



Carers Outreach Service Newsletter

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

Issue 24 Summer 2019



Carers Outreach invites you to come along to a Parents and Carers Support group and engagement meeting held at:

Celtic Royal Hotel, Caernarfon
Monday 17 June 2019, 10.30 - 12.30

Ship Hotel, Dolgellau
Tuesday 18 June 2019, 10.30 - 12.30

Information sharing



What's working well

Meet others

Ask questions

Issues that you would like to raise

Please contact Carers Outreach to book your place via the contact details below. Meetings may be cancelled if not enough people book, therefore we will need to know who is attending.

If you would like to attend but are unable to - maybe the time or location is not convenient to you, please contact us. If we have enough people wanting to meet in a specific area we will try and arrange support groups there in the future.



Translated into Welsh by
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Update from Carers Outreach

Carers Outreach Service has an exciting carers' break fund for Gwynedd carers in 2019-20.

Any carer registered with Carers Outreach can access this fund. There is no strict criteria to qualify! We just want carers to have quality time for themselves.

There is between £300 and £400 available per carer to go towards a break

Examples of what parents and carers have received are

- Carers have gone on overnight and short breaks to a hotel, spa, caravan and holiday cottages
- Carers received additional care support for the person they care for so that they can pursue their hobbies, take time for themselves and go to special events like weddings, festivals, shows etc
- Carers have had their hair done; have had a massage; have been for lunch; met up with friends; been to the gym and swimming pool, played golf and much much more.....

If you consider it a break, we'll consider it!

If you are not sure what type of break would benefit you, telephone us to discuss it further.

Your dependent does not have to be receiving a care package to qualify!

For more information contact Helen Evans at our Bangor Carers Hub on 01248 370797 or email help@carersoutreach.org.uk

Update from Carers Outreach

Carers Week 2019 is from 10-14 June. Carers Outreach will be holding events throughout the week. Come along and meet other carers, a warm welcome will be given to all. We are looking forward to meeting as many carers as possible. Look out for the details in The Carer and the quarterly mailing! Visit our website or give us a call, our contact details are on the front page.

Learning Disability week 2019 is from 17-23 June.

We have arranged 2 support groups during the week; details on the front page. Our aim is to ensure that parents and carers have an opportunity to meet each other and that we are there to listen to what they say (engagement with carers). Any comments or issues that were raised by parents and carers at the last meeting will be discussed.



**New caravan in Conwy!
Special rates for unpaid
carers!**



In addition to our caravan situated at Hafan y Mor, (Haven) Pwllheli we are excited to say that we now have a new caravan which is situated just outside Conwy.

The caravan is within easy walking distance of the beautiful Morfa sandy beach, Conwy's shopping and tourism district, the local marina and Conwy castle are all 1 mile away.

Bookings can be requested from 1 April through to 31 October by emailing caravan@carersoutreach.org.uk or via Carers Outreach Service website or by phoning our Bangor office on 01248 370797.



Actual Conwy caravan

Antur Waunfawr



Celebrating 35 years of Antur's inclusive projects

It's a big year for social enterprise Antur Waunfawr, which provides work and training opportunities for adults with learning disabilities in their community. Established in 1984 by R Gwynn Davies, this year sees the charity celebrate its 35th birthday!

One of the exciting new projects is Beics Antur, which provides inclusive cycling opportunities in the local area. Early last year, the bike hire shop moved to a new location in Porth yr Aur, in the medieval town of Caernarfon



The new shop is conveniently located close to Caernarfon Castle, with stunning views across the Menai Straits. It is just a stones' throw away from accessible local cycle paths Lôn Eifion and Lôn Las Menai.

Beics Antur's hire fleet includes high quality, well-maintained bikes for adults and children, and the price for a whole day of hire is £18 for an adult, and £10

for children. The shop also has a fleet of adaptive bikes for hire at £15 per person, suitable for individuals with disabilities or the elderly; these bikes include side-by-sides, tandems and electric bikes.



Above the cycle shop there is a Wellbeing Loft (Lloft Llesiant) for use by the local community. The Wellbeing Loft will be a community space. Community groups, can hire the room to hold fitness and wellbeing classes such as dancing, yoga, pilates and mindfulness sessions

As well as the bikes project, an accessible holiday / respite bungalow is also under construction on the site in Waunfawr, with completion expected in summer 2019. We'll give an update on the progress in the next edition of this newsletter.



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.

Keep warm next winter



Nyth Nest
Gwneud Cymru'n Glyd
Making Wales Cosy

Free home energy efficiency improvements

Is your home hard to heat? You could be eligible for home energy efficiency improvements at no cost to you. We install free boilers, central heating systems and insulation to help households on low incomes to keep warm and reduce the cost of their energy bills. You could be eligible for free energy efficiency improvements if:

- You own your home or rent from a private landlord (not Council or

Housing Association)

- You or someone you live with receives a means tested benefit
- Your home is energy inefficient and expensive to heat

If you are eligible we will recommend a package of energy efficiency improvements at no cost to you. They will make your home warmer and save you money on your energy bills.

Our advisors will ask you some questions about your property and the benefits you receive, so please make sure you have your benefit award letter and, if applicable, your landlord details to hand when you make the call.

Call Freephone **0808 808 2244**

Advice for everyone

If you're worried about your energy bills, call us at NEST and speak to one of our friendly advisors.



We can offer free and impartial advice on:

- Saving energy and water
- Money management
- Making sure you're on the best energy and water tariff
- Whether you are entitled to any benefits to boost your income

Call Freephone 0808 808 2244

Winter fuel payment

If you have reached the qualifying age you may get a Winter Fuel Payment to help pay for keeping warm in winter.



This can be between £100 and £300 depending on your situation.

Find out if you are eligible for this payment and how to apply by calling the winter payment helpline

Telephone: 0800 731 0160

Active Support Project

You may have heard of **Active Support**. Here in Gwynedd **Active Support** is becoming central to the way people with learning difficulties/disabilities are being supported.

So.....What is Active Support?

Active Support is a **proven** model of support that supports people with learning difficulties / disabilities to **plan** the best use of their time, with the **correct** level of support, to engage or participate in all activities that make up day-to-day living. The goal of **Active Support** is to ensure that people with even the most significant disabilities have ongoing, daily **support** to be engaged in a variety of life activities and opportunities of their choice.

Why is active support important?

Active Support enables people with learning difficulties / disabilities to develop new skills, access a wider range of opportunities and engage in activities alongside other people, building important relationships and social networks that are part of an **ordinary life**. These skills give people more control over their own lives.

Active Support is a method of enabling people with learning difficulties / disabilities to engage more in their daily lives

Support staff within the local authority and private sector are being trained to gain valuable skills to improve their clients' wellbeing and independence. It helps in maximising choice and control and respecting peoples basic rights and seeing that every moment has potential.

How does it work?

Active Support changes the mind set of support. Staff see everything in life as an activity or an opportunity for a person to take part. They begin to look at activities as having **steps** and **each step** is as important as the other. Just being able to do **one step** is an achievement.

Being aware of the **sequence of steps** within an activity is useful when supporting people with learning difficulties / disabilities to participate or learn new skills.

Thinking in **small steps** is particularly helpful for people with more severe learning disabilities. **Each step** can then be supported at an appropriate level using:

ASK-INSTRUCT-PROMPT-SHOW-GUIDE.

The aim is to give the correct level of support to each person. The outcome is that people achieve more and become more independent which raises their self esteem—they feel good because they have succeeded.