



Carers Week 2022 June 6 –12

Making caring Visible, Valued and Supported

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.



Hats off to unpaid carers!



We are pleased to announce that we are holding face to face activities once again. Turn to the middle pages to find out more.





Update from Carers Outreach

Summer greetings!

Welcome to our summer issue. Over the last months we have received many requests to restart our activities. Summer seemed like the perfect time to get going.

Groups and activities update

The Pwllheli Carers Support group has been meeting up at a local café and this has been going well.

We have introduced a walking group for parent carers in Gwynedd and one for all carers in Conwy. Over the coming months we look forward to welcoming you to group meetings. Please let us know if you plan to attend so that we can let you know if an event has to be cancelled.

We are mindful that some people are still wary of socialising and we realise that everybody needs to move forward at their own pace.

Turn to the centre pages or visit our website for information on What's on for carers in the next few months.

Home visits

Where there is an identified need we

will provide home visits. Before any visit a risk assessment will be conducted and our staff will be following covid guidelines at all times.

Sunflower Lanyard update



Before the Covid-19 pandemic arrived we were actively promoting the sunflower lanyard. We had a very positive response from carers and businesses alike. During the pandemic the lanyard became an effective way to show that someone has hidden disabilities and may not be able to wear a face covering.

Now that the restrictions have eased the lanyard is still a useful way to alert people to the fact that someone may need a little extra time or additional support.

The lanyard is available to buy from the following website.

<https://hiddendisabilitiesstore.com/>

Some supermarkets and travel operators provide them free of charge.

Stay in touch



By phone:

Gwynedd and Anglesey: 01248 370797

Conwy: 01492 533714

Email: help@carersoutreach.org.uk

www.carersoutreach.org.uk

Join in our activities

Contact Carers Outreach for information or support in your caring role



Update from Carers Outreach

Welsh Government payment to unpaid carers

To recognise the contribution of unpaid carers during the covid-19 pandemic and the financial and emotional hardships incurred, the Welsh Government has announced that unpaid carers will receive a one-off payment of £500.

However, only unpaid carers who were in receipt of Carers Allowance on 31 March this year will qualify.

You need to register through your council. A registration process opens on 16 May 2022, and will close at 5pm on 15 July. You can register via your local council's website, over the phone, or in person.

For more information visit:

📍: <https://gov.wales/unpaid-carer-financial-support-scheme>

Who can claim Carers Allowance?

At Carers Outreach we realise that not all unpaid carers will be in receipt of Carers Allowance.

Some may have chosen not to claim Carers Allowance because it would reduce the amount of benefit the person they look after receives.

Others may fall under the 'overlapping benefits rule'. For example, people in receipt of a state pension do not qualify for Carers Allowance to also be paid.

Some may be in paid employment that takes them over the threshold to claim Carers Allowance.

This is a complex topic and it is a good

idea to contact Carers Outreach for more information.

You can also request our free fact sheet, "You and your Finances."

Patient advice and liaison support service (PALS)

Whether you are a patient, a relative, a friend or carer, PALS will listen to your concerns and liaise with the relevant staff to find a quick solution. PALS hubs are situated in the main entrance of each main hospital (Ysbyty Maelor, Ysbyty Glan Clwyd and Ysbyty Gwynedd).

✉: BCU.PALS@wales.nhs.uk

☎: 03000 851 234

Open 9am to 5pm Monday to Friday, except Bank holidays.

Bereavement support

PALS also provide a Bereavement Liaison Support Service and a Bereavement Booklet that includes information on tissue and organ donation, registering a death, community sites, support groups and more. The team will listen to your questions, offer advice and support, and if appropriate contact other organisations that may be able to assist you.

To download a copy of the Booklet relevant to your area visit:

<https://bcuhb.nhs.wales/services/health-services1/patient-and-carer-experience-team/patient-safety-and-experience/bereavement-liaison-support-service/>



How the Conwy carers respite fund helped me

On yer bike!

When I discussed accessing the respite fund with Mair, I wasn't really sure that it was for me. As a busy single parent and a carer as well, I didn't want a pamper session. Time away from the kids wasn't an option either. But then Mair asked me what would most benefit me in my life right now and the answer was obvious - a bike!

I don't drive and paying for taxis and public transport was costing me a small fortune, not to mention the time it took to get from A to B.

When I got my bike it was love at first sight. Previously I have ridden my children's cast offs and felt

embarrassed to be seen on them. This is a proper ladies' bike and so pretty. I can fit quite a bit of shopping in my basket and can venture further afield to the more budget friendly shops. And I even fetch shopping for my neighbour.

It ticks so many boxes for me, getting out in the fresh air and exercising is great for my mental health. Cycling is environmentally friendly and with the cost of fuel at the moment it is an ideal mode of transport.



I'm so grateful to Carers Outreach and the Conwy carers' respite pot for this life enhancing opportunity.

~ a Conwy carer

Health benefits of regular cycling

- increased cardiovascular fitness.
- increased muscle strength and flexibility.
- improved joint mobility.
- decreased stress levels.
- improved posture and coordination.
- strengthened bones.
- decreased body fat levels.
- prevention or management of disease.

At the time of writing it was uncertain how the respite funding might look this year.

Please get in touch with Carers Outreach for more information.



A Carer's story

I am a parent carer for my 23 year-old son Sam who has a rare genetic disorder called Coffin-Lowry Syndrome and Global Development Delay. Sam has kyphosis of the spine and poor mobility. I suppose, like other parents of children who have disabilities, I tend to underestimate Sam's abilities and worry about his capacity to join in with everyday activities. However, Sam is always proving me wrong and never more so than when he started to take part in activities with SEAS Sailability.



SEAS Sailability supports disabled people and their carers to get active and have adventures on the Menai Strait in a safe and social environment. The Conway Centre, located in National Trust parkland at Llanfairpwll is the ideal setting for sailing activities. It is a great opportunity for people with disabilities to experience sailing.



We were introduced to the scheme through Mencap and it has been wonderful for us both. For me, it is a chance to spend time with like minded people who understand each other's challenges in a beautiful and scenic setting. Sam loves it and he has gained lots of new friends whilst out sailing. So far he has been on the 5-man paddleboard, the canoes and the yachts. We both look forward to the after sail barbecue.



The scheme is really well organised, welcoming and friendly. They are setting up a WhatsApp group to make it easier for us to keep track of our sailing slots. Another bonus is that they allow support workers to go too. Sam doesn't always want his mum cramping his style! And now his confidence has grown he feels independent enough to attend with a support worker.

If you have been thinking about trying it, do! You won't be disappointed. ~ Suzanne, Anglesey carer

For more information

✉ seassailability@yahoo.com

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





Do you suffer from arthritis?

Versus Arthritis provides a free 12 week programme of 30-minute movement sessions, created for people with Musculoskeletal (MSK) conditions who want more movement in their lives. To find out more about the 'Lets move with Leon' sessions visit:

<https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/>

Concessions for carers

A question we are frequently asked at Carers Outreach is, "Is there a card that gives unpaid carers free access to venues and tourist attractions?"

Unfortunately, there is not a generic card available. However, it is always worthwhile to contact any venue you are planning on visiting as many organisations run their own schemes for guests who have disabilities or their carers.

Do you worry about what might happen to the person you look after if you are suddenly called away?

Ask us about our Emergency Plan sheet.

Disabled toilet key

Also known as Radar Keys, they can be bought online at

<https://shop.disabilityrightsuk.org/products/radar-key>

☎ 0330 995 0400

Or they may be available through your local council.



The Health Profile - for children and young people with a learning disability

This form has now replaced 'The Traffic light system for adults and children who have a learning disability'.

The form can be completed by the person with the disability - or by their parents or carers.

It should be taken to all health appointments.

It includes medical facts, details about the level of support needed, and a section about likes and dislikes.

The form can be updated at regular intervals.

For more information visit:

<https://phw.nhs.wales/services-and-teams/improvement-cymru/our-work/learning-disability-health-improvement-programme/>