

TRACEY DAVIES

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April 2018

Monmouthshire Carers

A Partnership Between GAVO & Monmouthshire County Council

Carers Rights Day took place at the Glen-yr-afon Hotel, Usk on Wednesday 22nd November, 2017.

A local GP Surgery was presented with the Prestigious: Investors in Carers Award; Monmouthshire Transport Unit updated carers about Grass Routes; Carers joined Branwen to learn more about the Healing Power of Herbs;

**CARERS
RIGHTS DAY
2017**



Councillor Penny Jones & Tracey Davies

Investors In Carers

The Investors In Carers (IiC) scheme is a framework of good practice, which GP practices can utilise to develop their carer awareness and ways of working to support carers in their county and in their practice.

Monmouthshire Carers Project is now working with a number of Monmouthshire GP practices to achieve IiC Bronze Level accreditation. The

Carers Support and Information Workers, alongside carer service providers will be working directly with practices, so they will be ready to have their portfolio of evidence assessed. The assessors will be made up of carer service providers, GAVO and Carers Team who will award the accreditation then report on their findings. The Prestigious Award will be valid for 2 years, after which time it will require re-validation.

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Carers Rights Day 2017;
IIC;
Thank you Glenys;
Farewell Bernard;
Epilepsy Action Cymru;
Dance Blast;
Hynt;

Pharmacists;
Shared Lives;
Men in Shed;
Patient Transport;
Joys Shop;
Carers UK;
Carers Week 2018;

Armed Forces;
Lunch Club;
Ready, Steady Go;
Dementia Support;
Facebook Page;
Lavender Gardens;
Respite.

Thank you to
Glenys Wilks

Glenys Wilks, a carer representative on the Monmouthshire Carers Strategy has sadly had to stand down from her role. Glenys has been a most valued and valuable member of the Group. The Monmouthshire Carers Project and Strategy Group send a BIG thank you to Glenys for the time and commitment she has given to the group.

Carers Representative **NEEDED**

The Carers Strategy Group is always looking for carers to sit on their Strategy Group. We meet every month on a Tuesday, Sessions House in Usk from 10am - 12pm. Respite and transport can be provided. We're a friendly and welcoming group who work together to ensure we deliver the Monmouthshire Carers strategy for both young carers and adult carers. If you would like to know more information please contact: Kim Sparrey, Carers services Development Manager on 01600 730513 or 07971 603110.

Goodbye

BERNARD

We're sorry to say adieu to the Carers Manager, Bernard Boniface. The knowledge, guidance and ease in which Bernard works with others has allowed the Carers Team to continue to raise the profile and support for Monmouthshire carers. Bernard is moving to pastures new, retiring to Oban in Scotland where the next chapter of his life begins. Enjoy the fabulous views and great outdoors Bernard.



epilepsy action

Are you, or someone close to you living with epilepsy?

The Abergavenny Branch of Epilepsy Cymru meets at:

**The Tithe Barn meeting room,
Monk Street, Abergavenny. NP7 5ND**

Come & join us!

on 1st Saturday of every month between 10.30am – 12.30pm;

If you want to meet and chat, please come along and find out more. All Welcome.

FOR MORE INFORMATION:

Telephone Ann Sivapatham on: 01633 253407

Email: asivapatham@epilepsy.org.uk • FaceBook: Epilepsy Action Cymru
Abergavenny@Abergavennybranch

A new fun dance class starts for people with disabilities to enjoy dance in a relaxed & friendly environment

Dance - Ability Day Time Class:

Thursdays 11.30am to 12.30 (£4)

AT:

The Dance Centre,
Pen -Y- Pound, Abergavenny
NP7 5UD

For more information:

Phone: 01873 855544

Email: dance-blast@hotmail.co.uk



If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join Hynt

If you have an impairment or a specific access requirement, often visiting a theatre or an arts centre can be more complicated than just booking a ticket.

What is Hynt?

Hynt is an Arts Council of Wales initiative managed by Creu Cymru in partnership with Diverse Cymru. Arts Council of Wales wanted to create a single national access scheme for disabled customers and their carers.

You will have to meet some eligibility requirements and fill in an application form to become a member and receive a Hynt Card.

You can search listings for details of accessible events and performances across participating theatres and art centres. Search by list of venues, by postcode or town name. For more information:



Visit: www.hynt.co.uk • Email: info@hynt.co.uk

No Appointment Needed

If you start feeling unwell, even if it is a cough or cold, don't wait until it gets more serious. Go and speak to your local pharmacist. You can get advice and treatment from them on a range of common ailments without having to make an appointment such as: sore throat, back pain, diarrhoea, dry eyes and more. For details of local pharmacists visit: www.nhsdirect.wales.nhs.uk

Shared Lives scheme offers the opportunity for vulnerable adults with carers to be supported in carers' homes in a friendly, homely environment within local communities. Placements are offered in the six local authority areas of Blaenau Gwent, Caerphilly, Merthyr Tydfil, Newport, Torfaen and Monmouthshire.

Placements can be long term, short term, respite, emergency or sessional. Each is tailored to the needs and requirements of each individual. People may want some hourly support in the daytime, respite or long-term place to live.

The service is flexible and supports a wide range of people to live more independent lives, to learn new skills and have new experiences.



For more information, contact:

www.caerphilly.gov.uk

Tel: 01443 864586

Tredomen House, Tredomen Park,
Ystrad Mynach, Hengoed CF82 7WF

Chepstow Men's Shed

A space for men of all ages to come together
to share and learn about hands-on DIY skills

Monmouthshire Upcycle
Thursday's 1pm-5pm



Shed Activities: Personal projects, Projects for the community, Making/Restoring furniture, Learning to use a wide variety of workshop tools, Working together with our other men to complete large scale projects, Social network and activities e.g. BBQ's, Making items to sell

For More Info please call

01291 408 300

Mon Upcycle is located at 6 Station Rd, Chepstow, NP16 5PB



Improvements to Patient Transport to Hospital

Patients going into hospital for routine appointments and treatments are now transported by the Non-Emergency Patient Transport Service (NEPTS). The Welsh Ambulance Service have implemented a 48-hour reminder messaging service that sends a text to the patient's or their carers mobile or landline number – 48 hours in advance of their booked transport. On occasions, patients have not been at home when staff have arrived to take them to their appointment, therefore, 'No Reply Cards' have been re-introduced so that patients know that transport has been to the address and how to get in contact with any queries.



JOYS GIFT SHOP

"Giving the Gift of Time"

Joy's is a unique gift shop and card shop offering free teas and coffees with biscuits for just a small donation for the Alzheimers Society and Dementia UK.

It also offers FREE respite sessions for people with any form of Dementia.....Booking required.

All profits from the shop go to Alzheimers Society and Dementia UK.

OPEN: Monday— Friday 10.00 AM 4.00 PM
Saturday 10.00 AM —2.00 PM
Find us at the Site of the Old Post Office
(Near Lidl's) 58A Bulwark Road
Chepstow NP16 5JW

Tel: 01291 629392
Email: info@joycare.co.uk
Website: www.joycare.co.uk

Joy's is a registered
SAFE PLACE

COMMENTS FROM CUSTOMERS:

"Joy's is a godsend to me, I really enjoy coming here "I can't believe the activity sessions are free! Mum really enjoys I and we know she is. happy and safe whilst we have a couple of hours of free time!"



Carers Uk State of Caring Report

A record number of carers completed this year's State of Caring Survey telling us what life is like as a carer in 2017.

A quarter of those surveyed said they hadn't had a day off from caring for more than five years.

Other carers showed concern about the support they might get in the future - 63% of carers said they feel uncertain about what might happen.



Carers Week - Monday 11th – 15th June, 2018

Carers are invited to come along to events during Carers Week: enjoy a spa day at St. Pierre Golf Club or Cwrt Bleddyn hotel or an evening show at The Savoy Theatre, Monmouth. Enjoy a foraging walk or a cup of tea/coffee with other carers. See attached Information.

Armed Forces & Veteran Clubs Monmouth / Chepstow

*A group of veterans and serving members of Her Majesties
Armed Forces whose ethos is mutual support;*

Location: The Punch House, 4 Agincourt Square,
Monmouth NP25 3BT

Meeting Time: 1st Saturday & 3rd Sunday each
month at 9.30am

Location: RBL Club, Railway Restaurant,
3 Hill Street, Lydney GL15 5HW

Meeting Time: 1st Saturday from 9.30am – 12pm.

Visit:

www.afvbc.co.uk

for more information



NEW: Easy Read information leaflets

In August a new Easy Read feature was added to the NHS Direct Wales website with information for people with a learning disability, carers and their families about health matters and keeping well.

The section, which is easy to navigate covers a wide range of topics from cancer to mental health and can be accessed through a simple A-Z menu.

To view the Easy Read section click

www.nhsdirect.wales.nhs.uk/easyreads

Age Cymru: Lunch Club Community Support Service

The service provides support for socially isolated older people in Monmouthshire within their local communities. A person may be referred to the community support service by family members, social services, a friend or carer or by contact personally.

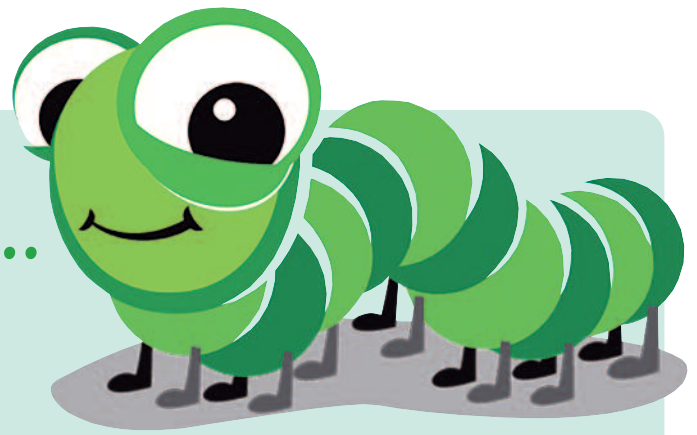
Lunch Club: (Aimed at people who are lonely / isolated)

St. Michael's Centre, Pen-y-Pound, Abergavenny - Monday lunchtime (11.15 – 2.30pm);
2 course meal for £9, transport is available if required.

For more information contact: Laura or Paul on 01291 673300
Email: <mailto:moncss@agecymrugwent.org>

Ready Steady Go...

*Is an Activity Club Supporting
Young Children with Autism*



Helping them to develop social interaction and friendships by providing opportunities through supported play and sports activities, in a safe, comfortable environment.

When?

The Club meets each 2nd and 4th Friday of the month, plus other dates during school holidays;

Where?

Undy Church & Community Hall,
Church Road, Undy NP26 3EN

Contact:

Mrs Tracy Stafford 07921 839402
email: tracystafford@hotmail.com
Mrs Cathryn Duke 07728 540603
ceriduke@gmail.com

Shopping trip to Worcester



Carers enjoyed a shopping trip to Worcester on Friday 1st December, 2017.

Carers shopped 'til they dropped and a great day was had by all.

Are you supporting somebody affected by dementia?

For further information please contact: Helen or Carly,
Dementia Support,
(01600) 719127

**Carer's Drop-in.
Information and Support.
3rd Monday of the month.**

Chepstow Community Hospital
14.00-16.00





FACEBOOK PAGE Monmouthshire Carers

Did you know we have a Facebook page for Monmouthshire Carers? It's still very much in its infancy, however, we are going to be posting more on the site. We want to share events, articles and things of interest. Have a look and see what you think, just Type in Monmouthshire Carers Project.

Are you a carer or a loved one over 55 who would like to have a short break in the beautiful setting of Abergavenny?

Would you like to take some time to rest and recharge? Are you a carer/being cared for and would like to come and enjoy some of the wonderful events that happen here throughout the year? Well here's some great news...there is a new respite flat at Lavender Gardens, Abergavenny!

It is a self-contained flat within the Extra Care setting of Lavender Gardens which currently provides needs based supported living for older adults. The accommodation has 2 bedrooms and sleeps 2 people, a fully equipped kitchen and level access shower. It is currently at the end stage of being furnished and hopefully it will support individuals whilst promoting their independence and wellbeing.

The flat is fully accessible on the ground floor with generous proportions and in a great location for all amenities in Abergavenny within reach. The flat can offer individuals or couples a respite break with supported care, if needed. Please keep your eye out for further updates.

For more information about the accommodation, charges and how it can be accessed ask for Sian Gardner or Ali Page – contact Abergavenny Admin Team: 01873 735933.



Do You Have Any Suggestions About Respite Options in **MONMOUTHSHIRE?**



Monmouthshire Council are looking to provide a greater range of respite options for all carers in Monmouthshire. So please get in touch if you have any suggestions about what your break needs to look like – Where it should be? – What

it should offer? – How it should feel? Go as big as your imagination will take you! What does the future of respite look like to you?