



bywyd
GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

Newsletter

For parents and carers of adults
with a Learning difficulty
(Learning disability)

Issue 27 Autumn 2021



Would you like to
meet and talk to other
parents and carers of adults with learning
difficulties (disabilities)?

Why not join our online parents and carers
support group?

They are usually held on the
first Tuesday of the month and
third Monday of the month.

Join us for a chat and a cuppa

Contact us for a link to join

Keep in touch with Carers Outreach Service

☎ 01248 370797 ✉ help@carersoutreach.org.uk 🌐 www.carersoutreach.org.uk

Registered Charity Number 1066262

**CARERS
TRUST**
WALES



Carer Wellbeing Fund

As a carer registered with Carers Outreach Service, you may be eligible to apply for a grant from our Carer Wellbeing Fund.

What is the carer Wellbeing Fund?

The purpose of the fund is to improve the health and wellbeing of you as a carer.

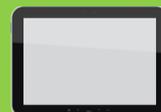
What can I apply for?

You can apply for a small grant for something that will improve your health and wellbeing. As there is limited funding, we may not be able to consider the whole cost of what you are asking for, but we may be able to contribute. Just bear in mind that applications to the fund are not guaranteed so please don't commit yourself in advance to any arrangement.



Examples of what carers have applied for are :

- a short break away with or without the person you care for
- days out with family
- education course fees, books or equipment
- gym membership, exercise classes, swimming sessions
- buying items for an activity or hobby such as a bicycle
- spa day, massage and alternative therapies
- tablet to contact friends and family, do your online home shopping or maybe to join online sessions
- employing a support worker / gardener / cleaner



How do I apply to the Carers Wellbeing Fund?

Contact Carers Outreach, details on front page, and we'll get you started on an application.



Our Planning for the future accessible online information Padlet was launched during Carers week

A padlet is an online information board and it is a handy way to keep a lot of information in one place.

We have grouped the information on this padlet under the 7 essential aspects of wellbeing pinpointed by the The Social Services & Wellbeing Act 2014. They are:

- Physical and mental health and emotional wellbeing.
- Education, training, and recreation.
- Domestic, family, and personal relationships.
- Contribution made to society; ensuring that each individual feels connected and valued.
- Securing rights and entitlements.
- Social and economic well-being; ensuring individuals do not live in poverty.
- Suitability of living accommodation

To view the padlet visit our website:

www.carersoutreach.org.uk / Information Boards and padlets



Or scan the QR code—You can use your smart phone or device to scan the code and it will take you directly to the padlet.



Evening online support group

Carers have told us that they would like to join our online parents and carers support meetings but are unable to during the day as they have other commitments such as caring, or they are working.

We would like to know if there is an interest for us to arrange evening online support groups. Please let us know if you are interested by contacting Gwyneth - details on the front page.



During July 2021 we welcomed Helen Fon Owen and Alun Gwilym Williams, Learning Disability Service Managers, to our online parents and carers support meeting.

Parents and carers came along to hear about the latest developments in the learning disability field and to ask questions.



Helen Fon Owen

We felt that the questions that were asked were relevant to so many parents and carers. Therefore, we now have this new page so that parents and carers can ask Helen and Alun questions.

The first question is a really important one, and one that we have heard many parents and carers ask about.



Alun Gwilym Williams

Question

The time has come for us to start thinking about the future for our son. We are getting older and wondering what will happen to our son when we are no longer able to continue to care for him. We want peace of mind and to know that our son is having a good life. How do we start planning for the future?

Answer

As a service, we are fully aware that planning for the future can be an uncertain time for individuals with Learning Disabilities and their carers and can raise concerns, and it is our duty to ensure that this process is as easy and stress free as possible.

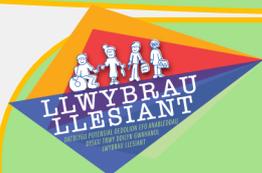
As part of the 'what matters' review / conversations being held with individuals who are open to the team and their carers, future accommodation and care arrangements should be an integral part of the conversation. The earlier we can start the conversation, the better we can work with individuals and their carers to plan for the future and make sure we can meet what matters to them when the time comes.

It is essential that we work to a timetable that is right for the individual and their carers. Some individuals will decide that they want to look for supported accommodation themselves at short notice. Other individuals will look at a plan over a number of years, building up the skills and confidence so that they are better placed to move on when the time is right for them. The individual and their carers are the ones who know what is important to them, and their voices will lead the process.

There are many things to consider - Living independently or with others? What kind of property? In which area? What level of support will be needed? These are all things that will be discussed as part of the conversation with the Social Worker.

**Do you have a question for Helen or Alun, Learning Disability Service Managers?
If so, please send them to Gwyneth, contact details on the front page.**

Update from the Learning Disability Service at Gwynedd Council



Llwybrau Llesiant is a Gwynedd Council Learning Disability Service project, and its core aim is to develop the potential of adults with learning disabilities by following different pathways to wellbeing.

The purpose is to provide a wide range of services and activities in response to the needs of individuals with learning disabilities in Gwynedd. A key aspect of this work therefore is developing sessions that promote positive physical, emotional and social wellbeing.

During the pandemic our wellbeing officers have continued to work with individuals to achieve their outcomes, this involved either working on a one-to-one basis or developing online groups and sessions. We post a monthly activity timetable on our website, so to find out what will be coming up soon please visit <https://www.llwybraullesiant.cymru/en/activities>



As restrictions ease and more and more of us get vaccinated, groups held in person are returning in accordance with government guidance. So far we are pleased to announce that the gardening, cycling and hiking clubs have been able to restart.

If you would like to hear more about what the Llwybrau Llesiant team have to offer or the referral process, visit our website, or contact us by e-mail

www.llwybraullesiant.cymru

llwybraullesiant@gwynedd.llyw.cymru

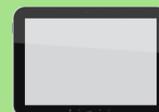
Support to access digital equipment

Access to technology is arguably more important today than ever before. During the pandemic many of us have relied upon technology to work, to keep in touch with our friends and family and to socialise. In addition, today we are able to take advantage of many public services via the web, this could include joining in with Llwybrau Llesiant activities on Zoom, or even accessing the local bus timetable online.



We are well aware that it can be very difficult to know which devices to purchase, and which devices are suitable for the needs of individuals. Also, the cost of new devices can restrict access for many. In response to this North Wales Together has developed a list of digital equipment available for individuals to loan or trial. The North Wales Together Learning Disabilities Transformation Programme works with organisations to promote digital inclusion, confidence and delivery across Wales.

Our hope is that a loan period might enable individuals and carers to acquaint themselves with the technology, and possibly see in what way the technology can be of use to them. Some examples of the devices available include laptops, tablets and Alexa devices.



If you would like to hear more about the devices available and how to loan them, or need support in setting up or making full use of devices, please contact Sioned at:

Sioned.Williams@flintshire.gov.uk

Or for more information visit: www.northwalestogether.org

Online Art sessions with Mel Roberts for parents and carers of adults with a learning disability.



The sessions will be held on Wednesday mornings for 1½ - 2 hours. The sessions are completely free and all materials will be given to you beforehand.

No artistic skills are necessary so why not give it a go? A chance to have fun, a chat and to relax for a couple of hours. Limited number of places, so first come first served!

September 2021 - March 2022, Wednesday morning, once a month 10.00 - 12.00

Session will be held by Zoom video call.

To register, email Lester Bath, Carers Support Officer, lesterbath@gwynedd.llyw.cymru or phone 01286 679742



Respite Unit at the Tan y Marian home site

Historically we have seen a lack of suitable and accessible respite provision for individuals with learning disabilities in Gwynedd. Over recent years the need for respite in the area has increased, and it was clear that a specific resource was needed that could provide opportunities for individuals with complex and profound needs. In response, the learning disability service developed a new respite unit at the Tan y Marian home site, Pwllheli, with the hope of addressing local need.

Since its registered opening in August 2020 Cartrefi Cymru has provided respite care to a number of individuals within the unit. The unit was an invaluable resource in the early days of the pandemic, and the unit and its close relationship with Cartrefi Cymru has enabled us to avoid many crisis situations during the lockdown.

Now is the time to look forward, and as the Covid-19 restrictions are reduced we will be able to offer more respite opportunities to more individuals. If you would like to hear more about the referral process for respite care you can discuss this with the social workers.

Unit users, staff and members of the public have recently had the opportunity to vote for a new unit name. The winning name was Swn y Môr, here are a few photos of the new look respite unit.



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 or services provided by other organisations, nor can we recommend products or services.