



The Carer

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Established 1991

**At Carers Outreach we advocate for
“A society in which unpaid carers are
recognised, valued and supported”.**



What help is available?

There are a wide variety of services and local schemes that can help you. Turn the pages to find out more - or you can contact our Bangor Carers hub to discuss the right help for you.



Give as you Live™



Translated into Welsh by
Angharad Edwards



Our chief Officer reflects on...

Carers' wellbeing

We are all responsible for our own wellbeing and have the freedom to make choices about how we want our life to be.

Carers may feel overwhelmed by the obstacles they face and unable to pinpoint what specific help would make a difference. But sometimes talking to an objective person, such as a Carers Outreach Officer, who has a plethora of knowledge of what services are available, can be a big help. Making the right choice becomes easier when you know what is available.

At Carers Outreach we tailor our service so it meets the needs of each carer who seeks information and support to enhance their caring journey.

Our friendly staff have many years of experience and a vast knowledge of all the services that can help! We are always on the look out for any new service that can help carers.

Carers' wellbeing can be hard to measure, but we hope that you will tell us when you feel we have helped you.

One size does not fit all!



In this issue of The Carer we are hoping to show the wide range of services available. It is truly amazing how many there are out there!

~ Llinos

The Social Services & Wellbeing Act 2014 has pinpointed 7 essential aspects of wellbeing.

- Physical and mental health and emotional well-being.
- 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

"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness - that simple word. To be kind - it covers everything, to my mind. If you're kind that's it." ~

Roald Dahl

Nurturing yourself is not selfish - it's essential to your well-being!



Update from Carers Outreach

Carers Caravans

Once again this year we are giving carers the chance to stay at one of our caravans at a special reduced rate. Slots are filling fast! For more information contact Helen Evans in our Bangor office, or email caravan@carersoutreach.org.uk

At the hospital

Our Carers Support Officer Laura Williams is based in Hergest, Ysbyty Gwynedd. Over the past few months Laura has supported several carers of people who have a mental health condition. You can contact Laura via our Bangor office.

Good news for dementia carers in Conwy

If you live in Conwy county and care for someone who is living with dementia please contact us for details of our short break and respite fund. (Limited time only)

Sunflower Lanyard

We had an overwhelming response to our articles on the sunflower lanyard and are pleased to report that several

local Tesco stores are promoting the scheme.

Transport for Wales Rail has contacted us to say they too will soon be implementing the scheme. **Arriva** has also sent a memo around all bus drivers telling them to look out for passengers wearing the lanyard and to offer them appropriate help.

Further assistance on the buses

Arriva also provides Journey Assistance Cards with a range of messages that tell drivers what help you would like during your bus journey. You can cut out the cards from the Arriva website - just google Arriva assistance cards - or you can phone to request them on 0344 800 44 11.



Groups and activities

Turn to the centre pages or visit our website for information on What's on for carers in March, April and May.

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



How can technology help me?

'Wandersafe' technology at Fron Goch

We all appreciate the chance to get out of the house and have a change of scenery. But going out with the person you care for can sometimes be a little stressful.

Fron Goch Garden Centre near Caernarfon is piloting 'Wandersafe' technology. This provides a person living with dementia, or someone who has learning difficulties, with freedom to walk around the garden centre independently whilst giving their carer peace of mind that they are safe.

The system works by providing the person with dementia a lanyard with a sensor attached to it, whilst their carer carries a pager. If the person with the sensor walks towards the main entrance the pager sounds notifying the carer.

For more information contact Rhian Hughes of Arloesi Gwynedd Wledig who provide the technology on 01766 5145946 or to see a film about the project visit <https://www.facebook.com/ArloesiGwyneddWledig/videos/600114070426891/>

Free training for carers' groups

Are you interested in how using technology may be able to support you in your everyday caring role? Would you like to learn how we are using Virtual Reality (VR) headsets to help people living with dementia or mental health to relax and reminisce? Or maybe you would like to see and have a go on our Virtual Bike, that allows you to cycle anywhere in the world by using google Maps.

Or maybe you would like to know how you can access communication tools, money saving tools and entertainment online? Or maybe you are unsure on how to be safe online and would like to know more.

We can offer free training to groups of carers, at a time and place that suits you – for example we can come one week to your local Carers Group.

This service is available anywhere in Wales.

If this is something you are interested in, please discuss with your local Carers Outreach Officer or if you would like any more information, you can contact me, Lon Moseley, directly.

✉ lon.moseley@wales.coop

☎ 01248 674301



Services snapshot

There are so many services out there that can support unpaid carers that it is impossible to list them all here.

Gwynedd Council has produced a booklet that contains a comprehensive list, and Conwy Council and Anglesey Council have lots of information on their websites. Below is a list of some of the services mentioned in the Gwynedd booklet that you may not have heard of before.

Remember we are here to support you in your caring role and to help you to access services.

Alcohol Change - information on a range of subjects relating to alcohol, including information on local alcohol services.

📞 020 3907 8480 ✉ contact@alcoholchange.org.uk

🖱️ <https://alcoholchange.org.uk>

ARMA (Arthritis and Musculoskeletal Alliance) NW ARMA in N Wales

The umbrella body providing a collective voice for the arthritis and musculoskeletal community in the UK.

🖱️ www.arma.uk.net ✉ Nwarma2007@gmail.com

Wales Dementia Helpline - emotional support to anyone who is caring for someone living with dementia and to those who have been diagnosed with dementia.

📞 0808 808 2235 ↗ www.dementiahelpline.org.uk

Meic - national information, advice and support line for children and young people in Wales. Information service for parents and carers.

📞 0808 802 3456 Text 84001 ↗ www.meiccymru.org

Sense - a national charity that supports and campaigns for children and adults who are deaf-blind.

📞 and textphone 0300 330 9256 ✉ info@sense.org.uk

🖱️ www.sense.org.uk

You can steer yourself any direction you choose. ~ Dr Seuss



Life tips

Traffic Light Passport scheme

If you care for someone who has a learning disability The Traffic Light Hospital Passport may come in handy. It is a simple six page form, which can be completed before going into hospital, or upon admission.

Red is for essential information like GP and carer contact details, medical condition, medication and allergies.

Amber is for important issues like how the person communicates, their eating and drinking preferences, as well as their need for help for moving around and taking medication.

Green is for likes and dislikes, hobbies and personal preferences.

If you want further information on the Traffic Light Passport please contact our Bangor office and we will arrange for Gwyneth Roberts to contact you.

Asesiad Goleuadau Traffig Ysbyty
The Traffic Light Hospital Assessment

Enw/Name:

Gnewch yn skir fod yr holl staff sy'n edrych ar eich ôl yn darllen ac yn ffodol i'w asesu'n lawn ar dudalen 6. Make sure that all the staff who look after you read and sign this assessment on page 6.

Mae'r ddogfen hon yn perthyn i mi. Colwch ei dychwelyd i mi pan fyddaf yn cael yr ryddhau! This document belongs to me. Please return it when I am discharged.

Coch/Red - Pethau mae'n rhaid i chi wybod. Things you must know.

Amber/Yellow - Pethau y dylid wod yn ddimofnaf. Things which you should know about me.

Green/Green - Pethau rwy'n eu hoff! Pethau nad yw'n eu hoff. Things I like/Things I don't like.

Allergiau: Allergies:

Notes:

All people should receive basic information about their treatment and care in a way they can understand. If they do not understand, or if they have difficulty understanding (if you agree), then they should be given information by professionals who are working with you and the law (Mental Capacity Act 2005).

Only adults can make important decisions about you without taking to you for your views. If you do not understand what is being said to you, you should talk to your carer or another professional who is working with you and the law (Mental Capacity Act 2005).

Pethau mae'n rhaid i chi wybod/Things you must know

Enw/Name: _____
Dyddiad 6 rhan/ Known as: _____

Cyfeiriad: _____
Address: _____

Ffôn: _____
Telephone number: _____

Dyddiad ganol: _____
Date of birth: _____

Mae'r ddogfen hon yn perthyn i mi. Colwch ei dychwelyd i mi pan fyddaf yn cael yr ryddhau! This document belongs to me. Please return it when I am discharged.

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Green/Green - Pethau rwy'n eu hoff! Pethau nad yw'n eu hoff. Things I like/Things I don't like.

Allergiau: Allergies:

Notes:

People can't make any important decisions about you without talking to you for your views. If you do not understand what is being said to you, you should talk to your carer or another professional who is working with you and the law (Mental Capacity Act 2005).

Only adults can make important decisions about you without talking to you for your views. If you do not understand what is being said to you, you should talk to your carer or another professional who is working with you and the law (Mental Capacity Act 2005).

Cymysgedd: _____
Relationship: _____

Profesiynol: _____
Professionals involved: _____

Arlieolaol: _____
Carer manager: _____
Ffôn Tel: _____

Credyd/Religion: _____
Conseilu credydol/Religious requests: _____

Did you know?



Cucumbers contain most of the vitamins you need every day; just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Cucumbers can provide a quick pick-me-up.

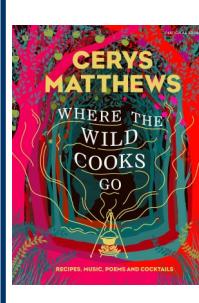
Looking to fight off that afternoon or evening snacking binge? Cucumbers could be the answer.

What can I cook for tea?

You could try the free Kitchen Stories App said to be one of the clearest, easiest-to-use cookery apps available. There's a strong video element alongside text and photos. New recipes are added regularly, making it worth checking back every week to see what's new.

Prefer using a recipe book?

We have one free copy of this book to give away to carers. Simply supply your name and contact details to Julie in the Bangor office by 31 March to be entered into the draw.



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.