

## Carmarthenshire Carers Forum Summer Newsletter – June 2025



Welcome to our Carmarthenshire Carers Forum Summer Newsletter 2025. Carmarthenshire Carers Forum is a friendship group made up of unpaid carers and ex-carers. 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.

Following on from the success of our County Wide Event held at the Plough Rhosmaen last year we have held a number of coffee mornings around Carmarthenshire, here are some of the highlights!

**In March we were at The Living Well Centre, Parc Dewi Sant.**

Located in a vibrant setting, we had a packed room of around 45 guests, including carers and professionals. We had a coffee morning and a sandwich lunch, courtesy of Carers Trust Short Breaks Fund.

**Guest Speaker Catrin Billington – Hywel Dda Be Well Service**

Our Guest Speaker Catrin from the Be Well Service provided us with an interesting and informative presentation and updated us on the programme being co-produced with Carmarthenshire Carers Forum '12LAM Introduction to Looking after Me for Carers'. If you would like to get involved in the pilot programme please contact Catrin Tel: 0300 303 8322 (option 5) [epp.hdd@wales.nhs.uk](mailto:epp.hdd@wales.nhs.uk).

**Living Well Centre – Feedback from Carers**

- Friendly welcoming group
- The Be Well presentation was very helpful
- Talking to professionals and getting up to date information to support me in my caring role
- Meeting like-minded people and getting some of my benefit questions answered.
- Listening to advice, learning and socialising
- The event improved my knowledge, confidence and I enjoyed meeting with other carers.
- I enjoyed the break from my caring responsibilities

### In April, we were at Canolfan Gwilli, Hendy

This was a smaller gathering of around 25 with coffee and cream teas. The venue was spacious and modern and over looked the wetlands area currently being developed as a nature reserve, with wildlife and lovely walks. The coffee morning was very informal and enabled carers to speak to professionals on a one to one basis and gain valuable information.



### Feedback from Hendy coffee morning

- Lovely venue and supportive environment
- I really benefit from these sessions, so thank you for your hard work and effort to organise
- It was beneficial to meet people in the same situation, and to be able to listen to informative speakers.
- Excellent work - keep doing what you are doing, we look forward to these meetings





**On 8<sup>th</sup> May and 80<sup>th</sup> Anniversary of VE Day we were at The Botanical Gardens of Wales**

This well attended coffee morning commenced with a speech commemorating the 80<sup>th</sup> anniversary of VE Day, remembering the sacrifice of past generations who gave up their tomorrows for the peace and freedom we enjoy today. We also honoured carers for their dedication and resilience for providing vital support, compassion and unwavering care in our communities often at great personal cost.

The coffee morning took place in beautiful surroundings, there were various organisations in attendance including Adferiad Carmarthenshire Carers Information and Support Service, Crossroads Carers Trust West Wales, Age Cymru Dyfed, Connecting Carmarthenshire, CASM, Care and Repair, Hywel Dda Be Well Programme, NHS Community Outreach. A sandwich buffet was provided in commemoration of VE Day,

**Guest Speaker Allan Rush from Dyfed Powys**

Thank you to our guest speaker Allan Rush from Dyfed Powys Police, who talked about how to protect ourselves from online fraud and scams, which was very informative and beneficial to all. If you are worried you have been hacked, have lost money, bought from a dodgy website or are concerned about a loved one's actions online, please contact them online: [www.dyfed-powys.police.uk](http://www.dyfed-powys.police.uk) or email [101@dyfed-powys.police.uk](mailto:101@dyfed-powys.police.uk)



Guest Speaker - Lucy Cumming, Parc Dewi Sant

Thank you also to Lucy Cummings who talked about the exciting developments and activities happening at Parc Dewi Sant SA31 3HB. She invited everyone to their Open Day on 20<sup>th</sup> June from 10-3pm. Activities on the day will include;

**Outdoor Fitness, Art Sessions, Yoga Flow, Nutrition talk, Self-Defence, Salsa Dancing, Muay Thai, Zumba, Lindy Hop Jive Dance, Community Garden Activities, Sound Bath in the Chapel, Illustrated History Talk (Chapel), Tenovus Cancer Choir (Chapel), Carmarthen Ukeleles, BBQ and Ice Cream Van.** For more details Call Lucy : **07885 639253** or Email: [lucy@parcdewisant.co.uk](mailto:lucy@parcdewisant.co.uk)

Feedback from Carers at the Botanical Gardens

- A very warm welcome and much needed break
- I liked the sense of community and VE Day theme it made it meaningful.
- All very helpful, especially the talk on staying safe online
- Excellent insight into scamming very interesting and good to see Dewi Sant being turned into a Well-being Centre.
- Seeing other carers and different services, knowing there is help for me to make life better and safer as a carer.
- Having a break from caring responsibilities, made me feel less isolated, boosting my self-esteem and confidence.
- A lovely social event, this has been so beneficial to my health and well-being as well as my mum's, always great to have a trip out that showcases our beautiful Carmarthenshire

### **Future Carmarthenshire Carers Forum Events**

We have recently applied for funding to enable us to continue with Carmarthenshire Carers Forum coffee mornings and County Wide Events. In the meantime, we will be attending community events including those taking place during Carers Week. We will be at the information Day Tuesday, 10<sup>th</sup> June from 10-3pm at The Living Well Centre, Parc Dewi Sant, Carmarthen SA31 3HB. For further events in your area please check out the Connecting Carmarthenshire Website.

**Connecting Carmarthenshire** on 0800 917 6255 or email: [connectingcarmarthenshire@poblgroup.co.uk](mailto:connectingcarmarthenshire@poblgroup.co.uk) or [communityhub@nacro.org.uk](mailto:communityhub@nacro.org.uk)

Thank you to all carers, guest speakers and other professionals for your continued support, we value all the feedback given to us. If you have any ideas or suggestions, we would love to hear from you. Or If you would like further information or wish to join our mailing list, please telephone us on one of the numbers below or email [Carmarthenshirecarersforum@gmail.com](mailto:Carmarthenshirecarersforum@gmail.com)

Thank you for taking the time to read our newsletter, we wish you an enjoyable summer season.

Kindest Regards

Sarah Isherwood  
Treasurer/Secretary

On behalf of all the trustees of Carmarthenshire Carers Forum