

The Carer



Issue 105 Spring/Summer 2023

Spring into Summer

Dear carer, how do you feel today?



5 - 11 June 2023
Making caring Visible,
Valued and Supported



In this issue

- Carers caravan
- Groups and activities
- Carers Support Fund Wales
- Carers Assessment
- Assistive Technology explained
- Cost-of-living payments

And much more



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Why not

Spring into action

with a subsidised stay at our carers caravan at Hafan Y Môr, Pwllheli?



If you are one of the many carers who are hoping to book our carers caravan this season, please note that slots are filling

fast! For more information contact Hannah or Ella in our Bangor office, or email caravan@carersoutreach.org.uk.

Groups and activities

Turn to the centre pages or visit our website for information on What's on for carers in April, May, June and July including our Carers Week activities.

Media list

At times like Carers Week, journalists often want to speak to unpaid carers. We keep a list of carers who are happy to talk to the media about their caring experience. This could include local radio, television, or being interviewed by newspaper reporters. If you wish to be added to our list, please contact Julie in our Bangor hub. Please let us know if you prefer to speak in Welsh or English.

We will never pass your name on to anyone without your consent.

Counselling for carers

We have limited funding available to offer counselling to carers. If you feel that this is something that would benefit you, contact us to discuss your options.

Financial concerns

The Carers Support Fund Wales is still open to help carers in financial difficulties. You can access this fund even if you are employed. Contact us to discuss your needs. Applications are considered on a priority basis by the grants panel.

Self care

As someone's carer it is vital to take care of yourself. If you are not in good health and spirits it is much harder to take care of others. Self-care includes your **emotional, physical, psychological, and spiritual health**.

Basic self care may be simpler than you think.

- Eat well
- Get plenty of fresh air
- Drink plenty of water
- Ask for help when you need it

Self care for carers is essential



Update from Carers Outreach

Self care is important, but, if you are feeling overwhelmed and exhausted by the demands of caring, chances are you will not have time to pay attention to your own needs.

It is a good idea to speak about this before you reach crisis point. We can refer you to your local authority for a **Carers Assessment** which is a good place to start. You are entitled to an assessment that will look at your needs as a carer. This could result in services for you, or your cared-for that ease your caring load. Sometimes there are simple solutions out there that you are not aware of.

For example, you or your cared-for person may be entitled to benefits such as Attendance Allowance or PIP which could help pay for care if you have an illness or disability and thus ease financial pressures.

Perhaps you are looking for sitting or day care services in your area. Or you may be in need of house adaptations, or telecare and other **assistive technology**.

Before the assessment it is a good idea to keep a diary for a week to get a picture of what daily life looks like for you and what would help you in your caring role.

Assistive Technology and how it can help carers

You may have heard of Alexa, doorbell cameras, smartphones, smartwatches, and stair lifts. These are all types of assistive technology (AT), or gadgets that can make everyday tasks simpler, faster and safer.

Keeping up-to-date with the latest advances is difficult. For example:

Glass sided toasters enable the user to see the bread toasting and minimise the risk of it burning.

Cutlery with motion sensors can aid people who have tremors.

A **Smartwatch** can notify a carer if the person they care for has a fall. Or it can alert them or track movements if the wearer wanders off.

There are devices that can **read aloud**

to someone who is unable to read.

Most people have heard of **Telecare** home monitoring systems such as a pendant that the cared-for person can press to summon help.

There is lots out there ranging from expensive to budget prices. It is helpful to speak to someone who is aware of the latest advances and how it can help in a caring situation.

For more information contact Carers Outreach Service and we will put you in touch with an expert in your area.

You may be able to access funding to help towards the cost of assistive technology.





£300 – Pensioner Cost of Living Payment **during Winter 2023/4**

£150 – Disability Cost of Living Payment **during Summer 2023**

£301 – First Cost of Living Payment **during Spring 2023**

New Cost of Living Payments from Spring 2023

If you are struggling financially it is always worth phoning us to see what help is available. Government and local payment schemes are regularly reviewed and updated. See the balloons for details of payments due in 2023. Exact payment dates will be announced closer to the time. They will be spread out to ensure more consistent support throughout the year. Those eligible will be paid automatically, and there will be no need to apply.

For more information about help with the cost of living:

- 📞 GOV.UK or your local Council website
 - 📞 www.nationaldebtline.org
 - 📞 www.moneyhelper.org.uk
- Or, if you are not online you can contact us.

£300 – Second Cost of Living Payment **during Autumn 2023**

£299 – Third Cost of Living Payment **during Spring 2024**



Contact us to request a referral to your local foodbank



Stay in touch



By phone:

Bangor and Llangefni: 01248 370797

Colwyn Bay: 01492 533714

Email: help@carersoutreach.org.uk

www.carersoutreach.org.uk

Join in our activities



Solution slot: Living life

Q: We have various types of mobility equipment in the house that we no longer use and it is getting in the way. How do we go about returning it?

A: This is a question we get asked a lot! A lot of this equipment is loaned to clients and there is often a sticker on the underneath of it with a return address or phone number on it.

If you can't find a label on your equipment, do not despair. A new scheme called 'Project Altro' could be the solution. The project's aim is to recover unused mobility equipment, repair it if needed, and return it to use in the community. The return of the equipment is open to both privately owned and loan equipment. Any equipment received that is identified as equipment issued from the community equipment stores will be routed back to them for further use.

The Scheme is being piloted in Gwynedd with drop off, by appointment, at recycling centres across Gwynedd. A pick up can be arranged for certain equipment. Residents of Anglesey and Conwy can drop off their equipment at Antur Waunfawr's Warws Werdd site at Caernarfon.

For more information contact Altro Project Manager Gwyn Williams:

✉: gwyn.williams@bic-innovation.com

☎: 01656 371 263



Q: We have booked our first holiday abroad but I have concerns over how my son will cope with the hustle and bustle of the airport. I'm really worried that he will have a meltdown and upset other travellers. Is there any help available for travelling with a highly sensitive child who is on the autism spectrum?

A: Some airports now have a sensory room where people can go to get away from the noise and bright lights. Others will have a quiet room or a prayer room that you can use by request. It is always worth checking with the airport's customer service staff in advance so that you know what is available. Most airports now use the Sunflower Lanyard scheme and you can pick one up at the airport. When staff see the lanyard, which is the symbol for a hidden disability, they will provide extra care and attention to ensure that you have a positive travelling experience.



Happy holidays!



Happiness is a direction, not a place.



BAM! Boxing and mindfulness

An exciting new and free wellbeing resource for young carers!

Free videos are now available online, guiding young carers through BAM! boxing and mindfulness home workout sessions!

Each video involves:

- A mental wellbeing theme relevant to young carers
- A fun exercise and non-contact boxing routine
- A guided mindfulness meditation to bring calm and wellbeing

🔗 www.mindfulpeakperformance.com/bamworkout

At the hospital

Patient advice and liaison support service (PALS)

The PALS Officers are here to help make your voice heard. Whether you are a patient, a relative, a friend or carer, they will listen to your concerns and liaise with the relevant staff to find a quick solution.

How to contact:

Patient Advice and Liaison Support hubs are situated in the main entrance of each main hospital (Ysbyty Maelor, Ysbyty Glan Clwyd and Ysbyty Gwynedd).

✉: BCU.PALS@wales.nhs.uk

☎: 03000 851234

Open 9am to 5pm Monday to Friday, except Bank holidays.

Contact us for further information about anything in this newsletter.

Carers Assessment Fact Sheet

Contact us to request our free fact sheet on Carers Assessments.

Did you know?

If you have a senior person's bus pass you can use it to travel for free between some train branch lines.

You must request a ticket from the ticket office and show your bus pass.

App Corner

The Jointly App has been developed by Carers UK. Jointly combines group messaging and to-do lists with other useful features, including medication lists, calendar and more. It makes communication and coordination between those who share the care as easy as a text message.

You can purchase Jointly with a one-off payment of £2.99.

For more information visit:

🔗 www.jointlyapp.com

