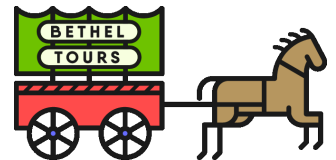


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Established 1991



*Make
time for
yourself*

We can help unpaid carers like you to save money. There are various benefits and reductions available. To find out more contact your local carers hub. Details inside.



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Fancy a holiday in our brand new Carers Caravan?

Over the years we have received many requests from carers to help them to find affordable holidays.

Our Chief Officer, Llinos Mair Roberts thought it would be wonderful if we could buy our own static caravans for carers and their families to stay in at a reduced rate.

One successful funding bid later and we are pleased to announce that we have been funded to provide 2 static caravans located within our catchment area of Anglesey, Gwynedd and Conwy.

This year we have bought 1 caravan which is situated in Hafan y Mor, Pwllheli. We have been mindful of the location and although the caravan is located on a family friendly site it is

situated in a quiet cul-de-sac on the park. We hope to buy a second caravan next year.

How will it work?

We want to take the stress out of finding a holiday for carers.

So, at the start of the season we will release availability with first choice of dates going to our local unpaid carers. If we still have vacancies the offer will be extended to carers from other areas. Any remaining places will be offered to the general public at a higher rate.

We hope this will become a self funding and sustainable venture with carers at the heart of it.

Contact us for more details or see the enclosed flyer.



They say that if you put a frog into a pot of boiling water, it will leap out right away to escape the danger. But, if you put a frog in a kettle that is filled with water that is cool and then you gradually heat the kettle until it starts boiling, the frog will not become aware of the threat until it is too late. The frog's survival instincts are geared towards detecting sudden changes. Perhaps this is true for carers, many don't think to ask for help until they reach a crisis point. Carers need respite!

Stay in touch



By phone:

Bangor and Llangefni: 01248 370797

Colwyn Bay: 01492 533714

Penrhyndeudraeth: 01766 772956

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



Our Chief Officer reflects...

On respite

Everyone needs a change from time to time, whether it's for an hour, a day or longer. This is especially true for carers as caring can be exhausting both physically and mentally.

Having a break can improve our wellbeing and allow us time to look after ourselves so that we can keep well. If you've ever had a break abroad, one of the first things the flight attendants will mention is your safety and what to do in an emergency. The part that always sticks in my mind is when they tell you to put your own oxygen mask on first and then attend to your child. This goes so against the grain but it's very, very true. When you care for someone, you must take care of yourself first in order to be able to care for others. This is why it's so important to take responsibility for maintaining good mental health and wellbeing.

It is well documented that despite the satisfaction and sense of fulfilment carers can gain from their caring role, being a carer can be incredibly stressful and can adversely affect carers' social lives and their physical and emotional health. Especially in the long-term, social isolation amongst carers is frequently highlighted along with higher levels of stress, depression and anxiety plus physical health problems. Family conflict and negative feelings such as anger and frustration are also common.

This is why I believe carers should always be supported to look after their

own wellbeing in order to minimise any adverse effects.

Respite is of course one form of support and, at its most rigid, refers to a range of services including, replacement care for the cared for person, either in a dedicated facility or in their own home, or perhaps a sitting service. It is often offered as part of a package of care but may also be provided on an informal basis. It can bring peace of mind, allowing carers to relax and worry less. It gives carers a chance to rest and quite often gives them the opportunity to catch up with everyday tasks, social activities and even employment.

However, we also know that the impact can be complex. On the one hand, breaks may give carers a sense of normality, freedom and relief but may also lead to feelings of guilt and anxiety.

I genuinely believe that respite provision of this kind is invaluable but I also believe that we need to be more creative when we consider how to arrange breaks from a caring role.

Having a break doesn't always need to be away from the cared for. It could be something as simple as an afternoon out together such as fish and chips by the beach. It could be 10 minutes out of the daily routine. Time out from caring should be flexible and tailored and completely unique to the individual.

~ Llinos





A carer's story



My name is Paul and I care for my wife Diane who suffers from hydrocephalus and spina bifida. My wife's condition is deteriorating as she gets older and this in turn makes my caring role more stressful.

We were so grateful to receive a grant from the Family Holiday Association last year. We got to stay at their caravan in Hafan y Mor, Pwllheli and they gave us £180 spending money too!



We enjoyed a brilliant weekend although unfortunately we had to cut our stay short due to unforeseen circumstances.



The break helped us to bond more as a family and I would even say that it helped to open the kids eyes to see what I do on a daily basis as a husband/father/carer; they've been helping out a lot more at home since the holiday.

I'm hoping to pass my driving test soon so that I can take the family on more days out. Quality family time is so important.



I'd like to say a big thank you to Carers Outreach Service and to the Family Holiday Association for making this holiday possible for us.

~ Paul Evans, carer

Helping carers to access holidays and respite from caring are a big part of the work we do at Carers Outreach Service but there are many other ways in which we can help carers to have a better caring experience.

Phone your local carers hub with any queries about your caring issues. Our friendly and experienced staff will do their best to help you.

"Oh, the places you'll go." ~ Dr Seuss





Keep fit for the brain

Being bilingual may slow the onset of dementia and other memory problems. Research shows that learning a new language can help delay the effects of dementia by up to 5 years. Here in Wales we have a head start with a large percent of the population being bilingual, and lots of opportunities to learn Welsh for those that are not yet fluent.

Joining a local language class is a good way to get out and meet people; we can help you to find local courses.

If you are unable to get out and about Crosswords and Sudoku are also good ways to keep our brains active.



Benevolent funds and grants, Benefits and reductions



There are various grants and benevolent funds that support people from specific trades or who have certain disabilities. You may also be entitled to:

Carers Allowance

Council Tax Reduction

Warm Home Discount

Contact us for more information!

Contact your local carers hub to request our free fact sheet, 'You and your Finances'.

What about a 'Staycation'?

More and more people are choosing to stay home and participate in leisure activities within travelling distance, sleeping in their own beds at night.

We live in a beautiful area, with stunning scenery and numerous tourist attractions on our doorsteps. Could this be the solution for you?

One person's trash is another person's treasure?

If you do manage to get away for a few days please remember to take your valuables with you when you check out. A leading hotel reported that the following were all left behind by guests:

- £3,000 engagement ring
- A false eye
- A prosthetic leg
- A blow up sheep
- Several leather whips
- Several leather jackets
- 8 posters of Jonathan Ross
- An inflatable sumo wrestler
- Keys to a Ferrari
- Several false teeth





Travel tips:

Although some companies specialise in providing accessible travel it is wise to plan ahead and notify the company you are booked with of any special needs your party has.

Questions to ask hotels:

- Do you have a disabled access room?
- Are there steps up to the front door?
- Is there a lift? If so how near is it to the rooms?
- Is there access into all areas of the hotel I may need to visit?
- If you specifically require either a bath or shower check that this is available.
- If you travel with medicine that needs to be refrigerated, check that this can be managed.
- Is there parking on the hotel grounds?
- How far is the hotel from local amenities/ public transport?
- Does the hotel cater for any special dietary needs?

Questions to ask about transport:

Do you have special provisions for disabled passengers?

Train - you can arrange to be met at the station with ramps to ease disembarking.

Coach - ask about toilet facilities and comfort stops.

Useful website

<http://www.caa.co.uk/Passengers/PRM/Special-assistance-guidance-from-airports-and-airlines/>

In this newsletter we cover issues that are relevant to carers. If you are new to caring you may have missed out on topics featured in back issues. Below is a list of topics covered; if you would like to read any of them contact Julie in the Bangor carers' hub.

- Telecare
- Attendance Allowance
- Wheelchairs, scooters & cars
- Council Tax
- Carers Bus Pass
- Benefits rules and hospital stays
- Community Transport schemes
- Continuing healthcare
- Lasting Power of Attorney
- Become an Appointee
- How to appeal a benefits decision



“If we wait until we’re ready, we might never go!”