



GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

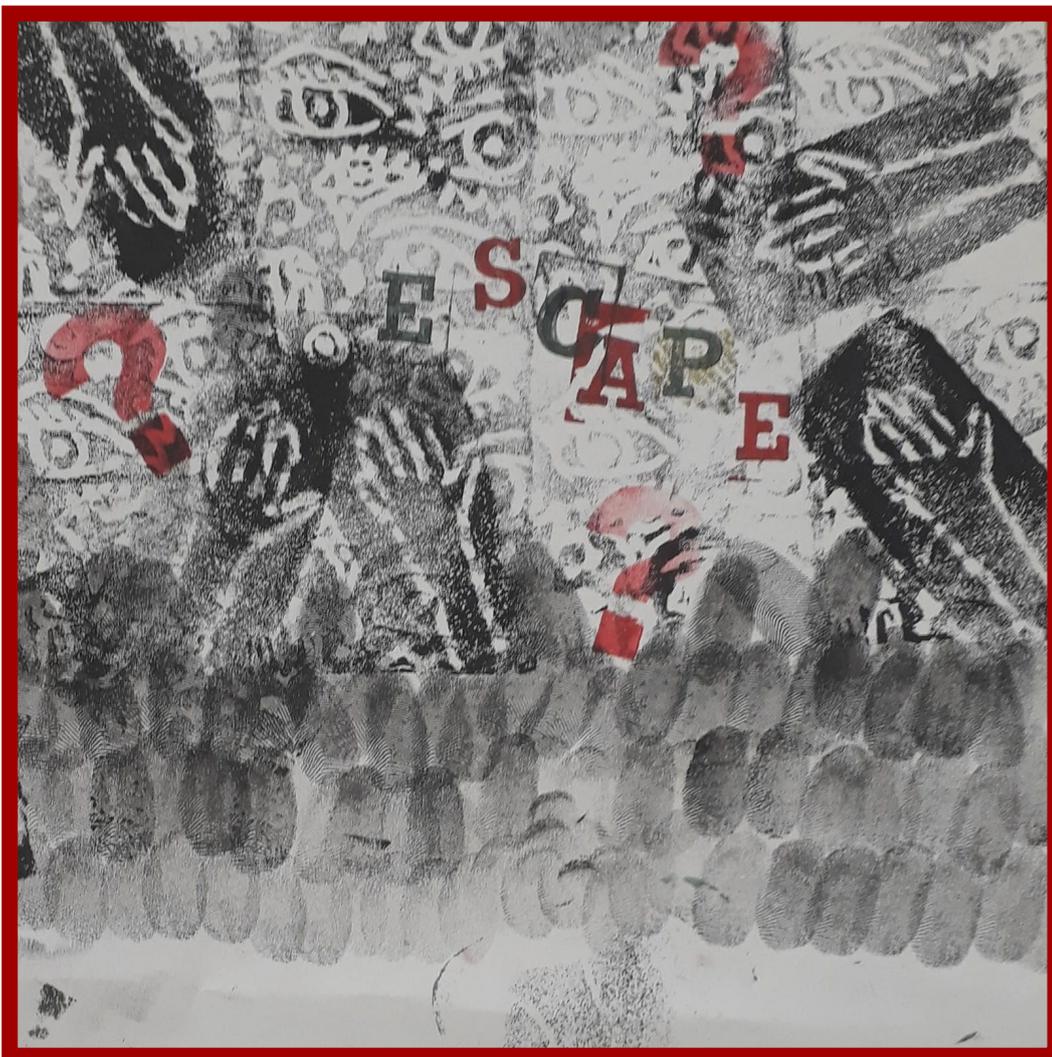
The Carer

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Established 1991



Carers Outreach was delighted to have the opportunity to set up art workshops at Ysbyty Gwynedd, aimed at patients with a mental health condition, and their carers, to give them the skills to access education.

For more details about this project see page 2.

Left: 'Escape' by a workshop participant.



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Tanya Jones, one of our Carers Support Officers based at Ysbyty Gwynedd, is also a qualified art teacher so it was decided that a series of art workshops would give patients/carers a great opportunity to develop core skills.

The workshops were delivered by Tanya and guest artists including Diana Williams and Sam Wild.

Tanya said, "It is hoped that the skills and confidence gained from the project will encourage the participants to consider returning to education. Under the theme of portraiture, the workshops include different art techniques including printing, collage and ceramics. The participants' skills will be honed to create a final expressive portrait which will be exhibited in Pontio. As you can see from the examples below, the response has been very positive so far."

"This has been really beneficial to me and has given me something I will do for the rest of my life." ~ Workshop participant



Huw Thomas, 1939 - 2018

It is with great sadness that we announce the death of one of our long serving trustees.

Huw first became associated with Carers Outreach in 1992; as a dignitary from the Health Authority, he was introduced to our patron Her Royal Highness The Princess Royal. Five years later when he retired, he enrolled as a volunteer.

He became a trustee and his leadership skills and expertise were recognised when he was voted in as Chairman.

He took a break to work for The Aga Khan Foundation in Tajikistan and on his return he co-wrote a guide book on this little known country.

Huw recognised unfairness and hardship and wanted to improve the lives of ordinary people. He returned to us as a trustee in 2009 because he believed that carers suffered personal burdens and he wanted to help.

Through his work as a trustee he made a difference to carers' lives; even now he leaves a legacy through a collection at his funeral in lieu of flowers. Those of us who knew him as a volunteer saw his humour and silliness during fundraising events and carers' trips. He will be remembered for making us smile and giggle.

It's not about being the best. It's the taking part that counts.



Our Chief Officer reflects...

On carer participation

Arranging carers activities and social groups can sometimes be tricky. Carers lives are busy and very often things can change at the drop of a hat. We are always mindful of this and never truly know how many carers will turn up to activities. We always ask for confirmation of attendance for a few reasons. Firstly, it helps us to organise events properly, ensuring everything's in place. Secondly, it helps the carer. By confirming attendance to any event be it a wedding, a dentist appointment or a social group, it gives you a sense of commitment. We know how beneficial it is to stay connected. We also know how valuable peer support can be. Not all events will be everyone's cup of tea, not all events will be at a suitable time or venue. However, if you commit to participating in any of our events, we are confident that you will return home feeling better.

"As a mum to two boys with special needs it can be quite hard finding an activity where they can enjoy themselves, relax and just be them.

Over the years we've taken the boys places and after a while the boys will get agitated, too many people, too much noise, people pushing and shoving.

It was so nice coming to the music festival, every child and parent got the chance to relax knowing that nobody will stop and stare if your child decides to sit on the floor, or decides to scream.

Everyone was the same and nobody judged you. My boys loved listening to the music, loved the bouncy castle and seeing their friends."

We're looking forward to next year."

"Being a full time carer and having a full time career result in little time for anything else which makes being a carer a very lonely occupation. This one hour a month means more than I could predict or explain.

Each month when the lunch comes round, there's always something else demanding my time, be it from my personal or professional life. I do however make a deliberate point of turning up come hell or high water because this is the one hour a month that is for me. At home, I'm the person people rely on. Work is equally as demanding.

Every month I come away feeling refreshed, having an open honest time with people of similar ages facing the same challenges. There are no holes barred, just complete honesty, acceptance and companionship. That is so important."



Stay in touch



By phone:

Gwynedd and Anglesey: 01248 370797

Conwy: 01492 533714

Email: help@carersoutreach.org.uk

www.carersoutreach.org.uk

Join in our activities

Contact Carers Outreach Service for information or support in your caring role



A carer's story



Jonathan was born with a severe case of RAS and an underlying heart condition; he had a pacemaker fitted when he was 2 ½.

Once this was done Jonathan's other problems started to show, such as

only having a 2 ½ second concentration span; his autism became more obvious, not to mention his lack of sleep - maybe 2 hours a night! These were just a few of his many problems.

Jonathan and I have had many battles with education departments on his journey into adulthood, moving from school to school, as well as other people not understanding his complex needs.

But when I joined Carers Outreach, little did I realise how much it would change our lives, especially Jonathan's life.

I attended the Carers Outreach Information Day at the Carreg Bran on 23 March 2017, it was meant to be for under 18s, but I took a friend along for some advice, not thinking that I too could get any help as Jonathan was 24.

However, I spoke to Agoriad Cyf, who had just set up a program called "Engage to change" which is funded by the Big Lottery and the Welsh Assembly.

A few weeks later Jonathan got a phone call and after a meeting was accepted on the course. He spent the next year working hard on courses and training, and eventually got a temporary job with B&M Bargains in Bangor.

Agoriad Cyf asked Jonathan if he would like to apply for an Ambassador's job with All Wales People First. Jonathan travelled to Cardiff for the interview and was appointed to represent other people with disabilities. He was delighted to be able to do his bit to help others.

On 14 June this year Jonathan was awarded "Young Person of the Year" by CEO Martyn Jones of Learning Disability Wales. Jonathan is looking forward to the future, being able to work and help other people like himself.

It has been a long hard road for Jonathan so far, but with the help and support of, not just his family, but local services, Jonathan says, "This is my year and many more to come so watch this space."

~ Phillipa Tranter, carer



You never fail until you stop trying - Albert Einstein



Are you missing out on help with Council Tax?

Many carers aren't aware they could be eligible for a reduction in Council Tax or entitled to other discounts or exemptions.

You may be entitled to pay less council tax if:

- you are caring (full time) for someone with a disability (who is not your husband, wife, partner or child under 18)
- you believe you live on a low-income
- you live alone, or with people / children who do not pay council tax
- you are a student
- you are disabled
- you are mentally impaired
- your property is empty

For a full list of eligibility criteria visit the Welsh Government website: <https://gov.wales/counciltaxhelp>.

You could get up to 50% Council Tax discount if you are a carer, depending on who else lives in your property. To be eligible you must meet **all** of the following criteria:

- must provide care for at least 35 hours a week
- must live in the same property as the person you care for
- must not be the spouse or partner of the person you care for, or their parent if you care for a child under 18

The person you care for must be getting one of the following:

- the middle or higher rate of the care component of Disability Living Allowance
- the daily living component of Personal Independence Payment at any rate
- Attendance Allowance at any rate
- Armed Forces Independence Payment
- the highest rate of Constant Attendance Allowance

You do not have to claim Carers Allowance to qualify for this discount, and your income and savings will not affect your eligibility.

If there is more than one carer at the property, you can still receive up to a 50% discount as long as you meet all of the conditions.

Someone who has left their property empty and it is no longer their main residence may also be exempt from paying Council Tax. This would apply to a carer who is providing live-in personal care due to old age, disablement, illness, alcohol or drug dependence, or mental disorder.

If you think you may be eligible you should contact your local authority Council Tax department.





Paint a pebble and raise a smile

Several community groups have been painting pebbles and hiding them in their local area for others to find.

We are joining in the fun. There will be pebble painting at carers' groups and then there will be easy walks and rambles to hide the pebbles. The pebbles will have identification marks on them so that finders can find us on Facebook.

So, not only is this a therapeutic activity, it will help to raise awareness of our service and of carers' issues.

#carersrockFB



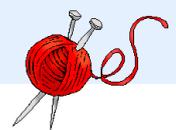
A carer's tip:

Parking at Alder Hey Hospital costs £6 a day. Or you can buy a parking ticket for £10 that lasts for 10 days.



Get knitted!

If you enjoy knitting and have time to spare why not take part in our new knitters group? We'll supply the patterns, you knit the squares at home, then the group meets up to stitch them together. The finished blankets will be sold to raise funds for Carers Outreach. Phone your local Carers' hub for more details.



5k your way - do it for the carers!



Would you like to help raise funds towards carers activities? On Saturday 8 September at 9am, we invite you to take part in our '5k for carers' event! No matter where you live, there is a way for you to take part.

Most runners (ahem, joggers / fast walkers) will be using the Penrhyn Castle's ParkRun track, but if you would prefer to use Conwy's RSPB 5k track, your own treadmill, or your own tracked route, that's great!

It doesn't matter how long it takes you to finish the 5k, the event is about coming together to raise funds for unpaid carers! A huge part of fundraising is also about raising awareness, we want to encourage people to talk about the amazing and sacrificing work unpaid carers do.

If you want more details on how to get involved or to request a sponsor form, please contact Laura Williams at our Bangor hub.

Please join in our activities. Don't forget to book!