

The Carer

Issue 83 Autumn 2017

Registered Charity No: 1066262

Established 1991



GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE



Welcome to the autumn issue of The Carer



Translated into Welsh by
Angharad Edwards

Update from Carers Outreach

The leaves fall and autumn calls



Glass half empty?
Or glass half full?

We all view the world differently. There is no right or wrong, it's just another aspect of our uniqueness.

As the season changes we invite you to join us in making the most of autumn. This is a perfect time to start over, the nights draw in, the children are back to school, evening classes start and at Carers Outreach we are channelling our energy into making our service even better.

We are encouraging carers to look at every aspect of their lives, from health and finances to emotional issues and we're supporting them to get the most from their unique situation.

Please tell us about what would help to make a positive change in your life. We can't always change our situation but sometimes we can make small changes that can improve our over-all health and well-being.

**“When was the last time you did something for the first time?
Be open to the magic and wonder around you always.”**



During Carers Week in June we walked the coastal paths with the Carers Network partners to raise awareness of carers issues.



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

Update from Carers Outreach

**Friday 24 November 2017 is
National Carers Rights Day**



It's empowering to know your rights as a carer. Caring for someone can be challenging and carers need to take care of themselves to be in good shape to provide the best care. The first step is to know about all the support available to you.

Make Carers Outreach Service your first port of call for all your caring related enquiries. We can make sure that all your benefits are up to date and will help you to find solutions to other worries or concerns.

Our contact details are on page 6.

Do you like our front page? The finger prints belong to carers aged 25-50.

It's a fun way to promote our logo and we hope to have the image printed on fund raising materials.

We'll be sending blank finger print trees around all the carers groups.

We welcome your suggestions.

Outreach work

We now have 2 posts based in Ysbyty Gwynedd and we're expanding our support services to outpatients clinics. If you or the person you look after are going into hospital, contact us for information and support. For example, as a carer you have a right to be part of the discharge procedure for the person you look after. Our officers can support you to request this.

Home safety

A huge amount of accidents happen at home. We have a free emergency plan card and we can refer you for a free fire safety check. There are a variety of aids and adaptations available to aid independence and give you peace of mind.

We work closely with local councils and are pleased that Conwy and Gwynedd provide a Carers emergency card - we are hoping to see one in Anglesey soon.

For more information contact your local carers' hub.



Phone your local carers' hub to request a copy of our free fact sheet, '**Home Safety, Useful Aids and Equipment**'.

See the What's on guide for your area for details of Carers Rights Day events

A carer's story

I've been a carer for most of my life. Most people think of a caring role as looking after a spouse or child who has a physical disability.

But I grew up with a sister who suffered with severe depression and with hindsight I would say that even as a teenager she had a mental illness.

Growing up I felt isolated at school, I was different to my peers who all seemed to have happy uncomplicated family lives. Although, as an adult, I now know that this is not the case and some of my school friends had their own issues at home, that sense of separation has not left me.

My childhood was not all bad, Jenny could be really lovely, charming and lots of fun. But I never knew when something would trigger the depression. On her bad days she would be mean and selfish and I hated that she never realised what impact her behaviour had on me.

Because I wanted to appear 'normal' at school, I never told my friends or teachers about it. To be honest I don't think they would have believed me because Jenny only ever let people outside the family see her when she was having a good day.

Most difficult for me to understand was the complexity of my feelings towards Jenny. Some days I felt that she was my friend but I never knew how long

that would last. Suddenly my fragile happiness would be shattered by one of Jenny's black moods, or worse still her inexplicable sudden rages. I somehow felt like it was my fault.

I began to read whatever I could find to try and understand my situation, and gradually I grew to understand that Jenny has an illness, and that I was not to blame and neither were my parents.

And then I struck lucky! I found Carers Outreach Service and finally I was able to discuss my feelings and make sense of them. Through the carers' support group I've made friends who are in a similar situation and we are there for each other. I was so surprised to learn that, not only was I not alone, but mental illness is a lot more widespread than I ever realised.

I think I'm more understanding of my sister these days. She still has her good days and bad days. I try to remember that she can't help being ill and to love her for the person I know she is inside. ~ Lowri Owen

Useful resources

C.A.L.L. Helpline offers a confidential listening and support service to anyone concerned about their own mental health or that of a relative or friend.

☎ 0800 132 737

Mind Cymru

🌐: <https://www.mind.org.uk/about-us/mind-cymru/>

Please keep sending your carer's stories - they really help other carers

Live, Laugh, Love

Autumn checklist



- ◇ Step on crunchy leaves
- ◇ Eat something pumpkin flavoured
- ◇ Snuggle under blankets
- ◇ Get out warm clothes
- ◇ Watch the trees change colour
- ◇ Spot a ghost for halloween



5 minute energiser

Setting aside 5 minutes a day to just focus on your breathing can help if you're feeling stressed or tired. Just be aware of your breathing, let your thoughts come and go but always return your attention to watching your breath. This exercise is beneficial for carers and the person they care for.

Zen saying

'Experience this moment to its fullest.'



Competition corner

Are you snap happy? Can you beat our Carers Week walk photos? Send your photo to our Bangor hub or email help@carersoutreach.org.uk

The photos will be put on our Facebook page and website and the winner will receive a prize.

A passion for parrots



"My wife and I both have our health issues but our passion for the work we do with our parrots really keeps us going.

We have a few parrots including Fabio and Angel, who is a rescue parrot. You can often find us at local festivals encouraging the public to interact with the parrots. In fact our parrots have helped people with dementia and people with autism to communicate. We recently attended an 80th birthday party in a nursing home. In fact we'll go anywhere for the price of a cuppa. We also provide advice to parrot owners when asked.

Parrots are fascinating creatures and we enjoy spreading the word."

~ Leslie & Maureen Goodwin

Top Tips Top Tips Top Tips

"When I broke my arm last year, my husband bought a cheap adjustable support handle to help me get in and out of the car. It's simple to install and is truly marvellous!"

~ Raymond & Pauline Jones



Never give up on the things that make you smile



Life tips

Help with your Welsh Water bills or arrears

HelpU

Designed to help low-income households with a total annual income of £15,000 or less (includes all occupiers over 16 years old).

WaterSure Wales

Helps low income households with large families or, low income households where a member of the household has a medical condition that requires them to use a significant amount of water.

Water Meter

Customers who are unmetered can apply for a Water meter.

Debt schemes

- Water Direct (DWP payments)
- Customer Assistance Fund (CAF)

For more information:

☎ 0800 052 0145

🌐 <http://www.dwrcymru.com/>



NEW handbooks, which provide advice and information to help older people avoid falls, are being given to patients on non-emergency transport vehicles across Wales.

The work is part of the 'Steady On, Stay SAFE' national falls prevention campaign for older people.

Phone our Bangor hub to request a copy of the 'Get Up and Go' booklet.



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



The information in this newsletter is, as far as we are aware, accurate at the time of going to press. Carers Outreach Service can accept no liability for errors or omissions or for the quality of information provided by other organisations, nor can we recommend products or services.