

## Carmarthenshire Carers Forum Autumn Newsletter – September 2024



Welcome to our Autumn 2024 edition of Carmarthenshire Carers Forum Newsletter. Inside our newsletter you will find details of recent events and details of our forthcoming coffee morning and County Wide Event. There is also an update from our colleagues at Hywel Dda Be Well Programme. In addition to this, we have provided dates of various local events including Connecting Carmarthenshire Events facilitated by Nacro, these events across the County provide information and support to carers from various organisations, please attend if you can.

## Carmarthenshire Carers Forum

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 coffee mornings and County Wide Events for unpaid carers to access a break from their caring role to help maintain their health and well-being. We also signpost carers to a range of services to support the well-being of Carers. If you haven't done so already, please contact us if you would like to register for our quarterly newsletters.

If you are unable to attend our coffee mornings or events, we hope in some way our newsletter will help you feel connected and informed. If you have any queries or comments please get intouch. Email [Carmarthenshircarersforum@gmail.com](mailto:Carmarthenshircarersforum@gmail.com) or telephone our Chairperson Michael Scordellis Tel: 07866 210119

With Kindest Regards

*S. Isherwood*

Sarah Isherwood – Treasurer/ Secretary  
Carmarthenshire Carers Forum



### Coffee Mornings

Over the past months we have held coffee mornings in various areas in Carmarthenshire, Ty Dyffryn in Ammanford, Cartref Cynnes in Carmarthen and St Elli's in Llanelli and most recently at Ammanford Church. The coffee mornings have been enjoyed and supported by carers and professionals alike.

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We are delighted to invite you to our next Carmarthenshire Carers Forum coffee morning to be held at :

### Gelli Aur - Golden Grove Country Park

Friday 27<sup>th</sup> September 2024

10.30 am to 12.30 pm

Venue : Caffi Ceirw Café Gelli Aur Golden Grove Country Park  
SA32 8LR

**NB Parking is limited please car share if possible.**

**Please could you confirm your attendance along with any dietary requirements by either emailing before Monday 23<sup>rd</sup> September [carmarthenshircarersforum@gmail.com](mailto:carmarthenshircarersforum@gmail.com)**

**Or text/telephone Michael Scordellis Tel: 07866 210119**

## **Carmarthenshire Carers Forum County Wide - Autumn Event**

We are pleased to announce our next County Wide Event will be held at The Plough, Rhosmaen. Invitations will be sent out in September but if you have not received your invitation by 1<sup>st</sup> October please contact us to book your place.

**To be held at The Plough, Rhosmaen, Llandeilo SA19 6NP  
On Thursday, 24<sup>th</sup> October 2024, from 10.30 – 2.30pm**

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

Proposed speaker: **Edward Friend - Carreg Law to talk about Trusts, Lasting Power of Attorney and Court of Protection.**  
**Also, our colleagues from Bydd Iach Be Well Programme**

**Professionals** - please contact myself or Michael to arrange an information stand, there are limited spaces.

Email [Carmarthenshirecarersforum@gmail.com](mailto:Carmarthenshirecarersforum@gmail.com) or telephone our Chairperson Michael Scordellis Tel: 07866 210119

These events and future Carmarthenshire Carer Forum Events can be found on the Connect Carmarthenshire Website.

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



### **County Wide Event – July 4<sup>th</sup> Burns Foundation Kidwelly**

Thank you to Connecting Carmarthenshire Micro-Commissioning Fund which awarded us a grant to enable us to hold the Carmarthenshire Carers Forum County Wide Event at the Burns Foundation, Kidwelly on 4th July 2024. We are also very grateful to the Burns Foundation, Kidwelly for their hospitality, the use of their facilities and the delicious buffet. The event was very well attended with over 65 guests including over 40 carers, some cared for, ex-carers and professionals.

### **Feedback from Surveys**

Thank you to those who attended and took the time to complete our surveys. Carers described how the event benefitted them, providing quotes such as; “I enjoyed seeing other carers”, “it was a break from caring”, “meeting with other carers in similar circumstances and learning about new projects”, “I enjoyed the emphasis on keeping fit and well” and “it was an escape from the house”.



There were many comments about the number of information stands and speakers, including “concise clear information”, “good question and answer session”, “learning about what is being done in the community which provides hope”, “meeting old friends and finding out things I need to know”, “Information gathering to share with other carers”.



“Networking with different organisations and hearing the NHS progress updates” Additional comments/compliments we received included “these events are amazing” and “well done carers forum 10 /10”. We really appreciate and value all your comments, this feedback helps plan for future events.

Carers suggestions to help improve services to benefit health and well-being for Carers in Carmarthenshire

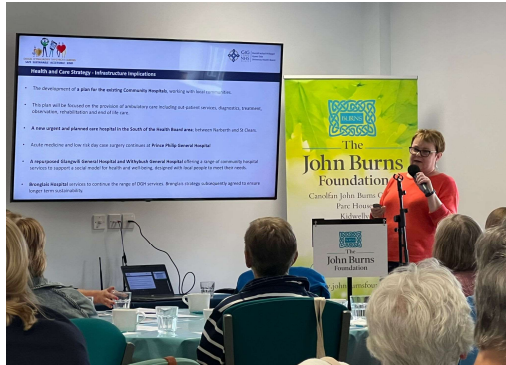
“Better Financial Reductions in Local Business, shops, leisure”

“More events arranged for carers”

“More day trips organised in the county for carers eg. Country Park or Nature venue”

Special thanks to our Guest Speakers

Thank you to our guest speaker Joanna Jones who is head of Integrated Services in Carmarthenshire County Council and Hywel Dda UHB, who provided an overview of what is happening in Carmarthenshire and what is being progressed, to enable better support to carers.



Thanks to Eldeg Rosser who provided us with an update on the UHB Capital Schemes and update on the New Hospital.



Thank you also, to Elin Meredith from Llais who provided us with an update on the work Llais is involved with in our communities.



We are grateful to Michael Scordellis our Chairperson for the warm welcome, to Mike Giles for the photographs, to the volunteers who helped on the day and those who donated raffles prizes.

We also would like to give a huge thank you to all the organisations in

attendance including **Lucy Cummings Planed – Directory of Services for Carmarthenshire, Nacro Connecting Carmarthenshire, Adferiad Carmarthenshire Carers Information and Support Service (CCISS) Age Cymru Dyfed, Carers Trust West Wales, Llais, Care and Repair, Mencap Cymru , CASM, Assist My Life, Ty Golau.** Thank you all for your

continued support and the work you do to support carers. We received apologies from **NHS Be Well Programme, Threshold DAS, Delta Well-being and Carers Support West Wales** who were unable to attend the event in July.

#### Update from Hywel Dda Be Well Service

Hywel Dda Be Well Service are developing a focus group with members of Carmarthenshire Carers Forum. From data collected from carers at Carers Forum events and coffee mornings, the Bydd Iach Hywel Dda Be Well Service are looking to adapt the I2LAM (Introduction to Looking After Me) programme so that it reflects the needs of carers. If you would like to get involved contact [EPP.HDD@wales.nhs.uk](mailto:EPP.HDD@wales.nhs.uk) Or Tel 0300 303 8322 (option 5)

#### Connect Carmarthenshire

Is a preventative support service offering information, advice and support to people living throughout the County. The service is provided by third sector agencies who have come together to form a partnership providing a central point for people to be able to access information and specialist support in places and at times of their choice. There are various Nacro Connecting Events arranged throughout Carmarthenshire please see attached poster or visit the Connect Carmarthenshire Website for further details of events happening throughout Carmarthenshire in the forthcoming months, visit [www.connectcarmarthenshire.org.uk](http://www.connectcarmarthenshire.org.uk)





## Adferiad - Carmarthenshire Carers Information & Support Service (CCISS)

The commissioned service for Information, Advice and Support for unpaid carers in Carmarthenshire. If you require any information or support with your caring role;

Please contact Adferiad CCISS [carersincarms@adferiad.org](mailto:carersincarms@adferiad.org) / Tel: 0333 1211 332

Or come along to one of the CCISS drop-in sessions for a cuppa and a chat:

### Carmarthen

Adferiad Offices 16 Queen Street, Carmarthen SA31 1JT

Weekly – Monday 2pm to 4pm

### Whitland

1<sup>st</sup> Friday of the Month 10am -12 noon

### Llanelli

The Lantern Centre, Llanelli

2<sup>nd</sup> Tuesday of the Month 10am -12 noon

### Tumble

Tumble Hall, Tumble

3<sup>rd</sup> Tuesday of the Month 10am -12 noon

### Ammanford

Ty Amman, Ammanford

3<sup>rd</sup> Wednesday of the Month 10am -12 noon

### Llandovery

Our Lady Catholic Church Hall, Llandovery

Last Thursday of the month 12 noon – 2pm

Funded by UK Government  Wedi ei ariannu gan Llywodraeth y DU



**Cysylltu Sir Gar Nacro**

**Connecting Carmarthenshire**

# Living Well in Your Community

**Llandysul - Neuadd Tysul Hall**

1st Thursday of the Month

**Pencader - Pencader Family Centre**

3rd Thursday of the Month

**Newcastle Emlyn - Our Lady Queen of Peace RC Church Hall**

2nd Wednesday of the Month

**Llandovery - Llandovery Youth & Community Centre**

3rd Monday of the Month

**St Clears - Y Gat**

Last Friday of the Month

**Llandeilo - Civic Hall**

3rd Tuesday of the Month

**Your place to get all the help and support you need:**

**Free Help, Free Advice & Free Support.**

**No Appointment Required**

**11am to 1pm**

*E-bost / Email:* [communityhub@nacro.org.uk](mailto:communityhub@nacro.org.uk)



**Free Refreshments**