

CARERS NEWS

Welcome to the first edition of the new look newsletter for carers in Caerphilly – 'Carers News'. We have packed this edition full of news, information and developments that will be happening over the next few months, that we want to share with you.

We hope that you find it useful, informative and fun and would very much like to hear your views

and comments on what you thought of this edition and also articles that you would like us to include in future editions of 'Carers News'.

We are very grateful for the contributions made by carers and organisations so please send us your stories, poems, hints, tips, photos and news of any events that you would like to share with others.

Carers Week June 2011

We would like to say a big thank you to all carers and organisations that gave up their time to support the various events that we held throughout Carers Week back in June 2011.

We have received lots of great feedback on what you thought of the weeks events and the activities you enjoyed taking part in the most.



Bird box making and Mama Mia Sing Along were firm favourites!!

Got any ideas for 2012 Carers Week? - contact Hayley Smith on 01443 864604.

Don't forget, for more information about this newsletter you can contact Hayley Smith on telephone number 01443 864604 or e-mail carers@caerphilly.gov.uk. We would love to hear from you.

A big thank you to all the carers that completed the survey form throughout Carers Week. All survey forms were entered into a raffle drawer and 6 lucky carers received the following prizes - £15.00 Tesco Voucher, £10.00 Beautician

Voucher, £5.00 Morrison's Voucher, Meal for 2 at the Coal Hole, Hamper donated by Sainsburys Pontllanfraith and a Meal for 2 at Islwyn Bowls Club. Also thank you to all the organisations that donated a prize.

Ysbyty Ystrad Fawr

the new hospital in Ystrad Mynach



What services will be provided at Ysbyty Ystrad Fawr?

- Integrated Mental Health Unit
- Midwifery led maternity unit
- Better rehabilitation facilities with access to a full range of therapy services including hydrotherapy pool
- Dedicated stroke unit
- 24 hour local emergency centre
- Wide range of diagnostic services, e.g. MRI and CT scanning
- Children's outpatient clinic
- Increased number of outpatient clinics
- Increased amount of day surgery, e.g. cataract surgery
- Community Dental Service
- GP Out-of-Hours Service

How will carers benefit?

One of the key factors about the hospital is that it will be 100% single room availability for patients. This will allow a much greater window for visiting hours (11 am to 8.00 pm - still to be confirmed).

There are also facilities and rooms for carers to stay overnight. This can either be in a separate room or, in some circumstances, in the same room as the patient on a reclining chair or a z-bed. Communication between medical staff and patients/carers is also much better with single rooms.

In general, carers will benefit from the overall advantages of Ysbyty Ystrad Fawr, in that patients will require fewer journeys outside of Caerphilly Borough for diagnosis, treatments, outpatient/ follow up visits. For example, whereas cardiac surgery will still be carried out at the Royal Gwent or University Hospital of Wales, it is likely that the initial diagnosis will have been done at Ysbyty Ystrad Fawr and so will the post operative check ups.



Carers Strategies (Wales) Measure 2010 - What is it?



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Earlier this year, the Welsh Government issued the Carers Strategies (Wales) Measure 2010. A Measure is a piece of law made by Government and has a similar effect to an Act of Parliament.

This Measure places legislative duty upon Local Authorities & NHS to produce a joint Strategy for Carers and is the first time a legislative duty has been placed on the NHS in relation to services for Carers in Wales.

This means that Caerphilly County Borough Council & Aneurin Bevan Health Board must work in partnership to prepare, publish and implement a joint strategy for carers. The strategy must include the main aims below :-

There will be a new duty on Health and Local Authorities to :-

Develop local information strategies that will ensure carers get “appropriate information and advice”.

Actively engage with and involve carers when making decisions about the provision of services to or for carers or the person cared for.

Consult about the planning, commissioning and delivery of local services that affect carers or the people they look after.

The partnerships will not only be with social services in the local authority but also include other areas, such as housing, education, leisure etc, and the voluntary and private sectors.

The provisions of the Measure encompass carers of all ages, including young people under 18 who are caring.

What this means for Carers

Improved advice & information available to carers.

Ensure carers are recognised as key partners in the delivery of care to the people they support.

Ensure the needs of young carers are also considered.

What we need to do

Involve carers in the development of future services.

Develop creative ways of supporting carers.
Listen to what carers have to say about decisions that effect them.

Provide carers with accessible and meaningful information when they need it.

Have your say!

Our 'Have your say!' campaign will be running over the next couple of months, to give carers the opportunity to have their say on the issues that effect them.

Please tell us

- What we can do to improve the support and services we provide to carers?
- What is important to you as a carer?
- How we can better support you as a carer?
- What information will help you in your caring role?
- Also let us know what currently doesn't work well for you as a carer

How to have your say

We take every opportunity we can to meet with carers and will be holding a series of events within your local communities and attending your Carers Support Groups.

We understand that your time is valuable, so you can also have your say by contacting us by phone, post or e-mail.



Cut out and keep



Directorate of
Social Services

HOW TO GET IN TOUCH WITH CAERPHILLY CARERS SUPPORT SERVICES

by phone: 01443 864604

by post:

Carers Support Services
Caerphilly CBC
Social Services
Tŷ Penallta
Ystrad Mynach
Hengoed
CF82 7PG

by email:

carers@caerphilly.gov.uk

Do you care for someone with a Learning Disability or Mental Health problem

Would you like to have a say on shaping the services they receive?

Caerphilly Social Services and Aneurin Bevan Health Board want to hear your views on what services you think should be available over the

next 10 years and how you think these services should be delivered.

You can do this by the following website - www.caerphilly.gov.uk , or by contacting us to receive a paper copy.

Abuse of the Elderly has been highlighted by two recent events in caerphilly



This was the fourth annual event held on the 15th June 2011, that Caerphilly County Borough Council Protection of Vulnerable Adults (POVA) team facilitated to raise awareness on how to report abuse and seek support for members of the community who are vulnerable and less able to defend themselves against abuse. The event coincided with World Elder Abuse Awareness

Day but was an opportunity to raise awareness of abuse across all categories of vulnerability.

The event in Caerphilly Visitors Centre was a huge success whereby the public accessed much information about the Protection of Vulnerable Adult's service, Gwent Police, Social Services and many others.

The event held in Ty Penallta was also a huge success. Over £500 was raised through selling of homemade cakes and the raffle, which was almost double the amount raised last year. Cakes were baked and sold by individuals who attend Blackberry Catering Day Service and Caerphilly People's First.

If you suspect that a vulnerable adult is being subjected to any form of abuse please contact the council's Adult Services Duty Information Team on 0808 100 2500.

Carer's Allowance

Carer's Allowance is the main benefit for carers. From April 2011 the weekly rate is £55.55

To get Carer's Allowance you must meet all the following conditions:

- You look after someone who gets a qualifying disability benefit.
- You look after that person for at least 35 hours a week.
- You are aged 16 or over.
- You are not in full-time education.
- You earn £100 a week or less (after deductions).
- You satisfy UK presence and residence conditions.

Carer's Allowance is not means-tested – in other words not based on your income or savings – but earnings may affect your entitlement. It is not based on your National Insurance record.

Carer's Allowance is taxable but, because it is a low amount, on it's own it is below the threshold for paying tax. So you will only have to pay tax if you have other sources of taxable income such as an occupational pension or earnings.

For more information contact: 0845 6084321, open Monday – Thursday 8.30am – 5.00pm and Friday 8.30am – 4.30pm.

Resource Library for Carers

We are putting together a resource library with various reference books and DVD's that we think may be of interest to carers.

The items will be held by the Carers Support Worker and can be loaned and delivered free of charge to carers.

We hope to get a list of all available items on the carers website over the next few weeks, but in the meantime if you would like to know what is available or how to loan a book or DVD, please contact Hayley Smith, Carers Support Worker or email carers@caerphilly.gov.uk

News about Training Courses

Caerphilly County Borough Council's Learning & Development Team provide a wide range of training courses, the majority free of charge.

They are available to carers, service users, commissioned services & voluntary sector. To find out more, courses available and how to request a place, see details on the Carers website. Use the following link:

www.caerphilly.gov.uk/carers

If you are interested in a course but can't attend, we may be able to provide you with the documentation from the course.

Competition

From the 1st October 2011 all shops will be charging 5 pence per carrier bag. Help us design a picture or logo to produce some re-usable bags. The lucky winner will receive £30.00 worth of Asda vouchers to spend on what they would like. Entries will need to be in by Friday 18th November 2011. We will aim to get the bags produced in time for our next Carers Rights Day on Friday 2nd December 2011. All entries to be sent to Hayley Smith, Penallta House, Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG.



Age UK LifeBook

LifeBook

An easy to use and safe method of recording the practical details of your life

ageUK
The new force combining Age Concern and Help the Aged



The LifeBook is a free booklet where you write important and useful information about your life, from who insures your car to where you put your TV licence.

Sometimes it is easy to mislay important documents and information, so, Age UK developed the LifeBook to help you find exactly what you need without searching. The LifeBook will not only help you to be more organised but could also be invaluable to a family member or a friend if they need to find important information about you in an emergency.

To request a printed copy of a LifeBook or a version to be emailed for you to store and complete on your computer, call Age UK on 0845 685 1061 and quote reference ALL 721.

Young Carers - Buzzing Marvellous Family Trip To Cwmcarn Forest Drive



Here are some of the comments by the young carers and their families:-

‘ It was something different we really enjoyed ourselves’

‘It was nice to spend time together as a family’

‘It was fun!’

‘We learnt something new’

‘We will come here again’

Back in August 2011 Barnardo's young carers organised a trip to Cwmcarn Forest Drive to promote shared family experiences using low cost facilities and activities within the locality, so that families can access them again independently. The families learnt about bees and their importance, they were taken on a guided walk of

the valley, each young person was given a sheet of wild things to look out for and also they collected flowers and leaves to make a bookmark. When they returned to the centre the young people made bumble bees out of eggs and were given the opportunity to try different types of honey.

Congratulations

Congratulations to all our Young Carers who did well in their exams this year. To name just one Ashley Court gained 4 A levels and will leave the service soon to take up his place in Portsmouth University this September. It was a double

celebration for Ashley as he collected his results on his 18th birthday!

For more information about Barnardo's Young Carers Visit their website – www.barnardos.org.uk/caerphillyyoungcarers or contact them on 01633 612712.

Whats on? - Christmas Shopping Trip - Bath Christmas Market

Christmas is fast approaching so why not come along on this years free shopping trip to Bath on Thursday 24th November 2011. Details of the free pick up and drop off points are listed below:-

8.45am – Blackwood Asda bus stop opposite Miners Institute

8.55am – Maesycwmmmer bus stop outside the shops

9.15am – Caerphilly bus stop outside the Pontywindy pub opposite Asda's

Will aim to leave Bath at 4.30pm to return back home. Spaces are limited so please contact Hayley Smith on 01443 864604 or e-mail carers@caerphilly.gov.uk to book your seat. Look forward to hearing from you all. There is a Possibility that a sitting service could be arranged for the person you are looking after.

Carers Rights Day 2011

Carers Rights Day is being held on Friday 2nd December 2011, 10.00am – 2.30pm at the New Cottage Dance Centre, Ystrad Mynach. There will be lots of free activities for you to join in, fancy a bit of pampering or maybe Christmas card making. Why not pop along and enjoy a mince pie.



Why not visit our Carers website



Caerphilly Social Services have recently updated the Carers web pages and will continue to add to it over the next few weeks, why not take a look at:

www.caerphilly.gov.uk/carers

Please tell us what else you would like to see on the Carers web pages.

Do you have any events coming up?

Do you have any events that you would like to advertise in the next edition of the Carers News? Please get your articles to us by December 2011.

**Please contact Hayley Smith on 01443 864604
or e-mail carers@caerphilly.gov.uk.**