

The Carer



Issue 101 Spring 2022

GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

Diversity is a fact, Inclusion is an act

Have you spoken to us about our Winter Grants or Wellbeing funds yet?

In this newsletter we are looking at inclusion. This may mean joining activity groups or buying aids to assist you in your daily life. Why not see if you are eligible for one of our grants to help towards the cost of this?

Contact us for more details.

Hi, just a message to say thank you for the grant. I have joined the gym and had a lovely relaxing swim 😊

We are amazed by the big difference the weighted blanket and sensory light has made to helping my son settle at night. The ear defenders were also a godsend.

Thank you!

☎ 01248 370 797 ✉ help@carersoutreach.org.uk 🌐 www.carersoutreach.org.uk



**CARERS
TRUST**
WALES

Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Welcome to the first issue of 2022

Exploring inclusivity

What do we mean by inclusivity?

Put simply it is:

“The quality of trying to include many different types of people and treat them all fairly and equally”.

At Carers Outreach we aim to be inclusive. Please get in touch if you have any communication needs that we are not meeting or if you wish to discuss any other unmet needs. Tell us how we can help you to feel included in our service to carers. And tell us what is working so we can expand upon our good practise.

If you have issues outside of Carers Outreach we will listen to your concerns and where relevant provide feedback on your behalf.

Carers' caravan update



We now have 2 caravans at Hafan y Môr, Pwllheli. Contact us to enquire about booking.

✉: caravan@carersoutreach.org.uk

Support for carers

Although the Covid-19 pandemic is ongoing we are still here to provide support and information to unpaid carers. Following government guidelines some of our carers support groups were able to meet in person towards the end of last year. The Gwynedd parents support group still meets online. A new walking group is starting in Conwy.

Contact us for information about our groups.

Support for carers at hospitals

Catherine Jones and Hannah Cook are our Carers Support Workers based at Ysbyty Gwynedd, Bangor, whilst Colleen Turner is based at Ysbyty Glan Clwyd. They provide information and support to unpaid carers of patients and to unpaid carers who are patients. You can contact them on the email or phone details below.

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.



Life Tips



Tips for being safe online

- Don't open attachments or click on links within any unsolicited emails you receive.
- It is safer to have a different password for each online account. If one of your passwords is breached your other accounts will still be safe.
- Never share your passwords or log-in details.

For more information:

 <https://www.getsafeonline.org/>

 <https://www.actionfraud.police.uk/>

 0300 123 2040 - Action Fraud



Are you looking for an economical way to shop?

Bwyd Da Môn Good Food is a membership based food club. It re-distributes produce from retailers that would otherwise go to landfill. You can choose a weekly box of groceries for a small fee. If you can get to the shop in Llangefni you can join. It may be possible for deliveries for some areas of Anglesey.

 01248 724 307

 info@bwyd-da-mon.org.uk

 <https://www.bwyd-da-mon.org.uk/>



Bwyd Da Bangor is a little different. It is membership based but food is prepared in a café on the high street.

Visit the café or see the Bwyd Da Bangor Facebook page for more information.



SEAS Sailability supports disabled people and their carers to get active and have adventures on the Menai Strait in a safe and social environment.

 seassailability@yahoo.com

 <https://www.facebook.com/SEASSailability>



The **C-Pen Reader pen scanner** is useful for anyone who has reading difficulties. The pocket-sized device reads text out loud in a digital voice.

Available from thedyslexiashop.co.uk. However, it may be worth shopping around as there are other models available that may be cheaper.

You could apply to our wellbeing fund to cover the cost.

'There's nothing, absolutely nothing, half so much worth doing, as messing about in boats.'

~ Kenneth Grahame, Wind in the Willows



Live Laugh Love



A Carer's Story

My son Daniel began making films at Ty Gobaith kids hospice. The brilliant staff there encouraged his early efforts, even acting when called upon. Equipment was simple – a ninja costume, an iPad, and one £9.95 special effects app, but his creativity was obvious.

He progressed to making background films for Hijinx, his inclusive drama group. His editing and sound skills improved rapidly with constructive feedback from staff.

When the pandemic began, Daniel had to shield due to his complex heart. This was extremely tough for a teenager. One day there was school as usual and lots of activities, then total isolation the next.

A highlight of his week soon became his Hijinx zoom session. He was inspired by a silent movie-making project created with NoFitState Circus. Working in black and white, he explored new techniques to add to his repertoire like stop-go animation, and developed a character, 'The Weird Magician.' It was a thrill to be interviewed via zoom by ITV Wales in December 2020.

In 2021 he applied for a nationwide project run by Headlong Theatre in London in collaboration with TikTok and

Theatre Centre. It was an unexpected honour at just turned 18 to be the youngest of 13 film-makers selected for 2 months of intensive input. He was the only participant from Wales and was fortunate to receive skill-share sessions from industry professionals plus personal mentoring. A small honorarium meant he could buy more equipment like a greenscreen, a tripod, and a light box to produce higher quality results using diverse methods. He enjoyed a special finale in London at the TikTok studio on the Strand. Each participant was interviewed and had one of their films screened.

Daniel is now one of 25 young film-makers selected for the British Film Institute 2022 Animation Specialist course in February. Another exciting stage on his journey.

Daniel has refused to let his health challenges or months of isolation stop him. Instead he has found ways to express his talent positively and entertain, helping others to smile. My hope as his mum is that his example can encourage his peers. Times have been hard, and overcoming disability is tough, but never give up. New and exciting opportunities can happen in the most unlikely circumstances.

~ Maggie, Anglesey carer

Contact Carers Outreach for information or support in your caring role

Living Life



A Carer's Story

My husband and I are parents and carers to our 2 young sons aged 8 and 6, both of whom are autistic, and have additional learning needs.

Being parent carers has its challenges, for example, we can't have a day off if we are tired or feeling poorly. If we are sleep deprived, which we often are, we just have to keep going.

Days out are far and few between because of the challenges involved with going out with 2 lively young boys who have additional needs.

When I first became a parent, I thought back to my own childhood and imagined myself doing the same things with my children that my parents did with me. But my parenting experience is completely different to my expectations! It is difficult to separate the caring role from the parenting role and this has been a real eye opener. Another issue is that because both my sons have autism, they don't have a typical sibling relationship.

My eldest son was diagnosed when he was 3 years old, and we were preparing to send him to nursery school. With my youngest son it was a different experience, at one year old he suddenly stopped making eye contact and seemed to regress, losing the few words that he had learned so far. He is now non-verbal.

What I have since learnt is that no two children on the autism spectrum will have the same issues and behaviours.

But it can be rewarding too! My youngest son has started to communicate using Pecs cards. He places a card on a Velcro strip and lets us know, if for instance, he wants to play a chasing game. His older brother will sometimes join in the chasing game, which is a lovely moment for us all.

One of the most positive experiences so far has been Impact Music Therapy with my youngest son. I felt that we lost our bond when he started to show signs of autism and this therapy really helped us to regain that vital mother son connection.

We take part in local autism clubs, and it is great to meet with other families in a non-judgemental atmosphere. I've joined a pilot scheme called PIWS which is all about raising awareness of neuro diversity within society. I feel that some parents who have neuro typical children don't understand that my husband and I are also carers as well as parents to our boys, so I think it is good to share our experiences and spread awareness of diverse life situations.

- Nicole, Anglesey carer

Examples of Pecs cards



Useful contact details

PIWS ☎: piws.co.uk ✉: info@sbarc.net

Search for the Autism Support and Awareness for North Wales group on Facebook

Hijinx Theatre Company ☎ <https://www.hijinx.org.uk/>

☎ 029 2030 0331

TAPE Community Music and Film ☎: <https://tapemusicandfilm.co.uk/> ☎ 01492 512 109



Solution Slot

I am alarmed by all the news reports about the rising cost of energy bills. Is there any help out there?

Grants to pay off energy debts

The following energy suppliers offer grants to their customers:

- British Gas Energy Trust
- Scottish Power Hardship Fund
- Ovo Energy Fund
- E.ON Energy Fund
- E.ON Next Energy Fund
- EDF Energy Customer Support Fund
- Bulb Energy Fund

If you can't get a grant from your supplier, you may still be able to get a grant from the British Gas Energy Trust.

The Warm Home Discount scheme could provide you with £140 discount on your electricity bill – contact your supplier for eligibility criteria.

Care and Repair's 70+ Cymru Home Energy Project covers Gwynedd and Anglesey and is for owner occupiers and private tenants aged 60+. The project aims to increase the warmth and energy efficiency of homes through advice, financial help, home improvements and energy efficient savings.

For more information contact:
Tina Williams, Home Energy Officer

☎: **01286 889 360**



A Welsh Government scheme that helps to make homes warmer and more energy efficient by providing a range of free, impartial advice and, if you are eligible, a package of free home energy efficiency improvements such as a new boiler, central heating or insulation.

Freephone **0808 808 2244**

✉ **advicewales@est.org.uk**

🌐 **www.nestwales.org.uk**

CVSC's Community Support Hub provides Conwy county residents with information, guidance and practical support from trusted providers throughout the area. Staff members support residents wishing to gain information and support on a range of matters that affect their wellbeing, including fuel and heating support.

☎ **01492 523853**

or

Send a text or WhatsApp to **07429 503 303**