

# CARMARTHENSHIRE CARERS NEWS

Autumn 2022



## CARERS TRUST

Crossroads  
West Wales

Cyngor Sir Gâr  
Carmarthenshire  
County Council



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

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If you have any news items, information on carer groups or support services that you would like to include in the next edition of Carers News, or if you are a carer and would like to share your stories, poems etc. with us – please email us at: [info@ctcww.org.uk](mailto:info@ctcww.org.uk)



## Disclaimer:

Every care has been taken when producing this newsletter to ensure its accuracy. 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 Carers Trust Crossroads West Wales. Neither are any articles or products given as recommendations, but 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 Carmarthenshire.

# Carers Newsletter Autumn 2022

Welcome to the latest edition of Carmarthenshire Carers News! The magazine that is aimed specifically for carers and is packed with useful information and tips to help you in your caring role as well as updates on important carer issues. We also hope that it helps signpost you towards some of the local and national organisations that can provide you with additional support should you need it.

In this edition we bring some exciting news about a free event for Carers Rights Day on 24th November at the John Burns Centre where carers can hear more about the new Welsh Government Charter for Unpaid Carers, join our fun or informative workshops and access a range of information and one-to-one advice from a large number of local organisations including drop-in legal advice from NewLaw Solicitors. Find out more on **page 5**

Read about the launch of the new Welsh Government Charter for Unpaid Carers on **page 3**. Why not check out the useful tips on lifting and manual handling on **page 7** or find out how to register for the 'Income Maximisation & Grants' workshop on **page 14**. Finally keep reading for information on some exciting new groups for carers as well as your Winter Health Plan, Alzheimer's Society Carer's information and support programme (CrISP) and much more...



[www.ctcww.org.uk](http://www.ctcww.org.uk)



0300 0200 002



[info@ctcww.org.uk](mailto:info@ctcww.org.uk)

**Carers Information Service,  
Unit 3, The Palms, 96 Queen  
Victoria Road, Llanelli,  
Carmarthenshire, SA15 2TH**



**NEW**

# Welsh Government Charter for Unpaid Carers

On 27th September Welsh Government published a long awaited and much needed Charter for Unpaid Carers. Julie Morgan MS, Deputy Minister for Social Services said:

“I am pleased to launch the Charter for Unpaid Carers, which sets out the rights of unpaid carers under the Social Services and Well-being (Wales) Act.

The charter has been co-produced with members of my Unpaid Carers Ministerial Advisory Group, representatives from local authorities, the NHS and the third sector. Unpaid carers have also played an active role in drafting this document and I would like to thank everyone who gave their time to take part in these important discussions.

Drawing on the expertise of professionals and unpaid carers, we have created a simple and practical guide to support carers to understand and access their rights.

The charter is also intended to help professionals to gain a better understanding of what is expected of them under the Social Services and Well-being (Wales) Act 2014.

The full Charter provides an overview of carers’ rights and includes examples of good practice in supporting and engaging with unpaid carers in health and social care settings. The summary version highlights key legal rights and the young people’s version is presented in a way that can be easily understood by an unpaid carer of any age”.

# Principles of the Social Services and Well-being (Wales) Act 2014

- Voice and Control
- Prevention and Early Intervention
- Well-being
- Co-production



## The Unpaid Carers Charter states that carers have the right to access:

- Community based support at an early stage to prevent carers reaching crisis point and accessing vital support services
- Information, advice and assistance - making sure unpaid carers can get information and advice about what care and support is available and how to access that support
- A Carers' Needs Assessment - Unpaid carers have a right to have a carers assessment and to have their needs met to help them achieve the outcomes they choose. The assessment should also consider whether the unpaid carer works or wishes to do so and whether the carer is or wishes to participate in education, training or any leisure activity.
- Co-production - Unpaid carers should be equal partners and be actively involved in creating policies and services.
- Direct payments - intended to improve choice, control and independence for people. Individuals are able to decide how their support needs will be met, who provides that support and control how, where and when support is delivered.
- Hospital discharge - Unpaid carers should be consulted from the start of the hospital discharge process and should be treated as someone who has relevant and important knowledge about the person they care for. **They should also be reminded at this stage that they have a choice over whether to begin or continue caring.**
- Representation and advocacy - If you are unable to fully take part in discussions yourself as a carer, an advocate is someone who can help make your voice heard when decisions are made about your support.



The Charter also outlines individuals rights to an "active offer" of using the Welsh language as well as a right to make a complaint if you are unhappy with a service from the local authority or health board.

**Three versions of the charter can be found [here](#).**



# carers RIGHTS DAY

**Thursday 24th  
November 2022**

## **Carers Rights Day is almost here!**

This year we have an exciting **FREE** Wellbeing and Information Event planned for unpaid carers at the John Burns Centre, Kidwelly. **See below for details and how to book your place!**



**Carers Rights Day is a national day each year and aims to:**

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.



**Booking essential:  
0300 0200 002**

**YMDDIRIEDOLAETH  
GOFALWYR**

Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**

Crossroads  
West Wales



### **Carers Rights Day - a FREE Wellbeing & Information Day for Unpaid Carers in Carmarthenshire**

Meet up with other carers in an informal, relaxed day! Access information on a range of topics including grants available for unpaid carers, the new Welsh Government Charter for Unpaid Carers and the launch of a new West Wales Carers Website.

Workshops include Laughing Therapy Yoga, Dementia Friends, Creative Poetry Writing & Advocacy Awareness

**Hot buffet lunch & free raffle included**

**\*\*Replacement Care & Transport can be provided if required\*\***

**Thursday  
November 24th  
John Burns  
Centre, Kidwelly  
9.30am -  
2.45pm**

**\*\*Booking essential\*\***  
Please contact the Carers Information  
Service on: **0300 0200 002**

Looking after someone? Know your rights

#CarersRightsDay



Care & Repair Carmarthenshire  
Gofal a Thrwsio Sir Gaerfyrddin

## Do you need Energy Advice?

Care & Repair Cymru supports older people aged 60 + who privately rent or are owner occupiers.

We have a team of Home Energy Officers who can give free energy advice, support and direct practical help to improve your home energy efficiency.

We can help you manage your energy bills, assess and help you access funding\* and specialise in tackling fuel poverty.



 **01554 744300**

 **office@careandrepaircarms.org.uk**

or visit 70+ Cymru:

**Tackling Fuel Poverty in Wales**  
**careandrepair.org.uk**  
to find out more.

Our Home energy officer in Carmarthenshire Wayne Hughes, is available to answer any queries you may have.

\*Funding assessed on income

## What is a Carers Needs Assessment?

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 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 **Delta Wellbeing on 0300 3332 222**

or if you would like support to request an assessment or prepare for a Carers Needs Assessment please contact the **Carers Information Service on 0300 0200 002**



# NHS

## How to move, lift and handle someone else

If you look after someone who has an illness or disability, you may need to help them move around.

### In the bedroom:

- getting in or out of bed
- turning over in bed
- sitting up in bed

### In the bathroom:

- bathing
- showering
- using the toilet

### Elsewhere:

- sitting in a chair
- standing
- walking
- getting up from the floor after a fall
- getting in and out of a vehicle

## Common carers' injuries

It's essential to know about safe moving and handling so you don't hurt yourself or the person you look after.

The most common injuries carers get are back injuries.

Injuring your back will limit your movement and your ability to care for someone. It could take a long time for you to recover.

Lifting someone incorrectly can also damage fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts.



# Lifting checklist

If you regularly lift or move someone, it's best to get training or have someone demonstrate the correct techniques.

Before attempting to move someone, ask yourself:

- do they need help to move?
- do they require help or supervision?
- have you told them you're moving them?
- how heavy are they?
- are you healthy and strong enough to move them?
- is there anyone who could help you?
- how long will it take?
- is there enough space around you?
- are there any obstacles in the way?
- are you wearing suitable clothing and shoes – for example, if you're on a slippery or damp surface?

If you've assessed the situation and have decided to move the person, make sure you:

- never lift above shoulder height
- keep your feet stable
- have a firm hold
- keep any weight close to your body
- keep your back straight and bend your knees
- lift as smoothly as possible

Carmarthenshire County Council has an obligation to help carers avoid health and safety risks.

Contact **Delta Wellbeing on 0300 333 2222** to ask for a [needs assessment](#) for the person you look after, as well as a [carer's assessment](#) to help you. For advice and guidance on moving and handling, ask for an occupational therapy assessment.

# Looking to fill some free time?

We are always looking for people to join our volunteering project. Whatever your background, if you are able to give up some free time to volunteer with us, you can become an important part of the organisation and help make a difference to our projects, service users, and yourself.

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. With busy lives it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Here are some of the opportunities we have available:

- Youth/Children's Clubs
- General Admin
- IT
- Social Media & Marketing
- Saturday Clubs
- Day & Residential Trips
- Community Garden
- Trustee

You can volunteer as little or as often as you want. Some roles are also remote, so no need to travel. We will provide a full induction and ongoing training where needed.

If you have the time and would like to help make a difference then please contact our volunteer coordinator **Andy Fewtrell Smith** on [volunteers@ctcww.org.uk](mailto:volunteers@ctcww.org.uk) or alternatively you can call **07971 597373**



# Carmarthenshire Care Awards

Carers Trust Crossroads West Wales were delighted to be nominated across five categories at the **Carmarthenshire Care Awards held on Friday 14th October** at The Stradey Park Hotel which was organised by the Social Care Activists Group in partnership with Carmarthenshire County Council. The event was organised to highlight and celebrate the dedication of care workers across the social care sector.

The Carer Award was presented to our Carers Support Worker Alan Phillips for his commitment to care and achieving success in delivering an excellent service. An individual he supports commented "he is wonderful, I wish the world was full of Alan's". Alan is a popular member of the Carmarthen team and has worked for the organisation for a number of years.

Lynne Mathias and her team won the Care Team Award for demonstrating a shared vision and for providing a holistic support service for families. The team were recognised for their long-standing work in supporting individuals with complex care needs and have shown incredible commitment to individuals and their families over a number of years. One of the families they support said "the care team have always been responsive and flexible to step in going the extra mile to help at difficult times. We don't know how we would manage without the Crossroads team who have become our extended family. Thank you does not begin to express our gratitude".

Our Senior Care Coordinator Angela Rees won the Home Care Coordinator Award for going above and beyond to help her colleagues. A staff member explained "she always listens and supports staff and is a very kind and caring person". Angela is also a Carers Lead in the organisation and has played an important part in helping Carers Trust Crossroads West

Wales in achieving the "Investors in Carers Gold Award".

Tracey Morris represented the organisation in the Dignity and Care Award for her dedication for maximising client independence and choice. Tracey works predominately with children and young people and alongside her role in supporting individuals in the community, is the Club Coordinator for our children & young people's Saturday Club.

Thelma Lewis who has worked for the organisation for over 36 years won the Outstanding Contribution to Social Care Award for her dedication and long-term contribution. Thelma is a well-respected member of staff who has worked tirelessly over the years both in the community and in our luncheon and day clubs for older adults. She will be retiring shortly and we'd like to wish her all the best for a happy and healthy retirement and express our gratitude for her commitment over the years.



We'd like to extend our **congratulations to everyone nominated** in the Carmarthenshire Care Awards and express our appreciation to all of the care workers who provide care and support across Carmarthenshire.

# LLAMA

LLANELLI AUTISTIC MAMS ASSOCIATION

A community support and friendship group for parents and carers of young people with ASD or are believed to be on the spectrum.

FIND US ON  
FACEBOOK &  
INSTAGRAM!



llanellillamas@yahoo.com

No drama  
with  
these  
Llamas!



A meeting of friends in the spring of 2021 was the start of an amazing community group that is growing daily. Finding solace between friends of the struggles we face on a daily basis prompted us to start a Facebook group and add friends that we knew had a child or children with autism or on the pathway. Who would have known that this little group would become so well known in the Llanelli area by parents carers and professionals alike. Meeting up for play dates was our aim in the beginning.

This has now grown to the Llamas having weekly events... inflatable sessions,

swimming sessions and swimming lessons... and monthly coffee mornings. Having a child with autism is a very lonely stressful and challenging predicament for a parent and we now have over 250 families within our group and this is growing on a daily basis.

It is a safe space where people can check in, ask advice and find out about events that are on in the area...

If you or anyone you know is affected by a family member that has autism in the Llanelli area please signpost and become an honorary **LLAMA!**

## Financial support for Unpaid Carers

The Welsh Government have again released a pan Wales Carer Support Fund to help alleviate financial pressures for carers this winter. Financial hardship grants will be available from next month 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 but please note that this fund is aimed at carers who experiencing extreme financial pressures.

**Keep an eye on our Facebook page for more details over the next month or so.**

If you are concerned about the rising cost of living the Carers Information Service have information available on a range of support including Carer Grants, Food Banks, Discounts & Concessions, Council Tax reductions, Water tariff reductions, Cost of Living payments, Warm Community Hubs, Winter Fuel Payments, broadband social tariffs and much more.

Contact us on **0300 0200 002** or email **info@ctcww.org.uk**





# Alzheimer's Society Cymru Dementia Connect Welsh Telephone Line

Dementia Connect, Alzheimer's Society Cymru's dementia support service, is free, easy to access and puts you in touch with the support you need. From local support to over the telephone and online.

Our Welsh language line is here for people with all types of dementia, with a diagnosis or pre-diagnosis. As well as support for family or friends of people worried about their memory.

Anyone can access the line by calling us on **03300 947 400** during office hours.

Or you can leave a voicemail after these hours on our bilingual voicemail service, where one of us will be on hand to pick up the next working day. The line is available from **Monday to Friday 9:15am-4:00pm**, where we will listen and give relevant help and advice you need, regarding information about different services, offering emotional and factual support. We can send you any fact sheets and information, while also linking you to the help you need by offering a referral to our dementia support services in the community across Wales. They can offer you specific local support, and help you find local services, groups, and professionals in your immediate area.

**If you would like to learn more about the Society or any of our services, please phone the Dementia Connect Telephone line on 03300 947 400.**

## Alzheimer's Society Carer's information and support programme (CrISP)

Caring for someone with dementia can be tough and isolating. Getting support from people who understand the challenges you face can make a massive difference. Our information and support sessions are for family, friends and carer's of people living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time.

The four-week programme is run by skilled, compassionate and experienced dementia advisers covering the following topics: Understanding dementia, providing support and care, legal and money matters and coping day-to-day. The programme will be delivered over four 2-hour sessions virtually via zoom.

If you would like to join one of our programmes or have any other questions regarding the course or any other services we provide please email **Donna Jenkins** via [donna.jenkins@alzheimers.org.uk](mailto:donna.jenkins@alzheimers.org.uk)

### Programme 1

#### Session 1

Monday 14th November 1.30pm – 3.30pm

#### Session 2

Monday 21st November 1.30pm – 3.30pm

#### Session 3

Monday 28th November 1.30pm – 3.30pm

#### Session 4

Monday 5th December 1.30pm – 3.30pm

### Programme 2

#### Session 1

Wednesday 16th November 1.30pm – 3.30pm

#### Session 2

Wednesday 23rd November 1.30pm – 3.30pm

#### Session 3

Wednesday 30th November 1.30pm – 3.30pm

#### Session 4

Wednesday 7th December 1.30pm – 3.30pm



## What is a Young Carer?

According to the most recent census (2011), Wales has 30,000 unpaid carers under the age of 25 and the highest proportion of unpaid carers under 18 in the UK. Carmarthenshire has the highest ratio per person as a county. These carers can be classified as either a **'Young Carer'** if they are aged between 5 and 18 years old or a **'Young Adult Carer'** if aged between 16 and 25 years old.

Young Carers are largely in a caring role for either a sibling or parent and in effect these are working a second shift in addition to their schoolwork. Being a Young Carer affects both their health and their futures. They are twice as likely as other young people to report mental health conditions due to social isolation and a lack of understanding amongst their peers. Additionally, 27% of young carers reported that their home duties caused problems at school and half say caring for a family member has a negative impact on their schoolwork.

## How can young carers be supported?



At Carers Trust Crossroads West Wales we currently support over 100 young carers & young adult carers through our Carers Educational Years (CEY) and Young Adult Carers (YAC) services thanks to funding from the National Lottery, Children in Need and Hywel Dda Health Board. They work with young carers on an individual basis to help them find a sustainable balance between their caring lives, personal lives and educational/work lives as well as offering workshops and respite opportunities to those carers that would benefit from them.

Identifying young carers isn't easy however as many young people don't identify themselves as young carers – they may not see the work they do as out of the ordinary or may not know who or how to ask for support. While others hide their caring role out of concern about stigma and fear of what intervention might mean for their family. This is especially true in families with mental health and/or addiction struggles.

This is why, we also employ two Educational Engagement Project Workers who run sessions with pupils and staff in schools and colleges around the county to raise awareness of young carers. They support staff in how to identify young carers and to be more flexible with how young carers manage their schoolwork. The sessions with pupils raise awareness of young carers so that young people can better identify themselves should they be in a caring role but also to learn how to be a good friend to any young person who finds themselves caring for someone.

If you would like more info about young carers or to find a referral form for our service please visit our website: [www.ctcww.org.uk/youngcarers](http://www.ctcww.org.uk/youngcarers) or email: [youngcarers@ctcww.org.uk](mailto:youngcarers@ctcww.org.uk)



## Free NHS Support for Carers to Quit Smoking

# NHS

Did you know that you can get 12 weeks free Nicotine Replacement Treatment (NRT) and telephone support to help with quitting smoking?

- As a carer looking after your own health and **wellbeing** is important and becoming smoke-free can give you the extra energy you need.
- It will also leave you with **extra money** in your pocket to enjoy some of the things in life that really matter to you.
- **No need to travel** to appointments and flexible times for phone calls to fit in with your caring responsibilities.
- You will get a call to arrange your first telephone appointment with your advisor to discuss options for **NRT products or medication**, plus advice to help with any cravings during your quit.
- There will also be **ongoing telephone support** from a trained advisor to help you to stay focussed on your goal and to talk through any challenges along the way.

Research shows that you are 3 times more likely to quit smoking with a combination of NRT products and personal support in place.

**Why not give it a try phone us today on: 0300 303 9652**

## Volunteering Opportunities with Marie Curie

Marie Curie is looking to recruit community based volunteers for the Marie Curie Helper programme, which is a professional service provided by trained volunteers who offer one-to-one companionship and support to people with a terminal illness and their families.

Helper Volunteers provide companionship and emotional support, practical support, short breaks for carers and help with signposting for information and support.



Care and support through terminal illness

For more information or if you have any questions regarding this volunteer role, please contact the Volunteering Operations Centre on [volunteering@mariecurie.org.uk](mailto:volunteering@mariecurie.org.uk) or on **0800 304 7032**.

# Share and Learn

## Managing a household budget and managing debt

**Monday 7 November, 10-11.30am**

This Share and Learn session is aimed at supporting you through the cost of living crisis will be focused on managing a household budget and debt. The first part will be led by Darren Cole, a financial expert and professional trainer from Secondsight, who will be sharing some top tips for keeping in control of your finances.

Following Darren's talk, Liz Edwards (a Helpline adviser with Carers UK) will be sharing her expertise and talking through the energy support package including the Warm Home Discount scheme and other support available to your household to help you manage rising energy costs. We will also introduce you to the range of support available on the Carers UK website.

**Book here.**

## Income maximisation and grants

**Monday 5 December, 4-5.30pm**

Knowing what financial support is out there for carers can be tricky and confusing. In the third of our series of monthly Share and Learn sessions aimed at supporting you through the cost of living crisis, we will be focusing specifically on maximising your household income and types of grants available to carers.

The session will be run by Liz Edwards who has worked as a Helpline adviser with Carers UK for many years, specialising in financial advice and benefits for carers. Liz will be sharing lots of useful tips and we will also introduce you to the range of support available on the Carers UK website.

**Booking opens soon.**



## Information for unpaid carers



**@carerssupportww**



**carerssupportwestwales.org**

# CYMRU VERSUS ARTHRITIS



## 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 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](https://bit.ly/3PspELE)**

### Upcoming online support sessions:

- **8th November** – Hand Therapy Talk with exercises 6.00pm – 7.00pm by Alison Brown (Occupational Therapist)
- **14th December** – Osteoarthritis Talk 11.00am – 12.30pm
- **17th January** – VA Physical Activity Team 1.30pm – 2.30pm

For more details or to register for the session please visit the Cymru Versus Arthritis activities on Eventbrite around 2 weeks prior to any event.

**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:  
**[walesupport@versusarthritis.org](mailto:walesupport@versusarthritis.org)**  
or phone **0800 756 3970**

For additional information including support in your area visit In Your Area - **[versusarthritis.org](https://www.versusarthritis.org)**

# Cradle Choir (Llandeilo)



for people living with dementia/memory loss and their friends and families

Our new Cradle Choir in Llandeilo welcomes anyone in the Llandeilo area who is living with Dementia/memory loss and a member(s) of their community, be it carer, friend, or family member, to join with us for a regular programme of singing sessions on **Monday Afternoons from Monday 3 October to Monday 7 November 2022 initially at the Capel Newydd, Crescent Road, Llandeilo, SA19 6HN**

Ultimately all you need is enthusiasm and the willingness to come and sing your heart out with like-minded people and enjoy the buzz and feeling of well-being singing together can provide.

- There are **NO AUDITIONS** and **NO FEES**
- You don't need to be able to read music
- You will need to be able to get yourself along to the sessions
- Although we hope you can come to all the sessions for the maximum benefit, we understand that things can on occasion prevent attendance and that is fine!

**You will receive a very warm welcome! And our Choir Leader, David Fortey of Only Men Aloud and pianist, Mark Jones, will lead you through a great range of popular music that you will almost certainly know as well as some fun warm up exercises to get the brain and voice going plus some refreshments afterwards.**

## Social Groups for over 50's



**Nantgaredig** – meeting every fortnight from Wednesday 2nd November at 10:30am at The Railway Hotel, Nantgaredig for a coffee and a chat.

**Llandeilo** – meeting every fortnight from Wednesday 12th October at 10:30am at The Plough Inn, Llandeilo for a coffee and a chat.

For more information on groups in Carmarthenshire please call **Lucy Cummings** on **07399 861350** or email: [lucy.cummings@agecymrudyfed.org.uk](mailto:lucy.cummings@agecymrudyfed.org.uk)

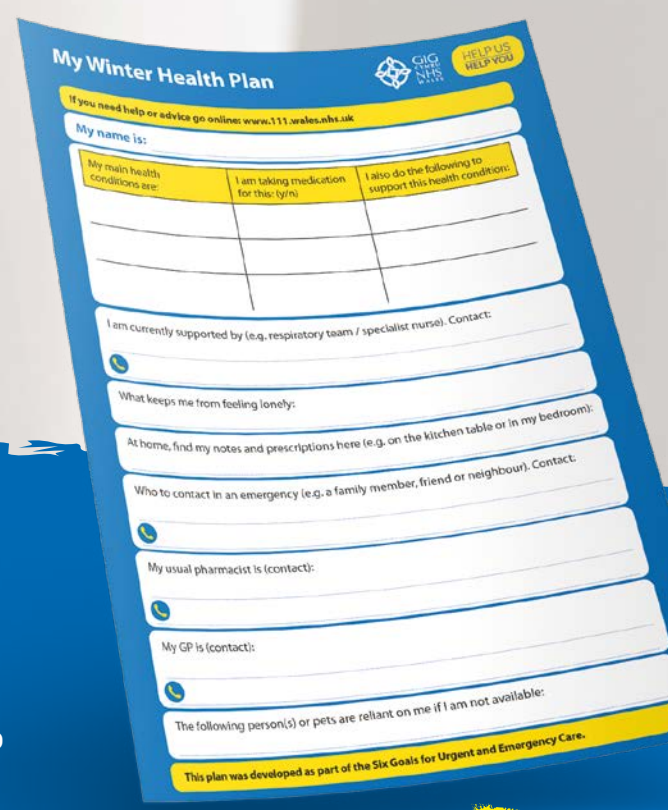
## Babell Zion Newydd Pensarn

A Sing-a-long with Helen and friends every other Tuesday 2pm – 3pm. All welcome but especially those living with Dementia and their carers. Come sing or listen to your favourite hymns and songs in Welsh and in English with refreshments to follow. **Starting September 20th**

**For more information contact Molly Thomas 01267232554 The Pink Chapel on Babell Hill**







# My Winter Health Plan

If you have a long-term physical or mental health condition, this scheme aims to help you and your carer to provide clear information to health and care staff who may need to visit your home in an emergency.

## My Winter Health Plan

This initiative aims to help you and your carer if you have a long-term health condition. My Winter Health Plan will share some basic information with health and care staff making a home visit about:

- your condition
- the support you receive
- the advice you have been given
- your key health and care support contact details

## Who is the scheme for?

It is designed to help you if:

- you are living with a long-term physical or mental health problem
- you are an older person with health needs
- you need support from health staff
- you are a registered carer or family member looking after someone with a long-term health condition

## How does it work?

You, a friend or family member, or your carer (if you have one), will need to complete the Plan to give basic information about you, including:

- your main health conditions
- contact details for your GP
- where your care plan and/or details of your prescriptions are kept at home

## What are we asking you to do?

- **Download the My Winter Health Plan template here**

Alternatively, if you don't have access to a printer to download a Winter Health Plan, you can email [SixGoals.UrgentAndEmergencyCare@gov.wales](mailto:SixGoals.UrgentAndEmergencyCare@gov.wales) for a pack to be sent to you by post.



## Have you registered as a Carer at your GP surgery?

Registering as a Carer will help your care team at the surgery to understand your caring responsibilities, signpost you for help and support, offer a free flu vaccine, and much more.

The Investors in Carers scheme works with GP surgeries and other settings to help identify Carers so that they can access information and support from a wide range of organisations in Carmarthenshire. Ask your GP Surgery for further information and a carer registration 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 who may be caring for someone, **if so, let them know they can register as a Carer through their GP.**

For more information about the scheme please contact:

Pennie Muir, Carers Lead at the Health Board - [pennie.muir@wales.nhs.uk](mailto:pennie.muir@wales.nhs.uk)

### Mental Health & Emotional Wellbeing Helplines

- CALL Mental Health Helpline for Wales - **0800 132 737** or text help to **81066**
  - Age Cymru Mental Health Support - **08000 223444**
  - Carmarthenshire Community Mental Health Team - **01267 236017**
    - Mind Info Line - **0300 123 3393**
  - Hywel Dda Mental Health Helpline - **Call 111 (Option 2)**
    - Samaritans - **116 123**
    - lawn - [www.iawn.wales.nhs.uk](http://www.iawn.wales.nhs.uk)



# Carers Information Service

## How can the Carers Information Service help you?

The Carers Information Service has been extremely busy registering lots of new people who have found themselves new to being a carer amidst a pandemic. If this is you or you know someone who has taken on a caring role please get in touch for help with:



- Regular Carers Newsletters
- Useful information relating to services, support, legislation etc. which will be tailored to your individual needs
- Information relating to the Carer Support Groups which meet regularly to share support, information and friendship
- Emotional support
- Information about events for Carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

This is your opportunity to have a voice on issues affecting Carers. If you are new to caring or perhaps have not seen this newsletter before, you can register with the Carers Information Service to receive the above benefits. If you would like to join the Carers Information Service to receive the benefits listed, please contact us by phone or email.

## Carers Outreach Service

The Carers Outreach Service are still here for you and we can help with:

- Emergency & Contingency Planning
- Carers Emergency Card
- Telephone Support
- Personal Protective Equipment (PPE)
- Carers Grants
- Getting a Carers Needs Assessment
- Carers respite breaks
- Carers Rights
- Legal Rights via New Law Solicitors
- Specialist information & Factsheets
- Carers Support Groups
- Carers Wellbeing
- Help to source practical support such as shopping, collecting medications, etc.

**YMDDIRIEDOLAETH  
GOFALWYR**











Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**

Crossroads  
West Wales

Tel: 0300 0200 002  
Email: [info@ctcww.org.uk](mailto:info@ctcww.org.uk)

# Useful Numbers

<p><b>YMDDIRIEDOLAETH GOFALWYR</b> Gogledd Cymru Gwasanaethau Gofal Croesffyrdd</p> <p><b>CARERS TRUST</b> North Wales Crossroads Care Services</p> <p>Providing practical support to carers through replacement care and day services <b>01267 220046</b></p>	<p> GOFALWYR OEDDOLION IFANC</p> <p>Individual and peer support for Young Adult Carers aged 16 – 25 years <b>0300 0200 002</b></p>	<p> Gofalwyr Rhymedusod Ading</p> <p>Individual, group and peer support for young carers aged 5 – 18 years <b>0300 0200 002</b></p>
<p><b>YMDDIRIEDOLAETH GOFALWYR</b> Gogledd Cymru Gwasanaethau Gofal Croesffyrdd</p> <p><b>CARERS TRUST</b> North Wales Crossroads Care Services</p> <p>Information, advice and outreach support for carers <b>0300 0200 002</b></p>	<p> Carmarthenshire Carers Forum</p> <p>Regular meetings for carers to discuss carers issues <b>01267 241785</b></p>	<p> Llais anableded dysgu The voice of learning disability</p> <p>Mencap Cymru Helpline: <b>0808 8000 3000</b></p>
<p> Alzheimer's Society Cymru</p> <p>Information and support for people diagnosed with dementia and their families <b>033 150 3456</b></p>	<p>Cymdeithas <b>Strôc   Stroke</b> Association</p> <p>Information and support for people affected by strokes and their carers <b>07799 436050</b></p>	<p><b>YMDDIRIEDOLAETH GOFALWYR</b> Gogledd Cymru Gwasanaethau Gofal Croesffyrdd</p> <p><b>CARERS TRUST</b> North Wales Crossroads Care Services</p> <p>Welfare Benefit Support, including form filling and appeals <b>01554 776850</b></p>
<p> <i>afon offeriad a gweithd mudiadau allweddol</i> <b>hafal</b> <i>for recovery from serious mental illness</i></p> <p>Mental Health Carers Support, including regular carers groups <b>01267 223365</b></p>	<p><b>ROYAL VOLUNTARY SERVICE</b></p> <p>Support with transport and social clubs <b>01269 843819</b></p>	<p> Dyfed <b>age Cymru</b></p> <p>For older people aged 50+ including handyperson scheme and welfare benefits <b>01554 784080</b></p>
<p> <b>Carers Advocacy Service</b></p> <p>Carers Advocacy Service – Support to get your voice heard <b>01267 231122</b></p>	<p> <b>WWAMH</b></p> <p>Information and support for people experiencing mental ill health <b>01267 245572</b></p>	<p><b>MACMILLAN CANCER SUPPORT</b></p> <p>Information and support for people with cancer and their carers <b>01267 227904</b></p>
<p> <b>Care and Repair Carmarthenshire</b> Gofal a Thrawio Sir Gaerfyrddin</p> <p>Information and support with repairs and adaptations <b>01554 744300</b></p>	<p><b>LLESIANT DELTA WELLBEING</b></p> <p>Request a Carers Needs Assessment from social care <b>0300 333 2222</b></p>	<p><b>Cyngor Sir Gâr Carmarthenshire County Council</b></p> <p>Support for young carers under 18 years old <b>01554 742630</b></p>

## TRUSTEE RECRUITMENT

**Carers Trust Crossroads West Wales is a local charity, delivering services for unpaid carers in Carmarthenshire for 40 years, with the benefit of being a Network Partner of Carers Trust.**

**We are looking for new Trustees to join our Board in the coming year.**

- 3 hrs per Week**

-  **Invitation to attend events and training courses during the year**
- 6 Committee meetings per year**


**For further information, please do not hesitate to contact Jo Silverthorne**  
joanne.silverthorne@ctcww.org.uk



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Croesffyrdd  
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**CARERS TRUST**  
Crossroads  
West Wales

We care because you CARE



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