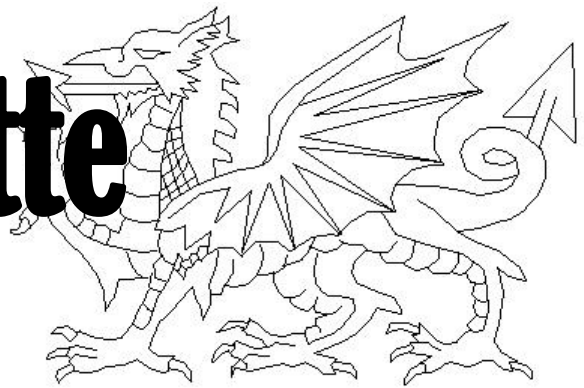


Carers Gazette

News and Views from around Pembrokeshire

Issue 19 April 2007



Carers Week 2007

The date for Carers Week is 11th – 17th June and the theme of this year is 'My Life as a Carer'. This year there will be 2 separate Carers Days – one for Parents of Children/Young People (0 – 25) with Disabilities, which is being held on June 6th at Haverfordwest Cricket Club and one for all carers, which is being held on June 14th at Haverfordwest Rugby Club.

Invitations to the June 6th event will be sent out to parents of all the children on the Register for children with disabilities, so if you do not receive one, but would like to come along, please contact Sally Davies on 01437 769422. Invitations to the June 14th event are enclosed within this newsletter – don't forget to fill out the reply slip and send it back to PAVS by June 7th.

The days will both provide an opportunity to hear various speakers and have a chance to get involved in some discussions about your caring role.

A delicious lunch will be provided on both days followed by some therapy taster sessions, which will give you a chance to relax and unwind away from your caring role.

Transport and replacement care can be provided for both events, but make sure you fill out the relevant sections in the reply slip.

Come along and meet other parents and carers!

**PRT Pembrokeshire Carers Centre
and
Carers Wales Pembrokeshire Branch**

*A Service of Choral Evensong
Dedicated to Carers*

**Sunday 17th June 2007 at 6pm
St Davids Cathedral**

Preacher

Very Revd J Wyn Evans, Dean of St Davids

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We would like to hear from you if you would like any carers' issues included in the Carers Supplement or if you have any ideas for improvement.

Please send your comments to the address below.

The next deadline for articles is 27th July 2007. Send them and your pictures to:

**Carers Gazette
PAVS
FREEPOST SWC4881
36-38 High Street
Haverfordwest
Pembrokeshire
SA61 2ZZ or email
sally.davies@pavs.org.uk**

This newsletter is also available to view and download at www.pavs.org.uk/carers. Alternatively, if you would like to receive this newsletter via e-mail rather than post, or if you are no longer a carer and you do not wish to receive further copies, please feel free to contact Sally Davies on: sally.davies@pavs.org.uk or 01437 769422.

Carers News



New carers strategy heralds £1m increase in grant scheme

A £1 million increase in the grant available for people who care for friends and loved ones has been announced by Carer's Champion and deputy health and social services Minister John Griffiths AM. Mr Griffiths made the announcement as he launched the Carers Strategy for Wales Action Plan 2007 at the Help the Aged 'Speaking up for our Age' conference in Llandrindod.

The increase is additional to the £3 million in the Mental Health Carers Grant Scheme implemented last year.

The grants are made to local authorities and the extra funding is intended to help local authorities develop emergency respite services for carers who provide substantial and regular care.

Partnership with carers is at the heart of the new strategy which updates and refocuses the original Welsh Carers strategy launched in 2000.

The refocused strategy reflects the need for the NHS and social services to work with carers as partners in order to maintain sustainable services for the future.

Supporting carers in their caring role and helping them to maintain their own health and well-being will be of continuing importance and this is reflected in the new plan.

Six key objectives form the core of the strategy ensuring that carers:

- Are not disadvantaged as a consequence of fulfilling their caring responsibilities
- Are listened to, treated with respect and receive recognition for the important contribution they make in supporting people to sustain their independence
- Are able to maintain as normal a life as possible outside of their caring role
- Have timely access to an assessment of their own needs
- Have access to services that will enable them to be properly supported
- Are able to access employment, education and leisure opportunities.

To meet these objectives the strategy outlines actions in five broad areas; health and social care, information, support, young carers, and, carers and employment.

Individual actions include monitoring the impact of caring on health through the Welsh Health Survey,

improving communication with carers from black and minority ethnic groups, and improving access for carers to skills and training.

The new strategy has been produced following an extensive consultation that started in December 2006. It supports and reflects the commitments made in the Welsh Assembly Government ten year social services strategy 'Fulfilled Lives, Supportive Communities' and 'Designed for Life' the ten year vision for the NHS in Wales.

Speaking at the conference John Griffiths said: The Welsh Assembly Government recognises that carers are the cornerstone of health and social care in the community. This is why one of my chief tasks as Carers Champion since my appointment has been to oversee the development of a new Carers' Strategy for Wales.

Carers have told me that they often worry about what will happen in case of some emergency that prevents them from caring. The extra £1 million in funding I announced today will help local authorities develop and deliver contingency arrangement in care plans that are more flexible and appropriate to the needs of individuals.

Online support for carers

Carers UK's forum is a place where carers can get support from other carers. In recent months there have been some technical problems which made the forum quite hard to use. However a brand new and very much improved forum has been launched and Carers UK would urge all carers to take a look and register to take part.

The Forum is an area of the Carers UK website where:

- carers can talk to each other and share their experiences.
- carers can meet others, make friends and feel supported.

Carers UK is a campaigning organisation and so the forum is also a place where carers can discuss the problems they face and how these can be tackled both practically and politically. For more information go to www.carersuk and follow the links to forums. If you are under 18 and you are a carer there is a forum at <http://youngcarers.net>

Carers News

All Change at the Learning Disabilities Team – New Team Structure Pilot

As of the 1st April 2007, Paul Bee Customer Services Manager has been seconded to another department within the Council. In order to ensure that there is an effective Management Structure within the team a Joint Management agreement has been put in place between Pembrokeshire County Council and Pembs and Derwen NHS Trust.

Cilla Locket Clinical Service Manager has taken over a number of aspects of Paul's role around Assessment and Care Management.

Ian Portman, Fulfilling the Promises Change Manager has taken responsibility for Residential and Supported Independent Living and Respite Issues.

Marilyn Buckley continues in her Role as Day Opportunities Manager.

To support this new team structure a Joint Management Group will ensure that the continued drive to improve Learning Disability Services across Pembrokeshire. This in turn, will link in with the Joint Learning Disability Strategic Planning Group, whose membership includes, LHB, PCC, PDT, Parent/carers, Pembs College, PAVS, Pembs Advocacy, Circles Network, Service Providers and 1 Customer at the present time.

Pembrokeshire People's Parliament

People with Learning Disabilities across Pembrokeshire took part in their own Elections during the second week of March 2007, to elect 9 candidates across three constituency areas (West – Pembroke/Dock; South – Tenby Saundersfoot; North – Milford Haven, Haverfordwest and Fishguard). This is the first of its kind in Wales and it is hoped that it will open the way forward for other areas to do the same.

Voting took place at the three Social Activity Centres based in Pembroke Dock, Portfield and Tenby. The Elections Department loaned 4 ballot boxes, 1 for each area and 1 for Postal votes for those people that requested them. There have been a lot of nervous candidates waiting for the votes to be counted.

The count took place under strict observance of the Returning Officer and the successful candidates have been notified of their election for the next two years.

The People's Parliament will allow people with learning disabilities to have a say in the development of the services that they access and how services

develop in the future. The members will debate key issues and respond to those areas requested by the people who elected them; Pembrokeshire County Council, Pembs and Derwen NHS Trust and the Local Health Board. This will ensure that the voice of people with a learning disability is not lost among the crowds of other voices and that they viewed as equal citizens across the county.

Respite Events

During 2006, a Task and Finish Group looking at Respite Issues for People with Learning Disabilities met monthly to establish how respite services could be developed in the future.

To explain and support the findings of this group, we are looking to hold 2 events in June 2007 to highlight how we anticipate driving issues forward in relation to available respite options within Pembrokeshire.

These events will be held on:

Monday 25th June 2007 - For Young people with Learning disabilities and their carers who may wish to access the available services when they reach the age of 18 years old

Wednesday 27th June 2007 - For Adult Customers with Learning Disabilities and their Carers currently on the Learning Disability Register.

Invites for both these events will be sent out during May 2007. We hope that both these events will help shape respite in the future.

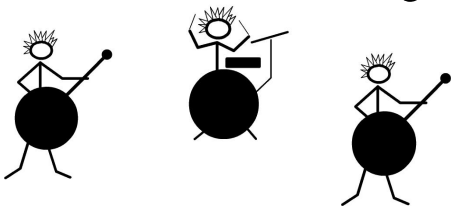
Ian Portman
Fulfilling the Promises Change Manager

Carers News

Wings
over
Pembrokeshire

FREE Music Session

**For People of all abilities, over 16.
30th May @ The Jam Shop, H/west.**



10:30 – 12:30

1:30 – 3:30

Bookings Essential, Limited Places.

Phone:-

Jam Shop 01437 766100

Lyndsay 01348 831566

Ian 01437 563749

the jam shop
rehearsal studios

Mencap report leads to Government inquiry

Health Secretary Patricia Hewitt has promised an independent inquiry into the deaths of six people with a learning disability while they were in the care of the NHS. Her promise came immediately after the launch of Mencap's 'Death by indifference' report.

Death by indifference is the most hard-hitting report Mencap has produced for many years. It describes the deaths of six people with a learning disability to show how people with a learning disability suffer institutional discrimination in the NHS – and the tragic consequences this can have.

As a result of the report, many more cases of unnecessary deaths have been brought to us. We are gathering these cases to prove how widespread the unequal healthcare of people with a learning disability really is.

We need the independent inquiry promised by Patricia Hewitt to give the families of those in the report the answers they need. We also need it to drive change in the NHS so people with a learning disability receive equal healthcare.

We will continue to campaign on this issue – and you can help! By emailing your MP and asking them to support our campaign you will be making them aware of the issues, and keeping the health needs of people with a learning disability on the political agenda.

For more information

If you would like more information about Mencap's Death by indifference campaign, please visit www.mencap.org.uk/deathbyindifference



Carers News

Signpost is a new web resource from the National Autistic Society

Signpost is a new web resource from the National Autistic Society that has been designed to give parents and carers and people with autistic spectrum disorders (ASD) personalised information relevant to their situation. It can also be used by professionals who are seeking information on behalf of a parent/carer or person with an ASD. From Belfast to Bridgend, Falkirk to Filey, the information displayed is relevant to the country they are in. Signpost asks the user to complete a brief profile on the screen. When the profile is complete Signpost presents information relevant to the person's age, diagnosis and locality.

The user will see

- an introduction to autism or Asperger syndrome for the appropriate age band
- overviews of the condition if the person has recently received a diagnosis
- information on transition, to help prepare for major changes in life
- outlines of different benefits and entitlements
- results of searches in the Autism Services Directory for key services: support groups, schools, day services, residential services etc.
- results of searches in the Directory for training events
- links to relevant autism related topics on the National Autistic Society website.

The web address for Signpost is www.autism.org.uk/signpost

Autism Helpline: 0845 070 4004. E-mail: autismhelpline@nas.org.uk

SANEmail

SANEmail aims to provide support and information to people affected by mental health issues and will run alongside SANeline, the national out of hours mental health helpline. The service is available for anyone at sanemail@sane.org.uk, but SANEmail is particularly aimed at young people affected by mental illness, who may feel more at ease using email than telephone. If you would prefer to contact them by telephone, the number is 0845 767 8000 (local call rate) and the phonedlines are open from 1-11pm every day.



Cars for Carers Volunteer Fundraiser



Could you help to attract additional funding and local business sponsorship for Pembrokeshire's award-winning 'Cars 4 Carers' Community Transport Service?

Training, full expenses and great back-up from our professional Development Team are all available for the right person.

This is an exciting opportunity to join an enthusiastic team of volunteers who support unpaid Carers across Pembrokeshire.

For further details, please contact Rachel Evans on 01239 623876

Carers News

New Nursing Posts

This January has seen the introduction of two Chronic Condition Nurse Practitioners into Pembrokeshire. These nurses will help people with long term chronic conditions to manage their illness more effectively. This service is a partnership initiative between Health and Social Care in Pembrokeshire. Funding is from Welsh Assembly Government Joint Agency Flexibilities and the lead agency is the Local Health Board.

Wales has a higher proportion of long term illness, (23%) compared with England (18%) and Scotland and Northern Ireland at (20%) and one third of the adult population have at least one long term condition or chronic illness i.e. about 800,000 people and over the age of 65 this rises to two thirds with one third having multiple conditions.

Many people with chronic illnesses have frequent admissions to hospital when their illness becomes difficult to manage at home. The purpose of these nurses will be to help people know more about their illness and to provide the additional support they sometimes need so that their care can be managed at

home. Often the right treatment, help and information can prevent some conditions from getting worse. These nurses are highly skilled practitioners who have substantial experience of working in the community to provide nursing care. They will be able to undertake assessment of patient's Health and Social Care needs. They will then be able to organise the appropriate level of care for people in their own homes or refer them to the relevant Health, Social Care professional or suitable voluntary agency.

This service is aimed at people with at least one long term condition who have other complex social needs and who are unable to access their GP surgery easily. This service is a pilot project, the nurses will be working from Fishguard surgery in the North and Saundersfoot surgery in the South.

To contact the nurses for advice or to request an assessment please telephone:

Julia Collins in Fishguard on 01348 875620

Anne Gibby in Saundersfoot on 01834 813407

News: Flu immunisation for Welsh Carers

28 March 2007, [National Public Health Service for Wales \(NPHS\)](#)



Half of unpaid carers in Wales are not aware they are eligible for a free flu jab according to new research from a joint project between the Crossroads Caring for Carers charity and the NPHS.

The research provides the results of a survey on flu immunisation amongst carers in Wales.

Dr Daniel Thomas, Head of Surveillance with the National

Public Health Service said, "It's timely to consider this research, as GP practices plan and prepare their flu campaigns for next Winter at this time of year.

"Flu immunisation is the main way of protecting vulnerable people from influenza and minimising its spread. In 2005, the Welsh Assembly Government added carers to the list of target groups that should be offered seasonal flu immunisation by their Doctor.

"The Crossroads Caring for Carers charity and the National Public Health Service undertook a postal questionnaire of 762 unpaid carers from six local health

board areas across Wales. We found that 51% of those who responded were not aware that they were eligible for free flu immunisation from their GP. Younger carers in particular, did not know about it.

Angela Roberts, from the charity 'Crossroads Caring for Carers' said, "Carers should tell their Doctor that they are carers, so that practices can offer them the flu jab.

"It's so important for carers to get immunised for flu. It's an investment in their health and the health of the person they care for. If a carer falls ill, then the welfare of the disabled or elderly person being cared for may also be at risk.

"We will be sharing this research with the Welsh Assembly Government and with a range of health protection colleagues across the UK. It is vital that GPs have the facility to record carer status on their electronic systems. This should make it easier for carers across Wales to get the flu jab and to receive the regular health checks they need.

"The research will also be shared with a range of stakeholders at the 'Health, Well-being and Social Care Advocacy' day in the National Assembly for Wales on the 28 March."

Carers News

MAKE YOUR HOME A SAFER PLACE TO LIVE CALL NOW FOR A FREE HOME FIRE SAFETY CHECK

Every year in Pembrokeshire Fire Fighters deal with over 100 house fires. Some of these fires result in death or serious injury. Most could have been prevented by people being more careful, or by following some simple fire safety advice.

In order to reduce death and injury caused by fire, Mid and West Wales Fire and Rescue Service can offer you a FREE home fire safety check within your home, which is available to all.

Fire fighters from your local station will make an appointment with you to visit your home. They will check your home for fire hazards, offer invaluable advice about what to do in the event of a fire, and if necessary install smoke detectors and other equipment to make your home safer all FOR FREE !

We would urge everyone to take advantage of this FREE professional service.

Community Safety Dept,
Mid and West Wales Fire and Rescue Service,
Pembrokeshire Command HQ,
Merlin's Hill, Haverfordwest, SA611PG.
FREEPHONE: 0800 389 9279
WEBSITE: www.mawwfire.gov.uk

SAFETY TIPS – HOW TO MAKE YOUR HOUSE A SAFER HOME.

- Fit a Smoke Alarm and check it regularly
- Make a fire action plan so that everyone in your house knows how to escape in the event of a fire.
- Take care when cooking with hot oil and think about using thermostatically controlled deep fat fryers.
- Never leave lit candles unattended.
- Ensure cigarettes are stubbed out and disposed of carefully.
- Never smoke in bed.
- Keep matches and lighters away from children.
- Keep clothing away from heating appliances.
- Take care in the kitchen! Accidents whilst cooking account for 59% of fires in the home.
- Take care when you are tired or when you have been drinking. Half of all deaths in domestic fires happen between 10pm and 8am.



'LOOKING AFTER ME'

a self-management course for adult carers

As part of the successful Expert Patients Programme, Pembrokeshire Local Health Board would like to tell you about Looking After Me.

Looking After Me is a free course for any adult who gives help to a relative or friend who is ill, disabled, elderly or in need of emotional support – in other words a Carer. It is led by trained tutors who themselves have experience of caring and is run over six weekly, 2 ½ hour sessions including coffee/tea breaks.

As its name implies, the course is about you making time to look after your own health needs. People who have taken part in 'Looking After Me' report that it has helped them feel confident and more in control of their life and helped them to manage their caring situation more effectively by allowing them to be realistic about the impact of their caring situation on themselves and their families.

The course looks at:

- Relaxation techniques
- Dealing with tiredness
- Exercise
- Healthy eating
- Coping with depression
- Communicating with family, friends and professionals
- Planning for the future

Looking After Me does not cover carers' rights or benefits, nor practical caring skills such as lifting, although there will be information available on these topics.

The first course will be run at Haverfordwest Cricket Club commencing on Thursday 20th September at 10.30 am. To book your place or to discuss your support needs to allow you to take part in the programme, call Claire on 01554 744492.

Carers News

MIND

We have a resource centre in Haverfordwest that is open 365 days a year. Various activities occur throughout the week including meditation and relaxation, art and photography as well as walks and the odd game of frisbee. We also have the health and wellbeing matters project. If you would like to receive a forthcoming events list in the post please contact Juliet James on 01437 769982.

Mind week is upon us again, 12th to 19th May. The theme this year is green exercise and kite flying is a perfect way of getting people into the great outdoors for some exercise. We have kite making and flying activities going on on Monday, Tuesday and Wednesday of Mind week. There is the community lunch on Monday followed by kite flying,

Tuesday we are having a walk and a picnic at Llysyfran dam with more kite flying, Wednesday will take us to Nolton Haven beach with beachcombing and cleaning followed by an art session making things from what we found.

We also have the health and wellbeing matters project. The project aims to support people with mental health issues to make better choices about their health and wellbeing. To aid this we have started providing a 6 week 'ONE LIFE get fitter feel better' course, geared towards mental health service users and their carers. We are also providing 'Cooking For Health' sessions, these sessions are for people who want to cook healthy meals and would like a little support to do it.

Sally's off to South Africa

Sally Davies, Carers Development Worker, is taking a 6 month sabbatical from PAVS and is going to South Africa to do some voluntary work with a small organisation called Zisize, which operates in Ingwavuma, a remote area of KwaZuluNatal in South Africa. Zisize has always focused on the child and has set up a teachers resource centre, 2 Children's Centres, a children's feeding programme (feeding 600 children at weekends and during school holidays as they were only having food at school), a small orphanage and family sponsorship, to name but a few activities. This year Zisize is planning to set up a fostering project, which Sally is hoping to be involved in developing. For more information about Zisize have a look at their website on www.zisize.org.

Sally will be away from the end of June 2007 to the beginning of January 2008 and a replacement is currently being recruited. Sally is doing a number of fundraising events to raise money for Zisize – if you would like to find out more about them or you would like to make a donation, please contact Sally on 01437 771196.

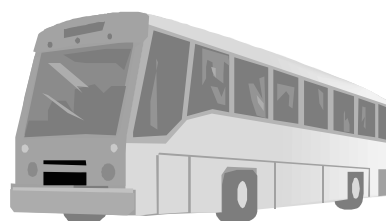
More funding for Holiday Breaks Project

This year the holiday breaks project has been allocated £8,200 further funding, £4,000 of which is for carers of people with mental health problems. Carers can apply for up to £200 towards the cost of a holiday, which can be taken either with or without the cared for person. The carer must live in Pembrokeshire and be caring for someone aged 16 or over. As there is a limited amount of funding, carers will usually be allocated funding every other year. If you would like to apply for a Holiday Break, please contact Louise Raine-Lower at PAVS on 01437 769422.

Help with Bus Pass Forms

If you want to apply for a concessionary bus pass and you need help, either with filling out the forms or with getting your photo taken, there is help at hand. A volunteer can come to your home and help you with what you need.

If you would like more information or you would like to arrange a visit please phone **0800 783 1584**.



Carers News

Fish-Knits®

at



Tŷ Coffi Janes 14 - 18 High Street, Fishguard

Pembrokeshire's first 'Knit Café' - So much more than just a yarn !!!

Come and join like minded knitters at the new 'Fish-Knits' group. Knitters are invited to come along and make items for **Paul Sartori Foundation** which can be sold through the charity to raise funds for the Hospice service provided. Knitters can bring their own yarn and knit for themselves or there will be some available at the venue.

Can't Knit - Want to Knit – come along there will be someone on hand to help. Or, just have a chat and enjoy some good company. All welcome!!

Every Wednesday morning starting 9th May 2007 10:30 am

Call Lorna on 01437 763223 for more information

Pembrokeshire Hospice at Home
Registered Charity No. 513079
Company registration 1660450



**Cars for Carers
Volunteer Project
Manager**



Cars 4 Carers Community Transport Service requires a Volunteer Project Manager to lead its established team of volunteers in a new development.

Training, full expenses and great back-up from our professional Development Team are all available for the right person.

This is an exciting opportunity to lead an enthusiastic team of volunteers who support unpaid Carers across Pembrokeshire.

The position may be particularly suitable for the newly retired or might offer valuable experience to those seeking local employment; employee volunteers from local businesses would also be welcome.

For further details, please contact Rachel Evans on 01239 623876

Day in the life... Richard Gau, Carer

Background Richard originates from London and moved to Haverfordwest 40 years ago when he was stationed in Brawdy. He has 2 children, 6 grandchildren and 1 great grandchild.

Who do you care for? Dawn, my wife of 12 years who has MS initially diagnosed in 1991. She has been a Type 1 diabetic from the age of 5.

What is your usual daily routine?...Dawn's diabetes means we have to follow a rigid regime of insulin injections, so that is one dictate we have to work around. I do all the household chores – I'm a house-husband if you like! Dawn has physio at the HOPE Therapy unit twice a week and since 1972 I've run a disabled swimming class at Haverfordwest pool on a Tuesday afternoon. Although Dawn can't walk she can swim. I'm involved in many committees and am chair to the Pembrokeshire branch of the MS Society. I'm also our neighbourhood watch representative.

What support do you have? Crossroads very kindly give us 3 hours respite care each week – they are excellent. We had a social services assessment and they took reams of information they wanted to know everything even the name of the cat, sadly now departed. But it means that on the few occasions we have had to cry for help, social services have provided it in an instant. One notable occasion was on New Years Day when I just couldn't get out of bed, I was eventually diagnosed with flu and was bed bound for 17 days, we phoned the duty district nurse and within 2 hours we had a whole package of care arranged and the care provided was excellent we couldn't fault it and I don't know how we would have managed without that safety net. Family, friends (all over the world) and neighbours are a good source of support for us.

What has been your worst experience? The ever present fear of not being able to cope as I get older and at 77 I have to wonder how much longer will I be here? And what will happen then? However, we both have a very positive outlook and we don't dwell on what we can't control. Generally Dawn's MS is managed very well but last week she fell twice and I just couldn't pick her up, eventually I managed it but it was frustrating. Fortunately, she has been ok since. Practically every day we witness someone who isn't as kind as they should be, people just don't think or put themselves in others shoes. However, the balance to that is for every thoughtless act there are 100 acts of kindness towards us. Practicalities are sometimes difficult as well, one time we were at the motorway services and Dawn needed to use the toilet, so I waited outside to help her get

out, but the entrance was by the entrance to the ladies toilets and I suffered a torrent of abuse from a woman who thought it was inappropriate for me to be there and she just wouldn't listen no matter how often I told her I was waiting for Dawn. In the end her mother came out and told her to let the matter drop but I was so angry, it took me a good 2 hours to calm down just because of the injustice of it all.

What has been most helpful? Dawn's attitude – she is so laid back. Family, friends and neighbours are great. Obviously I've already mentioned Crossroads and Social Services. We tend to use our own car as much as possible, we travel when and where we can, staying with friends in Holland, Denmark, Germany and Spain and they come and stay with us in return and even that is like a holiday for us because we have more hands around the house – though none of them will do the gardening!

What would you like to see changed to make it easier for carers? We can't speak for other carers but we are happy with our situation, we are quite independent by nature and prefer to sort ourselves out as much as possible, we are confident that help is there if and when we want it but we make every effort to cope without it and it works for us.

What advice would you offer other carers? Don't feel embarrassed about asking for help when you really need it. Try to be as independent as possible and lead as full a life as possible. Try not to let situations get on top of you, a good sense of humour helps – if you can laugh about your problems they don't seem so insurmountable. Don't let things get on top of you, do as much as you can to solve your problems but make sure you use the help that is available.



Day in the life... Jenny Bowen

Nurse Director, Pembrokeshire Local Health Board

Background... Jenny has worked in the Health Service for over 30 years but only commenced her nursing training at the age of 40. Originating from Gwent, Jenny moved to Pembrokeshire in 1995. She became Nurse Director for Community Services in Pembrokeshire in 2002, subsequently working for the LHB in 2005. In addition to her full-time role, she is an associated lecturer with the Open University for the K100 Health & Social Care Course. Education is Jenny's hobby, she has studied continuously for the last 20 years and is currently conducting a research project looking at patient care. This is part of a taught Doctorate in nursing science.

What is your role?I am an Executive Director of Pembrokeshire Local Health Board. My responsibilities cover Continuing Health Care, NHS Nursing Care, Individual Patient Commissioning, Protection of vulnerable adults, Clinical Governance, Palliative Care & National Service Framework – amongst other things!

Describe a typical working day?....My day usually consists of meetings, many of which I chair. Typical meetings are Executive Director meetings or meetings with the Trust, Social Care & Voluntary Sector. We use the meetings to plan or improve services. Today one of my meetings was in relation to Practice Nursing and District Nursing to discuss how services can be modernised to meet the needs of people with long term conditions. I also spend a lot of time preparing reports and reading and replying to emails!

What is the best part of your job?....The best part of my job is planning and implementing changes in partnership with others. As a nurse my goal is to improve patient care and I am privileged in this job to be able to influence others and to suggest new ways of delivering services. For example, the introduction of the Chronic Condition Managers into Pembrokeshire. I also played a part in the development of new facilities and services at South Pembs Hospital and Tenby's new Hospital. I find this very exciting.

How much of your time is spent working with carers issues?...I think of carers whenever I think of patient care. All nurses appreciate that carers play a vital role in helping people to recover from illness and also supporting patients to live at home, we would like a carer representative to attend all meetings that we have but it is sometimes difficult to achieve this. It is important that carers are able to influence decision making regarding services. For example Caroline Mason sits on the LHB as the carer representative and Sally Davies from PAVS attends our Palliative Care meeting.

What is the biggest problem you encounter? It is

difficult to find out how carers feel about services so that we can plan together how services for patients can be improved. Despite asking for volunteers to attend our meetings not many people came forward. We appreciate however, that it is difficult for carers to get some free time.

If there were no carers, what impact would this have on your organisation? Not only the Local Health Board but the whole of the Health & Social Care system would collapse if there were no carers. It is by no means underestimated the important role that carers take upon themselves and the financial cost that would be generated if carers roles had to be taken on by paid staff.

What sort of support do you offer carers?....The importance of carers is becoming more widely publicly acknowledged across Wales. The LHB will contribute to the implementation of a carers strategy and recognise the importance of caring for carers. We are happy that carers have now got a right to have a carers assessment. But realise that more services need to be available that are responsive to carers needs. We appreciate that many carers themselves may have illnesses and are therefore, planning to run a carers 'expert patient' programme later this year.

What changes would you like to see to benefit carers? More focus on improving the health and well-being of carers. It needs to be recognised that if carers are sick then there is often no-one to stand in for them in their caring role. Carers also need to be given more information and support so that they know where to access help. They should also be supported to gain employment and to have a meaningful life themselves. Support for young carers is vitally important and should be a priority.



If you ask me...

We asked David Brockway from Arts Care/ Gofal Celf Trustee/ Haverfordwest Mencap to answer ten questions and below are his interesting responses.

1. If you were the Prime Minister for the day, what one thing would you change to make life easier for carers?

If I were prime minister for the day I would make March 1st a Bank Holiday for Wales. (Just look at Ireland & other EEC countries). Charity starts at home!

2. Who or what has been the most influence in your life?

My mother who died 2 years ago at 90. A lifelong socialist & county councillor. She could veer from over critical to over generous; she advised, go in for 'food' and you're never out of work.

3. What was the last book you read? Did you enjoy it? If so/not why?

Clarts & Calamities - the Diary of a Peasant Farmer. A 'dippable' funny saga and brought back memories of covering West Wales as a Dairy Farm Adviser for the Milk Marketing Board. I do like autobiographies & obituary columns - life's ups and downs.

4. If you could ban one thing, what would it be?

Those who don't realise their sell-by-date is past! ie councillors over 70 must stand down & give up their expenses. No-one is irreplaceable!

5. Which fictional character do you admire?

Poirot in Agatha Christie TV series or Inspector Morse (and his Jaguar car)

6. If you won the lottery how would it change your life?

I'd invest in secure stock market funds to produce year on year wealth. It would send me home with a smile on my face, since the trust would direct funding to alleviate world hardship, as in the Red Nose case studies.

7. What is society's worst fault?

Intolerance - in others beliefs, values and customs.

8. What makes you angry?

Not much? Big things one can't alter anyway - BUT small things like design & inaccessible car nuts & leaks/plumbing joints!

9. What makes you happy?

The seasons & movement - swallows zooming into our garage once again - on a long reach, a warm steady wind on my junk rig yacht - seeing & hearing a straight 8 Buggatti at Prescott Hill climb - Jazz Band, good company & mellow wine.

10. Which one word would your friends use to describe you to a stranger?

Amiable/tolerant.

Many thanks to David for his help. If you would like to answer similar questions for the next issue, please contact Sally.

Young Carers

Pembrokeshire Young Carers

Recently a group of Young Carers had an enjoyable day at Sealyham Activity Centre, despite the rain. It was great fun and all look forward to our next visit.

In association with Nicole Van Schie both Young Carers staff gave presentations at a teachers INSET day held in Neyland. It was found to be very useful and they have been asked to repeat it at a future date.

The Easter party was held at Albany Hall. Activities included card making and egg painting and ended with an enjoyable meal and presentation of Easter eggs to each of the young carers.

We are all looking forward to Bongo Clive who will be attending Young Carers Club on 27 April.

For more news of forthcoming events please ring Mandy or Alison on (01437) 779188

Young Carers Forum News

The Young Carers Forum Activity Day on 16 February at The Leisure Centre, Milford Haven was a great success. Thanks to all of you who came along, joined in the activities and gave us your views.

The next activity day is on 2nd June at the Leisure Centre, Milford Haven. Activities will be art, swimming, karate and website design. Invitations will be sent out during April/May and the closing date for bookings will be 18th May.

If you would like to book a place now - just phone Mel Richards on 01437 776534.

Future plans

- August/September - Day out
- October/November - Design a Christmas Card Competition

The winning card will be used by Pembrokeshire County Council Social Care and Housing as their 2007 cards.

- End November/early December - Activity Day/ Christmas Party

We still need to confirm dates and venues. If you have not been able to come to the previous days, we hope you will be able to come to future events and we look forward to meeting you.



Nadine Farmer
Gennex
01437 769422

Mel Richards
Pembrokeshire County Council
01437 776534



Carers Support Groups

News from NCH

As part of my role as Keyworker I have set up a parent support group for parents and carers of disabled children and children with additional needs. We have now had 3 meetings. They are very well attended and all the parents have a great deal to discuss. The meetings are a time to talk to other parents, make new friends and just share some time together. We are also hoping to have some professionals come in to talk and answer questions. If you want more information about the group please contact Kate Davies 01437 764569

Delyth Thomas (Keyworker) and Michelle Rowley (Student social worker) are setting up a parent and baby group in Haverfordwest. The group is for parents of babies 0-2 years who have additional needs. The first meeting was held in April in the child health department in Withybush. We are hoping that they will run every month. The aim of the group is for parents to be able to chat with others, relax and meet in a safe, child-friendly environment. For more information please contact Delyth or Michelle on 01437 764569



UBIQUITOUS PEMBROKESHIRE CARERS

Tel. 01437 769701



This newly formed Group, started December 2005, is growing steadily, there are now 30 signed up members, plus a circulation list of many more.

Our most recent outing was to Scolton Manor on Tuesday 25th April, meeting at 11am. We were given a conducted tour of the house, led by Dai Williams a very competent, knowledgeable presenter. Lunch followed in the Scolton restaurant, managed by Tydfil Morgan. We had two very tasty courses plus tea or coffee. Afterwards those that wished walked round the museum of Pembrokeshire History (very interesting), or took a stroll round part of the estate. 18 members attended and all said that it was a very pleasant and satisfying day.

Current events already organised, include :-

1. Pamper day at Pembrokeshire College, for ten people, followed by lunch.
2. A day out at Wildfowl & Wetlands Centre, Llwynhendy, Llanelli,-----Possibly Tuesday 25th May, to be discussed. N.B. **All Carers Welcome**
3. We have been invited to join our counterparts from Red Cross Cardigan, at the Felinwynt Rainforest Centre, on 11th July, starting at 10-30am. This is a notable Butterfly Conservancy, also other tropical rainforest exhibits and well worth the visit. There will be lunch provided, so come and join us. These are the people who joined us on some of our Coast Path walks last year led by Sally Bates, British Red Cross, Cardigan **Again all carers Welcome.**
4. Future visits to Coast Path & any Stately homes or gardens in the County are already in the pipeline, for further discussion at our regular meetings.

For more information contact Dave Watkin, on the above number
Monthly meetings on the second Tuesday of every month at 1 - 3pm

at the Oak Inn, St Thomas Green, Haverfordwest

CARING FOR CARERS ALL WELCOME

Poetry Corner



Reflections on Caring

Whether husband or mother, sister or wife
Being a carer will alter one's life,
No longer the chance to go out with a friend...
There's less time to spare - less money to spend.

Once I was able to sleep the night through
But now I just cat nap, listening for you,
Jumping up in a flash the moment you call
And on really bad nights, getting no sleep at all.

My lifestyle has changed to be able to care;
A small price to pay for having you there,
Keeping well is important and respite's a must
To carry on caring, and not bite the dust.

Alone, I must lift you ... risk hurting my spine
At such times as these, extra help would be fine.
Some days I'm frustrated, I'm tired and shattered
My body is weak and my confidence battered.

A week in the sun would refresh me no doubt
But I know you get anxious when I'm not about
I long for more help in a practical way
I'm appalled at the miserly rate of CA.

But now caring has ended
Too much time to spare
And life is so empty, not having you there
With me close beside you to give you my care.

Ann Berry

The next 2 poems were sent
in to me by Hywel Davies –
Thanks Hywel!

Nervous Breakdown

A stranger asked me how I am
And I replied in vain:
'I do not know, sir, how I am.
My heart is one of pain'.

A stranger asked me who I am
And I replied in dust:
'I do not know, sir, who I am.
My mind: neglected rust'.

A stranger asked me when I am
And I replied in black:
'I do not know, sir, when I am
For voices me attack'.

A stranger asked me where I am
And I replied in doubt:
'I do not know, sir, where I am
For I am inside out'.

A stranger asked me what I am
And I replied at night:
'I do not know, sir, what I am
For I have lost my sight'.

A stranger asked me if I am
And emptiness replied:
'I do not know, sir, if I am.
My flesh and blood are hide'.

A stranger asked me why I am
And I replied in word:
'I only know, sir, why I am.
I am a crippled bird'.

Hang in There

Sometimes there are bad days
when life becomes a fight,
And all that you can do
is to hang on in there tight.

They say it builds your character
when your world gets rough,
But you didn't need to build yours
you have character enough.

Remember dawn comes after darkness
and the fiercest storms don't last,
In the future this hard present
will become a distant past.

So here's a simple message
I hope that you will heed it,
I'm always here to help you
if you ever need it.

Quotes of the Quarter

Mother Theresa's quotes

'We can do no great things, only small things with great love.'

'One of the greatest diseases is to be nobody to anybody'
'Love begins by taking care of the closest ones - the ones at home.'

If you spot any good quotes or you have a favourite quote, please send it in to sally.davies@pavs.org.uk

Benefits and Grants

Support from Macmillan

Macmillan Cancer Support improves the lives of people affected by cancer. They provide practical, medical, emotional and financial support and push for better cancer care.

They provide financial support in 2 ways:

- Macmillan Grants
- Macmillan Benefits Helpline

Macmillan Grants

These are one-off payments for adults, young people or children with cancer to cover a wide range of practical needs. This includes things such as additional heating bills, extra clothing, or a much needed break.

Every week over 400 people receive a Macmillan Grant. If you have any questions about the grants or would like further information, please contact the CancerLine on freephone 0808 808 2020 or e-mail cancerline@macmillan.org.uk

Macmillan Benefits Helpline

The Macmillan Benefits Helpline is a telephone advice service for people with cancer, their family and carers who need help to access benefits and other kinds of financial support. Calls are answered by experienced benefits advisers who understand the effects of cancer and its treatments.

All you need to do is call the freephone number on 0808 801 0304

As one carer said of the service 'There is no way we could have claimed benefits without your help and support'

New Jobcentre Plus Benefits Delivery Centre

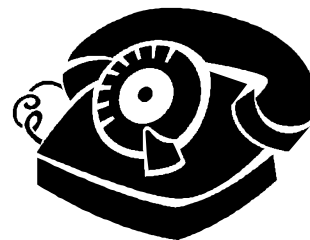
Jobcentre Plus is changing the way that they process claims to benefit. By April 2008 there will be 77 Benefits Delivery Centres nationally. By bringing together the delivery of benefits in larger centres, they will provide customers with more convenient access to benefit services, and allow the Jobcentre Plus offices to focus on helping people back into work.

With the introduction of a new Benefits Delivery Centre, customers will be able to resolve most of their benefit enquiries in one telephone call to a team of specially trained staff.

From 23rd March the Benefits Delivery Centre at Llanelli will become fully operational. From this date all benefit enquiries should be referred to:

Mr Simon Bartlett
Benefits Delivery Centre Manager
PO Box 132
Llanelli
SA1 3AL

Telephone 0845 608 8554 if you have a question about your benefit claim



How Other Benefits Affect Carer's Allowance (CA)?

CA (£48.64 per week from April 2007) cannot be paid while you are receiving the same amount or more from the following benefits:

- State pension
- Maternity allowance
- Incapacity benefit
- Unemployability supplement
- Contribution-based jobseeker's allowance
- Widows' benefits and bereavement benefits
- State training allowance

But, if the amount you receive is less than CA then that benefit is topped up to the value of CA.

If your partner receives a dependency addition for you with one of these benefits, the addition cannot be

paid if you get the same amount or more from CA. If CA is less than the addition, you receive CA and your partner gets the difference between CA and the standard rate of the dependency addition.

If the person you look after gets the Severe Disability Premium included in the calculation of a means-tested benefit e.g. Income Support, this will stop once you get CA. If you cannot be paid CA because of the overlapping benefit rules, the person you care for will not lose the Severe Disability Premium – even if you get a Carer Premium.

Carer's Allowance and Income Support
You may be entitled to both CA and Income Support. Because Income Support is means tested, it is

(Continued on page 16)

(Continued from page 15)

reduced by the amount you receive in CA. If you are paid CA, the person you care for is excluded from the Severe Disability Premium, but only once CA is actually awarded; arrears of CA do not affect entitlement to the Premium.

Carer's Allowance and State Pension
CA normally stops when someone starts to get a State Pension; but, if your State Pension is less than CA, State Pension is paid and topped up to the level of CA. If all that prevents payment of CA is your State Pension, a Carer Addition (£27.15) is included in the calculation of your Pension Credit, and a Carer Premium is included in the calculation of Housing Benefit and Council Tax Benefit.

Why claim Carer's Allowance even if it overlaps with another benefit?

If you are entitled to CA, even if it can't be paid because of other benefits, you might get:

- A Carer Premium included in your Income Support, income-based Jobseekers Allowance, Housing Benefit, Council Tax Benefit or NHS benefits. An addition equivalent to the Carer Premium can be included in the calculation of Pension Credit.
- National Insurance contribution credits.
- Help to qualify for Additional State Pension.
- A £10 Christmas bonus.
- Help towards satisfying the National Insurance contribution conditions for Incapacity Benefit and Job Seekers Allowance.

(Source: Disability Alliance)

For further information please contact David Gregory, The Princess Royal Trust for Carers on 01437 767762

Volunteering

Pembrokeshire Volunteer Award of Recognition 2007

Do you know someone who gives their time and commitment to volunteering in Pembrokeshire? Do you know someone who has changed their life through volunteering?

PAVS is launching a new award scheme to recognise and celebrate the real difference volunteers make to communities in Pembrokeshire and to themselves. If you know a volunteer who has carried out exceptional work in their community which has made a real difference to others or themselves, then why not nominate them for this prestigious award?

Categories

There are 3 categories for nominations:

1. Youth Volunteering Award (Under 25)
2. Volunteering Award (Over 25)
1. The Mary Sigley Award - where volunteering has made a huge difference to the life of a volunteer



Winners of the awards will be contacted by PAVS and invited to attend an Award Ceremony during Volunteers Week, June 1st – 8th 2007. The closing date for entry of nominations is extended to May 21st 2007.

For more information and an application form contact PAVS Volunteering Pembrokeshire on 01437 769422.

Volunteers Week - First Week of June!

PAVS Volunteering Pembrokeshire is organising a programme of events and activities to celebrate Volunteers Week in Pembrokeshire. If you would like to find out more or be part of the planning of these events, please contact PAVS Volunteering Pembrokeshire on 01437 769422.

Volunteers Week Events Calendar

Monday June 4th - Exhibition on Castle Square, Haverfordwest

Tuesday June 5th - Exhibition Stand at Withybush Hospital

Wednesday June 6th - Volunteering Conference - 'Celebrating Youth Volunteering', Picton Centre

Thursday June 7th - Information Bus touring the county - morning session North Pembs, afternoon session - South Pembs

Friday June 8th - Exhibition Stand at Farmers Market, Haverfordwest Riverside



Volunteering

Latest Volunteering Opportunities

PEMBROKESHIRE PATIENTS COUNCIL
Volunteer Council Representative

PEMBROKESHIRE LEA - COMMUNITY FOCUSED SCHOOLS
Volunteer Cook It Provider / Support Mentor

THE PHOENIX WELL BEING SOCIETY
Volunteer Care Assistant

WRVS
Volunteer Tea Bar Helper

VICTIM SUPPORT
Volunteer

DAN Y LANDSKER
Volunteer Editorial Role

MENCAP GATEWAY CLUB
Volunteer Helper in Tenby

AGE CONCERN PEMBROKESHIRE
Carer's Support Volunteer

PEMBROKESHIRE COUNTY COUNCIL -
LEARNING DISABILITIES TEAM
Volunteer Education Supporters

For more information on any of the volunteering opportunities above contact PAVS on 01437 769422

Volunteers Week Conference

PAVS Volunteering Pembrokeshire and Pembrokeshire Volunteer Organisers Network cordially invites all Volunteer Managers and their Volunteers to the Volunteering and Young People Conference on June 6th 07 at the Picton Centre, Haverfordwest, 10am – 4pm. Come and find out how young volunteers can contribute to and enhance your organisation at this free event. For more information and to book a place call PAVS on 01437 769422.

Employment

I was deeply moved by Helen's story "A Working Carers Experience" in the 18th February edition. Her life sounds just as hectic as ours. Like Helen, my husband and I have great difficulty in seeing ourselves in the role of Carer. After all we chose to have children!

When our daughter, Gwen, was born in 1998 with Down's Syndrome and a heart defect I experienced so many different emotions – happiness, sadness, bitterness, guilt, grief, but we were very positive and just got on with life. We also had 2 other daughters to look after so there was not much time to think.

In the early years there were hospital appointments, home visits, followed by open heart surgery, wound care and physiotherapy. In the later years there was the statementing process, speech therapy, audiology, optometry, annual reviews, developmental checks and DLA application. Looking back I wonder how we fitted it all in and ask myself did our other 2 daughters get the attention they deserved at that time. Gwen is now 8 years old and attends a local mainstream school and is doing very well but as she gets older we have issues surrounding siblings, friendships, and emotions. Another hurdle!

I work 30 hours a week. My husband works full time. Like Helen, we manage to juggle our working hours to suit the needs of the family. We are fortunate to have family and friends who help out and recently we have a Barnardos Link Worker who cares for Gwen for 2 Hours a week. It is not always easy to participate in Carers Days, Forums, Support Groups or Training Days due to work commitments and the need for child care. I wish I could but I feel that annual leave and weekends has always been precious time to be spent with the family.

Reading Helen's article gave me the opportunity to reflect on my own life. She made me realize that it is OK to feel stressed, frustrated and challenged but more than that she made me feel proud that I am coping too!

I am lucky to have a job which brings self worth and helps to pay the mortgage but I am even luckier to have my family which brings self-worth, love and happiness.

I am ready for the next hurdle! Thanks Helen.

Employment

New workplace rights for 2.6 million carers

On Friday 6 April, new legislation came into force that gives employees who care, unpaid, for adults who are chronically ill, disabled or frail the statutory right to request flexible working – described by Carers UK Chief Executive, Imelda Redmond, as “another milestone in our campaign to secure a better deal for carers and a step forward for everyone in promoting a modern, flexible and multi-skilled workforce.”

Carers UK estimates that around 2.6 million carers in the UK are likely to gain new rights under this legislation. Three in five people will become carers at some stage in their lives. Work is important for well-being, income and to avoid social exclusion.

Carers in employment have very individual support needs to continue working – and the evidence shows that a supportive employer can make all the difference between giving up work and staying in employment. Simple measures like access to a telephone or flexible arrangements during a period of intense care can make all the difference.

Carers UK has produced a new, free, essential booklet for carers called ‘The employees guide to work and caring’ – vital for anyone trying to juggle work and caring for a disabled adult, relative or friend.

Information is provided in an easy question and answer format and includes:

- a carer’s legal rights
- the kind of changes carers can make to their work pattern
- how to request flexible working
- in-work benefits as well as what is available if you give up work
- an application form to apply for flexible working

Alan Firmin, who is Chair of the Carers Network at British Gas and has a son with Down’s Syndrome, said:

“As a carer for my son who is now 18 years old, I know first hand how important it is to have flexibility in the workplace and to have an understanding employer. Without a doubt I would have found it much harder to continue to work for British Gas, particularly in the early years of my son’s life when we were attending the hospital on a regular basis. The carer’s policy within British Gas provided me with the lifeline that I needed to give my son the support he required, whilst maintaining my effectiveness at work. I have been able to maintain my role within the organisation and balance my carer responsibilities, so that both are achieved and neither suffers.”

As well as preparing carers for the new legislation, Carers UK has produced a booklet for businesses called ‘Caring for carers: the business case’, in close co-operation with the Department for Trade and Industry, British Gas, the British Chambers of Commerce, ACAS and Action for Carers and Employment (ACE). The booklet for businesses provides all the information employers will need in an easy-to-access way.

A new online self-assessment tool called ‘Are you ready for the Act?’ has been developed by Carers UK to enable businesses to measure their understanding of and preparedness for the new flexible working rules.

Carers UK has also set up a consultancy service for employers, providing in-depth advice on complying with the new law and demonstrating best practice in flexible working.

“Each year over two million people become carers – some overnight; some more gradually - so each day sees a new population of carers in the workforce”, continues Imelda Redmond, Chief Executive of Carers UK. *“Many businesses are already seeing the benefits of flexible work patterns for their employees in greater staff retention, higher skill levels and cost-efficiencies. Good flexible working arrangements need planning but they need not be difficult. The new rights to flexible working are a win-win opportunity for businesses and carers.”*

For free copies of the booklet, ‘The employees guide to work and caring’, call 0845 241 0963 or email publications@carersuk.org.

The quick and simple-to-follow online self-assessment tool for employers is available from www.carersuk.org/Employersforcarers/AssessmentToolforbusiness.



Training

Some courses you might be interested in...

Summer Courses from PAVS- Your “at a glance guide” to what’s happening!

Course Name	Venue	Date and Time
Train the Trainer	PAVS, Haverfordwest	Friday 8, 15 & 22 June 10.00am-4.00pm
Introduction to Listening Advice and Signposting	Bloomfield Centre, Narberth	Tuesday 12 June 10.00am-4.00pm
Who’s Responsible? – what every Trustee needs to know	PAVS, Haverfordwest	Monday 25 June 10.00am-2.00pm
Facilitation Skills	To be confirmed	Thursday 5 July 10.00am-4.00pm
Getting Ready for...Writing Funding Applications	PAVS, Haverfordwest	Thursday 12 July 10.00am-4.00pm

For more information or to book please contact Louise at PAVS 01437 769422 training@pavs.org.uk

FREE Courses for Carers

The **Social Care Workforce Development Partnership** offers **FREE** places for the voluntary sector and unpaid carers on a wide range of training courses. All courses take place in The E-Commerce Centre, Cleddau Reach, Pembroke Dock and include:

Bereavement and Loss

23rd May 2007 9.30am-4.30pm

Dementia Training

7th June 2007 9.30am-4.30pm

Parkinson’s Disease

28th June 2007 9.30am-4.30pm

Diabetes

19th July 2007 9.30am-4.30pm

Challenging Behaviour

24th October 2007 9.30am-4.30pm

This is just a small selection of the many courses that are available through the Social Care Workforce Development Partnership. If you are interested in one of the above topics, but you would prefer

FREE Community Courses

The PET (Pembrokeshire Education and Training) Project offers free introductory courses at community venues across the County for anyone over 16 not in full-time work. Courses are FREE with additional support available for childcare, eldercare, travel and other things needed to complete the course. Courses this term include Sugar Craft, Word Processing, Introduction to Counselling, Ceramics, Desktop Publishing and many more

Requests for courses are invited from voluntary and community groups and should be addressed to Janet Davies by email on jm.davies@pembrokeshire.ac.uk or by calling 01437 753139. Visit www.pembrokeshire.ac.uk/community for more details.

Carers Handbook

Do you have a copy of the latest Carers Handbook?

It contains lots of useful information on areas such as benefits, Carers and Work, Housing, Young Carers and has a really good information section at the back of the book.

You'll be able to find out about all the carers support groups in your area, as well as all the support organisations such as Carers Outreach, Crossroads, Age Concern Pembrokeshire, Alzheimers Society, Barnardos, NCH Children's Centre to name but a few.

If you would like to get a free copy of the handbook, you just need to phone the Contact Centre at Pembrokeshire County Council on 01437 764551

Let us know...



Please feel free to copy and distribute this publication as required.

If you would like to receive your own copy of the Carers Supplement, please complete the details below. Please also tell us your views and comments, as well as any ideas you may have for the newsletter. This newsletter is also available on our website at: www.pavs.org.uk/carers

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