

Carers' Gazette

News for carers in Pembrokeshire
Issue 35 - May 2011



Carer's Forum Follow on meeting

On Tuesday, 24th May 2011

From 12.00 till 2.00 pm with buffet lunch

At the Picton Centre in Haverfordwest

Carers' Wales are running a participation project for carers, looking at different levels of getting involved in local government, health and communities. This could be from representing carers by sitting on National partnerships, Local joint planning groups or health board meetings, to how to make sure your own voice is being heard through different methods. This project will include training on different methods of participation and involvement.

On the 2nd March 2011 an initial Carers Forum was held at which carers stated that they would like to develop a formal forum and provide carer representatives for Health and Social Care. Carers also expressed an interest in campaigning on issues that affect carers. Carers Wales seeks to empower carers. They want them to be actively involved in the design, development and delivery of services. Pat McCarthy, Carers Participation Officer for Carers Wales, supports carers to increase their skills to be able to participate in the planning and policy making for services. She is coming to the Carers Forum on May 24th at the Picton Centre in Haverfordwest to progress the work that was done on the 2nd of March.

(Continued on page 2)

Contents

Page:

- 2 Carers Week
- 4 Young Carers
- 6 Age Concern
- 8 Investors in Carers
- 9 Poetry corner
- 10 Training
- 11 Volunteering
- 12 Benefits

If you would like to receive regular news via e-mail please let me know by sending a message to Nicole.vanschie@pavs.org.uk
Newsletters are also available electronically at www.pavs.org.uk/carers



Carers forum 2nd March 2011

This time the meeting will take place from 11.30 until 2.00 around a light lunch. Please come along and find out how to be involved. Everyone's contribution will be valued.

To book a place please get in touch with: Nicole van Schie,
Carers Development Worker at PAVS
on telephone 01437 771196
or email nicole.vanschie@pavs.org.uk



The True Face of Carers—13-19 June 2011

3 in 5 people will be a carer at some point in their lives. This means there is a high chance that one day, the true face of a carer will be the one you see in the mirror.

Carers Week 2011 will be revealing the surprising stories behind the 6 million carers who save the country's economy £87 billion every year. They provide unpaid care for someone who is ill, frail or disabled. Some are forced to give up work to give 24 hour care. Others hold down top-level jobs, working a double life as carer and employee. Some carers are children and young people; those who should be the cared for, having to do the caring.

An allowance of £53.90 a week is all full-time carers get. And that's for a minimum of a 35 hour caring week. At £1.54 an hour, this is a third of the national minimum wage. Carers Week 2011 will be highlighting and celebrating the incredible contribution that carers make, sharing the challenges overcome as well as those still being faced.



In Pembrokeshire

We will be campaigning for greater support and recognition for carers and informing those who are unaware of the services and benefits they are entitled to. Road shows are held at

- Tenby Cottage Hospital on Monday 13th June from 10 am
- South Pembrokeshire Hospital on Tuesday 14th June from 2 till 5 pm
- Withybush Hospital on Wednesday 15th June
- Carers day will take place on Thursday 16th June.

For more details see separate flyer or go to www.pavs.org.uk/carers

MARK EDWARD DORRAS Obituary

Our special son passed away peacefully in Ward 10, Withybush Hospital on January 9th aged 48.

When Mark was diagnosed severely mentally handicapped at 18 months, we never asked 'why us'. We considered he was our gift from God – a lesson in life to us and those around us.

Others may ask "What was his purpose in life?" But he has blessed and enriched our family beyond measure and through him we have met some wonderful people, right up to the last days of his life in Ward 10 with the brilliant team of doctors and nurses.

When we came to Pembrokeshire in 1975, to the largely Welsh community of the North, we immediately felt included with Mark playing his part with the professionals, his friends and staff at the Gateway Clubs, at the centres of Portfield, Haverfordwest and The Avenue, Tenby, and our great carers groups.

Capel Coleman, Boncath was a big part of Mark's life. The Rev Canon Aled Williams who baptised him, Rev Canon John Davies who with Frances his wife persuaded us he could be confirmed, Rev Gwyneth Watkins who took over the reins and our small but dedicated congregation.

We are also very lucky that our other two beloved children, Simon and Kim came back to Pembrokeshire to settle, along with Alison and Mark, and now with our lovely grandchildren Sophie and Moffy; Holly and Ben – our truly wonderful family, for whom we thank God. Mark's handicap was never a problem for them.

The sun shone, the Church was full, the singing was wonderful. The Rev Peter Lewis at St Andrews Church carried out the service, Canon Aled Williams and Canon John Oswald Davies assisted with the service. The bearers were Simon and Mark (brother and brother-in-law); Paul and Stefan (Mark's carers). The funeral arrangements were carried out by Robin at Roy Folland and Sons, Haverfordwest.



**Cynghrair
Cynhalwyr Cymru**

Cymdeithasau gwirfoddol yng Nghymru yn ymwneud â Chynhalwyr Carers

**Wales
Carers Alliance**

Voluntary organisations in Wales concerned with

Carers Strategies Wales Measure- Consultation Events held on behalf of the Welsh Assembly Government

The Welsh Assembly Government are holding two consultation events on the Carers Strategies (Wales) Regulations and would like to invite carers to participate in the events that are taking place on:

- 25 May 2011, Best Western Parkway, Cwmbran
- 1 June 2011, Media Resource Centre, Llandrindod Wells

If you are a carer and interested in taking part, please get in touch with Amy Clifton for the



Young Carers in Mind Day of Dance

Young carers in Mind recently held a day of dance at the Albany Hall in Haverfordwest. During the morning session with Justin, our dance teacher for the day, the children learned a hip hop dance routine which included hip hop locking movements. After lunch the dance style changed to street dance and the children learned a street dance routine and 'freeze' movements (the difficult part you may have seen on TV where dancers hold a movement while balancing on one part of their body). The teacher said he was very impressed with how quickly the group learned the routines and how enthusiastic they all were. Staff joined in, much to the amusement of the children, and despite huge efforts they were not able to hold a 'freeze' movement and subsequently ended up in a heap on the floor!

The day ended with a freestyle circle. This involves everyone in the group forming a circle and taking turns to do a small dance in the middle while everyone else claps to the beat of the music. Justin was very impressed with the confidence of the group as everyone took turns to dance in the middle. The young carers group said that they had a great day and would like staff to arrange another later in the year.

Young carers have also been attending a weekly street dance class funded by the project which the day of dance proved had an impact on personal confidence amongst our dancers with the obvious health benefit of physical exercise.



Justin Bieber's biggest fans attend 3d film.

Justin Bieber's biggest fan can be found amongst the children in the young carers project. During the half term holidays a full mini bus of boys and girls traveled to Carmarthen to see the Justin Bieber documentary in 3d.

Armed with healthy drinks, popcorn and the oversized 'stylish' 3d glasses we made our way to the seats. The Justin Bieber film was inspirational as he was a young boy with ambition, born to a very ordinary family, who succeeded in his dream.

On the way home we had a 'mini bus picnic' which included fruit and healthy bags of rice snacks as due to time limitations we were unable to stop and have tea out. It was a long day as the first child was collected at 12.30 pm and the last one delivered home at 7.45 pm, but the whole group said it was very worthwhile. For some of the young carers this was a new experience visiting the

SUPPORT SERVICES FOR YOUNG CARERS RECEIVE BOOST IN PEMBROKESHIRE

New local Helpline Launched by County's Advocacy Service

Young Carers and other groups of vulnerable young people in Pembrokeshire have a new voice supporting their interests, with the arrival of a new advocacy service and launch of a new local confidential Helpline.

Tros Gynnal Plant has been appointed by Pembrokeshire Council to provide services to children and young people across the county. Tros Gynnal Plant is Wales' leading children and young people's advocacy provider. Based at its new offices in Pembroke Dock, they take over from previous incumbent, the NSPCC. The new service has a widened remit to provide advocacy to young carers, school age mothers, children facing exclusion from school, children and young people receiving health services as well as to children in care.

George Jones, Assistant Director of Tros Gynnal Plant in West Wales said: "It is important for all vulnerable young people in Pembrokeshire to know they can access a free and confidential service which will represent their individual wishes and feelings when important decisions are being made affecting their lives. We hope to make a real difference to the lives of children and young people and greatly strengthen our links with key organisations and professionals in the region."



Young people can contact the service for independent advice and support on the local freephone Helpline: 0808 168 2599.

Carers Dementia Education Programme



The Alzheimers Society are running another Carers Education Programme for carers who want to know more about dementia and how to help their cared for person in the home, on a daily basis. Four morning sessions will be run on Tuesday in June.

These are:	Tuesday 7th June	Introduction to Dementia
	Tuesday 14th June	Stimulation and relevant Activities
	Tuesday 21st June	Behaviours we find challenging
	Tuesday 28th June	Changing Relationships

The sessions begin at 10am with coffee and refreshments, the speakers start at 10.30pm and the course finishes at 12.45pm with a buffet lunch. All courses and refreshments are free of charge. Any carers who are interested should telephone the Alzheimers Society on 01646 692329.

Alzheimers Society Pamper day

On **Wednesday 25th May** for carers and their cared for person. There will be therapists providing hand massages, shoulder massages and reflexology for relaxation and stress relief. Representatives from the Body Shop and Boots will also be present, and various stalls and refreshments.



Social Enterprise Takes Off

The Waterloo Foundation has awarded us £15,000 to establish the Home Support Service and Nail Cutting Service as sustainable services over the next 12 months. The money means that Trustees can look to developing chargeable services as self funding and eventually establish an independent trading arm that donates to the Charity.

We have received enquiries from people asking about help with housework and domestic tasks, especially as statutory provision is now limited to those people with personal care needs, but have also responded to requests for help with such things as dog walking, sorting out day to day issues and paperwork and providing companionship / befriending. Any of these are provided as a one-off or regular appointment. The basic cost is £12 for the first hour and £3 for each subsequent quarter hour (or part), with a minimum one-hour call out per visit.

Help with Taxes

Free help and advice in the Age Concern Pembrokehire Resource Centre.
Ring 0845 6013321 to make an appointment

Free Legal Advice

Local solicitors Eaton ~ Evans & Morris are holding a free legal advice surgeries at our Resource Centre on the first Thursday of each month. No obligation to instruct.
For an appointment - please ring us on 01437 769207

Resource Centre Activities

Funding has been received from Awards for All to develop activity sessions within our Resource Centre in Haverfordwest. The STEP Project from Pembrokehire College has just completed 3 Craft classes and we hope they will be able to continue with further classes in the future.

We are looking to establish further activities that encourage older people to come together to renew or learn a new skill or hobby and would be very interested to hear what you are interested in. Ring Karen Butler, Contact Centre Manager on 01437 769207 to find out more.

COMIC RELIEF SUPPORTS OLDER PEOPLE IN PEMBROKESHIRE

Age Concern Pembrokehire has been awarded more than £40,000 from Comic Relief. The £40,300 grant will be used to develop befriending and support circles for older people in Pembrokehire over two years.

Jane Slade, chief officer with Age Concern Pembrokehire, said:
"This is a wonderful opportunity to bring older people together with a bit of support from our volunteers and establish interest groups and circles of support that enable them to develop new interests, learn new skills or address and overcome issues. This will build confidence and enable people to remain independent."



Age Concern Pembrokeshire's Silver Circles project is one of 10 projects across the whole of the UK and the only one in Wales awarded a grant by Comic Relief out of 182 applications received for cycle four of their Older People's programme.

Carolyn Robertson, Programme Manager at Comic Relief, said: "We are very excited about the project Age Concern Pembrokeshire are developing and are delighted to be able to support them."

AGE CONCERN PEMBROKESHIRE LAUNCHES NEW LOOK



On 29th March 2011, at the Houses of Parliament, a significant number of Age Concerns, including Age Concern Pembrokeshire, began a new chapter

in their long history; declaring independence from the national charity Age UK. Not only did representatives of these Age Concern charities announce their decision to retain the trusted Age Concern name but they launched a new Age Concern logo and a new social enterprise, 'advant~Age', which will generate income to support charitable services for local older people by raising funds through sales of financial services and other products.

The decision not to become part of the Age UK family was not taken lightly by Trustees of Age Concern Pembrokeshire but they firmly believe it to be in the best interests of the organisation and the older people of Pembrokeshire to retain the Age Concern name and the current level of autonomy. We are therefore **not** part of Age Cymru or Age UK and will remain Age Concern. Age Concern Pembrokeshire will remain **Independent, Local and Listening**.

Older people in Pembrokeshire should continue to contact Age Concern Pembrokeshire for information about local services and if they wish to access any of the services and support we provide. Contrary to popular belief, Age Concern Pembrokeshire does not receive any funding from Age Cymru or Age UK to deliver our local services. We will therefore remain as an independent, autonomous, local charity that exists solely to serve the older people living in our area of benefit. Furthermore, our Board of Trustees is drawn from people who reside in Pembrokeshire and we deploy some 150 staff and volunteers across Pembrokeshire supporting older people.

We look forward to an exciting future for Age Concern Pembrokeshire with many opportunities coming our way under the new arrangements with one of these being the ability to trade in insurance and other products. Under previous arrangements, Age Concern Swansea held the rights to trade in our area and received the commission from sales but we are now in a position to trade in a new range of products under the name of Advant~AGE and receive the commission on sales made in Pembrokeshire. Purchasing through Age Concern Pembrokeshire helps support our charitable work through the commission coming to us and not to a financial advisor or charity that does not support people in Pembrokeshire.

The range of products currently available are:

Insurance – Travel; House and Contents; Motor; Motor Breakdown and Travel

Funeral Plans

Personal Care Alarms

Stairlifts and with others to come onboard in the near future.

These products are in addition to our social enterprise services, namely the Home Support Service and Nail Cutting Service, which continue to provide valuable support and practical help. For further information on any of the above, please drop in to our Resource Centre at 37 Merlins Hill, Haverfordwest, SA61 1PE, visit our website at www.acpembs.org.uk or call us on 01437 769972.



Pembrokeshire GP Practices Invest in Carers

Last month eleven GP practices in Pembrokeshire received the Bronze level Investors in Carers Scheme for successfully demonstrating they have processes in place to effectively identify carers, provide appropriate information and signposting to further support.

The Investors in Carers scheme was rolled out across the county following a pilot scheme with three surgeries in 2008.

The project was led by the Carers Development worker from Pembrokeshire Association of Voluntary Services (PAVS), delivered in partnership with the British Red Cross Ceredigion Carers Support Service and funded by the Rural Development Plan for Wales through PLANED.

Practice managers and staff from the practices attended initial training which covered carers' issues, an overview of the scheme and an introduction to the Bronze level along with their evidence folders. The surgeries were divided between the PAVS and Red Cross workers for follow up meetings, any training sessions and assessments.

Carers are now invited by the surgeries which reached the Bronze level for the Investors in Carers scheme to register with the surgery and receive the newsletter as well as relevant information for carers, they will also be forwarded to Social Services for a carers assessment on request.

Peter Llewellyn, Head of Strategic Partnership, of Hywel Dda Health Board, said:

"Sometimes the carers well being can be overlooked so it is really pleasing to see so many of our GP surgeries receiving an award like this."



The surgeries which received the award are:

Robert Street Practice and Barlow House Surgery, Milford Haven, Narberth/Clarbeston Road Practice and Meddgyfa Rhiannon, Narberth, Winch Lane Surgery, Haverfordwest, Health Centre, Neyland. The Health Centre, Fishguard and Saundersfoot Medical Centre, St David's Surgery, The Surgery, Tenby, Newport Surgery.

POETS CORNER

we

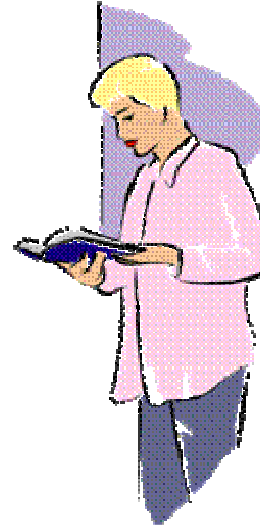
the circle-makers,
golden fish in a glass bowl;
single small raindrops

entering the deeps ;
here are we, then, with the
sun
the moon and planets

no differently
going about their business,
some of them slowly,

others eccentric
or quick as small fish aiming
for infinities

Jacqui Thewless



Carers Strategies (Wales) Measure 2010

The Carers Strategies (Wales) Measure received Royal Assent in November 2010. The regulations and guidance are currently out for consultation which closes on 23rd June 2011. The link to the consultation documents can be found at:

<http://wales.gov.uk/consultations/healthsocialcare/carers/?lang=en>.

The consultation provides the opportunity for carers and carers organisations to have their say on the guidelines which Local Authorities and Local Health Boards will have to follow under the Measure when they provide **information, advice and guidance** to carers, and when they **consult** with carers- both in relation to services provided to carers and the people they care for.

Visit the consultation page of the Welsh Assembly Government to find out more and to make your voice heard.

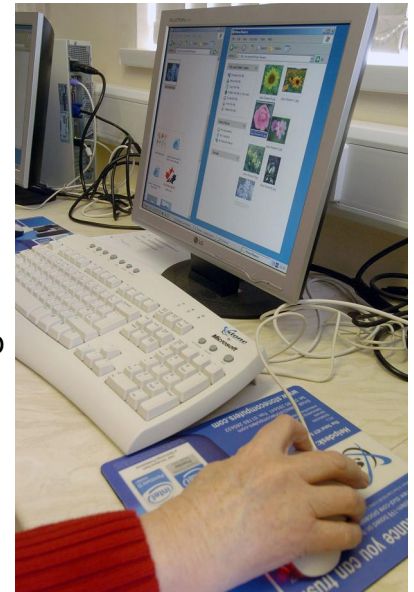


Pembroke College

Pembroke College is happy to be supporting people to gain skills to gain work under its **Engagement Gateway Projects**. Training and support is being delivered across Pembroke at Letterston, Milford Haven, Haverfordwest and Pembroke Dock. Courses include computer skills, childcare, First Aid, confidence building and employability, all offering qualifications and a specialised package of advice and guidance.

Carers and ex-Carers can now be supported under a special project which aims to provide short courses and NVQs while undertaking voluntary work. Working closely with PAVS we will help support people to find interesting and convenient work, with the added benefit of gaining a vocational qualification along the way.

Financial support to release carers from their caring role is available, as is help with travel costs. Please ring Danielle on **01437 753 139** for information or to register your interest in being involved. Alternatively you can email eGateway@pems.ac.uk.



Flexible study options for carers

Are you interested in improving your skills and qualifications? With funding from the Waterloo Foundation, The Open University in Wales (OU) are running a carers project. We offer part time supported distance learning, study is really flexible, you can study from home and fit it around your caring and other commitments.



Kim Crocombe from Wrexham is one of over 30 carers so far in Wales who have benefited from this project. She was helped with bursary funding for the cost of her first course. Kim: *"I'm a wife, mum and a carer, I'm a student now too and this is my thing I'm learning for me too. Going to college full time or even part time wouldn't have worked for me, it's too structured and I don't drive and don't know from week to week, with Joel's appointments if I'm going to be free at set times. With the OU, you can pick your study up for the old ½ hour."*

All our courses offer credits at Higher Education level and can count towards a degree or other qualification. If you're feeling a bit rusty or are new to study, we recommend that you start with one of our **Openings Courses**. These 20 week introductory courses are available in the following subjects: **Management, Childcare, Law, Maths, Environment, Psychology, Health, Arts, Sociology and Sport**. As well as a great introduction to your chosen subject area, they are also designed to build your

confidence and study skills and are ideal if you are new to formal study. We're signing up now for June courses. There's lots of support too, with 1 to 1 tutorial support over the telephone from your tutor www.open.ac.uk/openings

Bursary funding for carers

Most people who are on benefits or low incomes are eligible for FREE COURSES. We also have bursary support available for carers (while funds last) to support the costs of the first Openings or Short course www.openuniversity.co.uk/carersproject.

For more information please phone our enquiry line:

Tel: 029 2047 1170 or e-mail Wales@open.ac.uk Please mention 'Carers project' when you contact us.



The Retired and Senior Volunteer Programme

Through RSVP's volunteering opportunities you can share familiar skills and experiences or have a go at something new. You can volunteer at a time to suit you, giving as little or as much time as you choose. We are always pleased to hear from new volunteers or any groups who would like one of us to come along as a speaker. Just call Lynda Hill, on 07901 551407, or lyndahill.rsvp@btinternet.com

Reading Volunteers encourage children to improve their reading by going into their local primary school for an hour or two each week to listen to children read, under the guidance of the class teacher. Some volunteers help with arts projects, gardening, local history etc..... whatever interests them and is needed by the school.



Cars4Carers drivers provide help for unpaid carers who have problems with transport. Carers of any age can apply to join and they can use the service to keep important appointments or simply to meet up with friends for a welcome break. Two volunteers also make home visits to take **bus pass photos** and help with the completion of the application.

Knitting Network volunteers use donated wool to make clothes, toys and blankets for deserving causes. Some knit at home while others enjoy meeting together for a knit and a chat. There are now groups meeting in St Govan's Arcade in Pembroke Dock, Milford Haven Library, Solva and Broad Haven. We welcome new knitters, new groups and are always glad of donations of unwanted wool and fabric.



Carers and the Welfare Reform Bill

The Government's Welfare Reform Bill marks one of the biggest reforms of the benefits system in decades, which will many families who are living with disability, illness and caring responsibilities. The key issues for carers are that:

- Around 250,000 carers in receipt of Income Support and Jobseeker's Allowance will move onto Universal Credit – it is crucial that these carers do not face 'back to work' conditionality.
- A further 240,000 carers will remain on Carer's Allowance outside Universal Credit.
- Disability Living Allowance will be replaced with a Personal Independence Payment (PIP), with a reduction of 20% (£1 billion) to the budget. Carers UK have big concerns about this cut, what reform means for Carer's Allowance and about the Government's proposals for PIP eligibility and the new assessment process.

Universal Credit

The Bill sets proposals for a new Universal Credit, which will replace Working Tax Credit, Child Tax Credit, Housing Benefit, Council Tax Benefit, Income Support, income based Jobseeker's Allowance (JSA) and income-related Employment and Support Allowance (ESA). Universal Credit will provide support for people between 18 and State Pension age. It will be means-tested, and households will only receive it if their income and savings are at certain levels, which the Government has not yet set out. On top of a 'standard allowance' there will be additional elements for claimants with children, for housing costs, disability and caring.

CARERS UK
the voice of carers

Carer's Allowance

Carers UK welcomed the Government's decision to keep Carer's Allowance outside the Universal Credit – recognising their unique position in the benefits system. It is clear that the Government were considering drawing Carer's Allowance into the new system. This would have resulted in hundreds of thousands of carers facing a means-test on their household income and savings, and the risk of losing the rights to £233 a month in Carer's Allowance and a key recognition of their contribution to society. The measures set out in the Welfare Reform Bill would mean that:

- 245,000 carers on Carer's Allowance will remain outside the Universal Credit.
- Approximately 250,000 carers currently in receipt of the carer premium to means-tested benefits will be moved onto the Universal Credit.

For more information please contact Steve McIntosh, Senior Policy and Public Affairs Officer
Tel: 0207 378 4937 Email: steve.mcintosh@carersuk.org

This newsletter is available on our website too at: www.pavs.org.uk/carers.

If you would like a copy sent to you please forward your details to **Carers Gazette, PAVS, FREEPOST SWC4881, 36-38 High Street, Haverfordwest, SA61 2ZZ**
email: Nicole.vanschie@pavs.org.uk or ring 01437 771196.

Name Carer: Yes/No

Email.....

Address

.....

Postcode Telephone.....

Age Group: 0-20 21-30 31-40 41-50 51-60 61-70 71-80 81+

Ethnic Origin (for monitoring purposes):