

Carmarthenshire Carers Forum Spring Newsletter – March 2024



Welcome to our Spring Edition of Carmarthenshire Carer Forum Newsletter, January 2024. We hope this newsletter finds you and your loved ones well?

Inside our newsletter there are details about recent events and some future dates for coffee mornings.

Nacro Connecting Carmarthenshire have arranged some 'Well-being drop in' events. Carers Forum have a stand at the Llandovery Drop In Event arranged for 20th May 2024.

There are also details of a shopping trip to Swansea for unpaid carers organised by MIND.

Age Cymru Dyfed explain some of the services they offer for carers and for veterans. We continue to work with our partners at various carer organisations and sign post to a wide range of services for carers.



Recent County Wide Event at The Botanical Gardens of Wales

Thank you to those who attended our recent county wide event on 25th January 2024 it was very well attended, 68 delegates with 45 carers. There were many organisations who attended including Llais, Adferiad, NHS Be Well Programme, Threshold DAS, Age Cymru, Carers Support West Wales, The Hive, Carers Trust Crossroads, Delta Wellbeing, Assist My life, Mencap and Care and Repair, who provided a wealth of knowledge and information. We had a free raffle, buffet style lunch and our Guest speaker was Joanna Jones who was very informative, please get intouch if you would like a copy of the powerpoint presentation from the event.





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 was used to provide warm packs with items such as flasks, fleecy blankets, hot water bottles and draft excluders. We distributed some of these packs at our Winter Event on 25th January at the Botanical Gardens. If you were fortunate to receive a warm pack we would welcome your feedback? We hope the warm packs provided at the event were of benefit towards reducing costs for unpaid carers, as so many live in fuel poverty. Thank you to those who completed surveys at the event with regards to the how the event benefitted carers 'health and well-being'. We hope some of the energy saving tips came in handy too? If you require a copies of previous newsletter please get intouch. Also, thank you to those who completed questionnaires to help adapt the 'Introduction to looking after me - For Carers'. The carers once again gave valuable insight into what is important for carers health and wellbeing. An update on this service will be provided shortly by our partners in the NHS.





'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. Presented his trip 'Looking for an Adventure' through slides and stories and entertained members of the forum recently at the Gateway Elim Ammanford Church, Pantyffynnon Road, with a buffet style supper. There were 25 carers in attendance and the feedback was very positive, thank you to those who attended and completed the surveys. If you would like to see more of these style events? please contact Mike Scordellis Tel: 07866 210119 or email for mike_scordellis@yahoo.co.uk

Next Coffee Mornings

10.30am Thursday, 14th March 2024 at Ty Dyffryn (Caredig), Rhodfa Frank, Ammanford, SA18 2QE

10.30am Friday 19th April 2024 at Cartref Cynnes (Caredig) Llansteffan Road, Johnstown Carmarthen SA31 3NQ

Please contact Mike Tel: 07866 210119 to book a place so we can ensure there will be enough coffee and cake for everyone.

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 hope to see you soon.

With Kindest Regards

Sarah Isherwood Carmarthenshire Carers Forum



Caring for carers

If you look after a partner, relative or friend who is disabled or ill due to physical or mental health, you are a carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.

Whether you need information and advice on financial support for carers such as Carer's Allowance or on your rights at work to juggle your caring role, our [Information and Advice](#) team is here for support within the region of Carmarthenshire, Ceredigion and Pembrokeshire. [Contact Age Cymru Dyfed](#)

Also visit useful links on the Age UK website.

- [Financial support for carers:](#) As a carer, you may be eligible for Carer's Allowance or Carer's Credit.
- [Juggling work and caring:](#) Find out about your rights at work and what could help you with.
- [Dementia care:](#) Looking after someone with dementia can bring specific challenges. Find out the support available to you.
- [Taking a break from caring:](#) It's important to take care of yourself and get a break - respite care.
- [Looking after myself:](#) If you're a full-time carer or spend a lot of time caring for someone, make time for yourself too.
- [My role has changed or ended:](#) If you're caring for someone and their needs increase, or they move into a care home, or die.

Our friendly team offers free, confidential support. Our Information & Advice officers working hours are: - Llanelli Office: Monday-Friday 10 am - 1 pm & 2 pm - 4 pm. - Haverfordwest Office: Monday-Wednesday 10 am-1 pm. - Aberystwyth Office: Monday
Get in touch

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'Veterans In View'

We're passionate about helping older veterans and are running an innovative project called 'Veterans In View' ('VIV') which is funded by the Armed Forces Covenant Fund Trust.

This project provides practical support to older veterans throughout Dyfed including access to the range of welfare services delivered by the charity but also, where appropriate, connecting to other charities and agencies who can assist older veterans. 'VIV' is delivered by two veterans welfare officers who are themselves both veterans of the Armed Forces.

To contact our veterans welfare officers then email Neil Davies or Owen Dobson on neil.davies@agecymrudyfed.org.uk; or owen.dobson@agecymrudyfed.org.uk or phone Age Cymru Dyfed reception on 03333 447874.

West Wales Veterans Archive

Age Cymru Dyfed established the nationally award-winning West Wales Veterans Archive which enables veterans to share their military experiences and preserve their stories to be enjoyed by all generations.

This pioneering collection is located on *People's Collection Wales* within the National Library of Wales. Since early 2020, the archive grown to become a valuable, publicly accessible, and sustainable learning resource for schools, researchers, family historians and others.

If you are a veteran or perhaps a member of you family has 'served' and would like to share 'their story' with the West Wales Veterans Archive, then please contact either Neil or Owen (email addresses above) or Hugh Morgan on hugh.morgan@agecymrudyfed.org.uk. The West Wales Veterans Archive can be found on: [The West Wales Veterans' Archive | Peoples Collection Wales](#).

'ITV Wales film documentary *Greatest Generation*' This wonderful film screened by ITV on 7th June 2022, evolved from some of the veterans stories collected by Age Cymru Dyfed for the West Wales Veterans Archive. This film focuses on interviews and stories with five WW2 veterans in Wales who look back over their long lives and in particular share their wartime experiences. '*Greatest Generation*' is poignant, moving, and at times, very funny! To watch this film click on the following link: [Greatest Generation | Wales Programmes \(itv.com\)](#)

Volunteering

Have you ever (or do you know someone who has) served in the UK Armed Forces as a Regular, Reservist, or in The National Service? If so, would you be willing to volunteer some of your time to our work supporting veterans or collecting their stories?

Email: lynne.meredith@agecymrudyfed.org.uk



mind
Pembrokeshire
and Carmarthen
Sir Benfro
a Chaerfyrddin

Unpaid Carers Trip to Swansea Tuesday 26th March

Join us for a short-day trip to Swansea where there is something to do for everyone. You can take a walk along the beach, visit the National Waterfront Museum, visit Swansea Museum or have a look in the shops.

If you need to bring the person you care for, to enable you to have a day out, let us know, we may have space for them too :)

- **No cost for the trip. We'll contribute £10 per carer towards your lunch too.**
- Leaving Mind Carmarthen at 9:30.
- Free time.
- Group lunch together at Kardomah at 12:30-1:45.
- Leaving Swansea by 2pm.
- Return to Carmarthen by 3pm.

Get involved!

Email: carers@pcmind.org.uk **or call** 01267 222990 to book.

Booking essential as places are limited :)



mind
Pembrokeshire
and Carmarthen
Sir Benfro
a Chaerfyrddin

Trip am Ofalwyr Di-dâl Abertawe Dydd Mawrth 26 Mawrth

Dewch am daith diwrnod byr i Abertawe lle mae llawer i'w wneud. Gallwch fynd am dro ar hyd y traeth, ymweld ag Amgueddfa Genedlaethol y Glannau, ymweld ag Amgueddfa Abertawe neu edrych ar y siopau.

Os oes angen i chi ddod â'r person rydych chi'n gofalu amdano, i'ch galluogi chi i gael diwrnod allan, rhowch wybod i ni, efallai y bydd gennym ni le iddyn nhw hefyd :)

- **Dim cost i chi ddod. Byddwn yn cyfrannu £10 tuag at eich cinio.**
- Gadael Mind Caerfyrddin am 9:30yb.
- Amser rhydd.
- Cinio gyda'n gilydd yn Kardomah am 12:30-1:45
- Gadael Abertawe am 2yp.
- Dychwelyd Caerfyrddin tua 3yp.

Cymryd Rhan!

Ebostio: carers@pcmind.org.uk **neu galw** 01267 222990 i bwcio

Mae archebu lle yn hanfodol :)

Funded by UK Government  Wedi ei ariannu gan Llywodraeth y DU



Cysylltu Sir Gar Nacro Connecting Carmarthenshire

Newcastle Emlyn Wellbeing Community Drop In

Sefydliadau a fydd ar gael i siarad â
dinasyddion yw:

15 Organisations that will be available to
speak with citizens are:

Nacro Connecting Carmarthenshire
Salvation Army - Employment Plus
Ceredigion Community Connectors
CARMDAS
Age Cymru Dyfed
Skanda Vale Hospice
Wallich CCRS
Adferiad Carmarthenshire Carers
Information Service

Nacro Housing Related Support
Farming Community Network
Mencap
Prime Cymru
Delta Wellbeing
Carmarthen Working
Help Forum & The Hive
Alzheimers Society

E-bost/ Email: communityhub@nacro.org.uk

Our Lady Queen of Peace RC Hall

13/03 /2024 11am - 1pm



**Free
Refreshments**

**FFYNIANT
BRO**

**LEVELLING
UP**

Funded by
UK Government



Wedi ei ariannu gan
Llywodraeth y DU



Cysylltu Sir Gar Nacro Connecting Carmarthenshire *Llandoverly*

Wellbeing Community Drop In

Sefydliadau a fydd ar gael i siarad â
dinasyddion yw:

Organisations that will be available to speak
with citizens are:

Nacro Connecting Carmarthenshire
Nacro Housing Related Support
Mid West Wales Fire Service
Mind Carmarthen
Wallich CCRS
Carmarthenshire Communities for
Work +
Threshold DAS
Alzheimers Society

Blind Veterans
Versus Arthritis
Barod - Assist My Life
Delta Wellbeing
Age Cymru Dyfed
Carmarthen Carers Forum
Adferiad Carmarthenshire Carers
Information Service
Carers Trust

E-bost/ Email:communityhub@nacro.org.uk

Llandoverly Youth Community Centre

20/05/2024 11am - 1pm



**Free
Refreshments**

**FFYNIANT
— BRO —**

**LEVELLING
— UP —**