

**Welcome to this issue of the Carers Newsflash!**  
**A quarterly e-bulletin for unpaid carers in Carmarthenshire.**

## FREE Cream Tea & Chat for Unpaid Carers

Meet up with other carers for a natter.

Join our Time Together Team to hear about short breaks, grants, and wellbeing activities for carers.

Tell us what a good break would look like for you and help us to plan our Short Breaks project.

**THURSDAY: 7th September 10.30 – 12.00 at St. Peter’s Bowls Club, Carmarthen**

**FRIDAY: 29th September 1.30 – 3.00 at Burry Port Yacht Club (Macmillan)**

**WEDNESDAY: 11th October 11.00 – 1.00 at Capel Newydd, Llandeilo**

Book your place by ringing **0300 0200 002** or email us at [info@ctcww.org.uk](mailto:info@ctcww.org.uk)



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

## PATHWAY TO CARE EVENT



**PRACTICAL CARE SUPPORT,  
INFORMATION AND  
EMPLOYMENT OPPORTUNITIES**

Opportunity to meet care providers and support services available locally, network and find out about job opportunities in social care.

**FRIDAY 8th SEPTEMBER 2023**

**Hwb Carmarthen,  
St Catherine’s Walk  
Carmarthen SA31 1GA  
Refreshments available**

- Direct Payments talk and Q&A session 11.30 – 12.30
- Carer Information Workshop
- Information
- Recruitment opportunities
- Support

Gofalwn .cymru WeCare .wales



**DROP-IN BETWEEN  
10AM-3PM**

**PLANED** UK Government Lywodraeth y DU

## CATALYSTS FOR CARE PROJECT

Carmarthenshire

**WHAT IS A MICRO ENTERPRISE?**

A small care or support service that helps people live well and independently. It could be a small limited company, a Partnership or a sole trader and services can include housework, personal care or companionship and support to access local groups and activities.

**HOW CAN I HELP?**

I provide FREE one to one support and assist you to get started and set up, provide information, tools and resources and everything to start your own business safely, legally and professionally. Including what you need to do to be compliant, but ultimately to develop your ideas and support you with this exciting new venture.

You would be added to a directory which we will share and market to connect you to customers and a network for support.

**THE PROJECT**

My name is Lucy and I am the new Micro-Enterprise Catalyst for Carmarthenshire at PLANED with support from Carmarthenshire County Council. Our aim is to assist the development of small, independent care enterprises that can offer personal and flexible support or care and give local people more choice and control over the support they get including carers, home help and personal assistants.

Do you enjoy helping people in the community?

Would you like to have a paid role that is fulfilling and meaningful?

Have you ever thought about setting up on your own but not sure where to start?

**For free support and advice contact:**

Phone 07789 793228 Email [Lucy.cummings@planed.org.uk](mailto:Lucy.cummings@planed.org.uk) Website [www.planed.org.uk](http://www.planed.org.uk) Facebook [Lucy P Cummings](https://www.facebook.com/Lucy.P.Cummings)



## Are you scam aware? FREE talk and information session on how to spot some of the most common scams including:

- Telephone scams. ...
- Email scams. ...
- Cyber crime scams. E-crime is criminal activity carried out using computers or the internet. ...
- Online shopping and finance scams. ...
- Protecting your personal information online. ...
- Postal scams. ...
- Online dating or relationship scams. ...
- Doorstep criminal scams.

**Wednesday 25<sup>th</sup> October  
11.00 – 12.30 at Carers  
Trust Offices, 96 Queen  
Victoria Road, Llanelli,  
SA12 2TH**

Delivered by The Trading  
Standards Dept. Carmarthenshire  
County Council in partnership  
with Carers Trust Crossroads West  
Wales

**YMDDIRIEDOLAETH  
GOFALWYR**

Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**

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West Wales



## Ty Golau



Ty-Golau Dementia Charitable Trust meets every Monday at Burns Centre, Kidwelly. 10.15 to 12.00.

Activities are aimed at stimulating the brain, in a relaxed and FUN way. Activities include, reminiscence, sing-a-longs, themed quizzes, celebration of Saints Day, etc.

All volunteers are in costumes of the era/ National costumes—often with tasters e.g. haggis, tot of whisky (if allowed), Welsh cakes, Bara Brith etc. Come along, keep your brain stimulated and **have fun!**

For more information contact Jan Lewis ( 01554 890 896) Email [info@tygolau.org.uk](mailto:info@tygolau.org.uk)

**YMDDIRIEDOLAETH  
GOFALWYR**

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Gorllewin Cymru

**CARERS  
TRUST**

Crossroads  
West Wales

**hwb**

Help. Cefnogaeth. Cyngor.

Help. Support. Advice.

Here to help

## Carer Drop-in Information & Advice Session

Come along and speak to one of our specialist advisors with any queries including: accessing support services, benefits, grants and discounts and money saving hints & tips. All welcome.

**Carmarthen Hwb (Debenhams)** 1st Wednesday of every month 11.00am – 2.00pm

**Llanelli Hwb**  
2nd Thursday of every month  
11.00am – 2.00pm

**Ammanford Hwb** 3rd Friday of every month 11.00am – 2.00pm

If you would like any further information about any of the activities above please ring 0300 0200 002 or email [info@ctcww.org.uk](mailto:info@ctcww.org.uk)



Ariennir gan  
**Lywodraeth Cymru**  
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**Welsh Government**

## Money Makeover – Financial Survival Skills

**FREE Workshop on Tuesday 17<sup>th</sup> October 11.00am – 1.00pm at  
CAVS, Queen Street, Carmarthen**

- Better budgeting & priority bills
- Tips on avoiding debt
- Welfare benefits for carers – try out the online benefit calculator and work out your own entitlements
- Making the most of your money
- Carer grants, discounts & carer benefits

**To book a place contact us on 0300 0200 002 or email  
[info@ctcww.org.uk](mailto:info@ctcww.org.uk)**



## FREE 6-week 'Food for Thought' Course Healthy Eating / Healthy Cooking / Cooking on a Budget

**Explore new recipes, share ideas, learn new skills and plan and cook  
a healthy meal for the whole family to take home with you!  
All ingredients provided.**

**A small, relaxed and friendly group for carers with all cooking abilities.**



**Starting Tuesday 19<sup>th</sup> September 10.00am – 1.00pm  
at the John Burns Centre, Kidwelly, SA17 5AB**



**\*Places are limited and are on a first come, first served basis.  
To book a place contact us on 0300 0200 002 or email [info@ctcww.org.uk](mailto:info@ctcww.org.uk)**

## Mental Health & Emotional Wellbeing Helplines

**CALL Mental Health Helpline for Wales 24-hour helpline 0800 132 737**

**Or text help to 81066**

**Age Cymru Mental Health Support Telephone: 08000 223444**

**Carmarthenshire Community Mental Health Team 01267 236017**

**Mind Info Line 0300 123 3393**

**Samaritans 116 123**

**Iawn [www.iawn.wales.nhs.uk](http://www.iawn.wales.nhs.uk)**

## YMDDIRIEDOLAETH GOFALWYR

Croesffyrdd  
Gorllewin Cymru

## CARERS TRUST

Crossroads  
West Wales

### Free Legal Advice Sessions for Carers

**NewLaw**  
solicitors

are able to advise you on:

- ✓ Wills (inc. Statutory Wills for those who lack capacity)
- ✓ Trusts for Vulnerable People
- ✓ Funding for Care
- ✓ Capacity
- ✓ Lasting Powers of Attorney
- ✓ Estate / Tax Planning
- ✓ Protection of Assets
- ✓ Court of Protection & Deputyship
- ✓ Estate Administration

"We want to help carers by providing a free initial advice session without the worry of unknown & expensive fees. If you decide to instruct us we will work on a fixed fee basis"

**NewLaw will be running a free initial advice session for carers between 10:00am & 3:30pm on the third Tuesday of each month:**

Jan 19th, Feb 16th, Mar 16th, Apr 20th, May 18th, Jun 15th, Jul 20th, Aug 17th, Sept 21st, Oct 19th, Nov 16th & Dec 21st



Please note that due to demand, booking for these sessions is essential For this and more information, contact the **Carers Information Service:**

**0300 0200 002**

**info@ctcww.org.uk**

**www.ctcww.org.uk**

## MeTime

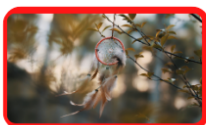
Online support sessions for carers

# September



### Friday 1 September: 12.30-2pm: Carer Representation Training

Do you feel that unpaid carers need to be heard wherever decisions are being made about health and care services? Are you interested in speaking up for carers in your community, your region or even Wales-wide? We're offering free online training to unpaid carers on carer voice and influencing.



### Thursday 7 September: 6-7pm: Craft - Macramé Feathers

'In this session we will be creating a decorative wall hanging out of macramé feathers. A simple session whilst learning essential macramé techniques.'



### Friday 8 September: 10.30 -11.30am - Hand Reflexology

When people hear the word 'reflexology' they usually think of a form of foot massage, but did you know it can be done on the hands as well? In this one-hour session Helen will explain what reflexology is and some techniques you do for yourself on your hands for stress relief, relaxation and more!



### Tuesday 12 September: 3-4pm: Mindfulness

Join us for our popular quarterly session of Mindfulness. Learn how to calm racing thoughts, let go of negativity and soothe your mind and body.



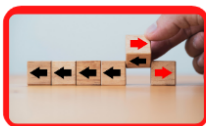
### Wednesday 13 September: 11-12.30pm: How digital tools can support people with the cost of living

This session will provide advice around data poverty and what support is available to access data and devices and give an overview of what financial information and support is online.



### Thursday 14 September: 1-2pm: Seated and Standing Pilates

Come and join us for a session of pilates seated and standing. Suitable for beginners.



### Tuesday 19 September: 11-12pm: Change is what you make it.

As circumstances change, you may be looking to return to the world of work, or perhaps you find that you have more time on your hands to looking at hobbies or rebuilding a social life. This session will explore how we deal with change, what gets in the way, and techniques to overcome some of these hurdles.



### Thursday 21 September: 2-3pm: Spotlight on Dementia

An overview of the services provided by the Alzheimer's Society, specifically to support unpaid carers through the journey with their loved ones. The Alzheimer's Society provides knowledge, information and practical support for anyone affected by dementia or who may be worried about a possible diagnosis.



### Tuesday 26 September: 2-3pm: Make Your Own Vintage Decoupage Shells

Create your very own decoupage shells. In a gorgeous gold colour with vintage themed floral detailing, these shells will be a great finishing touch to put on your windowsill, bed side table or on the mantel piece to place your jewellery in.



### Wednesday 27 September: 11.30-1pm: Return to work webinar with Employers for carers

This session, for unpaid carers, looks at what you need to know to get that job and return to the workplace. From looking at your transferable skills, to CV writing, interview tips and techniques and keeping calm, join us for this informative session.

**To Register: [carerswales.org/onlinesupport](https://carerswales.org/onlinesupport)**



## What's the CONNECT project?

The **CONNECT** project provides an **enhanced lifeline** and **telecare service** across Carmarthenshire, Pembrokeshire and Ceredigion. The pilot project has been funded by the **Welsh Government's Transformation Fund**, enabling the **West Wales Care Partnership Board** - which brings together Carmarthenshire, Ceredigion and Pembrokeshire County Council's, Hywel Dda University Health Board and representatives of the third and independent sector - **to work together to help shape the future of health and social care services across west Wales.**

## What's the aim?

The aim of the project, which is the first of its kind in Wales, is to support a **prevention and early-intervention care system** through **pro-active wellbeing calls**. **These** can help identify any potential health and wellbeing issues at the earliest opportunity to ensure needs are supported accordingly, providing a **specialist response service** and via **community-based support** whenever individual's need it.



CONNECT also offers **flexible Technology Enabled Care (TEC) support packages** tailored towards an individual's **specific needs** to help them **live independently** for as long as possible. In addition, we are in

the process of creating a **new digital app** called **CONNECT 2U** to help reduce loneliness and isolation through the use of a 'virtual' online community network, keeping individual's in touch with family, friends and community groups across the West Wales region.



## 5 STEPS TO CONNECT

### Contact Us



Firstly, a client would **get in touch** with one of our friendly Advisors on **0300 333 2222**. This could be a self-referral, via a family member or through a social care or health professional.

### Wellbeing Assessment



We would then undertake a Wellbeing Assessment to identify what **level of support** the client requires to live well and establish what their priorities are - i.e food shopping, loneliness, social interaction, managing a health condition.

### Pro-active Wellbeing Calls



The assessment also determines the **frequency of follow up wellbeing calls** to support the client's welfare. This could be weekly, monthly or even a few times a week depending on the client's specific needs.

### Wellbeing Activities



We'd also **support wider wellbeing activities**, such as re-engaging with the local community (virtually currently, but physically in the long term). This could be identifying and providing support to attend community groups of interest such as gardening or dancing groups etc or by connecting like-minded individuals through the **CONNECT 2U** app.

### Community Responder Service



We also provide a **24/7 Community Responder Service when in crisis**. Supporting non-injurious falls and welfare needs. This provides clients and their families with peace of mind knowing help is always available should they ever need it.

Meibion Elli Proudly present a  
*Grand Concert*  
In Aid of Carers Trust, Crossroads

Hall St Church,  
Llanelli  
Thursday 28th Sept  
7pm

 **MORNINGTON  
PENINSULA  
WELSH LADIES  
CHOIR  
AUSTRALIA**

 **Meibion Elli**

Guest Artist  
**Ffion Haf**  
Soprano

Tickets £10  
Available from all choristers  
or Phone 01554 820 644  
Mobile 07985136672



IN AID OF **YMDDIRIEDOLAETH  
GOFALWYR**  
Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**  
Crossroads  
West Wales

**50 YEARS**  
CARING FOR CARERS 

**CARERS & THEIR 'CARED FOR' GO FREE!!!**

**Ring 0300 0200 002 today to request your free tickets including a pre-concert reception buffet.**

**\*Please note tickets are limited and are on a first come, first served basis\***





## cysylltu | sir gar connecting | carmarthenshire

Mae Cysylltu Sir Gâr yn wasanaeth cymorth ataliol newydd sy'n cynnig cyngor a chymorth am ddim i bobl sy'n byw ledled y sir.

Connecting Carmarthenshire is a new preventative support service offering free advice & support to people living throughout the county.

### YDYCH CHI'N ...

Profi anawsterau wrth ddeall a llywio gwasanaethau cymorth tai?



Ydych chi'n berson hŷn neu'n berson ag anabledd corfforol?



Canfod bod bywyd bob dydd yn effeithio ar eich lles meddyliol?



Gofalu am ffrindiau neu aelodau'r teulu?



Oes gennych chi anabledd dysgu neu awtistiaeth?



### DO YOU...

Have difficulties understanding & navigating housing support services?


Are you an older person or have a physical disability?

Find daily life impacts your mental wellbeing?

Care for friends or family members?


Have a learning disability or autism?

Os mai 'ydw/oes' yw'r ateb i unrhyw un o'r cwestiynau hyn, yna cysylltwch â ni.


 **0800 917 6255**


*Os ydych yn byw yn ardaloedd Gwendraeth, Llanelli neu Aman*

*If you live in Gwendraeth, Llanelli or Amman areas*


 Sganiwch / Scan >>>>



 [connectingcarmarthenshire@poblgroup.co.uk](mailto:connectingcarmarthenshire@poblgroup.co.uk)


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

If the answer is yes to any of these questions, then get in touch.


 **0800 917 6255**

*Os ydych yn byw yn ardaloedd Gogledd neu Orllewin Sir Gaerfyrddin*

*If you live in Carmarthen North or West areas*

 Sganiwch / Scan >>>>



 [communityhub@nacros.org.uk](mailto:communityhub@nacros.org.uk)

 **Nacro**



## How can Carers Trust Crossroads West Wales support unpaid carers?

- **Carers Newsflash** – quarterly e-bulletin updates
- **Young Carers Support Service** – one-to-one support, workshops, training, group peer support, clubs, and activities for carers age 5 – 25 years.
- **CATCHUP Welfare Benefits Advice Service** – help for the **cared for** benefit advice, checks, form filling and Appeal Tribunal Representation.
- **Hospital Discharge Support Service** – help with communication with medical staff when the person you care for is in hospital and support to help carers understand their rights and to be involved in discharge planning.
- **Community Discharge Support Service** – help with communication with staff when the person you care for is in a community hospital or temporary care facility and follow-up post discharge support for carers and family members to ensure a smooth transition from hospital to home. Also, one-to-one preventative support (unrelated to hospital discharge)
- **Money Matters Service** – help for **carers** to maximise income, improve budgeting skills, access to workshops, access to carer grants, discounts, and concessions.
- **Independent Professional Advocacy** as part of the 3CIPA Service – advising carers of their rights, support during assessments and/or care planning reviews, complaints, and safeguarding concerns.
- **Time Together Project** – offering a range of short break options for carers along with wellbeing activities for carers and the person they care for.
- **FREE Legal Advice Surgeries** – in partnership with NewLaw Solicitors who offer

**To register for a quarterly e-bulletin update or for further information on any of the above services contact us on 0300 0200 002 or email [info@ctcww.org.uk](mailto:info@ctcww.org.uk) [www.ctcww.org.uk](http://www.ctcww.org.uk)**

While reasonable care is taken to ensure the accuracy of information given in this e-bulletin no liability is accepted for losses arising from any errors contained in it and you are reminded of the need to obtain your own professional advice.



## Useful Contacts

Carers Trust Crossroads West Wales (see page above for services available)	0300 0200 002
West Wales Action for Mental Health	01267 245572
Stroke Association	07799 436050
Age Cymru Dyfed	03333 447 874
Alzheimer's Society	033 150 3456
Carer & Repair	01554 744300
Mencap	<a href="mailto:community.partners@mencap.org.uk">community.partners@mencap.org.uk</a>
Adferiad Recovery – Carers Information Service	01267 230791
Delta Wellbeing	0300 333 2222
Macmillan Caer Information Service	01267 227904
Dewis	<a href="https://www.dewis.wales/">https://www.dewis.wales/</a>
West Wales Carers Support	<a href="https://carerssupportwestwales.org/">https://carerssupportwestwales.org/</a>
Citizens Advice Bureaux	01267 234488 / 01269 569 267 / 01554 759 626
Advocacy West Wales	01267 223197
Carmarthen Mind	01267 222990
Llanelli Mind	01554 752751
Links	01554 757957
Versus Arthritis	0800 7563970