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GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

Newsletter

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

Issue 26 Autumn 2020

Translated into Welsh by Angharad Edwards



At Carers Outreach We Care about the Unpaid Carers

During this difficult time, it's important to know what support is available to you as a carer and those you look after.

Carers Outreach has been working through the pandemic and we are here to support parents and carers.

Don't hesitate to contact our friendly team for information or emotional support.

We're here to listen!

Keep in touch with Carers Outreach Service

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

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Registered Charity Number 1066262





Update from Carers Outreach

Planning for the Future

It has been highlighted through the engagement meetings we have held with carers that planning for the future is very important to them.

We are in the process of producing a Planning for the Future leaflet plus accessible online information.

Please contact Carers Outreach if you would like to be part of co-producing the planning for the future information.

The contact details are at the bottom of the page.



Because these are challenging times, parents and carers requested that Carers Outreach Service hold weekly online support groups. They are for parents and carers of adults with learning difficulties (learning disabilities) and parents of children with additional needs, and are held on alternative Monday and Tuesday mornings at 10.30.

Many carers become isolated due to their caring role and can feel they are alone in the struggles they face. Our online groups offer a friendly and welcoming space for you to chat to other carers in similar situations. The groups are carer led and we occasionally invite guest speakers to join us.

Feedback from our groups has shown that carers really value the peer support they get from attending.

If you are interested in joining the online groups please contact Carers Outreach - details at the bottom of the page.

Carers Caravan news



Due to the pandemic we were unable to open our caravans this year. Where possible we have allowed bookings to roll over to next year. We are in the process of returning deposits for those who do not wish to delay their stay.

Parents and carers of adults with Learning Difficulties have a wealth of knowledge.

Would you like to pass on your tips of what has worked for you so that we can include them in the next edition of this newsletter and share them with other parents and carers?

Please contact Gwyneth. Thankyou

Grants for essential items

Carers can contact us to request help to find funding for essential items such as cookers, washing machines and fridges. Or for items that will beneficially impact on their caring role. There is limited funding available and priority will be given to those with greatest need.

Respite fund

Unpaid carers in Gwynedd are eligible to request a grant from the Gwynedd respite pot. Due to lockdown restrictions the respite is looking a little different this year.

For further details Contact Carers Outreach - contact details below.



Carers Assessment



What is a carer's assessment?



A carer's assessment is a legal entitlement for all unpaid carers who, regardless of their age, care for someone who is disabled, ill or elderly. Anyone caring for a person with learning disabilities is entitled to a carers assessment; it is usually carried out by a Social Worker from the Learning Disability Team.

Do not be put off by the word "assessment". It is not a test about how good you are at caring. It is to work out what can be done to make life easier for you. No one will judge you.

The carer's assessment is an opportunity to discuss what support or services you may need to help you with your caring role.

There is a clear legal duty on the local council to consider the following:

They must assess

- ◆ whether you have needs for support or are likely to do so in the future
- ◆ the extent that you are able and willing to provide care and will continue to be able and willing to do so
- ◆ what matters to you and the personal outcomes that you wish to achieve
- ◆ the extent to which support, preventative services, provision of information, advice and assistance can assist you with achieving those outcomes
- ◆ the assessment must also have regard to whether you work, wish to work and whether you are participating or wish to participate in education, training, or leisure activities.



How to get a Carers Assessment



Contact the Learning Disability Service on:

Arfon	01286 682 751
Meirionnydd	01341 424 424
Dwyfor	01758 704 049

**If you would like a Carers Assessment fact sheet contact
Carers Outreach on the contact details below**



Update from the Learning Disability Service Gwynedd Council



The Covid-19 lockdown has been very challenging for us all. Despite the challenges, the hard work on learning disability projects continued over the past few months, and we're glad to be able to update you all on three projects in particular:

Llwybrau Llesiant

Llwybrau Llesiant is a new service that has been established using Welsh Government ICF Grant funding. The team's purpose is to provide a wide range of services and activities in response to the needs of adults with learning disabilities in Gwynedd. A key part of this work is to develop sessions that promote positive physical, emotional and social wellbeing.

The team are currently providing many group activities online, but hope to be able to develop outdoor groups and activities soon.

If you have any questions regarding the team, please get in touch by e-mailing: llwybraullesiant@gwynedd.llyw.cymru. Or, if you would like to follow the team's journey or learn more about the work they do why not go to www.llwybraullesiant.cymru for more information, or follow Llwybrau Llesiant on Facebook, Instagram and Twitter.

The Gwystl Project

The development of the Gwystl centre in y Ffôr has been one of our key work streams in recent months. We were awarded a European RCDF Grant to refurbish the Gwystl's commercial kitchen back in 2019. As you can see from the photo, the refurbishment work is currently being undertaken.



Over the next few months we will be working with Agoriad Cyf to develop a meals on wheels service which will develop much needed work opportunities for individuals with learning disabilities in the Dwyfor area and also deliver hot meals to some of the most vulnerable members of the local community.

Additionally, we are in the process of transforming the Gwystl centre into a community hub. This means that our doors will be open to the public, and there'll be plenty of reasons to visit, as we hope to have a hair and nail salon, a cafe and a small shop on site. This development will enable us as a service to improve our relationship with the local community, but more importantly enable us to develop new and exciting opportunities for the individuals we support.

If you would like to hear more about the project, contact Meilir by e-mail: ✉ meilirpriceowen@gwynedd.llyw.cymru.

Continued on next page

The Brynffynnon Centre

Another project which is coming to fruition is the Brynffynnon development. Again, we were awarded grant funding to re-develop the former school in Felinheli; once the re-development is complete it will be used as a new resource for day services in the Arfon area. Cynllun Cymunedol Arfon will gradually use the new site more frequently.



This is a fantastic resource that will no doubt improve the standard of provision in the region for years to come. The building contains four community rooms with active support kitchens, changing rooms equipped with hoists and a way of joining up the four rooms to make one large room suitable for groups and team activities.

Like the Gwystl, Brynffynnon will also be a community hub, which will provide opportunities for individuals with learning disabilities, hand in hand with the local community.

If you would like to hear more about the project, why not e-mail Meilir on:
✉ meilirpriceowen@gwynedd.llyw.cymru

Can you help us?

The Gwystl and Brynffynnon projects are nearing the end of their first stage, which is the construction stage.

The next step will be to rename both hubs before we go on to develop new groups and activities in each hub and make decisions regarding how the hubs will be utilized in the future.

We would love to hear any suggestions you might have for the names of both community hubs. Remember to consider the areas they're located, and the ethos of our service.

Please e-mail your suggestions to Meilir: ✉ meilirpriceowen@gwynedd.llyw.cymru.

All the suggestions we receive will be cut down to a shortlist, and there will be a prize of an afternoon tea token for both winners. **Thank you**

Health and Wellbeing

As we all know a person's health and wellbeing is extremely important



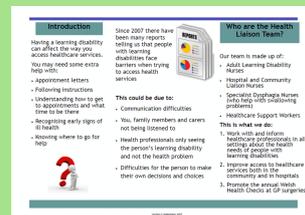
We've heard from parents and carers that it has been a challenging time during the pandemic. With lockdown came restrictions on exercise, and the change to daily routines has also been difficult for some and has lasted longer than what many expected.

Get Checked Out North Wales is a new website full of helpful information, such as:

> **Annual health checks** for people over 18 with a Learning Disability. This is where the doctor will do a full physical check up to make sure that the person is okay.



> Information on the **Health Liaison Team** for adults with learning disabilities, including the Traffic Light Hospital Passport and information leaflet.



> **National Health Screening section**

> The **Health and Wellbeing** section looks at being healthy both physically and mentally. There are also links to other useful websites.



<https://getcheckedoutnorthwales.org>

Face Coverings Exemptions

Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering.



Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign.

The above information is taken from the government website. Information and templates for exemption cards can be found on this website <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

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.