

## Carmarthenshire Carers Forum Winter Newsletter - January 2024



Welcome to our Winter Edition of Carmarthenshire Carers Forum Newsletter, January 2024. We hope this newsletter finds you and your loved ones well and we send you good wishes for a happy and healthy New Year.

We hope you enjoy our newsletter and find the energy saving tips useful! There are articles from Carers Support West Wales, Llais, Care and Repair and Catalysts for Care which we hope will be of interest? some of these organisations and more will be at **our Winter Event at the National Botanical Gardens on 25<sup>th</sup> January 2024. If you wish to book a place and confirm dietary requirements. Please confirm by Wednesday, 17<sup>th</sup> January, further details are in the newsletter.**



### Recent Coffee Mornings

Thank you to those who attended the recent coffee mornings at The Ivy Bush, Carmarthen in November and The Plough, Rhosmaen in December they were very well attended. Also, thank you to those who took part in the collaboration project with the NHS and completed questionnaires to help adapt the 'Introduction to looking after me - For Carers'. The carers who attended gave valuable insight into what is important for carers health and wellbeing. Please get intouch with Catrin if you would like further information on this project 0300 303 8355 (option5) email [epp.hdd@wales.nhs.uk](mailto:epp.hdd@wales.nhs.uk)



*Members of  
Carmarthenshire Carers  
Forum at the Plough,  
Rhosmaen for the launch  
of 'Stay Warm, Stay Well  
and Save Energy'  
December 2023*

### Stay Warm, Stay Well and Save Energy

We have been fortunate enough to receive a grant from The Community Matters Fund which has enabled us to launch our "Stay Warm, Stay Well and Save Energy" Project. Thank you to the National Grid Electricity Distribution for their support. The money will be used to provide warm packs with items such as flasks, fleecy blankets, hot water bottles and draft excluders. We will be distributing these packs at our Winter Event on 25<sup>th</sup> January at the Botanical Gardens.

### Carmarthenshire Carers Forum County Wide Winter Event – 25<sup>th</sup> January 2024 at the National Botanical Gardens of Wales

For those attending this event please confirm names and dietary requirements **before Wednesday, 17<sup>th</sup> January**. The Carmarthenshire Carers Forum County Wide Winter Event is being held at 'The National Botanical Gardens of Wales', Llanarthne, SA32 8HG. The event will be running from 10am until 3pm, during this time (and before and after the event) you will have free entry into the gardens when accessing via the conference entrance. Car parking is also free, and is situated in the conference car park, please see map attached.

We hope warm packs provided at the event will be of significant benefit towards reducing costs for unpaid carers, as so many live in fuel poverty. We will be providing surveys at the event to give attendees the opportunity to provide feedback we are particularly interested to know if these events make a difference to the 'health and well-being' of carers?



### 'Energy Saving Tips'

- If you have a combi-boiler – Adjust the flow temperature to 60°C or if you are 65 or over or have a pre-existing health condition adjust to 65°C can save up to £70 a year.
- Reduce hot water tank temperature to 60°C can save £20 per year.
- Reduce your room thermostats to between 18-21 degrees. However, please be aware some individuals are particularly vulnerable to cold temperatures.
- Turn down radiators when rooms are not in use can save up to £50 a year
- Reduce washing machine temperatures and the number of washes – from 40 to 30 degrees this can save up to £20 a year
- Reduce tumble dryer uses can save up to £50 a year
- Turn appliances off at the wall can save up to £50 a year
- Close curtains/blinds at night, fix draughts can save up to £50 a year.
- Reduce length of time in the shower down to 4 mins can save £70 a year – installing an energy efficient shower head can save a further £40 a year
- Energy saving light bulbs can save up to £50 per year
- Bleed your radiators – to remove air pockets
- Installing smart thermostats and heating controls can save up to £50 a year



- If you have a separate hot water cylinder (instead of combi-boiler) Insulate the cylinder can save up to £50 a year
- Install a smart meter
- Get your boiler serviced

For more information on how to save money and energy and prepare for winter visit:

[www.gov.uk](http://www.gov.uk)

[www.Helpforhouseholds.campaign.gov.uk](http://www.Helpforhouseholds.campaign.gov.uk)

#### Behind with your bills?

If you are behind with your bills talk to an energy adviser

Citizen Advice Consumer Helpline 0808 223 1133

Mon-Fri 9am - 5pm

#### Other useful contacts

Call 105 free for your local electricity network operator

Wales and West Utilities 0800 912 2999

Find your gas supplier? 0870 608 1524

If you smell gas – call the National Gas Emergency Service

Freephone 0800 111 999 Gas Network Operator



### 'Looking for an Adventure' - Event

Inspirational Speaker, Mike Giles one of our ex-carers toured the world on his motorbike from Alaska to New Zealand through the Americas, Africa and Asia over three years. He has presented his trip 'Looking for an Adventure' through slides and stories to a variety of audiences with a good amount of humour. He has offered to entertain members of the forum on Saturday 17<sup>th</sup> February 2024 at 7pm at the Gateway Elim Ammanford Church, Pantyffynnon Road, Ammanford SA18 3HL with a buffet style supper. If this is something you would be interested in, at no cost to yourselves as usual, please contact Mike Scordellis who will be organising the event, for further information or to book please Tel: 07866 210119 or email for [mike\\_scordellis@yahoo.co.uk](mailto:mike_scordellis@yahoo.co.uk)

We continue to remain predominately a friendship group focusing on the health and wellbeing of unpaid Carers and continue to include some ex-carers and cared for at our events. We also continue to share information of local events on our Facebook page. We will advise of further coffee mornings and events in the near future. If you have any ideas or suggestions, please email myself Sarah Isherwood or Michael Scordellis at [carmarthenshircarersforum@gmail.com](mailto:carmarthenshircarersforum@gmail.com) or contact us on one of the telephone numbers below. Thank you for taking the time to read our newsletter, we look forward to seeing you or hearing from you soon.

With Kindest Regards


*Sarah Isherwood - Carmarthenshire Carers Forum*

**Llais** is the national, independent body set up by the Welsh Government to give the people of Wales a stronger voice in their health and social care services. You can find out more about us by visiting [www.llaiswales.org](http://www.llaiswales.org)




We look forward to meeting you at the National Botanic Garden of Wales on 25<sup>th</sup> January.

## **This is what we've been up to since we last saw you:**

 **Asking your opinion** - we've been asking the public what they think would make their lives happier and healthier as they get older, and we are currently collecting this information, and the report will be available soon.

## **Public Consultations: Cross Hands and Tumble Medical Partnership &**

 **Laugharne Surgery** – we have been involved with public consultations with the proposed service change at Cross Hands and Tumble Medical Partnership & Laugharne Surgery. We will always be involved in public consultation for any service change, making sure that the public's opinion is taken into consideration when the Health Boards are making any decision.

## **What's coming up?**

- **We are launching a Snap Survey on Patient Experience at A&E Glangwili General Hospital, Carmarthen between 6 – 20 January 2024**
- **We are also embarking on a Wayfinding project on visiting the four main hospitals within the Health Board during the month of January**
- **We'll be recruiting more volunteers. Interested? Get in contact below...**
- **We'll continue to support people who want to raise NHS or Social Care complaints via our free independent advocacy service. Can we help you? Get in contact for a chat. Tel: 01646 697610 Email: [westwalesenquiries@llaiscymru.org](mailto:westwalesenquiries@llaiscymru.org)**

**Cymorth Gofalwyr  
Gorllewin Cymru**  
GOFALU AM OFALWYR



**Carers Support  
West Wales**  
CARING FOR CARERS

Unpaid carers of all ages in Pembrokeshire, Carmarthenshire and Ceredigion have access to a new regional website to help support them in their caring role, the Carers Support West Wales (CSWW) website. The website's official launch coincided with Carer's Rights Day, 24th November 2022.

The website is: <https://carerssupportwestwales.org>

Acting on behalf of the West Wales Carers Development Group, Pembrokeshire Association of Voluntary Services (PAVS) was awarded funding from the Welsh Government's Integrated Care Fund to develop a bilingual regional carers online platform.

The website supports the provision and accessibility of consistent information, assistance and advice for unpaid carers in the three counties, which unpaid carers told us was important to them in a survey to develop the West Wales Carers Strategy in 2020.

The website includes details of local groups and activities, as well as relevant and timely help and support on benefits and financial entitlements. Through consultation, engagement events and online listening events, the website team recognised that people don't always identify themselves as unpaid carers, so won't be aware of the help and support which is available to support them in their caring role. Our website is a valuable resource for everyone.

CSWW is a one stop shop for carer specific information and has been co-produced with unpaid carers in the region.

*CSWW has been developed to complement existing websites and provisions. The website offers a quick and easy way to find carer specific information for the three counties.*

*CSWW is divided into three distinct sections, allowing carers to easily navigate the platform and explore information locally and regionally.*

*On the 'My Community' section, carers will find local offers, promotions and discounts that can support them in their caring role in their community. An interactive map provides a quick visualisation of any activities close by as well as the relevant contact details.*

*The 'Support' section provides support that is felt could benefit them as a carer such as how to register as an unpaid carer with your GP and how to register for a Carers Recognition Card. Using a filter system to navigate this, carers will be able to search several local and national organisations to find the information they need.*

*The 'News' section shares essential information that is timely and relevant, from a list of support with cost-of-living crisis to Carers magazines providing local and national information that may be useful to carers and professionals.*

*The website design, branding and content has been developed through coproduction and engagement with unpaid carers and providers throughout the region.*





October  
2023



# TIME FOR ME

## FREE SUPPORT

### CARMARTHENSHIRE

A free service to enable carers to access a break, by supporting the person (adult) they care for to connect or reconnect with their hobbies and interests in their local area.

Providing up to 18 hours of support (limited availability)



To apply or find out more information, please visit;  
<https://forms.office.com/e/SLLAYnm7hE> OR email:  
[lucy.cummings@planed.org.uk](mailto:lucy.cummings@planed.org.uk)  
for an application form

More information on  
Micro-Enterprises;

<https://planed.org.uk/directory-of-care-and-support-enterprises-in-carmarthenshire/>



Catalysts for Care  
MICRO ENTERPRISES CARMARTHENSHIRE



UK Government  
Llywodraeth y DU



Hydref  
2023



# AMSER I MI

CEFNOGAETH AM DDIM

SIR GAERFYRDDIN

Gwasanaeth rhad ac am ddim i alluogi gofalwyr i gael seibiant, trwy gefnogi'r person (oedolyn) y maent yn gofalu amdano i gysylltu neu ailgysylltu â'u hobiau a'u diddordebau yn eu hardal leol.

Darparu hyd at 18 awr o gefnogaeth (argaeledd cyfyngedig)



Mwy o wybodaeth am  
Ficro-Fentrau;

I wneud cais neu i gael rhagor o  
wybodaeth, ewch i;

<https://forms.office.com/e/SLLAYnm7hE>

Neu e-bost:

[lucy.cummings@planed.org.uk](mailto:lucy.cummings@planed.org.uk)  
am ffurflen gais

<https://planed.org.uk/directory-of-care-and-support-enterprises-in-carmarthenshire/>



Catalysts for Care  
MICRO ENTERPRISES CARMARTHENSHIRE



UK Government  
Llywodraeth y DU





Care & Repair  
Gofal a Thrwsio



# Is your home warm enough?

How Care & Repair can help older people in Wales keep their homes warm

Improving homes, Changing lives

Care & Repair Cymru is a registered charity:  
Charity number 1163542

## Why is a warm home important?

Older people spend between 70% and 90% of their time at home, so a warm home can go a long way to keeping you healthy and happy. As well as keeping you feeling well and mentally healthy, a warm home reduces the risk of falling and respiratory illnesses in your home.

You may worry about the cost of keeping your home well insulated, or that a new heating system is too expensive. In fact, with help from a Care and Repair Home Energy Officer, you could save money by getting tips and tricks on saving energy. We can help make energy efficiency improvements in your home, and we may be able to help with some of the costs involved.

A warm home does not have to cost you the earth.

## About Care & Repair

For over 40 years, Care & Repair has been trusted to help older people live in safe, warm and accessible homes.

Everyone in Wales has a local Care & Repair agency, with a friendly and experienced team who can help you live independently at home. Whether it is with small repairs to make your home safer, larger adaptations to make it more accessible, or support to claim benefits and grants, Care & Repair are here to help.

## How Care & Repair can help keep you warm

Our team of Home Energy Officers are experts at making sure your home is kept warm. We can:

- Assess your home to make sure it's insulated and well-heated
- Offer advice on ways to save energy
- Help you to apply for benefits and grants to help you keep warm
- Ensure that your heating system and appliances are safe
- Help make improvements where there is damp and condensation
- Help connect your home to a nearby mains gas connection
- Link you to other Care & Repair services and support.



For a **FREE** healthy home check, call your local Care & Repair today on: **0300 111 3333**

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



Ariennir yn Rhannol gan  
Lywodraeth Cymru  
Part funded by  
Welsh Government

Part of Enable -  
Support for Independent Living



find us on



Care & Repair  
Gofal a Thrawsio



# A yw eich cartref yn ddigon cynnes?

Sut y gall Gofal a Thrawsio helpu pobl hŷn yng Nghymru i gadw eu cartrefi'n gynnes

**Gwella cartrefi, Newid bywydau**

Mae Care & Repair Cymru yn elusen gofrestredig:  
Rhif elus 1163542

## Pam mae cartref cynnes yn bwysig?

Mae pobl hŷn yn treulio rhwng 70% a 90% o'u hamser gartref, felly gall cartref cynnes wneud llawer i'ch cadw'n iach ac yn hapus. Yn ogystal â'ch cadw i deimlo'n iach ac yn dda yn feddyliol, mae cartref cynnes yn lleihau'r risg o gwympo a salwch anadlol yn eich cartref.

Efallai y byddwch yn poeni am y gost o gadw eich cartref wedi'i inswleiddio'n dda, neu fod system wresogi newydd yn rhy ddrud. Yn wir, gyda chymorth Swyddog Ynni Cartref Gofal a Thrawsio, gallech arbed arian drwy gael awgrymiadau a thriciau ar arbed ynni. Gallwn helpu i wneud gwelliannau effeithlonrwydd ynni yn eich cartref, ac efallai y gallwn helpu gyda rhai o'r costau.

Does dim rhaid i gartref cynnes gostio'r ddaear i chi.

## Am Gofal a Thrawsio

Ers dros 40 mlynedd, mae pobl hŷn wedi ymddiried mewn Gofal a Thrawsio i'w helpu i fyw mewn cartrefi diogel, cynnes a hygyrch.

Mae gan bawb yng Nghymru asiantaeth Gofal a Thrawsio leol, gyda thîm cyfeillgar a phrofiadol a all eich helpu i fyw'n annibynnol gartref. P'un ai gydag atgyweiriadau bach i wneud eich cartref yn fwy diogel, addasiadau mwy i'w wneud yn fwy hygyrch, neu gymorth i hawlio budd-daliadau a grantiau, mae Gofal a Thrawsio yma i helpu.

## Sut y gall Gofal a Thrawsio helpu i'ch cadw'n gynnes

Mae ein tîm o Swyddogion Ynni Cartref yn arbenigwyr ar sicrhau bod eich cartref yn cael ei gadw'n gynnes. Gallwn:

- 🏠 Asesu eich cartref i wneud yn siŵr ei fod wedi'i inswleiddio a'i wresogi'n dda
- 🏠 Cynnig cyngor ar ffyrdd o arbed ynni
- 🏠 Eich helpu i wneud cais am fudd-daliadau a grantiau i'ch helpu i gadw'n gynnes
- 🏠 Sicrhau bod eich system ac offer gwresogi yn ddiogel
- 🏠 Helpu i wneud gwelliannau lle mae lleithder a chyddwysiad
- 🏠 Helpu i gysylltu eich cartref â chysylltiad nwy prif gyflenwad cyfagos
- 🏠 Eich cysylltu â gwasanaethau a chymorth arall gan Gofal a Thrawsio



I gael archwiliad cartref iach  
AM DDIM, ffoniwch eich Gofal  
a Thrawsio lleol heddiw ar:

**0300 111 3333**

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



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Lywodraeth Cymru  
Part funded by  
Welsh Government

Rhan o Hwyluso -  
Cymorth ar gyfer Byw Annibynnol

dewch o hyd i ni ar

