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September 2020

# Monmouthshire Carers

A Partnership Between GAVO & Monmouthshire County Council

## Why not Join Other Carers for a Natter?

Our first 'virtual coffee morning' was held in July, 2020 and proved to be a great success.

It was great to be joined by carers for a natter.....along with a coffee and cake! If you would like to join the carers chat in the future, please show your interest by emailing Tracey for the link on:

[tracey.davies@gavo.org.uk](mailto:tracey.davies@gavo.org.uk)

Time:  
11am - 12pm



### Dates:

September 16th • October 21st  
November 18th • December 16th  
January 13th 2021 • February 17th 2021

## Monmouthshire Carers Project Facebook Page



Did you know that Monmouthshire Carers Project has a Facebook page? Well.....we do!

The page has remained dormant for quite some times now but we are really pleased to say that we have partnered up with QB (Building Bridges and MAGIC partnership) who will be helping us to keep this page up-to-date with news, offers and anything that maybe of interest to carers. Please look us up so we can keep you in the loop with anything new, exciting or maybe of interest to carers.

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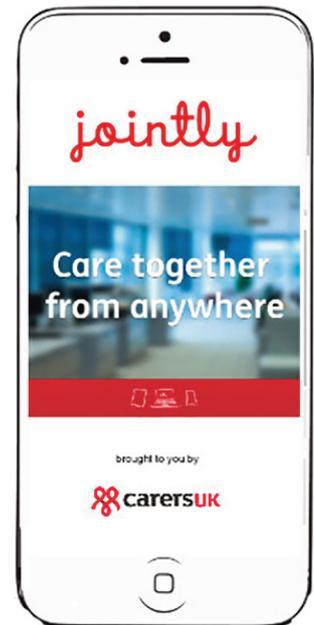


**Jointly is a mobile and online application developed by Carers UK to help make caring less stressful and more organised.**

Please log in at <https://staging.jointlyapp.com/> or download Jointly from the Android or Apple app stores. View on [jointlyapp.com](https://jointlyapp.com). If a new window doesn't open automatically please copy the URL below and paste it in your browser address bar. <https://api.jointlyapp.com/>.

The Gwent region has been able to fund some free licences so all you need to do when you sign up is use the code below on the "free access code" page. You do not need to pay the £2.99 fee. The code for Monmouthshire carers is: **JOIN8922**

You can set up a "circle of support" so you can share caring duties with others, and be able to see instantly via the app what has been done and also communicate with others, leave them notes etc. Please take advantage of this free offer."



## **Useful Information**

### **Disabled Companion Travel Card**

Disabled people who live in Wales are eligible for a Concessionary Travel Card (eligibility applies) which allows for free travel on most bus services in Wales and the borders. If the disabled person's condition limits their ability to travel alone then a companion card will allow someone else to travel with the disabled person for free.

**The Local Authority will assess whether the criteria has been met to apply for a companion travel card.**

challenging behaviour, severe cognitive and mental impairments, a combination of visual and hearing loss, difficulties using a wheelchair independently.

Visit: <https://trc.cymru/eligibility> for more information.



for better mental health  
o blaid gwell iechyd meddwl

Monmouthshire  
Sir Fynwy

# Mental Health Counselling Service

Our service offers a safe and confidential place to work with one of our counsellors on the problems and difficulties you are facing.

Our counsellors can assist you to explore, make sense of the issues troubling you and offer possible alternative ways to move forward.

Helping you cope with:  
Depression  
Stress  
Abuse  
Anxiety  
Trauma  
Bereavement  
Confidence issues  
Anger

For more information contact: **01873 858 275**



or email: [info@mindmonmouthshire.org.uk](mailto:info@mindmonmouthshire.org.uk)



All our Counsellors are registered with a relevant professional body (e.g. BACP, UKCP) and either accredited with that body or working towards accreditation.

## Carers Small Grant Scheme - How can it help carers?

One Monmouthshire carer shares their experience as to how the grant helped them.

"I'd not really considered applying for the grant as I've always felt there were other

people worse off than us, however I was encouraged to apply and I was so happy to be successful with my application for a washing machine. It's made such a huge difference to our lives – that sounds a bit

over the top but it's true! Washing is easy, I know it's going to run ok and I don't even need to worry about mopping up the kitchen floor after it's leaked anymore!"

If you are an unpaid carer living in the Gwent area, the Gwent Carers Hub can help you.

Please contact the team on 01495 367564 or you can find them on Facebook at <https://www.facebook.com/gwentcarershub/>.

**Reengage**

## Would you like a call companion?



**"The calls are such a comfort"**

### If you're over 75, living on your own and feeling lonely, we may be able to help.

As you get older it's not unusual to spend more time on your own, particularly if you've lost loved ones or your health isn't what it used to be.

### We want you to know that Re-engage is here for you.

If you'd like a bit of extra company, we can match you with one of our friendly call companions. They love a good chat and they're great listeners too.

## How it works

One of our call companions will phone you at a time that suits both of you, most likely once a week or twice a month.

The calls last for half an hour or so and you can chat about anything that interests you.

What's great is that the same volunteer phones you each time, so you can get to know each other and share stories and laughter - for as long as you both want.

The service is completely free and you don't have to continue with it if you decide it's not for you.

**To be eligible for a call companion, you need to be:**

**aged 75 or older.**

**living alone or in sheltered housing with little contact with family or friends.**

**at a stage in your life when you struggle to leave the house.**

**Bringing generations together**

**"A good chat means the world"**

To find out more, call us on **0800 716543**  
email us on [info@reengage.org.uk](mailto:info@reengage.org.uk)  
or visit [www.reengage.org](http://www.reengage.org)

# USEFUL INFORMATION

## Frontdoor Family Video Call

Since COVID -19 lockdown began, families have had to remain physically distanced, sometimes hundreds of miles apart due to Government regulations imposed for everyone's safety. While shopping and prescription collections have been organised by relatives remotely or by local volunteers, or friends, the mental impact of not being able to see children and grandchildren can be huge.

## Magor and Undy COVID – 19 Support Group

has been set up to allow volunteers to easily link up with residents without a computer or internet...with family members. Residents wishing to use this service can contact:

Magor and Undy Community Council on **07592 375562** or **07592 318281**

Email: [MagorUndyCOVID19@gmail.com](mailto:MagorUndyCOVID19@gmail.com)

## Young Carers and Young Adult Carers

There are just over 230 young carers across Monmouthshire aged 8 - 18.

**Carers Trust South East Wales** provide the service on behalf of our young carers and young adult carers.

### What Support Is Offered?

1/1 in schools across county.

Community based activities-information sharing and support around things like being safe on-line, friendships and other issues.

Respite-days out, carer breaks and holidays.

Information and signposting - linking in with other agencies and services-to support holistic approach.

Training to support caring role.

### During COVID - 19

An online Forum for Young Carers has regularly taken place so that YC have their say and push for recognition.

As YC are finding themselves more at home, often in challenging environments, more support has been provided because school typically provides both education and respite and this is currently unavailable.

YC are coping with the emotional void of not seeing friends and family - socialising. Missed sports/ clubs/ celebrations such as proms & driving lessons.

Listening and practical advice has been given about the challenges related to caring for someone else during C-19-like accessing shopping, pharmacy etc.

### What are we doing differently?

Young carers and young adult carers are able to access support remotely via calls, email, skype, zoom – to ensure they feel supported.

Regular 'gatherings' online with other young carers have been arranged for fun and to maintain stronger friendships - including quiz nights and making tic-tok videos.

The Young Carers Forum has been used to debate issues online - issues that matter personally, locally and globally.



# Snippets of Young Carers 'mindfulness' during lockdown

## Young Carers - Would You Like 25% Discount at Leisure Centres?

The Carers Leisure Discount scheme offers 25% discount at local leisure facilities for young carers. With the pressures of additional caring duties arising through C-19 period, the opportunity to join the scheme in readiness for facilities reopening, was highlighted as providing a significant opportunity for some respite, wellbeing and physical benefit.

Young Carers have, like others in a caring role, found that their participation in regular physical activity, focus on their own wellbeing and sense of freedom had declined during this period. Taking advantage of the scheme provides a great opportunity to try something new and meet new friends.

Simply contact Tracey: Email [tracey.davies@gavo.org.uk](mailto:tracey.davies@gavo.org.uk) or tel: 01291 675474 to register for the discount.

If you are aged 8-18 and care for someone and would like help and advice please contact:  
Ali Page, YC and YAC service on **07866 188360**.



Almost £60,000 worth of grants funded by all LA's across Gwent have been awarded for items including food, new beds, Laptops-games consoles, garden furniture and toys and bikes. With a lack of respite available many needed to access timeout in different ways. Gardens have been used more, laptops enabled them to get online with friends and bikes were used to get outside within the parameters during C-19.

Events post C-19 are now being planned to give young carers a well-deserved and much needed opportunity and inspiration in the future.

**PLEASE HELP TO BE AWARE OF YC's AND HELP THEM TO BE VISIBLE.**

*They are Monmouthshire's young hero's!!*

# Creativity in Captivity

## Messages from around the world go on display!

Story of Lockdown is Woven into Quilt

Tells the stories of 65 people in lockdown, from all across the UK, Europe and Bahamas! Including 4 men, one 10 year old boy and 5 NHS workers.



Could you, or someone you know, **benefit** from our support with **technology?**



At Age Cymru Gwent, we've got dedicated Digital Champions on hand to support you to make the most out of technology.

Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve! Whether that be video calling family and friends, making an online shop, or pursuing hobbies and interests, we are here to help.

Here's how to find out more / register your interest:

Simply give Age Cymru Gwent a call or email us, and we'll connect you with your local Digital Champion!

**Age Cymru Gwent**

**Nia Thomas:** 07747 027623

**Chloe Robinson:** 07783 710481

**Email:** [digital@agecymrugwent.org](mailto:digital@agecymrugwent.org)

# Do you have caring responsibilities?

Are you aged 50 or over and caring for someone?

Perhaps caring for someone living with dementia, or caring for someone who has moved into a residential or nursing home?

Would you be interested in sharing your views and experiences with Age Cymru and Carers Trust Wales, as part of a joint national project funded by Welsh Government?

The charities are asking carers to get in touch with the project to let them know about your experiences of caring and to help shape support.

A number of sessions are being planned to:

- Gather views and feedback.
- Help develop a national survey for unpaid carers aged 50 and over.
- Develop discussion for future feedback.
- Understand your caring experiences during COVID-19.

If you have any questions or would like to be part of the conversation then please contact or call **0798 915 2529**.

It has been a very different Carers Week in 2020! Unfortunately, due to the Coronavirus and 'lockdown' all planned events had to be cancelled.

Monmouthshire Carers Project asked carers to share their memories with us during this time and we have received a lovely selection of postcards, photos, poems and drawings depicting life during lockdown so, hopefully, we will be able to meet up in the future to share some of these stories and experiences.

Your contributions are important to us so please keep those postcards coming!

