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GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

LIFE

The Carer

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LIFE TIP #4

Keep it simple



Give as you Live™

Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Welcome to our 'Keeping it simple' edition

Sometimes we donate so much column space in The Carer to the more complex issues that carers face, that there is no room for quick, simple solutions to everyday concerns.

We know that busy carers welcome a quick, no fuss, fix; and what may seem obvious to one person can be a revelation to the next one.

See page 6 for some simple solutions from carers. We'd love to hear yours too.



SIMPLES



Caravan news

It has been another busy season for our Hafan y Môr caravan. Bookings are now closed and reopen in the **first week of January 2020.**

We could have filled our Hafan y Môr caravan twice over, but the Conwy caravan has been less popular. It seems that what the majority of carers want is onsite entertainment and activities.

Therefore, we plan to sell the Conwy caravan and purchase a second caravan at Hafan y Môr, Pwllheli so that we can continue to provide the type of breaks that carers want, to reach even more carers.

Past reflections from the Chief Officer - respite

In Issue 85 of The Carer, our Chief Officer, Llinos Roberts said, "I genuinely believe that respite provision is invaluable... I also believe that we need to be more creative when we consider how to arrange breaks from a caring role. Having a break doesn't always need to be away from the cared for. It could be something as simple as an afternoon out together such as fish and chips by the beach. It

could be 10 minutes out of the daily routine. Time out from caring should be flexible and tailored, and completely unique to the individual."

Llinos has been working tirelessly to bring flexible and creative respite to the table for all carers. With some success so far, such as in Gwynedd, and smaller pilot projects in the other 2 counties. We will keep you updated on future developments.

Would you like a free Carers Rights booklet? 📞 **01248 370797** to request one



Our Chief Officer reflects on...

Making simple changes

Nobody can deny that we live in a complicated age, with so much information available, it can be difficult to make decisions about what is good for us. But I believe that sometimes we overcomplicate things and think that we need a big change or intervention to make things better, when in actuality there are a lot of small things we can do.

If you are feeling unhappy or stressed it is always worth talking it over with someone.

Or you could start with a life audit, a rather grand sounding name for simply looking at all aspects of your life and deciding what causes you stress, and how you can reduce that stress.

For example, I am a busy working mother and I used to find the weekly family shop a nightmare. I now do it online and am so pleased! The shopping is delivered to my door and the delivery charge is cheaper than paying for the petrol it would take to go and fetch it. I believe I spend less because I am not tempted by items on display in the shop too. Time is so precious and this certainly saves time for me!

If you don't have access to online shopping, it is worth asking your local

shop owners if they provide a delivery service. From my experience, several local shops such as butchers, pet shops and smaller supermarkets will deliver on certain days.

As Carers Outreach covers such a vast geographical area, several of our staff now work from home, this means they are based in their local area and they don't have the daily commute to contend with. Again, it saves them time in their day to manage other commitments including those of family, pets and horses!

All carers are entitled to ask their employers for flexible working, there is a set procedure for this, contact Carers Outreach for more details.

I think it is all about finding the right work / life balance. Another way to look at your lifestyle is to try the NHS online quiz, which can be found by searching online for 'NHS How are you?' We tried this in the office and found it to be a fun but educational way to start making simple changes.

Sometimes just smiling at someone can make a huge difference to their day. Never underestimate the power of a simple smile.

~ Llinos



Be the reason someone smiles today



Living life

A carer's story

We care for 3 of our children; one has ASD, Dyspraxia and Learning Difficulties and Behavioural Issues; the other two have Learning Difficulties and Behavioural Issues. They all have DLA (Disability Living Allowance) at Middle Rate Care and Low Mobility. However, when our eldest daughter reached 16, we were told that her DLA would stop. We had the option to apply for PIP (Personal Independence Payment) on her behalf instead.

We were delighted when our daughter was awarded Enhanced on both components of PIP – that is, daily living **and** mobility. She was awarded the mobility component because she is unable to plan a journey or travel alone. This will enable us to qualify for a Motability car which will make a huge difference to us. We have always been told to apply for High Rate Mobility on

DLA but have never reached the criteria required, even with 3 children on DLA!

We also have not had any luck with cars and at times have been unable to take our daughter to out of town events such as appointments etc, without the added worry of our car breaking down (and a lot of the time it *did* break down!). We used to be constantly asking each other, "What is that squeak or clanging noise?" We didn't have the usual issue of the kids asking us "Are we there yet?" For us the big question was always, "Will we even get there in this car?"

This may seem like a small thing to some people, but to us it is a huge relief, as it means we will not be stressing about our car. This means we can focus on the important business of caring for our children.

~ Anglesey parent carers

The Motability Scheme provides an affordable, worry-free way for people with disabilities to lease a car, scooter or powered wheelchair in exchange for their mobility allowance.

 www.motability.co.uk

Ways to stay in touch



Phone our hubs

Bangor and Llangefni: 01248 370797

Colwyn Bay: 01492 533714



help@carersoutreach.org.uk



www.carersoutreach.org.uk



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Contact Carers Outreach for information and support



Life tips

Heard about the Sunflower lanyard?



This bright green lanyard covered in images of sunflowers could make travelling easier for people with hidden disabilities and their families. It's set to become a recognised symbol for people with hidden disabilities across the UK; following its success at UK airports, more transport providers are rolling out the scheme.

It's a discrete way to alert staff to the fact that you may need extra time or assistance due to a hidden disability, including autism, ADHD, dementia or visual problems, without having to verbally disclose your condition. Contact your transport provider for more details.

Do you care for someone who has dementia?

Would you like more information and support?

Drop-in at Tŷ Ni, Ysbyty Gwynedd, on the last Tuesday of every month from 2.00-4.00.

Staff from Alzheimer's Society Cymru, Carers Outreach and a Dementia Specialist Nurse, will be present to help you.



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Are you living with loss?

It can be difficult to adjust to big changes in your life. Living with the loss of a loved one, whether due to bereavement, or a degenerative illness, a sudden diagnosis or a need to live apart from them, can all be changes that are difficult to process.

Eirian Williams is here to support carers who are experiencing this type of loss. Contact our Bangor carers' hub for more details.

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.



Simple Solutions

Keeping hydrated—You don't always need to buy expensive specialist products. A simple sports cup with a one way valve helps prevent spills, and limits the amount of liquid being swallowed.

In Case of Emergency or ICE is an easy way for emergency services to contact your next of kin. Enter their name and number on your phone in a contact called ICE.

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

We had a fire safety check from the Fire Service and were given some free fire prevention equipment including a vibrating alarm for my deaf mother.

I can't do as much these days. The council now take my bins out for me.

Message in a Bottle is where you keep personal and medication details in a small bottle in the fridge. Paramedics, police, fire-fighters and social services know to look in the fridge when they see the Message in a bottle sticker

I have a handy app on my phone that tells me which refuse is being collected this week.

The Emergency Plan sheet for carers to keep at home gives me peace of mind. Thank you Carers Outreach!

