

# Carers' Gazette

News and Views from around Pembrokeshire  
Issue 32 - September 2010



Carers Day, 17<sup>th</sup> June 2010 at Haverfordwest

## "A LIFE OF MY OWN"

Forty-seven carers and 23 other professionals booked a place in advance of the carers day on the 17<sup>th</sup> June 2010 at the Rugby Football Club in Haverfordwest. It was a busy event with lots of people meeting and catching up with one another.

Nicole van Schie welcomed everybody, announced the programme for the day. After the introduction Noel Evans talked about his caring role, caring for his Mum. Some people were much moved and it helped carers to know they are not alone in this, even though it sometimes feels like that. A carer said: *"It was a wonderful day, knowing that as one is struggling there are people out there in the same position."*

Sheila Morris was unable to attend the day, but she had written her story down for Nicole to read out the account of her life as a carer. Sheila emphasised to realise that although it is hard to admit, there comes a time when the person you care for might be better off being cared for in a home. She also said it is important to go out to support groups and meet with other carers, to look after yourself. A carer: *"I thought the carer's presentations 'A life of my own' were very well presented and moving."*



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If you would like to receive more regular news via e-mail please let me know by email: [Nicole.vanschie@pavs.org.uk](mailto:Nicole.vanschie@pavs.org.uk).

Newsletters are also available electronically on [www.pavs.uk/carers](http://www.pavs.uk/carers)

We would like to hear from you if you wish any carers' issues to be included in the Carers' Gazette or if you have any ideas for improvement. Please send your comments to the address below.

**The next deadline for articles is 27<sup>th</sup> October 2010.**

Send articles with your pictures to:

**Carers Gazette  
PAVS  
Freepost SWC4881  
36-38 High Street  
Haverfordwest  
Pembrokeshire  
SA61 2ZZ**



## Carers Day continued.

Sophie Thomas from Paul Sartori talked about the importance of "Advance Care Planning", in the past also called 'living will'. Advance Care Planning helps to plan for the future and think about what kind of medical care you wish to receive in later life, to keep control over the care and support you need. The last presentation of the morning was given by Nicole about the Welsh Assembly's Carers Measure of which an update by Lyn Hambidge is published on page 14. A carer said: *"Informative, enjoyable and worthwhile day, will recommend to other carers to attend if they can."*

This year carers had their therapy taster sessions before lunch and they had the opportunity to meet and talk with people from Snowdrop Care and Mobility and at the information stands of 16 organisations who provide support and services for carers. The 'Secret Service Film' of Ceredigion Carers was shown during this time. A carer: *"It was the first time I had attended such an event and thought it wonderful to have so much information all together in one place."*

In the afternoon Councillor Sian James, Cabinet Member and Carers Champion, Jon Skone, Director of Social Services and Hywel Dda Health Board County Director, Angela Watwood, Head of Community and Primary Care



And Lyn Hambidge, Head of Housing Commissioning and Carers Strategy Lead joined for the Carers Forum Carousel. The five forum groups were visited in turn by those four people to discuss their questions. The rooms were buzzing and the overall feedback showed that "there wasn't enough time". A carer: *"I was disappointed that the total amount of time for the discussion forums was so short!!"*

Councillor Sian James and Jon Skone County Director

## Carers Forum with Sian James, Carers Champion

Sian James told the forum that as the Carers Champion she works on the Carers Strategy by being a member of the Carers Strategy Implementation Group. This group is informed by the Carers Forum. She works with Maggie Titterton from Carers Wales, meets with Gwenda Thomas, deputy minister of the Welsh Assembly and is part of the Carers Champions Network set up by Carers Wales.



Sian is also involved in the review of Carers Funding and assures carers that this review would address issues such as the closing of Pembrokeshire Carers Outreach and the Young Carers Project. She also visits carers groups and organisations. If there are problems with the request for a carer's assessment Sian advised carers to ask for her. She recommends that carers make use of carer's assessments. Carer's assessment staff members are now placed in community care and childcare teams, a further person is to be appointed to consider the strategic aspects of carers provision. She hopes these staff will be proactive in identifying carers who are having problems.

As the cabinet member Sian James has a strategic role with the Health, Social Care and Wellbeing Strategy and is the chair of this board.

On the practical side Sian finds out what difficulties people have and looks at making things run smoothly. Through her involvement with the carer's grant she has been instrumental in distributing money to voluntary groups such as Crossroads, Age Concern, Pembrokeshire Mind, Hafal, the Alzheimer's Society etc. with a commitment to fund up to March 2011.

### What you told us

- Carer Jill Hewinson:

Just wanted to say a big thanks for organising Carers Day and for the excellent lunch provided. It was the first time I had attended such an event and thought it wonderful to have so much information all together in one place.

I found the talk given by the lady from Paul Sartori very interesting and I would like to thank Sharon from Cross Roads, who was with our group, for all her help and for keeping us under control! Thanks also to the therapists, the lady organising the therapies and to the representatives of the different organisations who were present there.

Finally, thanks to the Heads of Services who, I hope, will take our concerns on board when they have difficult decisions to make in the days ahead. Thanks again for a wonderful informative day.

- From Cynthia Fells, Carer:

Yesterday I attended the manual handling course. It was very worthwhile & the trainers were excellent & approachable. Unfortunately I was the only one --it seems such a shame when so many people would benefit from it & perhaps save their backs from damage.

- Manual Handling trainer: "During the unpaid carers training we were able to get an insight into some of the difficult situations many carers deal with on a daily basis. Thus the unpaid carer training was a learning environment for us as trainers and for them as carers."

- Tracey Price from Pembrokeshire Mind: carers can join the COAST project providing they have a disability, work limiting condition or are economically inactive. For more details about the project contact COAST at 01437 768317.



## Daily life of Harry Martin, Sibling Carer.

### Who do you care for?

Harry doesn't see himself as a carer, but he has to be very patient with his brother. Jamie needs a lot of space, peace and quiet; he can get very angry.

Jamie needs his routine and can be very anxious, pacing up and down and biting his hands. He also has behaviour problems. Jamie was mute for two years but is now much better at Portfield School and has learned to read and write in the past year, at 11 years old.

### What do you like doing?

Harry likes making friends and going out on his bike. He has three friends in the village he regularly plays with either outside or in the house. Harry has also lots of friends at the Sibling Group and goes to the monthly group activity. This year they had two outings which included a sleep over, one went to the Monkey World and the other to Alton Towers. They have also been to Oakwood this year. Harry likes to get away from the family.

### What support do you have?

It is stressful at home; when Jamie flips he really does flip. He hits Harry, once he threw a cushion at Harry who threw it back at him, which made it very much worse: "he screams shouts and swears at me. I am afraid when he screams." Harry used to share the bedroom with Jamie, but now has his own bedroom. His Mum has to be around with Harry always to support him and keep him safe, he cannot be left alone with Jamie.

### What has been your worst experience?

"Once he swung me around on a rope around my legs and thought nothing of it." Jamie doesn't allow Harry to walk on certain parts of the carpet and he wipes everything down that Harry has touched.

### What has been most helpful?

"It is helpful if I don't wind Jamie up, he gets angry when I wind him up, for example if I call him a dog face, touch his hair or make silly noises. I feel like winding him up, because Jamie is not nice to me."

Harry doesn't get to watch the programmes on TV that he likes, Jamie wouldn't let him.

His Mum: "When Harry's friends come round we are a bit afraid that Jamie might use bad language, as he does. His friends know about Jamie, so when they come they go out on their bikes or play in Harry's bedroom". Jamie won't go in Harry's bedroom.

### What would you like to see changed to make life easier?

"To make life easier for me, to get round Jamie and stuff I wish Jamie would be less fussy and have less problems around germs. It also helps having a break, Jamie goes to Holly house once a week"



### Background:

Harry is a good looking, blond haired boy of 8 years old. He and his older brother Daniel (16) are both sibling carers of Jamie of 11 years old, who was first at the Autism Unit of Pembroke Dock Community School and is now at Portfield School. Mum is the main carer.

Harry became a member of Pembrokeshire Sibling Group just over a year ago when he turned seven, his brother Daniel has been a member for six years.

Mum says: "Harry had some tough times right from when he was a baby, he couldn't be put down with Jamie around. Jamie has kicked doors in, switched off the Wii, run at Harry and hits him etc. When Jamie sees red, there is no stopping him. The summer holidays are the worst"

**What advice would you offer other carers?**

Be patient with your brother or sister who needs care.

Go to the Siblings group (telephone 07792580341) where you will get to meet new friends and you can go on sleepovers and trips.

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**Alzheimer's Society  
in Pembrokeshire  
Supporting people with  
dementia, their families and carers**

**Carew Castle  
Sunday 12th September 2010  
from 10.30am**

**Perhaps you know someone with dementia and you would like to take part and raise money for the Alzheimer's Society.**

**Please contact us to register and get a sponsorship form.**

**Closing date Wednesday 1st September**

**Alzheimer's Society (Pembrokeshire)  
Suite 18 Cedar Court  
Haven's Head Business Park  
Milford Haven: 01646 692329  
pembrokeshire@alzheimers.org.uk**

**The Alzheimer's Society are very grateful to the Pembrokeshire Coast National Parks Authority for their assistance in organising this Memory Walk 2010**



The National Autistic Society *help* programme, which runs for 3 sessions, is for parents/carers of children aged between 3 and 14 years and who have received a diagnosis of an autism spectrum disorder (ASD) within the last 24 months.

The programme sessions cover:

- What are autism spectrum disorders – a brief overview
- Top tips for communication and interaction
- Practical strategies for education and educational rights/law
- Accessing support services
- Approaching behaviour difficulties

**Dates of sessions:**

Thursday Sept 9th 2010 9.45am - 2.45pm

Thursday Sept 16th 2010 9.45am - 2.45pm

Thursday Sept 23rd 2010 9.45am - 2.45pm

**Venue: Balcony Room, The Queens Hall, High Street, Narberth SA67 7AS**

To book a place on this programme please complete & return the *help!* application form.

Two members per family may attend (or one family member and a friend).

Places will be allocated on a first come, first served basis.

For any questions or to obtain an application form please contact:

David Protheroe 01792 325298 [david.protheroe@nas.org.uk](mailto:david.protheroe@nas.org.uk)



THE IRISH SOCIETY FOR AUTISM

**Autism Cymru is hosting a free autism training event in Pembrokeshire on 20<sup>th</sup> September 2010 at Nant-y-Ffin Hotel, Clunderwen, (6pm to 8pm).**

Autism Cymru and the Irish Society for Autism would like to invite you to an awareness raising evening. This free event will give you an opportunity to enhance your understanding about Autistic Spectrum Disorder and hear first-hand from an inspirational young man\* who has Asperger's Syndrome. This event is suitable for anyone who has an interest in ASDs in the Pembrokeshire area. (Light Refreshments will be provided)

**If you would like to attend this unique opportunity, please contact Jennie Thomas on 02920 463263 or email [jennie@autismcymru.org](mailto:jennie@autismcymru.org)**

\*Dean Beadle delivers keynote, motivational and after-dinner speeches at conferences, meetings and training events all over the UK. He speaks about his experiences with Asperger's Syndrome; discussing how he developed from a child considered a "monster" to an A-Grade student. Dean encourages his audiences to see the condition in a much more positive light, through his humorous and poignant anecdotes.

Lynn Plimley has worked with children with Special Educational Needs. In all but the first 2 years, this has included children with ASDs. Lynn co-ordinates the three national ASD Forums for teachers working in primary, secondary and MLD/SLD schools in Wales. Lynn works full time for Autism Cymru as Head of research and Partnerships and is the Manager of the Deis Cyfle project.

A free, professional, non-residential, day treatment service for people with drug or alcohol, or eating disorders, and for anybody affected by someone else's using.

For every individual suffering from and struggling with addiction, there are on average six other people that will be affected. The degree to which others will be affected is in direct proportion to the quality of the relationship with the addicted person and the emotional investment in them. In other words, the more we care or the more we feel attached to the addict, the greater the impact their behaviour will have on us. This being the case, not only do those people with an addictive illness need help, so also might those people close to them. The people we could include here are in particular family members. But also a significant impact can be felt by friends, work colleagues, professional people working in the field of addiction and people that are, or have been, in intimate relationships with addicts.

In this context the word "addict" is used to cover a wide range of ways in which addiction is expressed. The more obvious manifestations are alcoholism and drug addiction (both illegal and prescribed), but we can also consider eating disorders, gambling, workaholics and co-dependency. Although the "drug of choice" may be different, much of the behaviour, attitude and thinking behind it are similar, as is the impact on everyone.

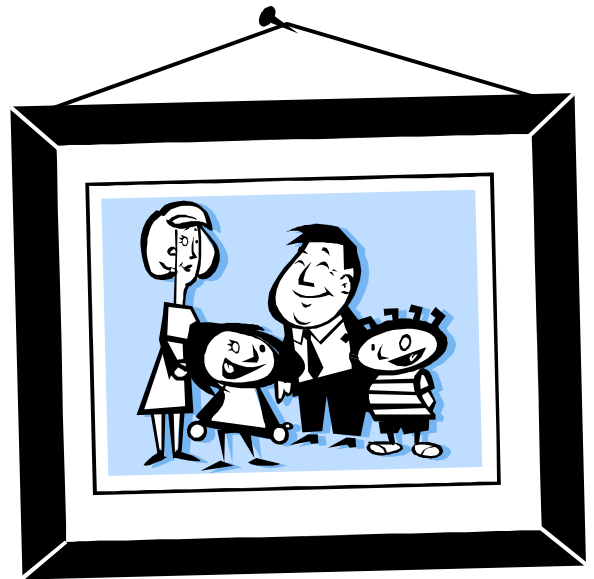


Over time and as a result of constant exposure to the addict and their behaviour, family members themselves begin to develop attitudes and behaviours that are unhealthy, with signs and symptoms of what we might call a "family illness" developing. This illness has physical, emotional, mental and spiritual aspects. Physical symptoms might include injuries due to accidents or acts of violence or mishaps as a result of being preoccupied with the addict. Mental health can be put under some strain as a consequence of the wearing away of the capacity to cope and the feeling of hopelessness and helplessness. Emotional well-being is also

stretched to the limits by this illness, leaving sufferers angry, tearful, guilty, ashamed, confused and exhausted. Spiritually, the illness can leave isolated and lonely due mainly to the gradual eroding away at communications and levels of self worth that are important for quality relationships. Dynamics of the relationships within the family become distorted with increased tensions and stresses impacting on all members to the point where the family unit either struggles and becomes dysfunctional or disintegrates. Either way, the severity of the experience can be traumatic and influence the relationships with people outside the family unit as well as those within. Repeating problems in relationships may emerge which makes it difficult to develop and sustain healthy and respectful connections with other people, and low self worth can make it difficult to develop a quality relationship with "self".

**The family programme** is an attempt at beginning to unravel some of this and to help participants to develop healthier and more fruitful ways of living. The programme is not about trying to find ways of controlling the addict. However, what participants often learn is that although we cannot change other people, if we make changes ourselves, others will feel the need to change themselves.

Through being and working together, participants on the programme come to learn early on that they are not alone and there are other people with similar experiences, thoughts and feelings, along with similar struggles, difficulties and problems. With an opportunity to share and identify with each other, a new sense of faith and hope can be generated which forms the foundation for a new attitude and approach. Important in this process are the development of self worth, self respect and confidence and a new set of "tools" to help deal more appropriately with issues when they arise. Participants also discover the extent to which they have allowed the addict to occupy their thoughts and in turn how this has impacted on their lives. Talking through issues begins to take the power out of them, allowing participants to gain new insight and awareness. Talking and listening to other people can also help provide an objective view, uncluttered by any personal or emotional ingredients and offer new perspectives and with it hopefully new opportunities for change.



The family programme therefore provides the arena for people to come together, be with each other and work together for a common goal. By creating a place of safety and serenity, free from distractions of outside issues and using the medium of lecture's, videos and group work participants can learn a considerable amount about both the family illness and themselves. Many people have found that what they have learned from the programme has created the foundation for change and a more balanced and productive life.

### **Aim of the family programme**

To increase the family members knowledge and awareness of the family illness, and the changes that need to be made, so as to live a productive and enhance life.

### **Objectives**

1. To offer education via lecture's, video's and group work, so as to increase the client's awareness and knowledge of the family illness.
2. To identify the addictive process within the family, within a safe and supportive environment.
3. To encourage the client to make effective changes within their own lives.

*Cyswllt Contact Limited is a company registered in England & Wales (Registered Number 03061079, Registered Office Address: 49 North Parade, Aberystwyth, Ceredigion SY23 2JN)*  
[www.recovery.org.uk](http://www.recovery.org.uk)

## Pembrokeshire Knights Inclusive Activity Centre



Hello everyone,

This is just to let you all know about the “Pembrokeshire Knights”.

We have set up a group with the sole aim to build and equip a multi-million pound activity centre for disabled children, adults and family members. It will be based somewhere in the Haverfordwest area and is to include amongst other things a play area with adapted swings, slides, trampoline etc. It will also have a dedicated fitness room and meeting rooms for clubs and events. There will also be a cafe/restaurant to provide convenience and sustainability. We are also looking at being able to provide carers that you could use your direct payments or any other form of financial care help with. This will all be a charitable venture with all funds going back into the centre and whilst it will have day to day staff running it the driving direction will be dictated by a management structure that includes people like you, the parents of a child with a special need.

But this won't happen without your support, we need you to sign up to the idea and say you want it to happen. We have created a survey and this will be available online soon when our website is up and running, we will also have a stand at the County Show this year so please visit and give your support. If in the meantime you would like to join the mailing list and keep up to date on progress then please do contact me Peter Russ on 01834 861618 or feel free to send me your email address to be added to the growing list, you can email me at [peter@wheelchairaccessholidays.co.uk](mailto:peter@wheelchairaccessholidays.co.uk)

Thanks for reading this and I look forward to hearing from as many of you as possible to help make this vision a reality for our Children.

Kind Regards,

**Peter Russ (Chair) Pembrokeshire Knights.**

## Action for Children, Hawthorn Project

You can now find us on Facebook, just search "Hawthorn Project" to find our page where there are photo's of events and interesting discussion topics.

Also visit our website, [www.hawthornproject.co.uk](http://www.hawthornproject.co.uk) for news and events and information on various topics including benefits and information on transition to adult services.

The screenshot shows a Microsoft Internet Explorer browser window displaying the Facebook page for Hawthorn Project. The browser's address bar shows the URL: <http://www.facebook.com/pages/edit/?id=35922236456#!/pages/Hawthorn-Project/35922236456>. The Facebook page header includes the logo and navigation links like 'Create Your Profile', 'Settings', and 'Log out'. The main content area shows a post from Hawthorn Project dated 27 April at 10:58, titled 'Egg Run 2010', with 18 new photos. The post text reads: 'Hawthorn Project Do you feel there is anything missing from our website or is there anything you would like to change? Have a look and let us know. www.hawthornproject.co.uk. Thank you'. Below the post are three photos showing people participating in an egg run. The left sidebar contains the organization's logo and contact details: 'action for children gweithredu dros blant', phone number 01437 761330, and hours Mon - Fri: 09:00 - 17:00. The right sidebar features a 'Get more connections' button and a section for 'Hawthorn Project' with a 'Like' button.

## Guide to financial support for carers

There is a range of benefits, tax credits and other financial support that you may be able to receive as a carer. This is a general overview.

### Carer's Allowance

You may be able to claim Carer's Allowance if you are aged 16 or over and you spend at least 35 hours a week caring for someone.

## Direct payments for carers

If you have been assessed by your local council as needing support services to help you in your caring role, you can choose direct payments. They allow you to buy in and arrange help yourself instead of receiving it directly from social services.



## Caring and your pension

If you are not working or do not earn enough to pay National Insurance contributions because you are caring for someone, you may still be able to build up an entitlement to additional State Pension. As a carer you may also qualify for extra Pension Credit.

## Carer's Credits

From 6 April 2010, a new Carer's Credit has been introduced. It is a National Insurance credit which will enable carers to build up qualifying years for the basic State Pension and additional State Pension.

More information can be found on

[http://www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG\\_10037637](http://www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG_10037637)

If you tell me which one of the subjects above you like to know more on I am happy to publish a further article in the next Carers Gazette.

## From the Secretary of State for Work and Pensions (Yvette Cooper):

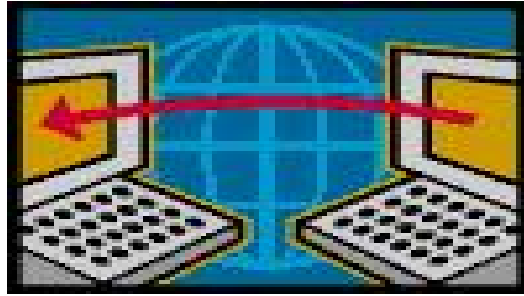
The rates of benefits for 2010 are set out in the table below.

| (Weekly rates unless otherwise shown) | Rates 2009   | Rates 2010   |
|---------------------------------------|--------------|--------------|
| <b>ATTENDANCE ALLOWANCE</b>           |              |              |
| higher rate                           | 70.35        | 71.40        |
| lower rate                            | 47.10        | 47.80        |
| <b>CARER'S ALLOWANCE</b>              | <b>53.10</b> | <b>53.90</b> |
| <b>COUNCIL TAX BENEFIT</b>            |              |              |
| Premium: Carer                        | 29.50        | 30.05        |
| <b>DISABILITY LIVING ALLOWANCE</b>    |              |              |
| Care component: Highest               | 70.35        | 71.40        |
| Middle                                | 47.10        | 47.80        |
| Lowest                                | 18.65        | 18.95        |
| Mobility component: Higher            | 49.10        | 49.85        |
| Lower                                 | 18.65        | 18.95        |
| <b>EARNINGS RULES</b>                 |              |              |
| Carers Allowance                      | 95.00        | 95.00        |
| <b>HOUSING BENEFIT</b>                |              |              |
| Premium: Carer                        | 29.50        | 30.05        |

For more information <http://www.dwp.gov.uk/docs/benefitrates2010.pdf>

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## It's never too late to learn how to use the internet



Using the internet will open up a whole new world. If you are in the one third of the UK's population that is still not online and using the internet then read on.

Using the internet can:

- Allow you to stay in touch with family and friends even if their on the other side of the world via email.
- Save you money by using price comparison websites for such things as insurance and household bills.
- Allow you to do your banking online, which can save time queuing up in your local branch.
- Open up a huge big book of knowledge on all the things you could possibly want to know and learn about.

There is currently an initiative which the government is running In England, called UK Online. By calling 0800 77 1234 you will be given the name and address of your local centre which runs the courses. Some of the UK Online centres have extra facilities to help disabled people or those with learning difficulty, such as wheelchair access or technology that can read text on a computer screen out loud.

If you live in Wales you can contact Learn Direct on 08000 150 450 or 0800 101 901 who will give you the details of your nearest local centre that runs similar courses you can attend.

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## ***PATIENTS' PRIORITIES FOR THE NHS IN WALES***

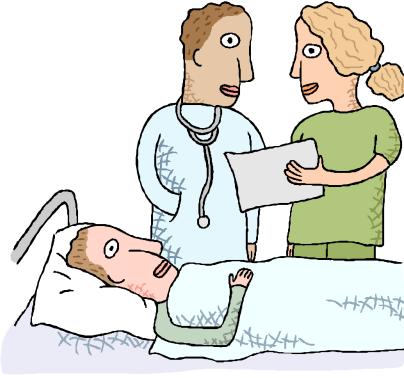
*Number 5 of the 10 priorities:*

*"Including carers in discussions on care, and addressing carers needs"*

The current Standard 6 references making information available and accessible to carers on their services. Throughout the revised standards a concerted effort has been made to ensure that carers are considered at a number of points, for example, in delivering a patient centred care approach healthcare organisations will be required to consider carers views; information will be provided to patients and carers to ensure that patients have the right treatment at the right time in the right place and there will be the expectation that carers are treated with dignity and respect.

### **Other Issues**

- Patients/ carers empowered to be 'partners' in healthcare Standard 7 encourages patients to contribute to their care plan and develop competence in self-care. Within the revised standards the same standard will apply but will be further enhanced to recognise patients and service users as partners in healthcare.
- Fear of complaining (by both patients/carers and staff)



The current Standard 15 refers to the complaints process, availability of information about complaints advocacy but does not explicitly talk about fear of complaining. The current Standard 23 is about the ability of staff to raise concerns without fear of reprisal and blame, any concerns about aspects of service delivery, treatment and management. Within the revised standards a proactive approach is promoted whereby patients are supported in navigating their way through the system, this is intended to allay fears about dealing with concerns. Additionally, the principles of the *Putting Things Right*<sup>1</sup> Project established by the Welsh Assembly Government with the NHS and other partners, to look at how the

NHS in Wales could improve its response to people and provide effective re-dress when things go wrong, will be within the revised standards. Raising of concerns by staff will continue in the revised standards and the technical guide which supports the relevant standard will detail controls, for example, support for individuals who raise the concern, a climate where staff are able to raise concerns and confidentiality.

If you wish to read the complete document it is available on:

<http://www.wales.nhs.uk/sitesplus/829/document/150857> and click on [Expert Patients Programme progress report Sept 09.doc](#)

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## Expert Patients Programme



The Expert Patients Programme (EPP) provides a number of self-management courses and workshops for people living with any long-term health condition. These courses provide an opportunity for people to learn new coping skills, which can help improve the quality of daily life.

- **Mind Resource Centre, Aberystwyth** – Every Thursday from 9<sup>th</sup> September to 14<sup>th</sup> October 2010 at 11 am to .30 pm
- **The Catholic Church, Newcastle Emlyn** – Every Tuesday from 21<sup>st</sup> September to 26<sup>th</sup> October at 1.00 pm to 3.30 pm
- **The Mustard Seed Café, Lampeter** – Every Thursday from 28<sup>th</sup> October to 2<sup>nd</sup> December at 11 am to 1.30 pm

### Please book your place with:

Expert Patients Programme, Hywel Dda Health Board  
Unit 5, Parc Dafen, Heol Cropin, Llanelli, Carmarthenshire, SA14 8QW

Email: [expert.patient@wales.nhs.uk](mailto:expert.patient@wales.nhs.uk)

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Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

## Carers Strategies (Wales) Measure

The draft proposed Carers Measure (Wales) is currently proceeding through scrutiny stages at the National Assembly, prior to it becoming law later this year.

The Measure in its current form is now being subject to lengthy Assembly scrutiny (May-November). This takes place over four stages and is likely to result in amendments being made to the Measure, by both Government and the Assembly prior to it receiving royal assent.

### The Measure

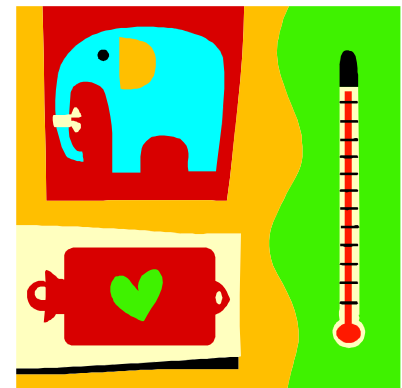
The proposed Carers (Wales) Measure seeks to place new duties on relevant authorities to produce Carers' Information Strategies and a strategy for engaging with carers. The proposed Carers' Measure is written to ensure these requirements are expressed in terms of a single strategy embracing the two components of information and engagement.

The Measure is primarily aimed at placing new duties onto Health Boards and complements the existing work undertaken across local government.

The broad intent of the Measure is to ensure information is provided in a more uniform way across Wales. Ministers will be able to use regulations within the Measure to specify the detail of how this will be done and will have the power to make regulations which will cover:

- How often a strategy is required
- Who the lead agency will be
- Appropriate consultation mechanisms.
- What is meant by '*provision of appropriate information and advice*'
- Submission of strategy to Ministers

During the scrutiny/discussions of the proposed Carers' LCO in both the Assembly and in Parliament, Welsh Ministers have consistently explained that one of the broad policy objectives behind the Measure was to improve inter-agency working and to have more effective engagement of carers by statutory authorities, in particular the Health Boards.



### Scrutiny

There are four stages of scrutiny which the Measure must proceed to prior to it becoming law. The Measure has so far completed only Stage 1 of this Process.

Following the Measure receiving Royal Assent the Welsh Assembly Government will begin the work of developing the sets of guidance specified in the Measure and relevant guidance. These are both subject to the usual 12 week consultation process and will be heavily informed by the Carers Measure Advisory Group.

Lyn Hambidge  
Head of Housing Commissioning  
Pembrokeshire County Council Strategic Lead for Carers



**CARERS** UK  
the voice of carers

## Tell the next government it's time to support carers

In 2010 social care is in crisis and in need of urgent reform. The main carers' benefit is worth just £1.52 an hour, well short of the minimum wage of £5.73. (and even less than that if you're retired, disabled or on a low income). Carers are paying a heavy price - no money, no breaks, many forced to give up work and a constant battle for support. Some are pushed to the point of collapse.

The government has invested in carers' breaks and other support for carers. But this falls far short of the action needed now if it is to make good on its promise that by 2018 carers will have a life of their own and not be forced into financial hardship.

Prior to the May General Election Carers UK's "It's time" campaign collected signatures from over 3,500 carers who all wanted to tell the new Prime Minister it's time to support carers. In addition, hundreds of carers took part in our virtual protest and sent in photos of their messages and slogans. During Carers Week we handed over those signatures and photos to David Cameron.

## Poets Corner

### She's here

She's here now and I love her  
A person with her own name;  
Down's is just a label  
For people born with the same

She's here now though the sadness  
I sometimes can't explain;  
But to watch her smile and gurgle  
Helps to ease my pain

She's here now yet I wonder  
What the future has in store;  
I can only do my best  
After all that's what mums are for

Written by Julie Evans when her daughter was 6 months old!  
Now at 11 years old she is very excited about attending the  
local Secondary School in September.

### nightgarden

this evening's journey  
spreads blue pillows from the west  
and fog wets the beds

Jacqui Thewless



## Survey of Satisfaction 2010

With the last newsletter we sent you the Survey of Satisfaction questionnaire. I like to thank everyone who answered the questions and returned the form. We received 25 back.

You might like to know some of the results:

21 were from carers, 15 were 60 years or older, 18 thought the Carers Forum / Carers Days were well organised, 11 received information by email and found that helpful, 23 received the Carers Gazette and 22 of them found the newsletter good or very good, 18 found the overall performance of the Carers Development Worker good or very good.

Carers also gave tips for the newsletter, such as "I buy Birds Eye ready meals, there are 4 types £ 2.50 each, take 35-40 minutes to cook, minimum washing up!! CARE it's hot when cooked. For sweet: 2 Kipling fruit pies + squirty cream 25 seconds in microwave".

And other carers had questions and suggestions:

1. Please can we have an article on Sian James and what it is she is supposed to be doing as a Carers Champion.
2. We would like it explained exactly what a Carers Development Worker does to help carers.
3. Possibly visiting GP surgeries + making ALL the staff aware of what's available + the problems carers have e.g. fitting in an appointment for carer or difficulty getting 'cared for' to surgeries early.



This newsletter is available on our website too at: [www.pavs.org.uk/carers](http://www.pavs.org.uk/carers). If you would like a copy sent to you please send your details to **Carers Gazette, PAVS, FREEPOST SWC4881, 36-38 High Street, Haverfordwest, SA61 2ZZ** or email: [Nicole.vanschie@pavs.org.uk](mailto:Nicole.vanschie@pavs.org.uk)

Name ..... Carer: Yes/No

Email.....

Address .....

Postcode ..... Telephone.....

Age Group: 0-20    20-30    30-40    40-50    50-60    60-70    70-80    80-above

Ethnic Origin:.....