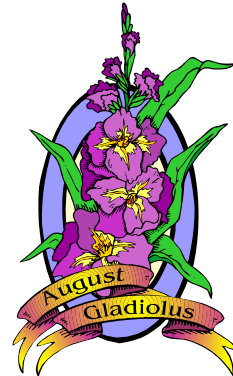


Carers Supplement

issue 8. August 2004

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This newsletter is also available on our web-site on www.pavs.org.uk/carers.

If you would like further copies feel free to download from the web-site.

If you are able to receive this newsletter by e-mail rather than by post, please contact Sally Davies on sally.davies@pavs.org.uk to ask for future copies to be sent in this way. The deadline for articles for the next newsletter is Friday October 29th 2004.

Positive Changes for Carers

A number of improvements are being developed for carers, not only in Pembrokeshire but throughout the UK. The forthcoming Carers (Equal Opportunities) Act 2004 is due to be implemented in April 2005. This will give carers more choice and better access to a range of opportunities outside the home.

The Welsh Assembly Government has agreed to keep the Carers Grant ringfenced for a further year, until March 2006. In Pembrokeshire carers can access the Carers Grant to help meet the cost of odd jobs or gardening, or towards the cost of a well-deserved break. Having a greater choice over the type of break may also become a reality with a new project for respite at home being piloted for carers of older people with dementia. All these topics are covered in articles in this edition of the newsletter.

Carers Day

Over 100 people enjoyed the 'Carers and Health' celebrations at a Carers Day that was held in Narberth on June 17th. Amongst the participants there were more than 60 carers who joined in the discussion groups, listened to the presentations and were able to try out some of the therapies on offer.

The day provided an opportunity for carers to say what their main priorities are for service developments and this information will be fed through into the joint planning process for health and social care services. Everyone enjoyed the lunch and the atmosphere was improved by the sound of the accompanying singers from St Davids Care in the Community.

In the afternoon carers tried out a range of therapies; relaxation, foot spas, Reiki and Indian Head Massage, and physiotherapy, all provided by therapists volunteering their time and expertise. Carers Day is a time when carers can get a well-deserved break from their caring responsibilities and have an opportunity to de-stress.

For some carers, such as Mr and Mrs Ault from Narberth, this was the first time they had been able to attend such a Carers Event, which was thoroughly enjoyed. Mr and Mrs Ault commented 'It was an excellent day and we enjoyed it very much. The speakers were easy to understand and some of the other carers made some good points in the discussion groups. We found the relaxation group very helpful and the neck massage was good – it was fun to try out things we hadn't tried before. We look forward to the next one.'

A full report will be sent out to everyone who attended the event. If you were not able to attend the event, but you would like a copy of the report, please contact Sally Davies.



Feedback from Carers Day Discussion Groups

The feedback from the discussion groups concerned five main areas; respite, information, assessments and direct payments. A summary of the issues is as follows:-

- Respite – this needs to be flexible and individually tailored including respite at home and in emergencies. A respite policy is needed so everyone is clear about the process from the beginning – this needs to cover funding and charges and respite information sheets with contact names and numbers. More information is needed on NHS respite and there need to be better links between respite and other support services.
- Information – there needs to be clear accessible user friendly information which needs to be disseminated to all carers. It needs to be available at all public places including GP surgeries and be available in a variety of formats. Staff need training in signposting.
- Assessments - timescales need to be given for assessments (currently waiting times are too long), actions need to be followed up and carers need to be kept informed. More training needed for assessors to understand carers' needs. More regular assessments are needed. The mental health of the carer is important to look at, as the role is demanding and often highly stressful.
- Direct Payments - a decommissioning process is needed to prepare for direct payments. Direct payments need to be clearer – need consultation with voluntary sector and carers. How are direct payments going to affect SACs/Barnardos respite etc?

There were some other individual issues raised which can be found in the full report of Carers Day.

Carers Handbook

There are still 500 copies of the Carers Handbook ready to be sent out to carers in Pembrokeshire. The handbook contains lots of useful information about caring; from practical issues such as 'money matters and benefits' to 'caring at home' and 'Carers and Work'.

One carer who recently received a copy of the handbook said

'It's been a mine of information to me.

Although I've been a carer for over 10 years I found out many new things from reading the handbook. It's handy to keep near the phone, as it has lots of useful contact numbers in the back.'

If you would like your own free copy of the handbook, please contact Melanie Richards, Customer Liaison Officer at Pembrokeshire County Council on 01437 776534.

Hurry while stocks last!

HOLIDAY BREAK SCHEME

The PAVS Holiday Breaks Project for Carers has recently been awarded an additional £2,500 from the Four Acre Trust.

Carers who look after family or friends with disabilities can apply for up to £200 towards a holiday of their choice – either to go away with the person they care for, and use the money to buy in additional support whilst on holiday, or a holiday on their own to have a break from their caring role. All carers must be living in Pembrokeshire and be providing care to someone aged 16+.

So far this financial year 27 carers, including young carers have received grants towards their holidays.

As there is a limited amount of funding available, only one grant per family is usually allowed every other year. The application process is very simple and easy to complete so apply as soon as you can.

For an application form please contact:
PAVS on **01437 769422**

Pembrokeshire Carers Strategy

At the last Carers Day several carers were asking questions about the Carers Strategy and wanted to know more about it.

I will try and answer some of the most common questions about the strategy, but if there is anything else you want to know about it, you just need to ask.

Q. What is the Carers Strategy?

A. The Pembrokeshire Carers Strategy sets out priorities for carers over the next five years. It will underpin planning work to deliver services that are responsive to the needs and wishes of carers.

Q. What areas does the Carers Strategy cover?

A. The Welsh Assembly Government identified 5 priority areas for Carers Strategies throughout Wales. These have been adopted by Pembrokeshire as follows:

- Health and Social Care
- Information
- Support
- Young Carers
- Carers and Employment

Q. How has the Carers Strategy been developed?

A. The Carers Strategy has been written by a group of people including carers. Many of the issues covered in the strategy are those that have been raised by carers at Carers Forums or in Carers Support Groups.

Q. Will the Carers Strategy improve services for carers?

A. The five year Action Plan aims to pull together all the actions needed to improve services for carers. All the main agencies working with carers will sign up to the Strategy and will agree on the actions and timescales set out. This will help agencies to work together towards common goals. This better partnership working will give agencies clearer aims and should improve services for carers at a faster rate.

For more information about the Carers Strategy contact Sally Davies at PAVS on 01437 771196.

Cars for Carers

RSVP Cars for Carers recently hit the limelight when the scheme was nominated for a Charity Award. The awards are in their 5th year and were established by Charity Finance Magazine. Rachel Evans, with National Development Manager, Barbara, hightailed it off to the Smoke for the Awards evening, not knowing whether the scheme would win, as it was a closely guarded secret. In the end, a project for homeless folk in Manchester won the Social Care category and the RNID were overall winners, but RSVP felt privileged to have been highly commended and the scheme gained extra publicity as a result of being involved.

The scheme has also been working with Pembrokeshire Crossroads to establish Care & Transport packages: if you need care in the home for your loved one so that you can get out and about with Cars for Carers, RSVP will pay for Crossroads to deliver that care, subject to availability, whilst you go on your journey. So if you want to travel somewhere but are struggling because replacement care is not always available when you want to go out, this is another avenue to try. You can either call Ann or Maggie at Crossroads on 01437 764639, or Rachel at the RSVP desk in PAVS on 01437 768195 to chat about your requirements. And remember, this service is completely free to you. So come on, help spend some money and get calling! Anne, Maggie and Rachel are waiting to help you with your dilemmas!

There has been a slight change to the organising volunteers in Cars for Carers. With much regret, Derek Bibby in Penally felt it was time for a break - much deserved as he has been very ably assisting carers in the Tenby and Saundersfoot area since the start of Cars for Carers. However, John Hulme in Pembroke has taken up the mantle.

To find out who is the organiser in your area, contact Rachel on 01437 768195.

Circles Network



My first year as Pembrokeshire Facilitator for Circles Network Wales has been wonderful. I find it hard to believe that 12 months have gone past. I have met some fantastic people who have many different dreams and aspirations. Circles of Support have been established for several people and I am working with others using Person Centred Planning tools. Some Circles are working towards specific dreams e.g. a flight in an aeroplane, completing Duke of Edinburgh Awards and a trip to EuroDisney. One person's dream is to live independently in a house with a job able to support himself. This to many of us is an every day aspiration but to some is a dream that perhaps would not become a reality, but with the support of a Circle, the dream is achievable.

A Circle of Support celebrates the life of the individual and recognises the gifts they bring to the lives of all that know them and to be invited to be a Circle member is a great privilege.

Circles Network is celebrating its 10 year anniversary this August, so to help with the celebrations Pembrokeshire Circles is holding a

**SHARE A PLATE PICNIC @
LLYS Y FRAN
SUNDAY AUGUST 15th
@ 3pm**

We will be holding a WELLIE THROWING competition and DECORATE A WELLIE. If the weather is wet (fingers crossed) we will go bowling at Canaston Bowl and have our picnic in the car park!!

In October we will be having a Circles Fun Day for families, friends and neighbours I will let you know in plenty of time when and where.

If you would like to know more about Circles and Person Centered Planning please do not hesitate to contact Lindsay Bone on 01348 831056

CARERS NEWS

Extension to Hospital Outreach Sessions

In addition to their regular Monday and Friday outreach sessions at Withybush General Hospital, Pembrokeshire Carers Centre will pilot a series of evening sessions from Wednesday August 4th from 6.45pm until 8.15pm.

Pembrokeshire Carers Centre has worked closely with Pembrokeshire & Derwen NHS Trust in providing a successful outreach facility at Pembrokeshire's hospitals over the last eight years. During this time, many hundreds of carers have used the service. It is hoped that by extending the service to include a weekly evening session yet more carers may be able to access the service.

A Handy Help

Pembrokeshire Carers Centre was allocated funding from the Carers Grant to help carers meet the cost of odd jobs/gardening etc. Any carer wishing to apply for a grant towards such work should contact the **Carers Centre on 01437 767762** for an application form.

PCO Flower Festival 2004

The bi-annual Carers Flower Festival in the chapel and main corridor of Withybush Hospital will open on Tuesday September 21st at 11.30am with a short service of dedication led by Bishop Ivor Rees. A number of carer-related voluntary groups will participate in the event and Pembrokeshire Young Carers will be displaying a sample of their project work done during the summer holiday. For more details please contact **Mrs D. Tunbridge on 01437 767762**.

Carers Wales Annual Meeting

The Members Annual Meeting will take place on Friday September 10th at the Cliff Hotel, Gwbert, Cardigan. The guest speaker will be Dr Hywel Francis MP who will talk about the Carers (Equal Opportunities) Act that he successfully brought to parliament as a Private Member's Bill earlier this year. Advance booking is necessary and paid-up members of Carers Wales wishing to attend the meeting should contact **Carers Wales, Bridge House, Gwaelod y Garth, Cardiff CF15 9SS or telephone 029 20811370**.

Carers Assessment Team has moved

The Carers Assessment Team (Phill Vickery, Julie Hutton and Mary Chance) has moved to Haverfordia House, Winch Lane, Haverfordwest SA Julie and Mary's phone number is 01437 776108 and Phill's is 01437 776096.

Recognition of Voluntary Service

Haverfordwest Town Council recently conferred the Order of Merit upon Mrs Ann Berry, Honorary Secretary of Pembrokeshire Branch Carers Wales UK.

The award was made in recognition of Mrs Berry's many years of voluntary service both as honorary secretary and full time unpaid worker at Pembrokeshire Carers Centre.

In presenting the award, Cllr David Westrup, out-going mayor of the town referred to Mrs Berry's dedication to the cause of Pembrokeshire's unpaid carers and her commitment to the ethic of volunteer work in the community.

NCH Children's Centre

Are you the parent/carer of a child or young person who is disabled or has specific needs? If so, the Children's Centre may be able to help. We have information on a whole range of issues.

We maintain the Children with Specific Needs Register on behalf of the Local Authority and if your child is registered you will receive a newsletter twice a year and invitations to social events and training courses designed specifically for parents of disabled children.

Our Key Worker scheme, which is now three years old, is still expanding slowly. It has been selected as a research site by York University who are evaluating different types of Key Working schemes for the Department of Health. The research results will be published next year. Early indications are that the Pembrokeshire scheme is receiving a favourable response from users of the service.

You can contact us by email at wapcdc@mail.nch.org.uk, telephone on 01437 764569 or at 6 Merlin's Court, Winch Lane, Haverfordwest SA61 1SB.

CARERS NEWS

Children and Young People's News

At the last forum event for those groups working with Children and Young People, the forum looked at the issue of child protection. Aply facilitated by Nikki Trimble, the group engaged in a fact finding discussion that outlined how the child protection process was structured and how different agencies fed into it. Part of this discussion led to the realisation that there was no voluntary sector representative on the Area Child Protection Committee. Following an election process, I am pleased to report that Judith Edwards of NCH has now been appointed to this role.

The next forum event will be held during September and will examine the ways that sector representatives report from the various strategic partnerships on which they sit and how they take information to those partnerships. This will lead to a clearer system, allowing any piece of information from any partnership to be readily available to the sector on demand.

Those who work with Young Carers are welcome to attend this and any other forum meeting to bring issues particularly pertinent to this important group of young people to the fore.

For further information on work continuing with Children and Young People through PAVS contact Lee Hind on 01437 769422 or lee.hind@pavs.org.uk

Haverfordwest Carers Group

We are a support group for carers of older people with mental health problems. We meet at St Brynachs Hospital in Haverfordwest on the first Monday of every month from 2-4pm. Our co-ordinator is Vicky Richards, the Community Psychiatric Nurse for the Haverfordwest area.

At our monthly meetings we are able to speak freely within our group, voicing our fears and able to ask for advice and understanding in how to deal with our

problems at home.

We have a guest speaker whenever possible and enjoy a time for social chat over tea or coffee. We have introduced a few social events to take part in throughout the year, events chosen by the carers themselves, that help to relieve the stress of caring 24 hours a day. The favourites being a shopping trip, the occasional lunch out, trips to garden centres with afternoon tea, the annual trip to Folly Farm when we take our cared for with us, and probably the most popular event of the year is our Pamper Day, when we enjoy the skills of the professionals who relieve our many stresses with massage to our head, body and feet, followed by reflexology, aromatherapy, facials and manicures.

Our group is there to support one another in coping with mental illness that rarely shows any improvement. If you are caring for someone with the same problems, and think we can offer you help and support, then please contact **Vicky Richards on 01437 773382.**

Maureen Canton, Carer

Pembs Carers Outreach Support Group

We are a group of carers and former carers who meet the first Tuesday of every month at Meyler House, St Thomas' Green, Haverfordwest from 2pm to 4pm. It's a time for relaxation, a time to chat over tea or coffee, a time to share problems and gain support from others who experience the same difficulties. Quite often we invite a guest speaker for part of the time, a speaker that helps us with advice of how or where to find the necessary help and backup we need in our caring roles.

In addition to our monthly meetings, we have outings to garden centres, shopping trips, ten pin bowling and lunches at various venues throughout the county.

Last year we were invited by the Pembrokeshire Coast National Park Authority to partake in a couple of field trips, to see and to sample various paths on the Coastal Path, with a view to check out the access for

CARERS NEWS

wheelchair users and other people with disabilities. Our first field trip of this year took us back to the Fishguard area, where we were able to see the end results of our suggestions made to the senior ranger Geraint Harries last year. The improvements were amazing, he had done all we suggested and more. A complete new access had been made for wheelchair users, the original steps completely remade; the restricting gates removed, the path widened and resurfaced and a new safe viewpoint had been made lower down the pathway, with the trees and the undergrowth trimmed back, allowing people with disabilities a panoramic view of Fishguard Ferry Port, Goodwick and Fishguard Fort. Also he showed us where he had replaced kissing gates with a new two way opening gate with an easy opening handle. This particular outing has proved that with a little co-operation and listening between those in authority and carers, how much can be gained by working together and in doing so can enhance the lives of those less fortunate.

If you feel you would like a little break from your caring role, and would like to join us, then please contact us at:-

**Pembs Carers Outreach on 01437
767762
or
Dave Watkin on 01437 769701**

Update on Respite

Respite was one of the main issues discussed at the last Carers Forum. Carers said that they want more flexible respite including respite at home. This is particularly important for people who are confused, as time away from their familiar surroundings can have quite a negative impact on them.

A Respite and Flexible Care Action Group has been set up to look at these issues. The group is made up of people from the Local Authority, Health, the Voluntary Sector, carers and people with disabilities. At the last meeting it was agreed to set up a pilot project to provide respite at home for older people with dementia. If you are caring for someone with dementia and you

would like to be considered for this project, please contact Beryl Noyce from the Alzheimers Society for more information. Beryl's phone number is 01834 813908.

Carers Rights Day 2004

Carers Rights Day has become an important awareness raising day, supported by numerous MP's and local groups.

It is a day of action, co-ordinated under the umbrella of the Fair Deal for Carers campaign, to raise awareness of the benefits and services available to carers.

Carers' Rights Day is being planned for 3rd December 2004. The aims of the day are to:

- increase take up of benefits available to carers and their families
- ensure that carers access their rights under relevant legislation
- raise awareness of the needs of carers
- help individuals identify themselves as carers

Further details about events being held in Pembrokeshire will be given nearer the time.

New Drop-In for Parkinsons Disease Society

The group meets every Wednesday between 10.30 - 4.30 at the HOPE Centre in Neyland. Some of the activities are physiotherapy, massage, aromatherapy, reflexology as well as having a chat over tea or coffee and biscuits.

There is a regular exercise class which is enjoyed by carers and cared for alike and there are plenty of opportunities to share ideas, information and interests. Carers Grant monies cover some of the costs, but the majority is met by the local Parkinsons Disease Society.

Approximately 25-30 people call in each week and there is a subscription of £5 a month to help with the overall costs.

If you would like to visit or would like more information about the Drop-In, please contact Sybil Lancaster on 01646 690063.

Carers In Mind Logo

In the last newsletter, Peter Harvey, a carer from 'Carers In Mind' asked for ideas for a logo for their group.

The winning entry was received from Mrs Murgatroyd from Narberth.

Well done! - your prize is a box of wine which can be collected from PAVS' office.

Benefit Snippets for Carers

Changing the way you receive your money

The government is aiming to have 90% of all benefits and Tax Credits paid into accounts by April 2005. They are calling this

Direct Payments – giving it to you straight

For carers this is very confusing, as the local authority also has a direct payment scheme, to have what was paid as Social Services care, to be paid directly to the disabled person or carer instead, thus enabling them to buy in care as required.

Let's look at some of the facts for the benefit/Tax Credit payments.

Contrary to rumours circulating, order books will not be an option after the changeover. From October 2004, order books are not expected to be issued when they expire. The last possible date for orders in the books will be February 28th 2005. This will allow 3 months for them to be cashed, as the contract with the Post Office ceases on 31st May 2005. For those who are unable to, do not wish to or have not converted to payments into accounts, payments will be made by exception cheques, when books expire, sent out in the post. These will be cashable at Post Offices or be payable into accounts with banks or building societies.

This is not a way to close Post Offices. There are 24 types of account that you can take money out of at a Post Office. You do not have to take out your money all at once and different benefits can be paid into different accounts. The Post Office also have their own Card Account for payment of benefits, but it can not be used for anything else like direct debits or to have wages paid into. You can not set up this type of account without a letter from whoever pays your benefit, which you take to the Post Office to complete forms to set up an account with them.

If you are intending changing over to

'Direct Payments', do it sooner rather than later. Accounts can take a few weeks to set up and with holiday periods as well, there could be more delays and sometimes things do not go smoothly. Also if you have children and are not receiving Child Tax Credit for them but are on Income Support or Income-Based Jobseekers Allowance, when the change to Child Tax Credits is made after Christmas you will need an account, as Tax Credits have to be paid into an account.

Need help to sort all this out? There is a leaflet DPL1 available or contact your Social Security Office, Jobcentre, phone the conversion unit 0800 107 2000 or visit the web site www.dwp.gov.uk/directpayments. We also have a local conversion team, so if you have not made the change, you may receive a phone call to discuss your options.

Latest News

'Appointees can now have Card Account at the Post Office from 26th July 2004. This will be subject to our usual rules regarding both appointees and Post Office Card Accounts as opposed to other accounts. This only applies to individuals not corporate bodies such as Social Services.'

The following is a correction from the last issue.

The basic weekly rates shown for Pension Credit from April 2004 should read £105.45 for a single person and £160.95 for a couple. Anyone who did not claim as they thought their income was too high will not lose out as claims for Pension Credit can be backdated up to October 2003 at present.

For more information on the above issues, please contact

Jane Bryant
Information Officer for West Wales,
Social Security Office, Tŷ Myrddin,
Dan y Banc Road, Carmarthen,
Carmarthenshire. SA31 1GS
Tel: 01267 322130

PENSIONS NEWS

CARERS ALLOWANCE AND PENSION CREDIT

Following changes in legislation, carers over the age of 65 are now able to claim carers allowance. As carers allowance is not payable if a customer receives the same amount or more from another national insurance benefit the playability of carers allowance is often removed on these claims due to the amount of retirement pension already in payment, however the underlying entitlement to carers allowance remains.

Customers who have underlying entitlement to carers allowance benefit from an additional amount of £25.55 for caring responsibility being included in their Pension Credit assessment and in many cases this will enable customers who would not previously have qualified for Pension Credit to receive additional help. In the case of a couple where both members satisfy the conditions for underlying entitlement to carers allowance the amount of Pension Credit in payment can be increased by up to £51.10 weekly. Underlying entitlement to carers allowance does not effect any extra amount for sever disability which may already be in payment on Pension Credit claims.

Further information on Carers Allowance, Pension Credit and Retirement Pension can be obtained at The Local Pension Service Advice surgeries which operate at :-

The Information Centre, Argyle St, Pembroke Dock every Monday 09:30 to 15:30.

Saundersfoot Methodist Church, The Ridgeway Saundersfoot, every other Tuesday from 10.08.04 - 10:00 to 14:00.

West Wing County Hall, Haverfordwest every Wednesday 09:30 to 15:30.

Town Hall, Fishguard every Thursday 09:30 to 12:30

For further information contact
Phil Marsden tel no 01646 483343

Building up State Second Pension – action for carers

In April 2002, the Government reformed SERPS (the State Earnings – Related Pension Scheme) creating the State Second Pension. Paid on top of the basic State Pension, this provides a more generous additional State Pension for low and moderate earners, certain carers and people with long-term illnesses or disabilities.

What do carers need to do?

Many carers will not have to do anything – for example, if they are in receipt of one of the following relevant benefits throughout a full tax year:

- Child benefit for a child under six
- Income Support as a carer

Carer's Allowance
These people will build up a State Second Pension automatically.

However, if they don't get one of these benefits, the Government doesn't know about their caring responsibilities. These carers may need to act to ensure they don't miss out. For example, they may need to make a claim for Home Responsibilities Protection (HRP) to both protect their basic State Pension and build up State Second Pension, and there are time limits for doing so.

What has been done to inform people?

Direct mailings have been sent out to advisors and carers' organisations. These have included a copy of the guide PM9 *State pensions for carers and parents*. This explains State Second Pension, who can benefit and the action people may need to take.

Further Information

PM9 guides are available to order from the pensions information orderline on 0845 7 32 32 33.

The guide is also available on www.pensionguide.gov.uk

VOLUNTEERING NEWS

PAVS' Volunteering Pembrokeshire

PAVS' Volunteering Information Centre

Volunteers' week celebrated the launch of the new Volunteering Information Centre based at PAVS' Office, 36-38 High Street. The new 'drop-in' centre is dedicated to volunteering, providing information on volunteering opportunities, careers and training in addition to information on Good Practice regarding Volunteer Recruitment. The Centre is open Monday to Thursday 9am - 5pm and Friday 9am - 4-30pm. Please drop in and browse through the various volunteering opportunities at your leisure.

Everyone is welcome!

An example of a volunteering vacancy Haverfordwest Hawks

The Haverfordwest Hawks is a small mixed group of disabled people and carers, young and middle aged individuals participating in activities such as Boccia, New Age Kurling, Foam Bowling, netball shooting and other simple gentle activities. They meet at the Haverfordwest Sports Centre on Sundays from 7pm until 9pm. They are looking for volunteers to help allow people enjoy these activities as much as they can. In particular set up and score as well as assist with some short distance driving. You would only be expected to spare as little or as much time as you wanted and would be paid out of pocket expenses.

If you are interested please contact PAVS Volunteering Pembrokeshire

SOME OF THE LATEST VOLUNTEERING VACANCIES

BRITISH RED CROSS CHARITY SHOP
Volunteer Shop Assistant—Milford Haven

SOCIAL SERVICES
Volunteer Decorator

RSPB
Volunteer Bird Surveyor
Volunteer Event Assistant

ECCO TRUST LTD.
Volunteer Office Worker

HOME START PRESELI
Volunteer At Weekly Family Group

PEMBROKESHIRE FRIENDS OF THE EARTH
Volunteer Office Worker/Fundraiser

KINGS CHRISTIAN FELLOWSHIP MONKTON
Volunteer Cook / Waiter

SHARE MUSIC
Volunteer Enabler

All you need to do to find out about the various volunteering opportunities in Pembrokeshire is:

- Visit the Volunteer Information Centre located at PAVS' Office. Drop in and browse through the various volunteering opportunities or make an appointment with an advisor who will assist you with making a suitable choice.
- Visit one of our outreach centres at a location convenient to you. Call to make an appointment to see an advisor.
- Call PAVS Volunteering Pembrokeshire on 01437 769422, email volunteering@pavs.org.uk

TRAINING and UPDATES

PAVS to help Pembrokeshire Carers access learning.

PAVS are working with carers across Pembrokeshire to help them access the learning they need. A special workshop, "Building on your Skills – Learning for Carers", will be held on Thursday 9th September, at Letterston Village Hall from 10.30 am to 2pm, with a light lunch included.

PAVS' Training Team will facilitate the workshop, which will help carers identify and prioritise their learning needs. Once this is done, PAVS will then co-ordinate the training carers want, at times and in places to suit them.

If you want to come to the workshop and help us put the right learning in place for you, call Louise Walters on 01437 769422 or email training@pavs.org.uk

As there are a limited number of places, please book early to avoid disappointment.

New Course for Carers

Learning for Living is a new online learning programme designed by City & Guilds to meet carers' and recent former carers' needs for training in personal development and confidence building. The course has been run in England and has had very positive feedback from carers.

Discussions are currently being held with Pembrokeshire College as a potential provider of the course, which is designed to support carers' personal development by developing knowledge and skills relevant to their needs. If you are interested in finding out more about the course, contact Sally Davies on 01437 771196.

More information on the course will be published in future newsletters.

'Why Weight' Training

Following the success of last year's training, Carers Outreach are running a further 6 week 'Why Weight' course, which covers healthy eating and healthy lifestyles for carers. The course is due to start in the autumn. For more

details please contact Carers Outreach on 01437 767762.

Where do you read yours competition

Congratulations to the High Support Needs Group for their winning entry to the 'Where do you read yours' competition. The photo below, of Gwyneth Woolley enjoying the group's trip to Aberglasney Gardens was judged by Castle Photography to be the winning entry. They have donated a prize of a disposable camera with free processing. Thanks to the other people who sent in entries and better luck to them next time.



The High Support Needs Group took their photos with their new digital camera, which they bought with the grant they were awarded from the Sustainable Small Grants Scheme.

The good news is that PAVS has been awarded funding from the Welsh Assembly Government for the continuation of the scheme until March 2005.

Groups will be able to apply for funding of up to £1,000 for projects contributing to sustainability in Pembrokeshire. Individuals and businesses will also be eligible to apply for up to £1,000 for projects demonstrating innovation and a benefit to the National Park area.

Application forms and further information about the scheme will be available in the first week of September.

If you would like to receive an application pack then please e-mail enquiries@pavs.org.uk or contact 01437 769422 and leave your details for a pack to be sent out.

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This newsletter is also available on our web-site at www.pavs.org/carers

We would like to hear from you if you would like any carers' issues put in the Carers Supplement or if you have any ideas for improvement. Please let us know if you no longer wish to receive this newsletter.

I would like to make the following comments about the newsletter

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Thank you for the time taken to complete this

The deadline for articles for the next issue is October 29th 2004

Health & Social Care Update & Carers Supplement
PAVS
FREEPOST SWC4881
36-38 High Street
Haverfordwest
Pembs SA61 2ZZ

Or e-mail me at sally.davies@pavs.org.uk