

FREE

Issue 2 of 3, 2022

Carers Magazine

For unpaid carers in Ceredigion



You are a carer if you look after a friend or family member who cannot manage on their own because they have an illness, poor health, disability, mental health issue or an addiction.

LGBTQ+ support
Pages 12 - 14



Community



Meet the Community Connectors - pgs. 8 - 10

Carer stories - pgs. 16, 20 & 28

Gofalwyr Ceredigion Carers - pg. 26

Young carer news - pg. 30

And lots more...



Cyngor Sir
CEREDIGION
County Council

Produced by Ceredigion Carers and Community Support Team

A message from Sara, Carers and Community Support Team Manger

Welcome to the autumn edition of the Carers Magazine.

Many of us have been saddened by the death of her Majesty Queen Elizabeth II. In the times when we are feeling low, it can help us to remember the things that make us smile and the people who have helped us when we have needed it.

Ceredigion is lucky to have lots of supportive people in our communities, community groups and local organisations who are willing to reach out and lend a helping hand to those of us who need a little support from time to time.

The autumn edition of the Carers Magazine brings together information about some of the people who are in your area who can provide support and a helping hand.

On page 8, we introduce you to Ceredigion's team of Community Connectors, who are based across the county. You can find out how they can help you connect with your local community and find the support you need at the right time.

Autumn is the time that we prepare for winter and lots of pages in this magazine point you to where help can be found to do this, whether that be the Carers Wales online sessions on page 17 or looking at taking up a new hobby on pages 21 and 22.

In November, we are looking forward to holding 'Carers Rights' awareness raising events across the county, and we hope that you will be able to join us, see page 3 for more details.

Diolch yn fawr

Sara Humphreys



The Carers and Community Support Team would like to say a big **THANK YOU** to all of the carers who shared their very personal stories with us and for allowing us to share them with other carers, in this issue of the magazine.

Introducing Ceredigion's new Carer's Champion

We are very pleased to announce that **Councillor Carl Worrall** has recently become Ceredigion County Council's Carers Champion.

As we start to get out and about in the community, Carl will be joining us at events for carers. Carl is looking forward to meeting you all and your families and would like to hear about the concerns and issues that carers in Ceredigion are facing.

We asked Carl about his new role and how his experience helps him to understand what it means to be an unpaid carer in Ceredigion:

Why did you want to become Ceredigion's Carer's Champion?

When I was offered the post as Ceredigion Carer's Champion I said yes straight away. As a father of a young lady who needs the help of

Unpaid Carer's and seen first-hand the work, they do for their loved ones I just wanted help in any way I can .

What is important to you, in the role of Carers Champion?

For me the most important thing is to highlight the hard work carer's do day in and day out, and to work with others to help carers in away way I can.

How can carers get in touch with you?

You can always email me at carl.worrall@ceredigion.llyw.cymru, but I'm always available for a chat on **07980746006**.



Carl Worrall

Woodland & Craft Activities with Tir Coed

For unpaid carers (and the people they support)

- Experience and explore a wonderful Welsh woodland;
- Be inspired by the nature that surrounds you;
- Lose yourself in the moment and unleash your creativity;
- ...and find your adventure!

Dress: please wear warm layers and waterproofs. Flat shoes essential; activities may be on rough and steep terrain.

Spaces limited: please book your place by 7 October 2022, email connecting@ceredigion.gov.uk



**Wednesday
19 October
10am - 3pm**

@ Coed Tyllwyd,
Llanfarian,
SY23 4QE



CARERS RIGHTS DAY 2022

Every day 6,000 people become carers, but often it's not something that people have planned for.

Carers Rights Day takes place every year to help carers know their rights, to help carers find out how to get the help and support they are entitled to and to raise awareness of carers' needs.

This year we will be holding 3 information events across the county, to celebrate Carers Rights Day..

The venues, dates and times are:

**Aberystwyth
University
17 November
12 – 4pm**

**Gorsgoch Hall
10 November
10am - 3pm**

**Cardigan
Leisure Centre
24 November
10am – 3pm**

More information to follow soon...

Ceredigion Carer Card and Young Carer ID cards

Have you applied for your **FREE** carer ID card yet?

If you are an unpaid carer living in Ceredigion or caring for someone who lives in Ceredigion, you can apply for a carer card.

To apply for a card and for more information, visit the website:

Adult carer card:

www.ceredigion.gov.uk/carercard

Young carer card:

www.ceredigion.gov.uk/youngcarercard

If you don't have access to the internet or are having trouble applying online, you can phone Ceredigion County Council on **01970 633564** to ask for help and to apply.



Cerdyn Gofalwyr Ceredigion
Ceredigion Carer Card



Mae rhywun yn dibynnu arnaf
Someone depends on me

A.N. Example

1001

Exp: 10/22

FREE gym membership!

Unpaid carers in Ceredigion now have **FREE**, unlimited access to leisure centre facilities.

This amazing offer is for carers of all ages and includes:

- Gym membership
- Swimming
- Council run classes and activities

You must be able to produce your Carer Card, at the leisure centre, to be able to access these benefits.

Ceredigion Carers Fund opening soon

The Carers Fund will be reopening for applications in October 2022. Unpaid carers can apply for up to £150 to spend on something that will help to improve health and wellbeing.

Please note, if you have applied for the fund within the last 12 months, you will need to wait a full 12 months before applying again.

Keep an eye on our website for information about how to apply, www.ceredigion.gov.uk/carersfund



New self-help course for carers

Life is full of ups and downs and, as a carer, the everyday difficulties you face can be even more challenging to overcome.

Even though we all know that it is important to look after ourselves, it's easy to forget about your own needs, especially if you focus all your energy on the person that you care for.

Looking after yourself and your own wellbeing is important, and so is the ability to be resilient. To be 'resilient', means that you can bounce back more easily from life's setbacks, and you are prepared for the inevitable challenges and setbacks you will face in the future.

Believe it or not, resilience is something that can be learned and built up over time; you may even be surprised to learn how resilient you are already.

To help you explore what wellbeing means to you and learn techniques that will help you build your resilience, the Carers and Community Support Team have created a short online course that you can complete in your own time and at your own pace.

The online course will be launching later this year, and can help you to:

- lower your stress levels
- balance your wellbeing
- build your emotional resilience
- remember to be kind to yourself!

The course will be available on the council's website, keep your eye on our Facebook page for more news about the launch.



BE YOUR BEST SELF & **BE KIND to YOUR SELF**



Cyngor Sir CEREDIGION
County Council



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support



Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership



Age friendly communities

An 'age friendly community' is essential for an ageing population. Early figures released by the 2021 National Census, tell us that over a quarter of the residents in Ceredigion are over the age of 65.

As we grow older, we often spend more time in our homes and local communities. Our environment can have a big impact on our health, wellbeing and the quality of our lives.

What are age friendly communities?

In an age friendly community we feel valued, included and respected and can:

- **get out and about**
- **do things that we want to do**
- **lead healthy and active lives**
- **access information**
- **make our voices heard**

What makes communities age-friendly?

The World Health Organisation (WHO) describes age friendly communities as being places in which older people, communities, policies, services, settings and structures work together in partnership to support and enable us all to age well.

There are 8 essential features of an age friendly community:

1 Outdoor spaces and buildings

Putting the wellbeing of older people at the heart of the design and management of public spaces, will help them to live independently in the community.

2 Housing

Everyone has a right to adequate housing, regardless of age or ability. Simple modifications and adaptations can enable people to continue to live independently in their own homes. An age friendly community supports people to make decisions about where they live.

4 Communication and information

To be involved with community life, you need to know what's happening in your community. Information about events, services and facilities should be available in accessible formats and in places where people know to look for them. It's also important to remember that not all older people use the internet and may not want to.

5 Transport

Transport options need to be affordable, reliable, and convenient to enable people to go about the activities that matter to them.

6 Civic participation and employment

Older people have lots of different interests, and many want to stay involved in their community through volunteering, working or being politically active. Many skills and experience of older people often go undervalued. Supporting older people to remain in work or volunteer can provide a sense purpose and belonging, which benefits their wellbeing as well as the local economy.

7 Social participation

Being able to stay connected with friends and family helps older people age well. Age friendly communities bring people of all ages together around shared interests.

Ageing well in Ceredigion

Ceredigion County Council, along with all the counties of Wales, is committed to joining the network of age friendly communities.

To help us to do this, we have recently appointed an Ageing Well Development Officer to undertake the work involved in ensuring that Ceredigion becomes an age friendly community.

Part of this role will be to look at ways of supporting the older person's voice to be heard and considered in all aspects of life within the county.



3 Respect and social exclusion

Ageism results in older people being treated unfairly, feeling socially excluded and their rights not being respected. Age friendly communities bring people of different ages together and foster positive images of ageing.

8 Community support and health services

Health and care services need to be accessible, affordable, and conveniently located to where older people live and public transport routes.

Meet our new Ageing Well Development Officer, Paul Lewis

'I have had previous experience as an unpaid carer as my father was living with Multiple Sclerosis and I saw my role as supporting him to retain independent living maintaining his dignity and self-respect.

My previous paid work experience includes working in a residential care home, as well as working with the local authority's Track and Trace team through the Covid pandemic.'



Paul Lewis

An age friendly Ceredigion

'As the Ageing Well Development Officer my priority will be working towards developing an age friendly Ceredigion, which supports people of all ages to live and age well.

I want Ceredigion to be a place where ageism does not limit potential, and to be a county that promotes the independent participation and dignity of older people. I am now looking forward to working closely with you all, in in the county, alongside my colleagues the Carers and Community Support team to develop the age friendly approach across the county.'

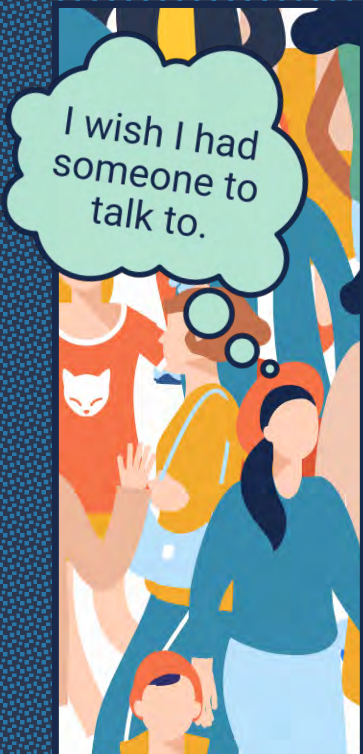
If you would like to talk to Paul about developing an age friendly Ceredigion, you can contact him at connecting@ceredigion.gov.uk or **01545 574200**.

Meet the Community Connectors

What does a Community Connector do?

Community Connectors spend their time building local connections, supporting the communities that they work in and working with people to develop a range of networks, groups, activities and events. The Connectors bring communities together, link people with one another and support people to remain independent and confident.

Each Connector works in their own patch of Ceredigion, so they are best placed to find out what activities, groups, clubs and services are available closest to you. They can provide you with information and support you to access the things that interest you in your area.



Meet Sarah:

Sarah Kendall is the Connector in Borth and North Ceredigion. Her patch includes Bow Street, Capel Bangor, Capel Seion, Clarach, Comins Coch, Eglwysfach, Llandre, Penrhyncoch, Talybont, Taliesin a Treddol.



What's Happening in Sarah's patch:

'I have recently visited the Borth Community Hub to see the wonderful projects that are taking place in the Hub. There is a walking for Wellbeing group that meet every Friday morning at 10.30am at Borth Community Hall. The wellbeing walks range from a 30-minute walk to 60 minutes. The group usually finish their walk in the Borth Community Hub and then attend the Community Café which is open at 11.30am to 1.30pm. I had the pleasure of visiting the Community Café which is a pay as you feel Café. I can highly recommend the lovely lemon drizzle cake! A warm welcome is offered to all in the Café.'



Meet Diane:

Diane Williams is the Connector in Mid Ceredigion, which includes Tregaron and its surrounding villages.

What's happening in Diane's patch?

'I have been on Maternity leave for 11 months, and since my return it has been wonderful to see a return to normality. Lots of community groups have started up again since Covid-19. I have recently met with the Aeron Valley Wellbeing Hub who do fantastic work to promote community groups and activities and also new projects such as the Community Pantry. They have a great [Facebook page](#) packed with up to date information and useful messages. In Tregaron, there has been much excitement surrounding the National Eisteddfod and there has been a real sense of community spirit which has been great to see.'

Meet Sam:

Sam Henly is the Connector in Aberystwyth and the surrounding areas.

What's happening in Sam's patch:

'I've had great fun taking part in the 'Skylark Singers - singing for lung health choir.' The Skylark Singers is a free group for those who suffer from shortness of breath, or breathlessness, for any reason. The group meets every Monday in Aberystwyth. They also have an online Zoom session, every Wednesday, so you can still join in even if you can't get to Aberystwyth. You can find out more about the Skylark Singers on page 22, including contact details.'



'Wheel Together' are an Aberystwyth based group which aim to help keep people physically active and mentally well. They have a fleet of adaptive bicycles for group bike rides around Aberystwyth. Wheel Together meet most Tuesday's, Wednesday's and Thursday's at Glanrafon Industrial Estate at 1pm and ride along to Aberystwyth Prom and back. Find out more on their Facebook page at www.facebook.com/WheelTogether or email wheeltogether@outlook.com.'



Meet Enfys:

Enfys James is the Connector covering Mid/North Ceredigion which includes Aberaeron Town, New Quay and their neighbouring villages.

What's Happening in Enfys' patch:

'The Lunch Club at the Llanina Arms, in Llanarth, has recommenced and is proving to be a great success. They meet on the second Thursday of every month. A two course meal is served for the price of £10. New owners, James and Charlotte Webb welcome you to enjoy a meal and the opportunity to meet and socialise with other residents. Anyone wishing to attend must book a place and contact the Llanina Arms - 01545 581276 or email reception@llaninaarms.co.uk.'

I feel worried about leaving my house.



Continued over the page...

Meet Carys:

Carys Owens is the Connector covering South Ceredigion. She covers Cardigan, up to Plwmp and over towards Ffostrasol and Cwmcou and everywhere in between!



What's Happening in Carys' patch:

'Coming out of Covid, it has been wonderful to see so many groups restarting and new ones emerging as well as community initiatives that support their residents. There are a variety of groups in south Ceredigion which include singing activities, gardening, arts and crafts, coffee mornings, friendship groups, sports groups for all ages, dancing, digi clubs, and that is just tip of the iceberg!

I don't want to bother anyone, but I need help cutting the grass.

As well as meeting the people within the area I have also been continuing work with the Family Information Service (FIS) where we can provide information about childcare, help with childcare costs as well as many other things. The FIS covers the whole of Ceredigion, so please call at any time and I'd be more than happy to have a chat with you.'

If you would like to talk to your local Community Connector to find out how they can support you, or someone you know, please call 01545 574200 or email connecting@ceredigion.gov.uk.

The Connectors would also like to hear from community groups, who provide local services in their areas. They can help identify sources of funding which may be a benefit to you.



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support



Dewis Cymru
Have choice and take control

Dewis Cymru is the place to go if you want information or advice about your well-being – or want to know how you can help somebody else.

When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to you.

We've got information that can help you think about what matters to you, and we've also got information about people and services in your area that can help you with the things that matter to you.



www.dewis.wales



Gwasanaeth Gwybodaeth i Deuluoedd
Family Information Service
Ceredigion

FREE advice and guidance on a wide range of childcare and family support issues.

This includes:

- Local childcare provision
- Parent and toddler groups
- Playgroups and holiday clubs
- Family Support
- Education and training
- Tax Credits, financial and legal issues
- Health and wellbeing

Phone: **01545 574200**

Email: connecting@ceredigion.gov.uk

Tackling period poverty

Through funding from the Welsh Government's Period Dignity Scheme, the Council and a number of local groups and organisations are ensuring that people have access to period products in the community.

Various groups across the county have a stock of period products which are available to be distributed to individuals facing hardship within our communities.

The Council's aim is to ensure that tampons, sanitary towels, or sustainable alternatives are available to people from low income households in Ceredigion who cannot afford them.



Here is a list of all the places* you can get free period products:

JigSo Children's Centre, Cardigan	Banc Bwyd Aberaeron
RAY Ceredigion, Aberaeron	Ysgubor y Coed Community Council
Care Society	Flying Start Penparcau
Kinora, Cardigan	Plascrug Leisure Centre
Aberporth Community Fridge	Aberaeron Leisure Centre
Cardigan Family Centre	Tregaron Leisure Centre
Penparcau Family Centre	Lampeter Leisure Centre
Mirus	Cardigan Leisure Centre
Tregaron Family Centre	Calon Tysul Leisure Centre
Mind, Aberystwyth	Barod Cymru
Aberaeron Integrated Health Centre	Area 43' Cardigan
Cletwr, Tre'r Ddol	Tysul Youth, Llandysul

**List of organisations correct at time of going to print.*

For more information about who holds stock in your local area, please contact **01545 570881** or clc@ceredigion.gov.uk.

UWTSD LAMPETER FOOD HUB

Pop in to find out more, collect/order fresh fruit or vegetables for £5 or just call in to say hello.

When and where?

2:30 – 5pm, every Friday, at Lampeter University campus (SA48 7ED)

Supplier: Six Nations Fruit and Veg Lampeter



Who cares?

Well you probably do... if your reading this.

You could be a young carer, an older carer, working in the caring profession or the cared for. There are so many parts of the caring world.

I became a young carer, as nowadays I would be called when my mother fell ill, she was fifty and I sixteen. I did the cooking, cleaning and also went to work, while my father continued to run his business. Sadly, my mum only lived for a few more years and died due to kidney failure and complications.

However, back then as well as being a carer I carried something else with me that I didn't share, well they say, "a trouble shared, is a troubled halved".

This fact was that I was gay. Back in the mid 1970's gay people's relationships had only been decriminalised three years earlier, there was still a lot of prejudice about, and certainly in very rural areas where I came from. Eventually I did come out it was a shock to my parents and it took many years before my father accepted my situation, sadly my mother did not live much longer after my coming out.

In the 1970's the world was a very different place back then, you could be legally dismissed from your employment for being lesbian or gay, and the thought that you could be a 'risk' to young people was enough to have you sacked. Hundreds of serving service men and women were dismissed from the armed forces for being lesbian or gay. Over the years since the 1967 Sexual Offences Act, which had given very limited sexual reforms many serving men and women were dismissed.

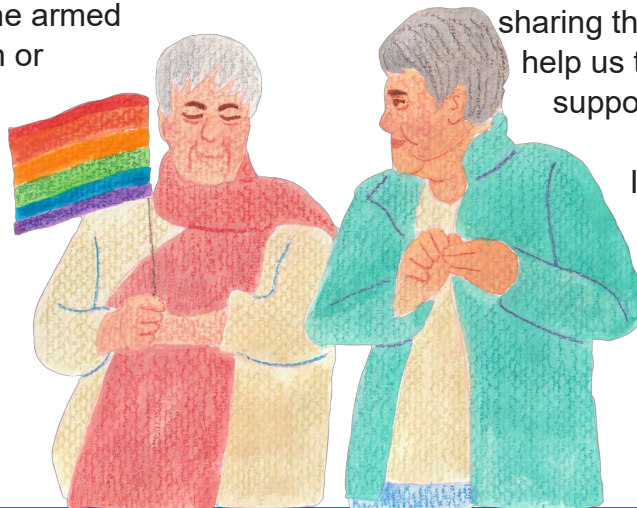
The law finally changed in 2000, but many women and men were dishonourably discharged or lost pensions. There was nothing wrong with the standards the armed services demanded, it was just who they loved. With campaigning over many years, in the early 2000's laws in the UK changed to be more gender neutral, or equal if you are heterosexual or homosexual, such as the age of consent, now at sixteen. Civil partnerships and then same sex marriage came into law and legal safeguards in employment and provisions of services became law too.

I now work in social services and support a range of people from different backgrounds and different ages, some Welsh speakers, others not. From time to time I come across gay or lesbian couples, usually older like me, who despite the changes in laws and attitudes have not formally come out, declared that they are gay or lesbian.

They may have a small network of friends and family, but in the past many families disowned a family member who was 'queer', even here in rural mid Wales.

What I am saying is that social services, if we assess you for a service, be it home care, day centre, respite, placement or carer support we will support you in an honest and sensitive way if you are lesbian, gay, bisexual or transgender. We will respect your confidentiality but perhaps sharing the whole picture with us might help us to find the right service or support for you?

In time it might stop people saying "We don't have any lesbian or gay people here" about care home settings. We do, but many LGBT+ residents because of past stigma have not made it known.



We wish to help all the people we work with to have fulfilling and open lives. As I have got older, my partner and I, of over forty years, cared for his mother for over twenty years and through the years of dementia that she endured. As a gay couple we were always treated with sensitivity and respect, as I now treat others in a similar way.

So, if you are in the caring role, and might be part of what is now called the LGBTQ+ community and would like some support, then why not speak to the Carers and Community Team. I'm sure they can support and help you in a positive way.

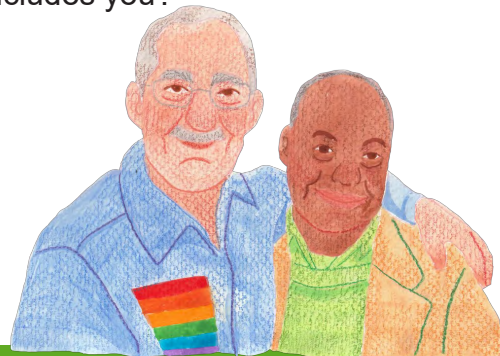
Fifty years on from the first Gay Pride march we can take pride in a United Kingdom where

the majority of the public are supportive of their LGBTQ+ neighbours, work colleagues, family and friends.

We live in a society where LGBTQ+ people can live openly and free, where we can form our own families and where our lives and history are taught in schools to the next generation. We have come so far since then.

Perhaps that includes you?

Roland



LGBTQIA local and national support

West Wales LGBTQ+

For up-to-date information on local events and support, visit the [West Wales LGBTQ+](#) Facebook page.

The group is currently based in Carmarthenshire, however they welcome people from Ceredigion too and sometime run events across the border.

 [@carmslgbtqplus](#)

 [@carmLGBTProject](#)

Carmarthen
LGBTQ+



Rainbow Call Companions

Rainbow Call Companions is a UK-wide telephone befriending service specifically for lesbian, gay, bisexual, transgender plus (LGBT+) people aged over 75 who would like to speak to someone who's also LGBT+. Calls last around half an hour and people can chat about anything that interests them. The same volunteer phones each time, so the matches can get to know each other and share stories and laughter – for as long as they both want. To request a rainbow call companion, visit the Reengage website: bit.ly/3c0K3c9



Alzheimer's Society

The Alzheimer's Society's website has specific information for LGBTQ+ people who are living with dementia and their carers.

From information explaining how dementia might affect an LGBTQ+ person, accessing services and your rights, there is lots of advice.

- **LGBTQ+: Living with dementia** – bit.ly/3wapgts
- **Supporting and LGBTQ+ person with dementia** - bit.ly/3w7nSru

Contact the Alzheimer's Society's Dementia Advisers on **0333 150 3456** for more advice on dementia.

Stonewall
CYMRU

Stonewall Cymru

Information and support for LGBT communities and their allies. Contact Stonewall's Information Service on **0800 050 2020**.

Lines are open Monday to Friday 9:30am to 4:30pm.

Website: www.stonewallcymru.org.uk/

LGBT+ Domestic abuse and hate crime helpline

Galop support LGBT+ people who have experienced abuse and violence. They also provide advocacy services and their website is full of information and resources. The helplines are also open to friends and family members who may be worried about and LGBT+ person who is facing abuse.

LGBT+ Domestic Abuse Helpline -
0800 999 5428

Conversion Therapy Helpline -
0800 130 3335

LGBT+ Hate Crime Helpline -
020 7704 2040

Website: galop.org.uk/



Trans Aid Cymru

If you are a trans, intersex or non-binary person, and you need support in any way, Trans Aid Cymru is here for you. Please email us at enquiries@transaid.cymru or reach out to us on Twitter or Instagram.



Gay Outdoor Club

The outdoor activity club for gay people and their friends.

Our West Wales group covers a large area from Swansea westwards and northwards, to include Carmarthenshire, Pembrokeshire and the Ceredigion area.

We have a monthly walk usually on the first weekend of the month of around 6-8 miles, plus weekends away and summer evening walks. We also arrange social lunches with shorter optional walks beforehand.

The group has women and men and is really friendly and welcomes new members. New members have the first 4 months free to join us and see if the Club is for you.

Please have a look at our website where you will see future events or email: westwales@goc.org.uk



JOIN US AT AN EVENT SOON

More useful contacts:

Bi Cymru

bicymru.org.uk

A network for people in Wales who are bisexual or think they might be bisexual.

Being Gay is Okay

bgiok.org.uk

Provides advice and information for LGBTQ+ people under 25.

Mermaids

mermaidsuk.org.uk

Supports gender-diverse young people aged 19 and under, and their families and carers. Mermaids helpline: **0808 801 0400**

Ceredigion Sanctuary

The Sanctuary is an out of hours service that provides practical and therapeutic, holistic person-centred support to people at risk of mental health crisis in Ceredigion.

The Ceredigion Sanctuary is open every Saturday from 5pm-2am at present. Starting with a phased approach, we will initially be operating one night per week, with a view to increase to seven nights per week. Further updates will be provided as these phased changes are implemented.

The service is set in a welcoming and homely environment, with a lounge area, a kitchen/dining area, shower and clothes washing facilities. There are also private areas for those who need quiet time and/or 1:2:1 support.

Contact

The Ceredigion Sanctuary, based in Aberystwyth, is an open access service, therefore individuals can contact us directly during the above opening hours on **01970 629 897**.

You can now also make direct referrals into the service (with the person's consent) via a secure online form, you can access the form online bit.ly/3wmBIGI



We can offer support to people aged 17 years, 9 months and above living in Ceredigion who may be experiencing:

- Difficulties or anxieties relating to the coronavirus pandemic
- Stress and/or anxiety
- Low mood
- Financial worries
- Difficulties with loneliness, isolation and family or relationship worries
- Suffering from domestic violence
- Deteriorating mental health as a result of a range of factors

MIND - Active Monitoring Service

MIND's Active Monitoring service is a free, six-week guided self-help programme to help you understand and feel more in control of your emotions. They can provide you with all the tips and tools needed to help you to understand yourself better. They also support you through the course with regular phone calls.

The Active Monitoring service can support people who are struggling with anxiety, depression, low self-esteem, stress, feeling alone, anger management, grief, and loss.

Please use our online link to self-refer for the Active Monitoring service and we will contact you: bit.ly/MINDam



@MINDAberystwyth



MIND Aberystwyth also run a weekly drop-in group, which are open to everyone.

The **drop-in session** is held **every Wednesday from 2pm – 4pm** at Arad Goch, Bath Street, Aberystwyth, SY23 2NN.

- Connect with others
- Gain access to services and support
- Themed session on the last day of the month!
- Bookable 1-2-1 sessions

Call **01970 626225** or email info@mindaberystwyth.org for more information.

Melissa's Story

Melissa is a parent carer who has found exercise and outdoor activities helpful, especially during the pandemic, to help her manage her own wellbeing while also caring full time for her son. She discovered stand up paddle boarding and when there was some funding available for groups of carers to do activities, she suggested Stand Up Paddleboard Yoga. She got involved in organising the sessions, liaising with the instructor and publicising the sessions on local Facebook groups for Parent Carers.

“By supporting to arrange the activity dates, timings, chosen activity, advertising/sharing and connecting with other carers it has helped my confidence, motivation, given me hope, something to plan and arrange and look forward to. I can't talk myself out of going as I feel responsible and committed. I have made friends and connected with likeminded parents, we have supported each other and we have laughed with each other. I have reached out to others, and I no longer feel isolated and lost in a way. Others in the group have given me strength to be able to cope with the situation I am in.

The more we have shared the photos and experiences from the sessions the more that other carers have been interested to join and to give it a go, some have no experience of yoga or paddle boarding, and also swimming too! I have seen how adventurous and courageous the other carers have been and it is inspiring, and it has motivated me to connect further. We have a messenger SUP yoga group, and now a walking group and a swim/dip in the sea group (early days for the other 2 groups but more carers are being added as the weeks go on).

The instructor was absolutely amazing, empathic and supportive, there was no pressure to progress, unless you wanted to. We are guided with the yoga poses and it was up to us how far we take the pose. It was a safe space both physically and mentally. Reconnecting with nature has been a great way to clear my head

and de-stress a little, you have to tune in and concentrate on the moves otherwise you are in the water!

After the first session I quickly realised that for that hour I did not think of anything but the board, yoga, the birds, the water rippling on the lake, the wind, rain, sunshine on my face, the clouds in the sky, my breathing, my movements and my body and how it could move, an hour solely for me, no interruptions, no checking emails or my phone, total tuning in to me.

The shavasna/relax at the end was definitely needed as the instructor guided us through how to let things go and release and difficult issues we have going on. There was exercise and physical activity, quite often a full on workout in parts, there was meditation, real connection, massive amount of kindness and support as well as laughs, which is rare here.

I'd go as far as to say I have grown as an individual, I have found a little bit of me again. I have joined a local kayak/paddle boarding group and go weekly and the SUP yoga has given me confidence to try new things and to make new friends, it's enabled me to have some social life back.

Everyone in the group has got so much out of the SUP yoga group, we all have been beaming after the session and loved it. It has been nice to smile and smile with others again too.”

MeTime, October's online support sessions

MeTime is a series of online activities to support your wellbeing. Find out more about all the online sessions on Carers Wales website: bit.ly/3pdk4km

You will find the booking details here too.



4

Me Time - Laughing
Yoga

2 - 3pm



6

Me Time -
Aromatherapy

2:30 - 4pm



7

Spotlight on -
Alzheimer's
awareness

11am - 12:30pm



11

Me Time -
Mindfulness

2 - 3pm



12

Spotlight on -
Preparing for a
Carer's Needs
Assessment

1:30 - 2:30pm



13

Me Time - Nature and
the 5 ways to
wellbeing

6 - 7pm



17

Spotlight on - Making
a complaint

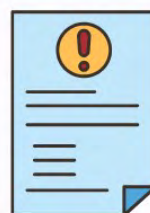
6 - 7:30pm



26

Spotlight on -
Challenging DWP
decisions

6 - 7:30pm



30

Me Time - Murder
Mystery: Halloween
Special

6:30 - 8pm



State Pension underpayment



Department
for Work &
Pensions

The Department for Work and Pensions (DWP) has identified that some of the following people may have been underpaid State Pension:

- people who were married, divorced, or widowed when they died
- people aged 80 or over when they died

This is because they did not get the automatic increase in their pension that they were entitled to.

Who may have been underpaid?

- Someone who has died and reached State Pension age before 6 April 2016
- Someone who was married
- Someone who was widowed
- Someone aged 80 or over

The DWP are writing to the people they know who may be affected to let them know how this will be put right.

But some people will not get a letter. This is because the DWP do not have the information about every person who is affected by an underpayment.

This includes people who have died and were one of the following:

A married woman:

- whose husband claimed his State Pension before 17 March 2008
- who reached State Pension age before her husband
- who did not make a separate claim for the lower basic State Pension (also called a Category BL State Pension)

Someone already getting State Pension who:

- got divorced or had their civil partnership dissolved
- did not tell DWP about this

A member of a couple where:

- both had reached State Pension age
- the husband, wife or civil partner of the person who has died had not yet claimed their State Pension

If you are over state pension age and think that you may have been underpaid, you should contact the Pension Service. Whether or not you've been underpaid will depend on your individual circumstances, so you are advised to contact the Pension Service to find out if you're affected.

 **0800 731 0469**

If you think someone who has died may have been underpaid State Pension and you are their next of kin or executor of the estate, you should contact DWP to request information.

A request for information can be submitted online through www.gov.uk, you can also find more guidance about possible underpayments on the same website.



Need more information on pensions?

Call Money Helper free on **0800 011 3797**. One of their pension specialists will be happy to answer your questions.

Money Helper is impartial and free to use, whether that's online or over the phone.

 www.moneyhelper.org.uk/en



Cheaper broadband deals

From 22 August, this year, the Department for Work and Pensions (DWP) have made it easier for broadband companies to check your eligibility for cheaper deals.

In the past you would have to regularly provide your broadband supplier with proof that you were in receipt of certain benefits, in order to get a discount.



From now on, **you only need to tell your broadband supplier that you want to be considered for a cheaper deal.** Then, with your permission, the broadband provider will be able to verify whether you are in receipt of the relevant benefits with the DWP.

If you are claiming or are in receipt of any of the following benefits you should be able to cut your broadband bills:

- Universal Credit
- Pension Credit
- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment Support Allowance

The new scheme makes it much easier for customers to access cheaper deals and some providers may also waive early termination fees for people moving from their existing tariffs.

Ofcom's website lists the available 'social tariff' packages: bit.ly/3QwGCJd

Contact your current broadband provider for more information.

Travelling Companion Cards

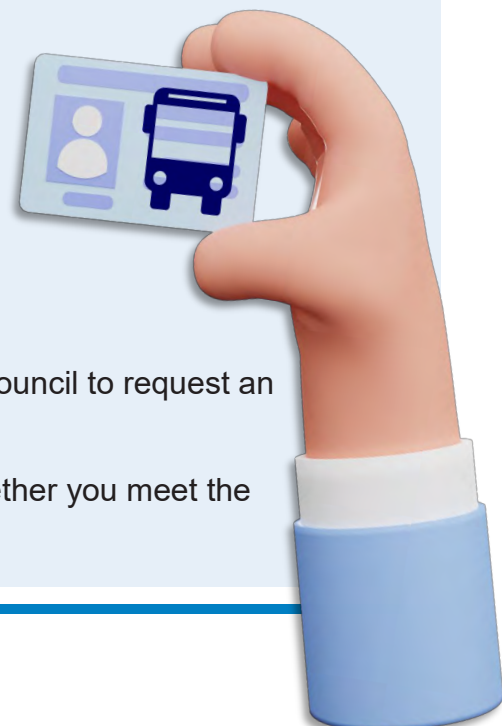
If you provide support to another person when they are travelling, for some or all journeys you can apply for a companion card. A companion card entitles you to free travel, as long as you are accompanying the person you care for.

You can get a companion card if the person you are traveling with:

- Has challenging behaviours, with a need to be supervised at all times.
- Has severe cognitive and mental impairments (including people who have no awareness of risk and limited ability to plan and follow a journey).
- Have a combination of visual and hearing or visual and speech loss that prevents independent mobility, or
- They have difficulties using a wheelchair independently.

If you require a companion card, please contact Ceredigion County Council to request an application form: **01545 570881** or email clic@ceredigion.gov.uk

Once your application has been received, the Council will assess whether you meet the criteria, and can then process your application.



Writer and carer, Rosy Adams, tells us how she uses writing to as a way to escape to other worlds and how much enjoyment she gets from putting pen to paper. Rosy encourages everyone to give it a try and see where the journey takes you...



Why write?

I've always enjoyed writing but when my younger daughter was born I decided to take it more seriously and I enrolled in university to study Creative Writing as an undergraduate. It was hard work balancing study and caring responsibilities, but I was lucky to have a lot of support from my parents, and it was worth every moment, especially when I received an award for best student in the English Department in my second year.

Writing is something that I can do whenever and wherever I want so it fits in perfectly with caring. I may never make much money or be well known but more importantly it's something I do for myself. I can explore other worlds without even stepping outside my door, and when I'm feeling tired and frazzled it allows me to put everything else out of my mind.

Saying that, the satisfaction of seeing a story published, or even just shortlisted in a competition, is incomparable.

If writing is something you might like to do, consider starting a journal. Get in the habit of writing something, anything, every day. It doesn't have to be on paper; many people prefer to type, or even dictate. Whatever works for you.

What you write in your journal could be autobiographical or fictional. It could be random words or sentence fragments. It could be letters that you'll never send. Things you need to express but can't say out loud.

If you stare at the blank page and you can't think of anything to write you may think you have writer's block, but it's usually fear that holds us back. Fear that anything we write will be rubbish, for example. Well, so what! You don't have to show it to anyone, and it's worth remembering that when you read something that has actually made it into print it has undergone numerous edits by the author, followed by yet more editing by the publisher. So write anything, even if it's nonsense, and you may well find that you become inspired.

I have always found the hardest thing to do is make a start. Once I've produced a piece of writing I find it easy enough to tweak it and shape it, but getting the words out in the first place often makes me question why I've chosen to do this. I'm a terrible procrastinator, a beneficial side effect of which is that my accounts are always up to date and my tax returns filed on time!

Like any other skill, writing gets better the more you do it so don't expect the first thing you write be award winning prose, but don't throw it away either! Some of my earlier attempts make me cringe with embarrassment when I re-read them, but others have only needed a bit of re-drafting to make them into something I'm proud to show people.

The author Tanya Byrne put it best in her talk for Literature Wales, "every word you write will make you a better writer."

Rosy Adams lives in Aberystwyth. She graduated as a mature student from the University of Wales Trinity Saint David in 2017 with an MA in Creative Writing. She mostly writes short stories but is working towards producing novels and narrative non-fiction. Her stories have been published by Writing Magazine and Muswell Press, and her poetry has appeared in The Lampeter Review.

Visit this link to read one of Rosy's award winning stories bit.ly/3JSWjlc

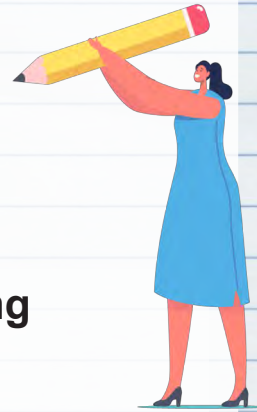


Free writing courses

If you like the idea of writing, but you're not sure where to start, why not sign up for a free online writing course with Open Learn '[Start writing fiction](#)'.

Open Learn is The Open University's free online learning website, there are lots of free short course you can complete at a time that suits you. www.open.edu

OpenLearn



Me Time for Working Carers – Creative Journaling

Wednesday, 12 October: 7 - 8pm

Are you a working carer looking for some me time? Get creative, relax, and connect with others outside of your work and caring role in this therapeutic, thought-provoking journaling session. You will learn about Creative Journaling and meet other working carers.

Sign up for Carers Wales online MeTime session on their website: bit.ly/3pkJxs8



Volunteering opportunities

The National Library's volunteering scheme is now accepting new volunteers.

Many of the volunteering tasks offer a chance to improve confidence, to socialise, and to practice admin and organisational skills, such as:

- transcribing data from ITV Wales programmes index cards to an Excel spreadsheet;
- creating a box list of a collection of 20th century posters, including titles, dates and publishers;
- transcribing detailed data from the National Library's pre-1996 accessions books.

A brief description of some of our volunteering tasks can be viewed on our website: bit.ly/3SViEc9

If you have any questions about the roles and tasks that are available, please contact Gwyneth Davies on **01970 632991** or Gwyneth.davies@llgc.org.uk



**LLYFRGELL GENEDLAETHOL CYMRU
THE NATIONAL LIBRARY OF WALES**

Skylark singing group

Singing for Lung Health is a fun, medicine free option for people in the North Ceredigion area who experience shortness of breath to help improve their lung health.

The singing group sessions, known as Skylark Singers, give patients the tools for the self-management of breathlessness. By practicing breath control and singing, patients can build up stamina physically and vocally, optimise their breathing patterns and practice mindfulness.



Patients struggling with Anxiety, long Covid, Chronic Obstructive Pulmonary Disease (COPD), Multiple Sclerosis, Parkinson's Disease. and cardiac conditions are welcome to get involved.

The project is already having great outcomes, here's what two of the participants have said:



"I am a pensioner living on my own. When I joined the Skylark Singers it helped me get out of the house and meet new people. I have Raised Hemidiaphragm, and it makes my breathing difficult. These singing sessions massively help me with my breathing.

I feel more relaxed after the singing and when I get home, I want to sing, which I never used to do. My son has told me he thinks I am a more cheerful person since going to Skylark Singers and I look forward to every session."

"I was suffering with long Covid and suddenly found myself having difficulties breathing and walking. I have had two clear stages of recovery which I put down to these singing sessions.

First, the change between not being able to walk up a hill, which I can now do. Second, an increase in energy and lung capacity, so now I can choose to walk and do more, if I wish.

My speaking confidence has greatly improved, and I have more energy for more time. If I need to rest, I now have the confidence to explain why."



These free singing sessions take place in person every week in Aberystwyth.

Alternatively, if you live elsewhere, you can attend a Zoom session.

Please contact your GP for more information or contact Susie Ennals susie@ennals.org.uk to take part.

Help for adults with arthritis and musculoskeletal conditions

In Wales, approximately 974,000 people live with a form of arthritis or musculoskeletal condition.



These conditions can affect people of any age including children. It can have a severe impact on all aspects of a person's life including their mobility, independence, confidence, social life, relationships, hobbies and employment.

Versus Arthritis (a merger of arthritis care and arthritis research UK) are here to help. In Wales, we have our **CWTCH CYMRU** project. This project offers support to adults with any form of arthritis or musculoskeletal condition, including those waiting for joint replacement surgery. All our support is free of charge, and you do not need a diagnosis to access our support.

Our support includes:

- One to one support over the phone
- volunteering opportunities
- online information sessions
- support groups
- self-management sessions

We are also able to provide support for carers of people with arthritis. To access support for carers of people with arthritis or if you have any general enquiries then please contact our admin team on walessupport@versusarthritis.org or phone **0800 756 3970**.

We have a [contact form](#) which you can complete yourself or it can be completed by friends, family, professionals, employers, etc.

Our contact form is for any adult in Wales who would like some support with their arthritis or musculoskeletal conditions. If you would like some support from us, then please fill in our [online form](#) and a member of the team will be happy to help.

Online form link: bit.ly/3PspELe



AMGUEDDFA
CEREDIGION
MUSEUM

Project Perthyn

Ceredigion Museum is working on an exciting new project, and we need your help! The Museum has received funding from the National Lottery Heritage Fund to develop its project **Perthyn**, which means 'belonging' in Welsh. The project will explore what matters to the people of Ceredigion, why it matters, and how Ceredigion Museum collections and activities can represent and support our collective values. We want to ensure that a wide range of people living in and visiting Ceredigion are represented, and all voices are heard.

We'd love to hear your thoughts on visiting museums, how you are connected to Ceredigion and what's important to you. Please could you spare a few minutes to answer the following brief questions, which will help us to develop the project further? www.surveymonkey.co.uk/r/R7RHW97.

The Margaret & Alick Potter Charitable Trust

The Potter Trust makes grants of money for anything that could directly benefit anyone in Ceredigion who lives with dementia – those who have a diagnosis of dementia or those who care for them.*

Potter grants are only for people in Ceredigion, nowhere else. Grants have been made for: ordinary and specialist equipment for use in the home; the cost of extra care in exceptional circumstances; one-to-one sessions with a qualified art therapist; and staff to run dementia-friendly social clubs.

Alick Potter had been a professor of architecture at Hull, Khartoum and Belfast Universities.

After retirement, he and his wife Margaret lived at Pennant (near Nebo).

Margaret developed dementia. Alick, grateful for the support he received from the community while caring for

her, wished to leave something to help others in Ceredigion who live with dementia. When he died in 2000, a property in his estate was sold and the proceeds used to set up the Potter Trust. **The picture, drawn by Margaret, shows the Potters at home in Khartoum.**

COVID-19 impacted the delivery of services under Potter grants. We contacted every Ceredigion dementia care home to ask what the Trust could do to help. Several took delivery of art activity packs for dementia residents, containing instructions and materials, designed and assembled by an art therapist. One home resident, a keen artist, continued her art sessions by Zoom call, supported by care home staff.

Hopefully these times are behind us now. We

have resumed our grants supporting dementia-friendly clubs in Aberaeron, Aberystwyth and Borth as the venues re-open their doors. Family carers are enquiring about grants for face-to-face services and recent publicity in the Carers e-bulletin has produced applications for home equipment.

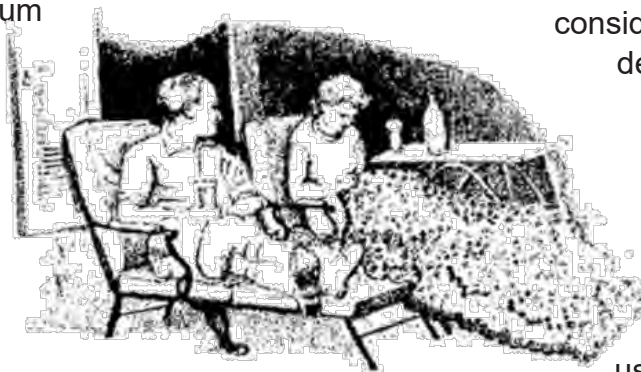
If you are interested in applying for a grant, forms, instructions and support are available from the Trust's secretary.** We won't make grants for anything that can be covered by Social Services or the NHS or for things bought or supplied in the past, but requests for anything else that offers benefit in dementia will be considered. It is up to you to decide what that is, find out the cost and apply.

Our present grant expenditure exceeds income so we appreciate donations and bequests, which will be used entirely to benefit

people who live with dementia in Ceredigion. People who use a grant to buy equipment often ask if we want the equipment when they no longer need it, so it can be used to benefit others. We appreciate the thought, but our constitution and no-cost management prevent us taking them. However, a bequest or gift to the value of the item would help the Trust make grants in Ceredigion for years to come. To discuss making a donation or bequest, contact the Trust's secretary. **

* Information on trustees and the Trust's finances: bit.ly/3vZnnzl

** The Secretary, The Margaret & Alick Potter Charitable Trust, c/o Y Nyth, Capel Bangor, Aberystwyth, Ceredigion SY23 3LR
Email: joan.miller4@virgin.net
Telephone: 07794 674339



THE MARGARET & ALICK POTTER CHARITABLE TRUST

Charity Number 1088821

Grants to help people living with dementia in Ceredigion

Rhif Elusen 1088821

Grantiau i helpu pobl sy'n byw gyda dementia yng Ngheredigion

Afternoon tea at Plas Antaron

Aberystwyth's dementia café

If you or someone you care for is affected by dementia, we'd love to welcome you to our new weekly Afternoon Tea experience at Plas Antaron.

Best of all – it's absolutely FREE!

Relax and unwind while the piano plays, enjoy the food and drink. Each week we'll round off the experience with an activity – it might be a guest speaker, arts and crafts, musicians or some relaxation therapy. Carers will have a chance to meet and chat with other carers, to share experience, advice and tips.

Space is limited to **8 couples** each week, so if you're interested in booking, get in touch. You can call us on **01970 611 550** or email tiffany.argumedo@hahav.org.uk



Generously supported by The Margaret & Alick Potter Trust



RAY Ceredigion

RAY Ceredigion, Pengloyn,
Tabernacle Street, Aberaeron, SA46 0BN

Forget Me Knot Club

Are you a Carer for someone with memory loss?

Then please bring them along to our
RAY Forget Me Knot dementia support group

**Every Friday
10:30am – 1:30pm**

 **01545 570686**



rayforgetmeknot@rayceredigion.org.uk

 **@RAYCeredig**

Aberaeron Repair Café

Bring your broken household items to be fixed for FREE

**First Saturday of the month
10am to 1pm**

Typical household item repairs include:

- Electrical items, e.g. toasters, kettles, vacuum cleaners
- Clothing, e.g. jeans, bags, shirts
- General, e.g. toys, ornaments, small furniture
- Bikes, e.g. basic bike maintenance

1 October, 5 November, 3 December

No microwaves or white goods

Email: aberaeronrepaircafe@gmail.com

Phone: **07500 802590** or **01545 570686**

Looking after a relative or a friend who has an illness or disability can be rewarding but it can also be extremely tough. If you look after someone, you can access a range of support provided by Gofalwyr Ceredigion Carers (GCC).

This includes:

- Providing information, advice and emotional support.
- Group activities including training and social opportunities.
- Help to access support to have a break from caring, including respite.

Call us on **03330 143 377** for more information.

Singing for fun

Come along and join our singing group, 'Singing for Fun'.


Our small, friendly group has been running since November 2020. It would be lovely to have more people join us. The group is open to all carers and those they care for. There is no need for any singing experience as all the songs are taught by ear and everyone's voice is welcome.


We always start with a short, playful warm up to stretch and energise our bodies and relax the muscles ready to sing. We learn and sing some simple songs from a variety of cultures, usually with some harmony parts. We also share things we're appreciating and laugh together.


So, if you like the idea of singing while having fun and meeting other carers, why not join us?

You can join us every other Friday morning from 11am to 12:30pm at Plas Antaron, Penparcau, Aberystwyth, SY23 1SA.

If you are interested in coming along to our next session, contact Iona on **07833 647234** or ionasawtell@yahoo.co.uk


"You can lose confidence being a carer, as it can feel as if that's all you are anymore. Singing in this group has given me the courage to do things I thought I couldn't do before"


"I feel alive in the sessions! I love it and all the people too!"


"It's wonderful being able to have some time out from being a carer - singing, chatting, and exercising with other people for a while. Iona always makes it feel easy and undemanding, which is just what you need!"

Support groups for adult carers

Gofalwyr Ceredigion Carers run various online and in person groups.

If you can't see a group that suits you, please get in touch as we may be able to find a way to start a new group.

General carer groups

Online
Welsh language group,
fortnightly,
Monday from 2 – 3pm

Every Thursday, 2 – 3pm
online and fortnightly
in person at
Plas Antaron in
Aberystwyth.

Parent carer support groups

**Autism Spectrum
Disorder (ASD)**
online peer support
group, **fortnightly**
on Zoom, **1pm to
2:30pm.**

**Pathological
Demand
Avoidance (PDA)**
Parents get
together, **monthly**
in person group at
Plas Antaron, in
Aberystwyth.



GCC also has a small team of volunteer Counsellors
which carers can access **free** of charge.

For more information about the groups, general enquiries or assistance with accessing Zoom please contact Outreach Workers **Sue** and **Tracey**.



Sue

☎ **07896 416640**
✉ sue.lee@credu.cymru



Tracey

☎ **07976 553974**
✉ tracey@credu.cymru

Or call Gofalwyr Ceredigion Carers on **03330 143 377** and speak to one of our friendly First Point of Contact Team who will be waiting to say 'Hello' and assist with your enquiry.

Carer's Story

A parent carer, who has recently been supported by Gofalwyr Ceredigion Carers (GCC), shares her journey throughout the last couple of years, since receiving her son's autism diagnosis.

I'm a mother of two boys, Hari-Jac who is 7 years old and Tomi-Wyn 3 years old. Hari-Jac was diagnosed with autism in November 2019. He was nearly 5 years old when he received his diagnosis. As a baby Hari-Jac was meeting his developmental milestones, but at the age of 18 months he lost his speech. He started getting more tantrums because of the frustration with lack of communication, we started noticing that routine was very important to him and new places were becoming more and more overwhelming due to his sensory sensitivity issues.



Hari-Jac playing in his 'under-the-stairs' den

Hari-Jac started mainstream school in 2017 and we have been very fortunate to have received fantastic support from the school since day one.

In January 2020, we got in touch with Tim Plant Anabl to see what was available for Hari-Jac.

We were looking at booking sessions for him to attend over the Easter holidays with DASH. We had a home visit with one member of the team at the beginning of March 2020, and then covid struck.

With covid, we didn't know what to expect or how Hari-Jac would be able to cope with such big changes to his daily routine. He was missing school and saying 'ysgol' on a daily basis. On several occasions we had to take him over to the school gates to reassure him that the school building was still there, but no one was inside.

As the covid months went on we could see Hari-Jac getting more frustrated and was having daily meltdowns that lasted hours. Service and support were very limited due to covid, but we did have a few conversations over the phone with Tim Plant Anabl to discuss Hari-Jac's needs and our needs as his carers.

Tim Plant Anabl got us in touch with Gofalwyr Ceredigion Carers. I had no idea what support was out there for carers as all this was new to us as a family. Covid restrictions were still in place and no face-to-face meetings could be held, but it was still lovely having a chat over the phone with the supportive staff. Tracey Patrick told me about the carers fund and respite support that was available.

We were fortunate to receive a grant* to support the purchase of a climbing frame for the garden for Hari-Jac. Our home is Hari-Jac's safe place and this is where he is happiest. Having a climbing frame in our garden means that Hari-Jac is learning new skills within his safe place and is now overall a happy little boy.



Hari-Jac is king of the castle on his climbing frame

Both boys will be in full time education in September which means I will have little more time for me. I'm looking forward to being able to go on one of the carers walks and socialise with other carers from Ceredigion.

Throughout our Autism journey, I have learnt a lot of new things, but one thing is for sure that what makes life a lot easier is 'to talk to others going through the same thing'. It really does help. Thank you, Gofalwyr Ceredigion Carers, for being there, it means a lot.

**Grants are sometimes available if funding is in place*

Find out more about Gofalwyr Ceredigion Carers on pages 26 and 27.

Gofalwyr
Ceredigion Carers

 **03330 143 377**

 **Ceredigion@credu.cymru**



Together Unique sessions

What is the group?

It is a support group for families of children with additional needs. You can attend with or without a diagnosis. We respect that families may need support at any stage through the diagnosis process.

When and where are the sessions?

Mondays, 1pm – 2:30pm

At **Jig-So, Cardigan** –
Exploring activities and use of the sensory room.



'The things that make me different are the things that make me.'

Jig-So Children's Centre, Ashleigh,
Napier Street, Cardigan, SA43 1EH

 **01239 615922**

 **www.jigso.wales**



Support for young carers

Young Carer ID Card

Young Carers aged 18 and under can apply for a Young Carer ID Card by completing the online application at

www.ceredigion.gov.uk/youngcarercard.

You will need to upload a photo of yourself to be used on the card, personalise your card by choosing your card design and get a trusted referrer to sign your application.

FREE gym membership!

You can use your Young Carer ID Card to access all of the facilities at your local leisure centre.

Your card now gives you FREE:

- Gym membership
- Swimming
- Council run classes and activities

You must show your card to access all of these benefits, so please remember to take it with you!



YOUNG CARERS SUPPORT GROUP



**A SAFE SPACE TO DISCUSS YOUR EXPERIENCES,
MEET NEW PEOPLE AND HAVE SOME TIME TO
YOURSELF**

**LAST WEDNESDAY OF EVERY MONTH
4PM - 5PM**



[area43cardigan](https://www.facebook.com/area43cardigan)



Ceredigion Young Carers Service

Do you help to look after someone with a disability or someone who is unwell? Many children and young people do. We think you are amazing.

Sometimes young people under 16 are called young carers and under 25 are called young adult carers.

Looking after someone can help you develop a range of skills in caring, being organised, having empathy, handling difficulties. It can also feel great to help someone else. We know it can also be challenging to support someone while you are juggling so many changes in your life such as school / uni / work / friends / a social life, and just how important it is to have someone that you can reach out to, to talk to.



Gofalwyr
Ceredigion
Carers

You can:

- Chat to our outreach worker about what is happening for you and any support you might need.
- Join a young carer group or activities near you.
- Take part in trips and events
- Get support to work with your school to overcome challenges with juggling caring and learning.
- Get support to work out how to go to university / get work when you look after someone.

We also organise support groups and activities and can connect you with other young carers who are in similar situations.

Gofalwyr Ceredigion Carers is here for you and will work with you to provide you with exactly the support that you need and want.

Getting support is easy. Just call **03330 14 33 77** or email ceredigion@credu.cymru and someone will be in touch.

Financial support

As we go into the winter financial hardship grants of up to £300 will be available through Gofalwyr Ceredigion Carers (GCC) from the Welsh Government to help pay for things like food and other essential items. Carers of all ages including young carers will be eligible to request one of these grants later in the Autumn. Keep an eye on our [Facebook](#) page for more details over the next month or so.

GCC are just getting started with supporting young carers and we would love to hear from you about your experiences and what would be helpful.



Do you look after someone?

If you look after a family member, friend or neighbour who could not manage without your help and you don't get paid for it then you are a carer.

An 'Introduction to Looking After Me'

Is a two-and-a-half-hour course, made for carers, to ensure that you look after your own health too.

During the course, you will explore:



Looking after your health



Managing and balancing your caring role



Relaxation techniques

"I think the course was very good and the guided relaxation exercise at the end will be very beneficial! The presenters were very professional and well prepared!"

- A carer who attended

This session will give you an opportunity to look at how making small changes can make a difference in your life and your caring role.

This is a **FREE** NHS session for Carers over the age of 18. You can join the sessions both virtually and in person.

For more information or to book your place please contact Education Programme for Patients on **01554 899035** or email us at EPP.HDD@wales.nhs.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board





Carers Support West Wales

CARING FOR CARERS



Information for unpaid carers
www.carerssupportwestwales.org



@carerssupportww

Community Health Council

The Community Health Council is the patient's watchdog for all NHS services. There are many ways you can help to shape local services by sharing your experiences and views on how services should be delivered.

We can also help you if you want to raise concerns about NHS care and treatment and would like the support of our complaints advocacy service.

Our Complaints Advocacy Service is: **Free, Independent and Confidential**

You can contact us by:

Phone: **01646 697610**

Email: hyweldda@waleschc.org.uk

Website: www.hywelddachc.wales



CYNGOR IECHYD CYMUNED
COMMUNITY HEALTH COUNCIL

HYWEL DDA



Need mental health and wellbeing support?

CALL 111 OPTION 2

- For mental Health advice or concerns, for you or a loved one, call 111 option 2 between 9am and 11:30pm, 7 days a week and speak to our dedicated team.
- For people of all ages across Carmarthenshire, Ceredigion and Pembrokeshire.
- In life threatening situations, always call 999 or attend A&E.

NHS 111 *Wales*



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Practical support

A **carer's needs assessment** helps you to think about your caring role, how it affects your life and what support you may need.

Carers of any age are entitled to an assessment, regardless of:

- the type or the amount of care they provide
- how much money they have
- the level of support they need
- or whether they live with the cared for person or not

You are entitled to a carer's needs assessment in your own right, even if the person you care for has not had an assessment of their own or they have been told that they are not eligible for support.

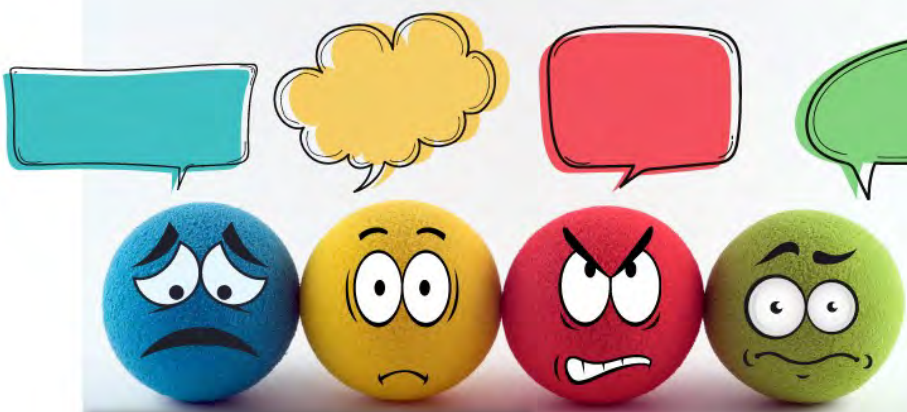
The purpose of a carer's needs assessment is for Ceredigion County Council to find out what your needs as a carer are in case there are services or support that you can access locally to support your wellbeing while you carry out your caring role.

Your assessment may be carried out over the telephone or, when circumstances allow, it can be carried out in your home.

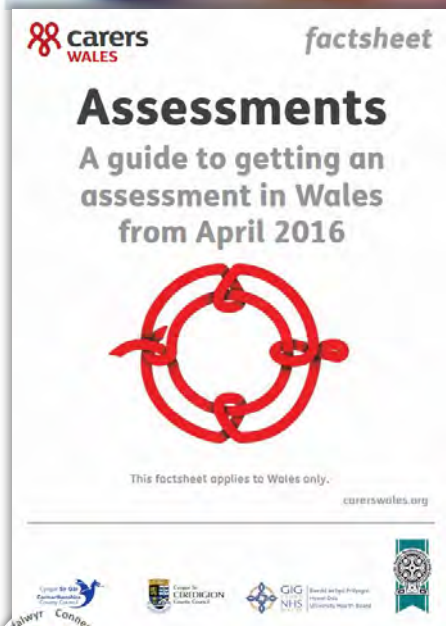
You can request **carer's needs assessment** by contacting **Porth Gofal**:

 **01545 574000**

 contactsocservs@ceredigion.gov.uk



'We understand that sometimes it can be difficult for certain issues to be discussed. If you feel that there are issues which need to be discussed away from the person you care for, your assessment can be arranged to take place in private, at a mutually convenient time and location.'



The **assessment guide book** explains more about the aims and what happens during a carer's needs assessment.

You can request a copy of the of the book by contacting Social Services **Porth Gofal**


 **01545 574000**

 contactsocservs@ceredigion.gov.uk

You can also view and download a copy online

 bit.ly/3ojhY0E





CARERS Information Service

Do you look after someone who cannot manage without your help?

CARERS are everyone's business

01970 633564

Ceredigion County Council

Carers Information Service

Join the Carers Information Service to receive:

- Regular Carers Information Service magazines (by email or by post)
- Useful information about services, support, the law, etc
- Information about the Carers Forum which meets regularly to share support, information and friendship
- Information about local events for carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

If you are new to caring or perhaps have not seen this magazine before, you can register with the Carers Information Service to receive the above benefits. The Carers Information Service is **FREE** to join.

If you would like to join the Carers Information Service to receive the benefits listed, please contact us by phone, email or post. You can also visit the website to download a registration form:



Carers and Community Support Team

Ceredigion County Council
Canolfan Rheidol
Rhodfa Padarn
Llanbadarn Fawr
Aberystwyth, SY23 3UE

01545 574200

connecting@ceredigion.gov.uk

www.ceredigion.gov.uk/carers

The **Carers Information Pack** is available to view and download on the Ceredigion County Council carer's webpages. Visit: bit.ly/Carerpack to see it now.



Have you registered as a carer at your GP surgery?

Why should I?

Registering as a carer will help your care team to understand your caring responsibilities, signpost you for help and support, offer a free flu jab, and much more.

The Investors in Carers scheme works with GP surgeries and other settings to help more carers see themselves as carers and be able to find out about the information and support available from a wide range of organisations in Ceredigion.

Ask your GP Surgery for further information and a form. Forms can also be found on the County Council and Health Board websites. The form also has a section that you can complete for a referral for further help and support.

Perhaps you know of a relative, friend or neighbour in this sort of situation, you might be able to help them by passing on this information.

For more information about the scheme please contact:

Pennie Muir, Regional Project Support manager - Carers

pennie.muir@wales.nhs.uk



Ceredigion Community Carer Officer, Liz Gunning

**Do you need some support while the person you care for is in hospital?
Is the person you care for about to be discharged from hospital?**

It can be very stressful being the carer of someone who has been admitted to hospital. It can become even more stressful when they are ready to come home.

To help during this time, Tregaron Hospital now has a dedicated Community Carers Officer, Liz Gunning. Liz is there to support you and to help ensure a smooth discharge process.

The Community Carer Officer aims to:

- provide information and one to one support for carers
- support carer involvement in the discharge planning process
- train staff at the hospital, helping them to understand the issues facing carers

Liz works with Tregaron Hospital and plays a vital role supporting unpaid carers through their hospital journey, including post discharge, whether as a carer and/or patient.

So, if you have a family member currently in hospital and you need support with that person's discharge or transfer of care please get in touch with Liz Gunning on **07498 965279** or email liz@credu.cymru

"Meeting the Carers Officer made a huge difference to me as a carer during my mum's hospitalisation. It was good to know that someone was there for me."

This service is commissioned by Hywel Dda University Health Board, in partnership with the local authority and is delivered by Gofalwyr Ceredigion Carers. There are also Carers Officers based at Bronglais, Glangwilli, Prince Phillip and Witybush.



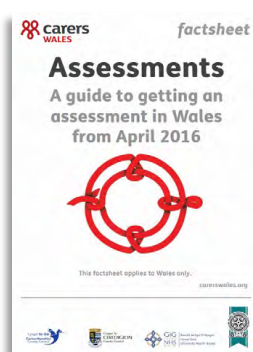
Directory of carer's leaflets available from Ceredigion County Council

All of the booklets listed here are available in paper format or can be viewed and downloaded online. If you would like a paper copy sent to your home address, please call **01970 633564** or email your request to connecting@ceredigion.gov.uk

Assessments – a guide to getting an assessment

This booklet explains the aims of a carer's needs assessment and what happens during a carer's needs assessment.

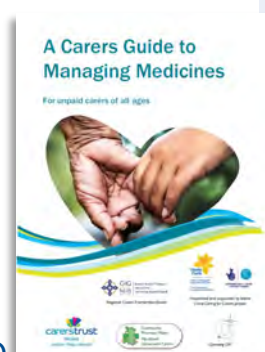
Download link:
bit.ly/3ojhY0E



A Carers Guide to Managing Medicines

The booklet is for carers who regularly handle and give medication to the person they care for. It has lots of advice about how and when to give medication safely.

Download link: bit.ly/3l9HgOQ



Being Heard: a self-advocacy guide for carers

Carers Wales' guide provides advice to help you communicate your needs with professionals, know your rights and look after your wellbeing.

Find online versions on the Carers Wales website:
bit.ly/2XMpRmW



Being prepared - A carer's guide to planning for emergencies

This booklet is full of advice and helps you to think about the safety measures you can take if something happened to you in the future. It also includes an application to join the FREE Ceredigion Carers Emergency card scheme.

Download link: bit.ly/3GsLEli



Coming out of hospital

This booklet explains how to plan for coming out of hospital so you can make sure your views and feelings are listened to and there is support in place.

Download link:
bit.ly/315Dm2T



Life after caring

The 'Life after caring' book has information and practical advice about managing when your caring role comes to an end or changes.

Download link: bit.ly/3p2cc4W



Say 'I'm Fine'... and Mean It!

The 'Say 'I'm Fine'... and Mean It!' booklet aims to help support carers' mental health and emotional wellbeing.

Download link: bit.ly/Sayimfine



USEFUL CONTACTS

The **Citizens Advice Bureau** provides FREE impartial and confidential advice on debt, benefit, employment, consumer, housing, relationship and many other issues.

 **01239 621974**

 enquiries@cabceredigion.org


 www.cabceredigion.org

cyngor ar bopeth **citizens advice**

Age Cymru Dyfed

provides services and support for anyone aged 50+, their families and carers living in Ceredigion.



 **0333 344 7874**

 reception@agecymrudyfed.org.uk

 www.ageuk.org.uk/cymru/dyfed

Older Persons Service (50+)

Supporting you to live independently in your own home

If you need support to live well and independently as you get older, our free advice and support service can help you:

- by carrying out a full benefit check and support you to apply for any entitled benefits
- to access home adaptations, care and other services
- to stay safe and healthy
- to feel part of your community
- to deal with any other housing-related issue

 **07971 954375 or 0800 052 2526**

 older.persons@castellventures.wales

 www.castellventures.wales



How can R.A.B.I help you?



Every day, the Royal Agricultural Benevolent Institution (R.A.B.I) is helping farming people in your area. We give out close to £2m per year in grants and support around 2,000 families across Wales and England. We pride ourselves on building personal relationships and tailor our support to suit your needs.

RABI have recently launched a new online wellbeing support and counselling service that's tailored specifically for the farming community. If you need support during these uncertain times, please don't hesitate to call our helpline.

 **0808 281 9490**

 info@rabi.org.uk

 www.rabi.org.uk



C.A.L.L. HELPLINE

0800 132 737

Text: help to 81066



www.callhelpline.org.uk

Mental Health Line for Wales

Support & Information for:

- Those suffering mental distress, their relatives & friends
- Parents whose child has attempted suicide or have lost a child through suicide
- Vulnerable adults who are suffering abuse

Ceredigion Social Services **Porth Gofal** offers quick and easy access to advice and information about the Department's services and the range of other resources available both locally and nationally.

 **01545 574000**

 contact-socservs@ceredigion.gov.uk

 www.ceredigion.gov.uk



Cyngor Sir **CEREDIGION**
County Council

West Wales Domestic Abuse Service

Community support

Offering confidential specialist domestic abuse support to women and men of all ages in Ceredigion.

Safe accommodation

Refuge and accessible housing for women and children.

Child and young people's support

One to one support held in school or our offices.

24/7 Helpline and advice

 **01970 625585 or 01239 615385**

 info@westwalesdas.org.uk

 www.westwalesdas.org.uk



British Red Cross CWTCH Service

Provides personal care and practical and emotional support for individuals to enable them to return to their own home setting following a stay in hospital/avoid hospital admission.

 **01239 631010**

 ceredigioncwtchservice@redcross.org.uk

BYW ADREF

We offer help and support with:

- Household chores
- Assistance with laundry
- Ironing
- Shopping
- Someone to chat to



All for **£16.50** per hour.

We offer a free benefit check

Staff are DBS (Police) checked

Staff are insured to work in your home

A friendly face, a service tailored to your individual needs and peace of mind.

 **01239 615556**

 bywadref@agecymrudyfed.org.uk

 bit.ly/bywadrefe



Macmillan Information & Support Telephone Service

Monday to Friday 9am to 5pm

 **01970 613888**

 MacmillanCISSCeredigion.HDD@wales.nhs.uk

Benefits enquiries

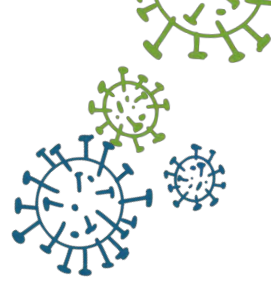
To claim Benefits - ON LINE or:	0800 055 6688	Tax Credits	0345 300 3900
Primary Benefits & Signing Off	0800 169 0310	Child Benefit	0300 200 3100
Universal Credit Service Centre	0800 328 5644	Pension Service	0800 731 0469
Social Fund	0800 169 0140	Healthy Start	0345 607 6823
Maternity Allowance	0800 055 6688	National Insurance Enquiries	0300 200 3500
Bereavement Service helpline	0800 731 0469	Post Office Card Helpline	0345 722 3344
Carers Allowance	0800 731 0297	Council Tax / Housing Benefit	01970 633 253
Disability Living Allowance	0800 121 4600	PIP - New Claims	0800 917 2222
Attendance Allowance	0800 731 0122	PIP - General Enquiries	0800 121 4433
Report benefit fraud	0800 854 440		



★ IMPORTANT ★

Don't forget to ask for your **FREE** flu vaccination this year.

Vaccination saves lives



Every autumn, hundreds of unpaid carers like you receive a free NHS influenza vaccination from their Doctor or Pharmacist.

Flu can be very serious, and this winter we expect to see both flu and Covid-19 circulating. Having a flu vaccine each year is one of the best ways to protect against flu.

Like Covid-19, flu is a highly infectious disease that we can all spread without knowing it. The disease can attack anyone, but some of the most vulnerable members of our community are at the greatest risk. New born babies, pregnant women, people receiving cancer treatment, and people with certain long-term health conditions, for example, may experience life-threatening complications if they catch the flu. This is why the flu vaccination is so important to our community.

Who is eligible for a free vaccination?

If you are the Carer of a person whose health or welfare may be at risk if you fall ill, you can receive a **FREE** flu vaccination from your Doctor or Pharmacist.

- You **do not** have to be living with, or be related to, the person being cared for.
- You **do not** have to be in receipt of Carers Allowance to receive the vaccination.
- You **do not** have to provide proof of your status.

Why do Carers have the flu vaccination?

- To protect the person they care for: If a carer gets the flu they could pass the virus on to the person they care for.
- To protect themselves: If a carer becomes ill with flu and is too unwell to care, there may be no-one else who can step in to help.



CATCH IT

use tissues to catch your cough or sneeze



BIN IT

dispose of your tissue as soon as possible



KILL IT

clean your hands as soon as you can

The Carers Magazine was brought to you by:

Susan Kidd: Co-ordinator

The Carers and Community Support Team: Editorial support

The Carers Information Service Magazine is also available online:

www.ceredigion.gov.uk/carersinformation

The winter issue will be out in January 2023.

We reserve the right to edit articles received. The information in this magazine is intended as guidance and opinions expressed may not be those of Ceredigion County Council or Hywel Dda University Health Board.

Neither are any articles nor products given as recommendations on behalf of Ceredigion County Council, they are reported for the reader to consider and form a personal opinion. All sources/references are credited wherever they have been provided/made available. Thanks are further expressed to sources of information, which by being passed on through this magazine are beneficial to carers in Ceredigion.

