

The Carer



bywyd

GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

LIFE

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Carers Week 2021 June 7-13



Making caring visible and valued

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

For more information look out for news coverage during the week and follow us on social media.



This is the QR code for our new 'Planning for the Future' padlet. You can use your smart phone or device to scan the code and it will take you directly to the padlet. Turn the page for more information.



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

A Warm Welcome

Welcome to all of you who registered with us in order to be placed on the GP surgeries' carers' register to access the covid vaccination as an unpaid carer. We hope you will recognise and take advantage of the benefits of being registered with us, including:

- Emotional support
- Group support
- Information and signposting
- Financial information
- Grants and respite
- Counselling / CBT

This Carers Week issue showcases the different types of support we are able to provide.

We know that carers across the country are continuing to face new challenges as a result of the coronavirus outbreak.

Many people are taking on caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

Carers Outreach is here with information, support and understanding.

Launching our new padlet 'Planning for the Future'

A padlet is an online information board and it is a handy way to keep a lot of information in one place. In the past few years Carers Outreach has hosted several engagement meetings for parent carers in Gwynedd. A recurring concern amongst the parent carers was planning for the future.

Funding provided by North Wales Together, a project to transform and improve the lives of people with learning disabilities, enabled us to provide a dedicated planning for the future resource along with a leaflet to promote the padlet. To view the padlet visit our website www.carersoutreach.org.uk or scan the QR code on the front page.

We also have a general information padlet available to view on our website.

Gwynedd Respite pot is now known as 'Gwynedd Carers Wellbeing fund'

Gwynedd carers are invited to contact us to discuss a respite break or activity.

Anglesey helping out fund

Anglesey parent carers of children are invited to contact us to discuss a break or similar that will benefit the whole family.

Counselling and CBT sessions

We have a small pot of money available to pay for up to 6 sessions of therapy for carers. Contact us for more information.





Solution slot

Q: I'm new to caring and the world of benefits and I would like to know what my benefit entitlements are.

A: The main benefits for carers and the people they care for are listed below. Visit website

www.entitledto.co.uk for more information. Or you can contact Carers Outreach.

Carers Allowance – for people who spend at least 35 hours a week caring for a person who gets either Attendance Allowance or PIP / Disability Living Allowance.

Employment and Support Allowance / New Style ESA

For people who are unable to work because of illness or disability.

Universal Credit / Income Support / Pension Credit - for people on a low income.

Personal Independence Payment (PIP) / DLA - for disabled people under pensionable age who have difficulties with their personal care needs and/or mobility.

Attendance Allowance - for disabled people over pensionable age who have difficulties looking after themselves.

Carers Credit - a National Insurance credit that enables carers to build up qualifying years for the basic State Pension and additional State Pension.

Housing Benefit – helps people on a low income to pay their rent.

Social Fund – helps people to pay for one-off costs, e.g. funeral expenses, and cold weather payments.

Help with council tax – carers may be able to reduce their council tax bill and/or claim Council Tax Reduction or Exemption.

Help with health costs - people on a low income or who have certain medical conditions may be able to get help with health costs.



It is important to note that some benefits overlap, for example, you cannot receive the full amount of both Carer's Allowance and the state pension at the same time. If your state pension proves to be less than Carer's Allowance then you can get the difference paid out in Carer's Allowance. However, if the state pension is more than Carer's Allowance, you could qualify for what is known as an "underlying entitlement". An underlying entitlement can prove financially beneficial for certain people.

However, this could have a negative impact on the cared for person's entitlements. Therefore it is always worth seeking specialist advice. Contact Carers Outreach for information, if we are unable to answer your query we can refer or signpost you to your local benefits advice centre.



Living life



Living with dementia



A company named PocketMedic is in the process of developing a series of films to help relatives and carers better understand and look after those living with dementia.

You are invited to view these short films and give PocketMedic your feedback. The films, plus additional background information, can be viewed on your device. They are really keen to hear from carers and relatives of people living with dementia.

To understand how people with dementia 'see the world' the team used state of the art mobile eye tracking glasses, to monitor how they carry out normal daily tasks such as making a cup of tea and getting dressed. The results were informative and surprising.

The project has now been invited into the home of a couple living with dementia, filming them every day to gain insight into their lives and daily activities, such as preparing meals, mobility, and hygiene. By following them over time, the team is tracking any patterns or triggers as they develop.

According to Kimberley Littlemore, Creative Director, PocketMedic, "There's a whole world of technology and resources that can come together to help people living with dementia, and support the people looking after them and working with them. Better support and better care, that's the purpose!"

For more information visit
<https://mailchi.mp/d4c9cd40d429/pocketmedic>



We have got some 'Dementia Busy Boxes' to give away

Busy boxes are containers filled with everyday objects to assist people living with dementia to interact and communicate. People living with dementia may show anxiety or agitation. These activities can also be a soothing form of distraction. The activities in the boxes can be an effective way to reduce anxiety, calm nerves, and provide comfort.

Contact us on the details below for more information.





Live laugh love



To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect. You just have to care!

~ Mandy Hale



Carers Trust Wales, in partnership with Age Cymru, has produced a detailed bilingual booklet called 'Caring for someone with dementia.' To view it visit:

📄: <https://carers.org/downloads/wales-pdfs/caring-for-someone-with-dementia-eng.pdf>

Or contact Carers Outreach to receive a free hard copy of the booklet.

the curly hair project



The Curly Hair Project is a social enterprise that supports people on the autistic spectrum and the people around them.

Founded by autistic author Alis Rowe, the website uses cool things like animated films, comic strips and diagrams to make their work interesting and easy to understand!

There is a variety of resources for both carers and professionals to explore.

<https://thegirlwiththecurlyhair.co.uk/>

PPE guidance updated

You may be eligible to receive a supply of PPE from the local authority if you meet the criteria. Contact your local council for more details. Or call Carers Outreach.

Conwy

☎ 0300 456 1111

📄: <https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Carers/Unpaid-Carers-PPE.aspx>

Resident/Social-Care-and-Wellbeing/Carers/Unpaid-Carers-PPE.aspx

Gwynedd

📄: <https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Adults-and-older-people/What-services-are-available.aspx>

Residents/Health-and-social-care/Adults-and-older-people/What-services-are-available.aspx

Anglesey

Contact Carers Outreach Service to request a referral.

STAND North Wales CIC is a not-for-profit organisation that works to support and upskill families with children and young people with speech, language, communication needs, additional needs and disabilities. We offer a range of support, workshops and courses including parent support groups, mindfulness courses, Aspects of Autism courses and more.

For more information

✉: Samantha@standnw.org

☎: Sarah 07749 998708

☎: Yvonne 07826 108273



Contact Carers Outreach for information or support in your caring role

A carer's story

Shining a light on Disability Hate Crime

I am an unpaid carer and my family and I recently experienced disability related hate incidents. I believe it is important to raise awareness of Disability Hate Crime, how it can impact the lives of those who experience it, and most importantly the help that is available to those who suffer from it.

A disability hate incident can be identified by the following criteria:

The victim or anyone else thinks it was carried out because of hostility or prejudice against disabled people. This includes persons with physical or learning disabilities, or mental health issues.

You can also be the victim of a disability hate incident because of your association with someone who is disabled - for example, if someone targets you or your family because you have a relative or friend who is disabled.

Some incidents happen near the victim's home and can include repeated harassment and/or intimidation by others; this could include damage to property. However, these incidents can happen anywhere at any time. It can be a one-off incident or part of an ongoing series of

events. Digital or online abuse via social media and/or text messages can also take place.

Understandably this can have a traumatic effect on the whole family which can result in poor physical and mental health. It is important to realise what help is available.

If you think you have experienced a disability hate incident or crime you can report it to Victim Support by calling **0300 3031 982** or completing an online form on the website **www.reporthate.victimsupport.org.uk**. A call to Victim Support is confidential.

You can also report directly to the police by phoning **999** in an emergency or **101** in a non-emergency. A Hate Crime Police Officer or Diversity Officer may be assigned to oversee your case. The Hate Crime team are very friendly, understanding, and easy to talk to. Remember, we all deserve a quality of life!

For more information visit the New Welsh Government Hate Hurts Wales Campaign.

📄 <https://gov.wales/hate-hurts-wales>

~ Martin Davies

Ways to stay in touch



Phone our hubs

Gwynedd and Anglesey: **01248 370797**

Conwy: **01492 533714**



help@carersoutreach.org.uk



www.carersoutreach.org.uk



Join in our zoom groups
Contact us for a link to join



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