

# The Carer

Issue 109 Summer / Autumn 2024



**“Oh to be in Wales, now that summer’s here!”**



**“Butterflies and swallows, lazy summer days, picnics in the garden, in a warm summer haze.”**



**We hope you are enjoying the warmer weather. As we move into the shorter and cooler days of autumn and winter some carers may be starting to worry about the added expense of heating their home or feeding their family.**

**Our staff can help you to apply for grants for essential items. Or you may be able to access the Carers Support Fund Wales.**

**Contact us for support and more information, our contact details are inside.**

**“And all at once summer collapsed into fall.” - Oscar Wilde**



Translated into Welsh by  
Angharad Edwards



# Update from Carers Outreach

## Welcome to our Summer / Autumn issue!

### How can we help unpaid carers?

As a result of the cost of living crisis we have perhaps become known as an organisation that provides grants to carers. However, first and foremost we are here to support and enhance the lives of local unpaid adult carers.

### Emotional and practical support

Our staff will listen to your concerns and can often suggest practical solutions that you may not have considered. Such as signposting and referrals to our specialist officers or to other support services. This can include help to access benefits and/or funding for essential items such as food/shopping vouchers, and other household items. Or funding towards something to improve your wellbeing such as a short break or therapeutic activity.

### Group support

Turn to the middle pages to view our groups and activities for the next 4 months.

Follow us on **Facebook** to keep up to date with the latest news and events in your local area.

We are hoping to develop and distribute our own ID card for local unpaid carers. We will keep you updated on the progress of the card via this newsletter.

### What's new?

You may have noticed that our charity number has changed. This is because we are now a charitable incorporated organisation. We are still regulated by the Charity Commission and our service to unpaid carers in north-west Wales will remain the same.

We have recently gained the Charity Excellence Framework Quality Mark which reflects our commitment to providing an excellent service to unpaid carers.

### Discount cards for unpaid carers

Carers Trust has partnered with CarerSmart to deliver a free scheme that is open to carers, people with care needs and staff and volunteers from across the Carers Trust network. Members can benefit from a wide range of offers including:

- Cash back on shopping from numerous high street retailers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free and discounted legal advice services

🔗: <https://carers.org/grants-and-discounts/carersmart-discount-club>

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**Keeping unpaid carers informed and in touch**



# Update from Carers Outreach

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## Your rights as a carer

Carers Rights Day is held each November to ensure carers are aware of their rights and know where to get help and support, and also to raise awareness of the needs of carers.

The Carer's Leave Act came into force on 6 April 2024. Under the Act, unpaid carers who are caring for a dependant with a long-term care need are entitled to one week of unpaid leave per year to fulfil their caring responsibilities.

In addition to the above, as a carer you have a right to:

- Time off from caring to support your own health and wellbeing
- A carers assessment from Social Services to look at your needs as a carer
- Find out about benefits such as carers allowance and council tax reduction
- Depending on the age and illness or disability of the person you care for there may be other entitlements you can access.

## What is the difference between an LPA and a Court of Protection Order?

**Lasting Power of Attorney (LPA)** is a legal document where someone nominates a trusted friend or relative to look after their affairs if they lose capacity.

It allows you to plan in advance and is a safe way of maintaining control over decisions made for you. You can complete the forms yourself or use a solicitor who will charge a fee for the service. The key is to act early. You can only set up an LPA when you have mental capacity.

**A Court of Protection Order** is made by a Judge when a person does not have mental capacity to make the appointment themselves through an LPA but it is certified that they need help. A Judge will give power to a person they deem suitable to make decisions in relation to finances or specific decisions about care and treatment. A person appointed by the court is called a Deputy. This is a lengthier and more costly process.

More information is available at [GOV.UK](https://www.gov.uk)

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## Contact details

### Gwynedd and Anglesey

 01248 370797

Open weekdays 9 - 4

### Conwy County

 01492 533714

Open Tuesday and Friday 9 - 4

: [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

: [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)

Join in our activities, turn to the middle pages for details.

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Contact Carers Outreach Service for information or support in your caring role



# A carer's story

I care for my daughter who is 10 years old. As a newborn baby she was obviously unwell but the local hospital was unsure of what her symptoms meant. After 3 weeks we were transferred to Alder Hey Hospital where she was diagnosed with a very rare condition called hyperinsulinism (HI) which affects one in 25,000 to 50,000 babies. After a further 3 weeks we were finally able to bring her home with the reassurance that we could contact Alder Hey if need be.

Catching this condition early is vital as, if the brain doesn't get the sugar it needs, the consequences can be extremely severe. However, there is treatment available and as recognising the condition is key I am keen to get the word out there to ensure that more people are aware of it. I find that a lot of health care providers have not heard of it before meeting my daughter.

HI is a lifelong condition and, although some children rely on medication, we are usually able to manage my daughter's HI through diet. This means she needs to eat extra sugar throughout the day and always keep jelly sweets and glucogel with her. She can

largely self manage her condition now. However, we do sometimes need to check her blood sugar levels, e.g. if we see her changing colour. Unlike most children she is encouraged to eat sweets and drink fizzy drinks. This can raise a few eyebrows at times as it goes against the usual advice for healthy eating. She has her own hypo kit in school and they make sure that she keeps it with her throughout the school day so that she can manage her condition.

She needs to acclimatise gradually to changes in temperature because her body temperature cannot adjust quickly. For example, if she is outside on a cold day she cannot come inside and immediately sit by a fire or go straight into a hot bath.

I am a member of the Children's Hyperinsulinism Charity. The condition is so rare that we know everyone in the country who has the condition. I feel passionately that it is important to get the name out there so that more people are aware of this condition.

~ Bekki, Gwynedd carer

: <https://hyperinsulinism.co.uk/>

## Brêc Bach



We wish to share some moments of our wonderful, relaxed weekend that the Carers Outreach Brêc Bach fund so kindly contributed to. We had a lovely time and we are so grateful to you all. Sitting in the window watching and listening to the waves was wonderful.

We decided to go in December, when the lit Christmas trees were on the prom, reflected on the sea, all of which could be seen from the window of our room. Thank you so much!



**Brêc Bach contributes to therapeutic breaks or activities for carers in Anglesey, Conwy and Gwynedd.**

**Contact our offices for more details.**



## PIP Applications Online

- ☎ 08009172222      New claims
- ☎ 08001214433      Change of circumstances

You can now complete your application online by contacting the DWP on the above number for new claims and requesting the online form.

Please note that online applications are treated as being accepted from the date of submission whereas paper applications are backdated to the date of the initial call.

## Do you care for someone who has a rare condition?

**Same but Different** is an organisation that provides a variety of support to those affected, including a newsletter entitled *Rarity Life*.

☎ 01352 757007      ✉ [enquiries@samebutdifferentcic.org.uk](mailto:enquiries@samebutdifferentcic.org.uk)

🌐 [www.samebutdifferentcic.org.uk](http://www.samebutdifferentcic.org.uk)

🌐 [www.samebutdifferentcic.org.uk/raritylife](http://www.samebutdifferentcic.org.uk/raritylife)

## App Corner

The Little Journey app aims to reassure children undergoing hospital treatment by giving them advance information in a child friendly format including animations and games.

It explains what happens during certain procedures and what the patient can expect afterwards. Children can explore hospital wards in virtual reality.

The app has been found to be of particular benefit for children with neurodivergent conditions such as autism or attention deficit hyperactivity disorder (ADHD).

## Portrait sitters wanted

Local artist Celia Hume is looking for carers living on Anglesey to paint for her upcoming exhibition at Oriel Môn, Llangefni.

“My project is a celebration of the People of Anglesey - your stories, culture, history, language, character and way of life. I would take photographs to work from and my partner, Ieuan Williams would record a short interview about your life. It should only take about 1 hour. The interview can be in Welsh or English.”

☎: 07887774475

✉: [celia.hume@me.com](mailto:celia.hume@me.com)

🌐: [www.celiahume.com](http://www.celiahume.com)

Instagram: [@celiahumebatik](https://www.instagram.com/celiahumebatik)



Stop Loan Sharks Wales supports victims and protects people from illegal lending and related crimes.

The Team is operated by the Wales Illegal Money Lending Unit, and investigates and prosecutes loan sharks throughout Wales – and also protects and supports people who have borrowed money from loan sharks.

Over one million adults in the UK have borrowed money from a loan shark and are suffering as a result. As the cost-of-living crisis continues, more people may be forced into debt and will turn to or consider borrowing money from illegal lenders or loan sharks.

The unit works in partnership with local authorities, the police, advice agencies, charities, and housing providers. Since 2008, they have supported hundreds of people who have suffered as a result of this crime and written off hundreds of millions of pounds in illegal debt.

Loan sharks lend money and charge interest on the loan without the legal authority. They operate within our communities often taking advantage of vulnerable people. Illegal money lending is a criminal offence. If you or someone you know are a victim of illegal money lending, coming forward is the right thing to do.



Loan sharks are not always easy to recognise, they can seem friendly and helpful. They can be a small lender taking advantage of friends or family, a rogue landlord or employer, a work colleague or a member of a community group.

## How to spot a loan shark

- **Threatening Behaviour:** While they often start out friendly, a loan shark can turn threatening if you miss payments.
- **Word of Mouth:** Loan Sharks do not usually advertise: you hear of them from other people.
- **No Paperwork:** There is normally little or no paperwork involved, so you don't know how much you owe.
- **Collateral Holdings:** A loan shark may keep your cards, passport or other valuables as security.
- **Increasing Debt:** The debt keeps growing even though you keep paying.

If you or someone you know is involved with a loan shark, contact Loan Sharks Wales for information and support. Their top priority is your wellbeing and safety.

## Contact Loan Sharks Wales

 **24hr Hotline: 0300 123 3311**

 **[stoploansharkswales.co.uk](http://stoploansharkswales.co.uk)**

 **[facebook.com/stoploansharkswales](https://facebook.com/stoploansharkswales)**

 **[stoploansharkswales@valeofglamorgan.gov.uk](mailto:stoploansharkswales@valeofglamorgan.gov.uk)**