



April 2022

Monmouthshire Carers

A Partnership Between GAVO & Monmouthshire County Council

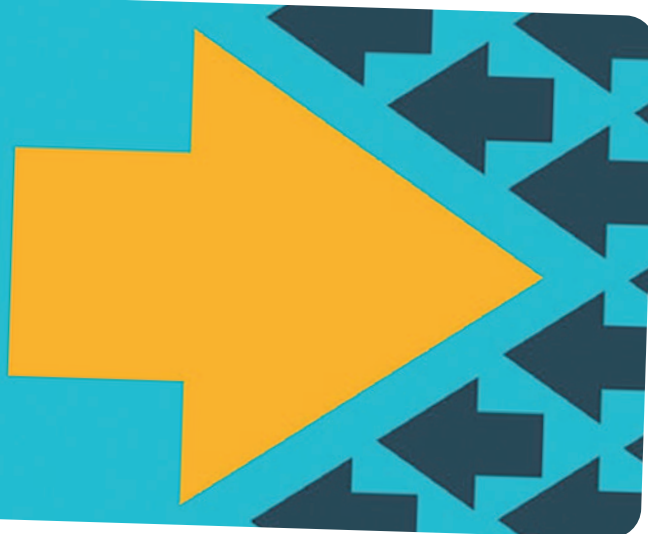


Goodbye and Good Luck Tracey!

Can you believe it, after 17 years Tracey Davies, Carers Co-ordinator is leaving us, and moving onto pastures new. During those 17 years Tracey has built up a carers database that is now providing newsletters, activities, events, training and information to over 1200 Monmouthshire carers. Whilst Tracey works for GAVO she has been an integral part of the Monmouthshire Carers Team and most importantly someone whom carers know they can rely upon for being friendly, helpful and knowledgeable. We are going to miss Tracey, yet it's an exciting new chapter Tracey starts and we want to say thank you to Tracey for her dedication in supporting Monmouthshire Carers, and that she enjoys all the good things ahead of her.

Changes are Afoot

There is going to be a transition of change after February, when Tracey Davies leaves her role as Carers Co-ordinator, GAVO and when a new person steps into the vacant role. The Carers Co-ordinator role is pivotal in maintaining the carers database, producing and disseminating the carers newsletter, co-ordinating and organising carers events and training and managing the leisure card scheme. The Carers Team, Monmouthshire County Council are working with GAVO to ensure there is minimal disruption during the interim period. So please bear with us in the meantime.



Carers Week 2022

6th June 2022 Well-being Day – Mind Monmouthshire;
9th June 2022 Carers Walk – Cefn Isla, Usk;

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Monmouthshire Carers Network;

WhatsApp;

EPPCymru.

Welcome to Monmouthshire Young Carers Service



The Young Carers Service is working with a caseload of young carers and families that are receiving the 12-week Intervention support depending on their level of need. This programme focusses on their goals which includes emotional and/or practical support.

During February half term the Young Carers team organised some activities one of them being a Pottery session in Lollypops and Ladybirds as an opportunity for the young carers to take part in a fun creative therapeutic activity.

We had a great time and parents were invited to get involved to provide the family with some much-needed time out.

The young carers were able to socialise with people who understand their situation and to make new friends.

A great day was had by all. Feedback from a Mum " Thankyou for today we had a great time and it was lovely to spend some much-needed time with others who are in our situation"

If you are a young carer/young adult carer aged 25 years and would like any support, please contact the young carers service on:

Email: YoungCarers@monmouthshire.gov.uk / Tel: 01633 644621



Carers Rights Day Luncheons

Over 40 carers in Monmouthshire enjoyed a three course Christmas luncheon at Llanfoist Golf Club to promote Carers Rights Day.

The luncheons took place on Wednesday 24th November and 1st December, 2021. Carers relaxed and chatted over a scrumptious Christmas feast....

A great day was had by all!



TIPS TO HELP YOU STAY CYBER SAFE



Top Tip

**Always install
anti-virus
software on your
devices.**

**For help and
advice about
staying safe online
visit:
www.ofcom.org.uk**

Social Media

- Be wary of the data you post on line. Social media sites do sell your data onto third parties so posts you share can also be shared with a wider audience. Don't put countdowns to holidays on there. Limit the data you post about yourself in your profile. Always keep your on-line presence small.

Shopping safely

- Fake emails offering a refund will ask for bank details IGNORE IT
- Received an email from a friend asking to buy a gift card for them? IGNORE IT
- Look out for look-a-like websites, safe sites start 'HTTPS'
- Protect your cards by using RFID card protector sleeves.
- Stay vigilant for counterfeit goods. If it sounds too good to be true, it probably is. IGNORE IT.

Passwords

- Never use the same password for different accounts, if one is hacked the others can be too. Use UPPER, lower case characters, numbers and special characters e.g. !Y0u'r3 \$lmply Th3 B3st%. Check if your account has been hacked at:
www.haveibeenpwnd.com

Phishing emails

- Check the spelling of the senders name and the email address. Hover over links to check where the link is pointing to. If in doubt, get the email checked out.
- Report Phishing to: report@phishing.gov.uk

Men's Shed Sied Dynion



Mae'r grŵp yma i ddynion y gymuned MS allu trafod y pynciau sydd bwysicaf iddynt. Ymunwch a ni i gael paned neu peint drwy Zoom. Mae'r sesiynau ar gael i unrhyw un sydd gyda MS neu sy'n rhoi cymorth i rywun sydd yn dioddef.

Mae'r grŵp yn cwrdd ar **ddydd Mawrth cyntaf y mis am 7 o'r gloch y nŵs.**

Cysylltwch a'r Hwb Lles am fanylion.

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

email/ebost:
wellbeingwales@mssociety.org.uk

MS Society



We are the group for the men of the MS community to get together and catch up on the topics that matter most.

Whether you live with MS or support someone close to you, join us on Zoom for a moment to unwind!

We meet every month on the

First Tuesday at 7pm.

Contact the Hub for details.

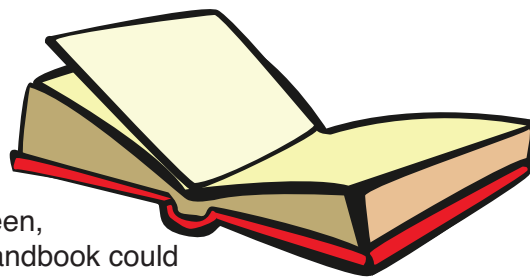
Are You A Carer?

Please let us know if you have changed your contact details so we can update the carers register.

COMING SOON

...the New Carers Handbook

The Monmouthshire Carers Handbook has had a makeover! Whilst we have had many positive comments on how useful the handbook has been, carers have also given us some excellent suggestions as to how the handbook could be improved. The new handbook offers guidance and support for a carer whilst highlighting the need for them to think about their own needs beyond their caring role. The handbook also includes a directory of organisations that may be able to offer additional support to carers. In the meantime, the 2018 handbook is still available online at www.monmouthshire.gov.uk/social-care/carers-project/. Watch this space. We will keep you updated and let you know when the handbook is ready for circulation.



SOUTH WALES ADMIRAL NURSE SERVICE



The Legion works with Dementia UK to provide Admiral Nurse support - a service that supports their beneficiaries, which can be the carer or the person living with dementia, who have served in the UK Armed Forces. The focus of the service is to maintain independence and improve the quality of life for carers and families and to provide the practical advice they need. Admiral Nurses have the experience to facilitate the service every step of the way, offering: skilled assessments to determine the needs of family carers and the needs of the person living with dementia; information and practical advice for carers and their families on

supporting those with dementia; to work with carers and families to provide emotional and psychological support throughout the caring journey; advice on how to care for someone with dementia and help to develop skills to encourage positive approaches to living with dementia.

Regional South Wales Areas Covers:

Bridgend, Caerphilly, Cardiff, Rhondda Cynon Taff, Vale of Glamorgan, Merthyr, Monmouthshire, Neath Port Talbot Newport, Torfaen and Blaenau Gwent.

In terms of postcodes, we cover all CF and NP postcodes and SA10 – SA13.
Telephone: 0333 011 4497 • Email: admiralsouthwales@britishlegion



Carers UK have launched new resources for carers about Disability-Related Expenditure

Carers UK have launched new resources for carers about Disability-Related Expenditure

If you care for someone with a disability or a medical condition, there may be extra costs involved in helping them manage this. These are called disability-related expenses (DRE). Carers can claim help from their Local Authority regarding their DRE, but this is not always known about or widely shared, and it can be complex to submit a claim.

That's why, to help carers better understand what disability-related benefits are, including whether they are entitled to support, and how to make a claim, Carers UK have recently launched some new resources.

Please visit: carersuk.org/help-and-advice/financial-support/disability-related-expenses



When you turn 18 there is still support out there for you

If you want to talk to someone

You can talk to Ali Page who works within the Carers Team to see what support you might need. You may just want to talk about how turning 18 might change your caring role and the choices you want to make.

If you do want to have a chat then contact Ali Page, Young Carers & Young Adult Carers Assessment Worker, Monmouthshire County Council

Tel: 07866 188360

Email: AliPage@monmouthshire.gov.uk

If you want to keep in touch & know what's going on

You will receive regular updates through the Carers Newsletter which contains information that could help you, gives you access to free events, updates on any new carers grants, access to leisure & wellbeing discounts whilst letting you know there is still support for you in Monmouthshire.

If you want to sign up to the newsletter then please contact Gwent Association of Voluntary Organisations (GAVO)

Tel: 01291 675474

Email: carers.co-ordinator@gavo.org.uk



We hope you want to keep in touch so we can all connect together

WhatsApp Messaging Service

We are expanding the way we communicate to our residents by developing a WhatsApp messaging service.

If you would like to subscribe to these messages, please contact
ABB.Engagement@wales.nhs.uk



Bwrdd Iechyd Prifysgol
Amguedd Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures

Gwasanaeth Negeseuon WhatsApp

Rydym yn ehangu ein dull o gyfathrebu gyda'n trigolion drwy ddatblygu gwasanaeth negeseuon Whatsapp.

Os hoffech gael y negeseuon hyn, cysylltwch ag
ABB.Engagement@wales.nhs.uk



Bwrdd Iechyd Prifysgol
Amguedd Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures

The Health Board will be launching a WhatsApp Messaging service to engage with residents across Gwent.

By subscribing to this service, you will receive frequent updates from the Health Board on a variety of topics including, COVID-19 messaging, our vaccination programme and other information about our healthcare services.

If you or someone you know would like to receive these messages, please contact
ABB.Engagement@wales.nhs.uk
and title the email 'WhatsApp Subscription'.

In the email, please provide the following details:

- Your full name:
- Postcode/Borough:
- The mobile number you would like the messages to be sent to
- If you would like to receive messages in the medium of Welsh

For the avoidance of doubt, messages will be received from the following mobile number:

07973695798.



Welsh Ambulance Service Non-Emergency Patient Transport



Ymddiriedolaeth GIG
Gwasanaethau Ambwlans Cymru
Welsh Ambulance Services
NHS Trust

Transport is available for patients in Wales needing to get to Non-Emergency appointments who have a specific medical need and require Ambulatory Care. You can visit our website to enquire if you are eligible, to search for transport options in your local area and find FAQ's about what to expect if you travel with us.

Temporary Changes to Booking: Under normal circumstance we ask patients who are eligible for transport to call and book as soon as they receive their appointment. However, due to the increased risk surrounding Covid cases, we will only be able to take transport bookings within 4- days of our patients' appointments. By limiting advance journeys allows us to obtain the most up to date Covid information from our patients and therefore helping towards ensuring the safety of our staff and patients.



Free NHS Health & Well Being Course, Working with MCC Digital Lending Library

Gain Digital skills using an ipad & improve your well-being at the same time!

You will need to register with the Digital Library to take part, contact Helena from the MCC Library Service on helenawilliams@monmouthshire.gov.uk or phone 07970 380358

This is part of a pilot scheme taking place in **Monmouthshire** libraries for people who want to get online or may benefit from learning digital skills. There will be volunteers to support you.

For info on our other courses contact the **EPP Team** by epp@gavo.org.uk or use the **QR Code link**



SCAN ME

