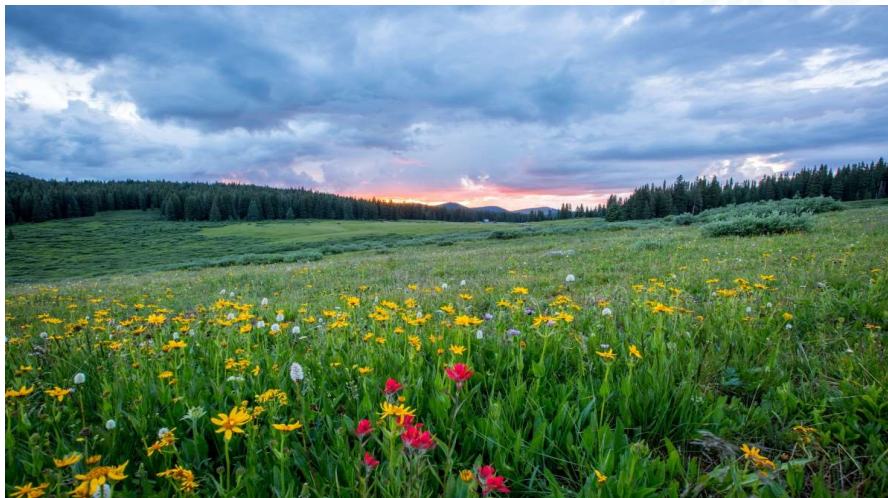


Carmarthenshire Carers Forum Early Summer Newsletter – June 2024



Welcome to our latest edition of Carmarthenshire Carers Forum Newsletter. Inside our newsletter you will find details of recent events and details of our next County Wide Event on Thursday 4th July at The Burns Foundation, Kidwelly.

We have included articles from our partners at Hywel Dda Be Well Programme, Crossroads Carers Trust West Wales, National Grid, Llais and Care and Repair. In addition to this, we have details of various Connect Carmarthenshire Events, where there will be many organisations providing information and support to carers.

Carmarthenshire Carers Forum will be attending a collaborative event 'Putting Carers on the Map' with other organisations at Llanelli Library during 'Carers Week' on Wednesday 12th June between 10am -3pm. Please join us for FREE taster activities and information from various organisations supporting unpaid carers. No booking required.

Carmarthenshire Carers Forum – Providing Opportunities for Unpaid Carers to Maintain their Health and Well-being

Carmarthenshire Carers Forum is a friendship group made up of unpaid carers and ex-carers. The forum is open to all carers across Carmarthenshire and continue to include some ex-carers and cared for at our events, where possible. We are conscious of extending our reach, by promoting our services through independent and collaborative community events.

We provide opportunities for unpaid carers to maintain their health and well-being and access a break from their caring role. We signpost carers to a range of services to support the well-being of Carers, in their life alongside caring.

Feedback from carers has shown the need for carers to have a break from their caring role in a safe, relaxed environment, with opportunities to connect with their peers and share experiences. Our forum takes note of what carers want, such as more regular events, at various locations, with informative speakers at good quality venues. There are many benefits of providing social events to carers, benefits such as reduced isolation, friendships, improved self-esteem, confidence and an overall sense of enhanced well-being. If carers are unable to attend our coffee mornings or events, we hope in some way the newsletter will allow them to feel connected and informed.

We also, encourage professionals to attend our events and use it as a platform to engage with our diverse range of carers. Carers input into services is vital, and carers need to be acknowledged for the important part they play in improving services, their voices need to be heard as their feedback is of great value and can be used to help plan for future services and events.



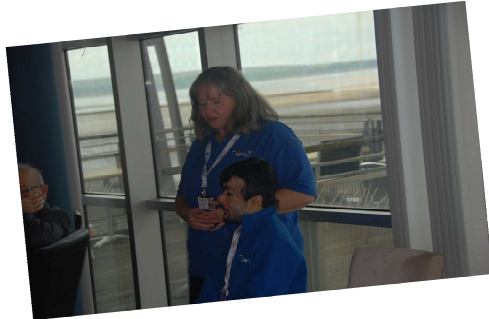
Coffee Mornings

Over the past few months, we have held coffee mornings at Ty Dyffryn in Ammanford, Cartref Cynnes in Carmarthen and most recently at St Elli's in Llanelli. They were enjoyed and supported by carers and professionals alike.

Our coffee morning at St Elli's Llanelli in May was very well attended. It was in a relaxed friendly environment and the feedback we received was overwhelmingly positive, comments such as; Meeting with lovely people, good for building friendships, made aware of various aids, and help to provide information to those struggling in various situations. Thank you to those who attended and completed our surveys this is so helpful for future planning.



Thank you to Michael Scordellis our Chairperson for the warm welcome, Michael Giles for the photographs and to volunteers who helped on the day.



A big thank you to Age Cymru, Carers Trust West Wales and CASM who offered information and support to carers at our recent coffee mornings.

Special thanks to St Elli's for the tea, coffee and cakes and for allowing us to host our coffee morning in such beautiful surroundings with incredible sea views. We will be back soon!



Further coffee mornings are yet to be arranged, details of events will be uploaded on to the www.connectcarmarthenshire.org.uk website.

We are very pleased to announce we will be holding our

**‘Carmarthenshire Carers Forum County Wide Summer Event’
At Canolfan John Burns Centre, Kidwelly SA17 5AB
On Thursday, 4th July 2024, from 10.30 – 2.30pm**

We will have a Guest speakers, organisational information stands and a buffet style lunch, then we will draw our Free Raffle.

Professionals from Carer Organisations will be in attendance including from Llais, Hywel Dda Be Well Service, Mencap, Care and Repair, Threshold DAS, Age Cymru Dyfed and other organisations offering information and support to carers.

Please could you confirm your attendance and any dietary requirements by email Carmarthenshirecarersforum@gmail.com or telephone our Chairperson Michael Scordellis Tel: 07866 210119

Places are limited and all bookings need to be confirmed by Tuesday 25th June 2024. If you book and then are unable to attend, please would you be kind enough to let us know so we will not be charged for your meal.

With Kindest Regards

S. Isherwood

Sarah Isherwood – Treasurer/Acting Secretary
Carmarthenshire Carers Forum
carmarthenshirecarersforum@gmail.com

Carers Week Timetable

Name of service: Carmarthenshire Carers Information and Support Service CCISS

Area: Carmarthenshire



Monday

Date and Time : 10th June 10am to 2pm

Location: Tesco Supermarket, Ammanford

Description: Meet the CCISS Team and find out about support services for unpaid carers.

Wednesday

Date and Time : 12th June 10am to 3pm

Location: Llanelli Library, Vaughan Street SA15 3AS

Description: 'Putting Carers on the Map' Event with 14 organisations and CCISS Team - Free Refreshments

Tuesday

Date and Time : 11th June 10am to 12noon

Location: Lantern Centre, Hall St, Llanelli SA15 3BB

Description: Cuppa and Chat, Meet the CCISS Team to find out about support services for unpaid carers.

Thursday

Date and Time: 13th June 11am – 2pm

Location: Co-op Supermarket, Llandeilo

Description: Meet the CCISS Team and find out about support services for unpaid carers.

Friday

Date and Time: 14th June 10am to 2pm

Location: Parc Yr Esgob, Bishop's Park, Abergwilli

Description: Information Stand, Meet the CCISS Team & find out what support is available for unpaid carers.

If you'd like to see this timetable in Welsh, please contact us.





Eich llais mewn iechyd | Your voice in health
a gofal cymdeithasol | and social care

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



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

 **Asking your opinion** – We have been asking the public how waiting for treatment as affects their lives on a daily basis.


 **Where have we been** – We have completed projects on A + E and Living Happier and Healthier within the community and those reports will be published soon. We also completed the Wayfinding project, and we are happy to say that we are working with the Health Board with some positive developments for patients.

We have spoken to Tycroes Community Support Group and the Lupus Support Group in Carmarthen, and we made a Representation to the Health Board regarding issues brought up at the Lupus Support group.

 **Where are we going?**

During the month of May we are:

- Presenting and listening to the Pensioners Association in Ammanford
- Visiting a community Food Bank in Llanelli
- Attending a Dementia Awareness Day
- Working at Llanelli Hwb
- Joining the West Wales Advocacy Strategy Launch and Workshop.

 If you would like to share your Health and Social care experience with us, please contact us via westwalesenquiries@llaiscymru.org

Corff cenedlaethol ac annibynnol yw Llais a sefydlwyd gan Lywodraeth Cymru i roi llais cryfach i bobl Cymru yn eu gwasanaethau iechyd a gofal cymdeithasol. Gallwch ddarganfod mwy amdanom trwy ymweld â

www.llaiswales.org

Dyma beth rydyn ni wedi bod yn ei wneud ers i ni eich gweld diwethaf:



Gofyn eich barn - Rydym wedi bod yn gofyn i'r cyhoedd sut mae aros am driniaeth fel sy'n effeithio ar eu bywydau yn ddyddiol.



Lle ydan ni wedi bod - Rydym wedi cwblhau prosiectau ar A + E a Byw yn Hapusach ac yn lachach o fewn y gymuned a bydd yr adroddiadau hynny'n cael eu cyhoeddi'n fuan. Gwnaethom hefyd gwblhau'r prosiect Wayfinding, ac rydym yn hapus i ddweud ein bod yn gweithio gyda'r Bwrdd Iechyd gyda rhai datblygiadau cadarnhaol i gleifion.

Rydym wedi siarad â Grŵp Cymorth Cymunedol Tycroes a Grŵp Cefnogi Lupus yng Nghaerfyrddin, a gwnaethom gynrychiolaeth i'r Bwrdd Iechyd ynghylch materion a godwyd yng ngrŵp Cymorth Lupus.



Ble ydyn ni'n mynd?

- Cyflwyno a gwrando ar Gymdeithas Pensiynwyr Rhydaman
- Ymweld â Banc Bwyd cymunedol yn Llanelli
- Mynychu Diwrnod Ymwybyddiaeth Dementia
- Gweithio yn Llanelli Hwb
- Ymuno â Lansiad a Gweithdy Strategaeth Eiriolaeth Gorllewin Cymru.



Os hoffech rannu eich profiad lechyd a Gofal Cymdeithasol gyda ni, cysylltwch â ni drwy westwalesenquiries@llaiscymru.org



Hywel Dda Be Well Service

Who are we?

Hywel Dda Be Well Service offer free health, wellbeing and self-management programmes to anyone over the age of 18 that live with a chronic condition and to those that care for someone that does.

What do we offer?

We offer various programmes, including:

Living with a long term health condition

Diabetes Self-management programme

X-PERT Diabetes Programme

STANCE - Diabetic Foot Care

Living with COPD

Pain Management programme

Cancer: Thriving and Surviving

Living with Fibromyalgia

Long COVID

Healthy Ageing

Living with Lymphoedema

Introduction to Looking After Me - For Carers

Healthy Bladder and Bowel

Foodwise for Life - Weight Management Programme

We need your help...

We are looking at adapting our 'Introduction to looking after me - For Carers' programme by work in co-production with Carmarthenshire Carers Forum and WE NEED YOUR HELP!

Would you like to:

- **Have input on what is important to carers health and wellbeing?**
- **Being a voice for carers?**
- **Being a part of a collaboration project that will benefit carers health and wellbeing?**

If so, please get in touch with Catrin Billington on 0300 303 8322 (option 5) or email epp.hdd@wales.nhs.uk





Gwasanaeth Bydd Iach Hywel Dda

Pwy ydym ni?

Mae Gwasanaeth Bod yn Iach Hywel Dda yn cynnig rhaglenni iechyd, lles a hunanreolaeth am ddim i unrhyw un dros 18 oed sy'n byw gyda chyflwr cronig ac i'r rhai sy'n gofalu am rywun sy'n gwneud hynny.

Beth ydyn ni'n ei gynnig?

Rydym yn cynnig amrywiaeth o raglenni, gan gynnwys:

- Byw gyda Clefyd Cronig**
- Rhaglen Hunanreoli Diabetes**
- Rhaglen Diabetes X-PERT**
- STANCE - Gofal Traed Diabetic**
- Byw gyda COPD**
- Rhaglen Hunanreoli Poen**
- Canser: Fynnu a Goroesi**
- Byw gyda Fibromyalgia**
- COVID Hir**
- Heneiddio'n Iach**
- Byw gyda Lymphoedema**
- Cyflwyniad i Edrych ar Fy Ôl - Ar gyfer Gofalwyr**
- Pledren a Coluddyn Iach**
- Bwyd Doeth an Oes - Rhaglen Reoli Poen**

**Mae angen
eich help
arnom...**

Rydym yn edrych ar addasu ein rhaglen 'Cyflwyniad i ofalu amdanaf - i ofalwyr' drwy waith mewn cyd-gynhyrchu gyda Fforwm Gofalwyr Sir Caerfyrddin ac **MAE ANGEN EICH HELP ARNOM!**

Hoffech chi:

- Cael mewnbwn ar yr hyn sy'n bwysig i iechyd a lles gofalwyr?
- Bod yn llais i ofalwyr?
- Bod yn rhan o brosiect cydweithredol a fydd o fudd i iechyd a lles gofalwyr?

Os felly, cysylltwch â Catrin Billington ar 0300 303 8322 (opsiwn 5) neu e-bostiwch epp.hdd@wales.nhs.uk



Funded by  Wedi ei ariannu gan
UK Government Llywodraeth y DU
Cysylltu Sir Gar Nacro
Connecting Carmarthenshire



Llandysul

Community Wellbeing Drop In

Bydd sefydliadau ar gael i siarad â dinasyddion
Organisations will be available to speak with
citizens

Dydd lau cyntaf y mis

First Thursday of the month

2/05/24, 6/6/24, 4/07/24, 1/08/24,
5/09/24, 3/10/24, 7/11/24, 5/12/24

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

Neuadd Tysul Hall, Llandysul

11am - 1pm

Free

Refreshments



Funded by  Wedi ei ariannu gan
UK Government Llywodraeth y DU
Cysylltu Sir Gar Nacro
Connecting Carmarthenshire



Pencader

Community Wellbeing Drop In

Bydd sefydliadau ar gael i siarad â dinasyddion
Organisations will be available to speak with
citizens

Trydydd Dydd lau y mis

Third Thursday of the month

16/05/24, 20/6/24, 18/07/24, 15/08/24,
19/09/24, 17/10/24, 21/11/24, 19/12/24

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

Pencader Family Centre, Pencader

11am - 1pm

Free

Refreshments



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Cysylltu Sir Gar Nacro
Connecting Carmarthenshire



Llandovery

Community Wellbeing Drop In

Bydd sefydliadau ar gael i siarad â dinasyddion
Organisations will be available to speak with
citizens

Trydydd Dydd Llun y mis Third Monday of the month

20/05/24, 17/6/24, 15/07/24, 19/08/24,
16/09/24, 21/10/24, 18/11/24, 16/12/24

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

LYCC, Gerwyn House,
19 Market Street, Llandovery

11am - 1pm

Free

Refreshments



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UK Government Llywodraeth y DU
Cysylltu Sir Gar Nacro
Connecting Carmarthenshire



Newcastle Emlyn

Community Wellbeing Drop In

Bydd sefydliadau ar gael i siarad â dinasyddion
Organisations will be available to speak with
citizens

Ail Ddydd Mawrth y mis 2nd Tuesday of the month

8/05/24, 12/6/24, 10/07/24, 14/08/24,
11/09/24, 9/10/24, 13/11/24, 11/12/24

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

Our Lady Queen of Peace RC
Church Hall, Newcastle Emlyn

11am - 1pm

Free

Refreshments



Funded by  Wedi ei ariannu gan
UK Government Llywodraeth y DU
Cysylltu Sir Gar Nacro
Connecting Carmarthenshire



St Clears

Community Wellbeing Drop In

Bydd sefydliadau ar gael i siarad â dinasyddion
Organisations will be available to speak with
citizens

Dydd Gwener olaf y mis Last Friday of the month

28/6/24, 26/07/24, 30/08/24, 27/09/24,
25/10/24, 29/11/24, 20/12/24

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

Y Gat / The Gate, St Clears
11am - 1pm



FFYNIANT
— ENO —

LEVELLING
— UP —

YMDIRIEDOLAETH
GOFALWYR
Croestfyrdd
Gorllewin Cymru

CARERS
TRUST
Crossroads
West Wales



COMMUNITY HOME SUPPORT SERVICE



PRACTICAL SUPPORT FOR UP
TO 4 WEEKS TO AID RECOVERY



AVAILABLE TO THOSE NOT
REQUIRING STATUTORY CARE
AND SUPPORT



ACTIVE SIGNPOSTING AND
RESILIENCE PACK



CONNECTIONS TO WIDER
RESOURCES

Get short-term help for independence during tough times—practical support for up to 4 weeks. Prevent hospital stays, ease transitions from hospital to home, and support stepping down from statutory care. Referrals accepted by phone or email



Carers Trust
Crossroads West Wales
01554 754957
homesupport@ctcww.org.uk

YMDDIRIEDOLAETH
GOFALWYR

Crossffyrdd
Gorllewin Cymru

CARERS
TRUST
Crossroads
West Wales



10-16 June 2024



Putting
carers on
the map

CARERS WEEK EVENT

We are "Putting Carers on the Map," Reaching out to unpaid carers old and new.

Join us at Llanelli Library for **FREE** taster activities and information from various organisations supporting unpaid carers. Drop in for a **FREE** coffee cake and a chat.

Wednesday 12th
June
10:00AM - 3:00PM
LLANELLI
LIBRARY
Vaughan St,
Llanelli SA15 3AS

Replacement care might
be available

**FREE
REFRESH
MENTS**

For more info email info@ctcwww.org.uk
or call **0300 0200 002**

This event is brought to you by Carmarthenshire Carers
Support Services Network



YMDDIRIEDOLAETH
GOFALWYR

Crossffyrdd
Gorllewin Cymru

CARERS
TRUST
Crossroads
West Wales



10-16 Mehefin 2024



Rhoi
Gofalwyr
ar y Map

DIGWYDDIAD WYTHNOS GOFALWYR

Rydyn ni'n "Rhoi Gofalwyr ar y Map": Yn estyn allan at ofalwyr di-dâl hen a newydd.

Ymunwch â ni yn Llyfrgell Llanelli ar gyfer gweithgareddau blasu a gwymbodaeth AM DDIM gan wahanol sefydliadau sy'n cefnogi gofalwyr di-dâl. Galwch heibio am goffi, cacen a sgwrs AM DDIM.

Dydd Mercher 12
Mehefin
10:00yb - 3:00yh
LLYFRGELL
LLANELLI
Stryd Vaughan,
Llanelli
SA15 3AS

Efallai y bydd gofal
amgen ar gael

**LLUNIAETH
AM DDIM**

Am fwy o wybodaeth e-bostiwch
info@ctcwww.org.uk neu ffoniwch **0300
0200 002**

Daw'r digwyddiad hwn i chi gan Rwydwaith
Gwasanaethau Cymorth i Ofalwyr Sir Gaerfyrddin





Care & Repair
Gofal a Thrwsio

Managing Better An independent living service for sensory loss, stroke and dementia

Free home visiting information service offering practical help for older people with sensory loss, dementia, stroke survivors, or if you just need help to Manage Better at home



How we can help you

- Free home visiting service
- Healthy Home Assessment
- Help you reduce risk of falls
- Help you reduce risks in your home to assist you to live independently and safely
- Check what benefits you're entitled to and help you apply for them
- Help you access other services and connect you with our partner agencies
- Advise on technology to increase your independence, reduce loneliness and boost your confidence

We're here to help you Manage Better with trusted, reliable information and support.

call us on 0300 111 3333 or email managingbetter@careandrepair.org.uk

Improving homes, Changing lives

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

find us on





Care & Repair
Gofal a Thrwsio

Sut y gallwn eich helpu

- 🏠 Gwasanaeth am ddim ymweld â chartrefi
- 🏠 Asesiad Cartrefi Iach
- 🏠 Eich helpu i ostwng risg syrthio
- 🏠 Eich helpu i ostwng risgiau yn eich cartref i'ch cynorthwyo i fyw'n annibynnol ac yn ddiogel
- 🏠 Gwirio pa fudd-daliadau y mae gennych hawl iddynt a'ch helpu i wneud cais amdanynt
- 🏠 Eich helpu i gael mynediad i wasanaethau eraill a'ch cysylltu gyda'n hasiantaethau partner
- 🏠 Cyngori ar dechnoleg i gynyddu eich annibyniaeth, gostwng unigrwydd a hybu eich hyder

Rydym yma i'ch helpu i Ymdopi'n Well gyda gwybodaeth a chefnogaeth dibynadwy, y gellir ymddiried ynddo

Ffoniwch ni ar 0300 111 3333 neu e-bost managingbetter@careandrepair.org.uk

Gwella Cartrefi, Newid Bywydau

Mae Care & Repair Cymru yn elusen gofrestredig: rhif elusen 1163542



ddod o hyd i ni ar



Ymdopi'n Well Gwasanaeth byw annibynnol ar gyfer nam ar y synhwyrau, strôc a dementia

Gwasanaeth gwybodaeth ymweld â'r cartref am ddim yn cynnig help ymarferol i bobl hŷn gyda nam ar y synhwyrau, dementia, goroeswyr strôc, neu yn syml os ydych angen help i Ymdopi'n Well adre.



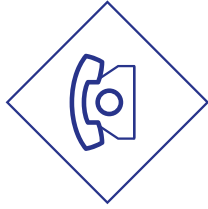
R N I B
Cymru
Golwg gwahanol
See differently



Cymdeithas
Strôc | **Stroke**
Association



nationalgrid



Our Priority Services Register is here for you

From time to time, power cuts can happen for reasons beyond our control. We understand power cuts can be particularly worrying if you rely on electricity for medical equipment or if you are elderly, very ill or disabled.

Our free Priority Services Register is there to give you, or your loved ones, tailored support in a power cut.

You can join our Priority Services Register if:

- you rely on electricity for medical reasons
- you use a stair lift, hoist or electric bed, for example
- you have a specific communication need when contacting us
- you would be distressed by an unexpected power cut or find it difficult to cope.

If you register, we can support you in various ways:

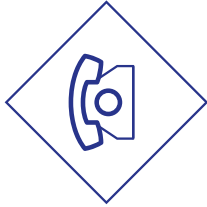
- provide a direct number for you to contact us in the event of a power cut
- agree a password with you before we visit to help you feel safe
- provide special help, if needed, through our partnership with the British Red Cross
- provide free 24 hour updates and alerts to give you advice and information during an unplanned power cut
- update you in advance of a planned interruption to your supply.



Scan here to join our free
Priority Services Register

**POWER CUT?
CALL 105**

To join or for more information: Call **0800 096 3080**, or register at: nationalgrid.co.uk/psr-spring



Mae ein Cofrestr Gwasanaethau Blaenoriaeth yma i chi

O bryd i'w gilydd, gall toriadau pŵer dligwydd am resymau sydd y tu hwnt i'n rheolaeth ni. Rydym yn deall y gall toriadau fel hyn fod yn arbennig o bryderus os ydych yn dibynnu ar drydan ar gyfer offer meddygol neu os ydych yn oeddrannus, yn sâl iawn neu'n anabl.

Mae ein Cofrestr Gwasanaethau Blaenoriaeth yn rhad ac am ddim ac yno i roi cymorth wedi'i deilwra i chi neu eich anwyliaid, yn ystod toriad pŵer.



Gallwch ymuno â'n Cofrestr Gwasanaethau Blaenoriaeth os:

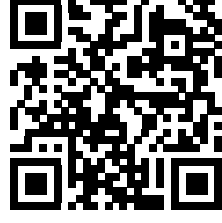
- ydych yn dibynnu ar drydan am resymau meddygol
- ydych yn defnyddio lifft grisiau, teclyn codi neu wely trydan er enghraifft
- oes gennych chi anghenion cyfathrebu penodol pan rydych yn cysylltu gyda ni
- byddai toriad pŵer annisgwyl yn peri gofid i chi neu byddech yn ei chael hi'n anodd ymdopi.

Os byddwch yn cofrestru, gallwn eich cefnogi mewn gwahanol ffordd:

- darparu rhif unioingrhol i chi gysylltu â ni yn ystod toriad pŵer
- cyfuno ar gyfrinair gyda chi cyn i ni ymweld i'ch helpu chi i deimlo'n ddiogel
- darparu cymorth arbennig os oes angen drwy ein partneriaeth â'r Groes Goch Brydeinig
- darparu diweddariadau a rhybuddion 24 awr am ddim i roi cyngor a gwybodaeth yn ystod toriad pŵer sydd heb ei gynllunio
- rhoi'r wybodaeth ddiweddaraf i chi cyn unrhyw dorriad i'chcyflenwad sydd wedi ei gynllunio.

**TORIAD
TRYDAN?
FFONIWCW 105**

Sganiwch yma i ymuno â'n
Cofrestr Gwasanaethau
Blaenoriaeth yn rhad ac
am ddim



I ymuno neu am fwy o wybodaeth: Ffoniwch 0800 096 3080,
neu cofrestrwch yn: nationalgrid.co.uk/psr-spring

