislation, policies and procedures affecting carers
- Special services or opportunities that carers require
- How carers would like to be supported

The views of the panel are listened to, represented and valued. Carers Trust South East Wales uses feedback from the panel to help improve services for all carers across Cardiff and the Vale, as well as influencing change nationally.

The meetings take place as follows:

Cardiff – Last Thursday of the month, bi-monthly

Eastern Vale - Last Thursday of the month, bi-monthly

Western Vale – First Tuesday of the month, bi-monthly

Confirmed dates are as follows:

Thursday 30 May 2019 1:00pm – 3:00pm Rhiwbina Memorial, Hall, 1 Lon Ucha, Rhiwbina, Cardiff, CF14 6HL

Thursday 27 June 10:00am – 12:00pm Penarth Town Hall, West House Cottage, Stanwell Road, Penarth, CF64 2YG

Tuesday 2 July 1:00pm – 3:00pm Western Vale Family Practice, The Broad Shoard, Cowbridge, CF71 7DA

All meetings will be held in accessible venues with free parking and will include a light lunch or dinner for attendees. We can also reimburse travel expenses. Please can all interested carers contact Sian Salkeld on: **01495 769 996** or email engagement@ctsew.org.uk so I can give them further information and have an idea on numbers.

Influence. Interact. Inspire.

Join our new Carers Panel & help shape services for unpaid carers in Cardiff & the Vale.

Contact Sian Salkeld on 01495 769996 or email engagement@ctsew.org.uk to find out more.



THE PLACE FOR CARERS IN THE VALE OF GLAMORGAN



The new Carers Trust South East Wales Vale Carers Hub offers a one-stop shop for unpaid carers to get information, advice and practical support relating to their



Karla new Penarth Hub Manager

care role in the Vale of Glamorgan. The hub is located in Penarth town centre and is open Monday – Friday and will be managed by Karla Judge-Heales (pictured alongside).

The hub offers a free drop-in service for carers to get advice and information on

everything from benefits to legal issues. A wide-range of activities run weekly – from social groups to mindfulness workshops. The hub provides a safe, comfortable space for carers to take a break from their caring role and also offers links to local organisations and groups. A long-running free counselling service also runs from the hub, providing specialist counselling to carers of people with late-life dementia or depression.

The Vale Carers Hub has been created following feedback from carers in the local area, with local people expressing the need for this type of service for carers. Carers Trust South East Wales have a wealth of experience in running specialist hubs for carers and the Vale Carers Hub model will include services in more rural areas of the borough in the future.

Carers Trust South East Wales is the leading provider of practical support for carers and those with care needs living in South East Wales.

The Vale Carers Hub, West House Cottage, Stanwell Rd, Penarth, CF64 2YG

Call Karla on **02921 921024** or email karla.judge-heales@ctsew.org.uk to find out more.

Barry Big Info Event

A free event is being held at Golau Extra Care, Golau Caredig, Gladstone Road, Barry CF62 7AZ on Tuesday 21 May 2019 between 10am and 1pm. The event marks Dementia Action Week 20-26 May (see www.alzheimers.org.uk/get-involved/dementia-action-week) and there will be lots of information and advice for carers living with dementia, as well as free tea, coffee and cake.

Confirmed stallholders for the event include:

Age Connect, Carers Wales, Cardiff & Vale Credit Union, T Hapus, Rondel House Day Centre Services, Forget Me Not Chorus, Woody's Lodge, Vale 50+ Strategy, Alzheimer's Society, Cardiff



and Vale Action for Mental Health, Vale Library Services and Vale Carers Team.

More information about any events taking place during Dementia Awareness Week can be seen at

www.dementiafriendlyvale.co.uk/
dementiafriendlybarry@outlook.com
 @dementia_vale



Welsh Ambulance Service Promises to Older People

THE WELSH Ambulance Services NHS Trust has launched a list of promises to older people who use its services. 'Our Promises to Older People' includes pledges to treat older people with dignity and respect, provide good information and communication if a patient has sensory loss and to recognise the signs of people with dementia (see <http://www.ambulance.wales.nhs.uk/Default.aspx?pagelid=317&lan=en>).

Our promises to you

When you need us, we promise to:

- ❖ Get to a life threatening emergency as quickly as possible
- ❖ Provide the best response and care for your needs, with staff who have the right skills
- ❖ Be kind, helpful and treat you with dignity and respect
- ❖ Be professional and courteous, involve you in decisions, explain what we are doing and why
- ❖ Be calm, compassionate and have patience
- ❖ Be considerate of your specific needs from the moment we answer your call (e.g. if you have dementia, if you are a carer, have disabilities, different conditions, are in pain or are frail)
- ❖ Provide good information and communication if you have a sensory loss

- ❖ (including hearing and sight loss) and support you if you have mobility issues
- ❖ We will only take you to hospital if we really need to
- ❖ Recognise the signs of people with dementia, and their needs
- ❖ Make sure you get the right response for your needs if you fall
- ❖ Respect you and your family's wishes during difficult and emotional times

If you need transport to a planned appointment:

- ❖ We will make every effort to get you to your appointment on time, and take you home
- ❖ Allow a family member/carer to travel with you if you are unable to travel on your own

If you have a carer, we will:

- ❖ Treat them equally and keep them informed of what's happening
- ❖ Include your carer in any discussions and respect their views
- ❖ Allow your carer to accompany you

For more information about the Promises, visit <http://www.ambulance.wales.nhs.uk/?gclid=1347&pageid=2&lan=en> or ring **01745 532900**



Refreshed Cardiff and Vale Regional Workforce Partnership (RWP) Website

The Social Services training departments for the Vale of Glamorgan and Cardiff joined together as of the 1st April 2018. It will provide training courses and development opportunities to both internal staff and external providers of social care across the whole region. Our website can be viewed at: www.cardiffandvalesocialcare.co.uk/

For some time, a small, working group have been looking at the training available to unpaid carers, including young carers, and how this can be made more available to a wider range of people, both in the Vale of Glamorgan and Cardiff.

The project aims to identify, communicate, deliver services and support unpaid carers. It will promote and share good practice, and find innovative and sustainable ways to support carers more effectively. It will look at distance learning and the e-modules that are available on various portals that may be of interest and/or help to carers.

It is clear that carers place a high importance of having the necessary skills to undertake their caring role and would like appropriate training courses to do so. Carers Wales' State of Caring Report 2018 on page 8 notes that, "Giving carers the right information, training and equipment at the right time to be able to care

well and safely" was a key priority for carers.

One of the difficulties is that the training taking place for carers is scattered across the region making it hard for carers to find out what is taking place and where it is. It has been the intention to have a central location on the internet which brings all the disparate training together. So, we are very pleased that a refreshed RWP webpage specifically for carers, including young carers, will be launched in Carers' Week 2019. The webpage is:

www.cardiffandvalesocialcare.co.uk/parents-and-unpaid-carers/

This RWP webpage is under development and will expand and develop over time; but we would be very grateful if you tell us what other training information you would like to see on this regional webpage and if there is anything that needs to be added by, either emailing CardiffAndValeSocialCareTraining@Cardiff.gov.uk or ringing **02920 871048**

In time, the RWP webpage will have cross links to bespoke training and will also link to the Dewis Cymru online resource (www.dewis.wales).



Valeways – New Carers' Walking Group

Valeways are offering a new led walk from April 2019. The walk is offered to carers of all ages as well as their friends and families.

Carers Trust Wales have calculated that there are at least 370,000 carers in Wales which is more than the population of Cardiff. Carers Trust Wales believes that 3 in 5 of us will become a carer at some point in our lives with this figure expected to rise (see <https://carers.org/country/carers-trust-wales-cymru>).

The carers' walk will be a gentle stroll which will offer a chance to exercise, meet people and enjoy fresh air. Hopefully the walks will support carers to live happy and fulfilling

lives for themselves, and give them renewed energy for their role as a carer.

If you are interested in joining this group, the walk will take place on the last Thursday of every month at 10:30am. We will meet outside Barry Island train station, CF62 5TH and the walk will last between 45 to 60 minutes.

If you want any more details, please contact Lynne -07729 991491 or visit www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=2463 .

