

Monmouthshire CARERS



A Partnership Between GAVO & Monmouthshire County Council



Hello My name is Peta Rahmatalla and I am the new Carers' Coordinator for GAVO. I began this new role in June and I am really excited to be working on this new newsletter and hoping to meet many of you on day trips and activities that we are arranging in the coming months.

Everybody has been so welcoming and made me feel very much at home. My

background is in adult social care, Learning disabilities and supporting those with dementia, supporting both service users and carers.

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

AU REVOIR



After 18 years with the Carers' Team, Deborah Saunders has hung up her Carers' Information and Support Worker's hat and taken up a life of retirement to make time for herself, her family, friends and own interests. Deb has been a mainstay of the Carers' Team and was very well respected by her colleagues not only within the council but with all the organisations she worked with. Most importantly though Deb always ensured that carers were kept at the forefront of her work, and valued spending time getting to know someone as an individual so that she could offer the best support to them. As a nod to Deb's French ancestry, from all of us within the Carers Family, au revoir, bon voyage and bonne chance.

INSIDE THIS ISSUE ...

- *Hello from the new Carers' Co-ordinator;*
- *Good bye to Deb;*
- *Young Carers; Carers' Rights Day;*
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- *Carers' Handbook;*
- *Lions Club Message in a bottle;*
- *I.C.E Card to cut out;*
- *Andy's Man Club;*
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- *Dementia support;*
- *Free First Aid course form Monmouthshire Workforce Development.*



CARER'S RIGHTS DAY 25TH NOVEMBER 2022



This year we will be holding the Carers rights day and Lunch at St. Pierre Country Club & Hotel Chepstow. We will have a meet and greet at 10am with teas and coffees, and a discussion on carers rights, followed by a buffet lunch.

LIST OF ACTIVITIES AND EVENTS

24th September, Meet us for a Step back in time with a Railway Saloon carriage experience, with a cream Tea. Pontypool & Blenavon Railway;

26th October an autumnal trip to Westonbirt Arboretum;

25th November Carers' Rights Day Lunch at St. Pierre Country club and Hotel Chepstow;

2nd December Coach trip to Worcester Christmas Fayre;

24th & 25th January 2023 New Year's Lunch at Monmouthshire Golf Club.

21st February 2023 Day visit to Cadbury Garden Centre in Congresbury

WELCOME TO MONMOUTHSHIRE YOUNG CARERS SERVICE

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

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



GAVO VOLUNTEERS

THE BENEFITS OF VOLUNTEERING!

How volunteering can support your wellbeing and reduce loneliness.

Hello! My name is Bethan Warrington and I am the Volunteering Officer for GAVO in Monmouthshire. My role is to work with charities to make sure they have everything they need in place to help them recruit and look after volunteers. I also work with individuals who are looking to volunteer but aren't sure where to start, by helping them find opportunities they will enjoy and feel valued.

GAVO have a Volunteering and Youth Volunteering Officer that are always happy to help in:

- Monmouthshire
- Newport
- Blaenau Gwent
- Caerphilly



How volunteering can support your wellbeing and reduce loneliness.

When people talk about the impact of volunteering, we often hear about how it benefits the people in need. What is not highlighted enough, is how amazing it is for the volunteer! Volunteering with a community group or charity you are passionate about is a fantastic way to spend your spare time and reduce social isolation and loneliness. By volunteering, you are likely to:

- 1) Meet like-minded people
- 2) Increase your confidence
- 3) Work in a team
- 4) Make friends
- 5) Have fun!



- The Volunteering Wales website is a fantastic tool to browse volunteering opportunities in your area. If you would like to volunteer but don't know what is available, you can find out here:
- <https://bit.ly/volunteeringwales>
- REMEMBER, volunteering should ALWAYS be a win-win!
- The benefits of volunteering on young people - Chris Irving
- The benefits of volunteering are increasingly being widely recognised as an activity that can make a significant difference to our own wellbeing and personal growth while making an impact in our communities. Many young people now have a wider awareness of many of the issues that affect their lives. These can include the environment, culture, arts and sport, food poverty and social injustice.

- Volunteering provides young people with the perfect opportunity to get involved, make a difference, develop skills for the workplace and have fun along the way. There are a huge and diverse range of volunteering opportunities available throughout Gwent and GAVO we are here to support you to find the perfect opportunity.
- So, if you are 14 plus we would love to hear from you for an informal chat.



Gwirfoddoli Cymru
Volunteering Wales

Monmouthshire

Volunteering for Wellbeing is a programme run by Marianne Piper in the Bridges Centre, Monmouth. There are plenty of opportunities to make a positive impact on the wellbeing of the community while looking after your own!

Contact marianne.piper@bridgescentre.org.uk or visit <https://bit.ly/VolunteeringForWellbeing> to find out more.



Newport

The (Future) Wales Coast Path are looking for lighthouse keepers in Newport (and Monmouthshire)! They're running a series of creative events and conversations exploring our relationship with land and water. What a great opportunity to meet new people, do something different and help the environment! Email futurewalescoast@gmail.com for more information.

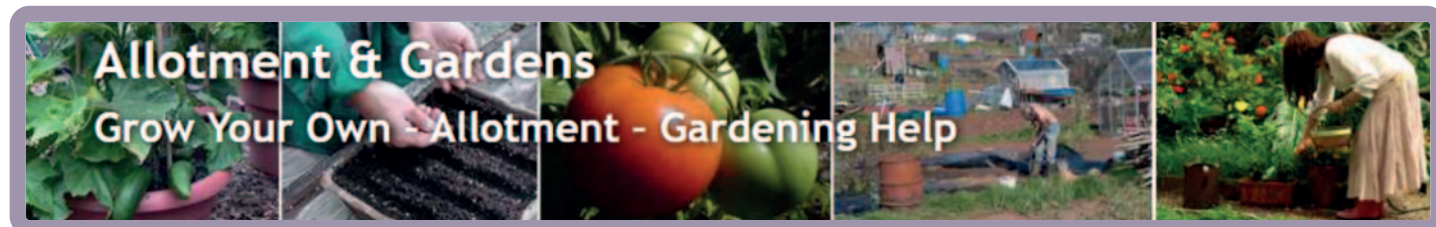


Caerphilly

Tarraggan Educational Gardens are looking for volunteers to support them with gardening, painting and maintenance! Post Covid, it is time to look forward, have a focus, engage in something fun and educational while socialising with others. Where better to do this than outdoors! **Volunteer Gardener/Painter/Maintenance - Bargoed** (volunteering-wales.net)

Blaenau Gwent

The Happy Cafe at Aberbeeg Community Centre is ready to welcome friendly volunteers who can make tea & toast and chat with those that come along. The Cafe is part of a scheme encouraging community connections and inclusion. What a lovely way to spend a morning and maybe make some new friends! You can find out more about the opportunity and apply here: <https://gwent.volunteering-wales.net/volunteers/opportunity/10180250> or email patriciatovey@googlemail.com.



How to contact your local GAVO officer!



Area	Role	Name	Email Address	Phone Number
Monmouthshire	Volunteer Officer	Bethan Warrington	bethan.warrington@gavo.org.uk	07376023546
Monmouthshire	Youth Volunteer Officer	Chris Irving	chris.irving@gavo.org.uk	07483 128060
Newport	Volunteer Officer	Mehjabeen Hussein Rahim	mehjabeen.rahim@gavo.org.uk	07908489792
Newport	Youth Volunteer Officer	Claire Turner	claire.turner@gavo.org.uk	07376 023365
Caerphilly	Volunteer Officer	Caren White	caren@gavo.org.uk	074831 28064
Blaenau Gwent	Volunteer Officer	Caragh Porter	caragh.porter@gavo.org.uk	07483128080
Caerphilly & Blaenau Gwent	Youth Volunteer Officer	Gareth Edwards-Lowe	gareth.edwards-lowegavo.org.uk	07376023660

Thank you for reading!

I really hope you have enjoyed finding out about how volunteering can be used as a tool to reduce, loneliness and social isolation for volunteers. Thank you very much for reading the blog, and I really hope that you feel inspired to volunteer. Please do contact the GAVO Volunteering team to let us know your thoughts! !



TO FIND YOUR NEAREST MEN'S SHED CONTACT;

Monmouthshire Upcycle
Unit 2-3, Pill Farm Industrial Estate,
Caldicot, Chepstow NP26 5XE
e: monmouthshireupcycle@gmail.com

WHO WE ARE...

Men's Sheds Cymru introduced and now drives forward the Men's Sheds movement in Wales. Men's Sheds is an internationally recognised and successful concept for establishing community groups specifically around the needs of men.

WHAT WE DO...

We support members "Shedders," help establish independent community Men's Sheds, and take an active role in advocating for the needs of men in Wales.

WHY WE DO IT...

It's all about wellbeing. As a gender, men do not tend to form the same support networks and groups as women, and traditionally men in Wales have talked and socialised at the local pub, or during sports activities. Life presents many challenges; retirement, unemployment, physical or mental ill health - men can often find themselves with time on their hands, become socially isolated or lonely. Men's Sheds Cymru offers a 'health by stealth' approach, encouraging friendships community and service networks through the formation and support for a men's shed. The inclusive ethos we promote offers 'Shedders' a sense of belonging, acceptance and fellowship experienced 'shoulder to shoulder' through shared activities.



COMING SOON...

THE NEW CARERS HANDBOOK

The Monmouthshire Carer's 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.





get your **free**

**LIONS
MESSAGE
IN A
BOTTLE**
IT COULD HELP
SAVE YOUR LIFE



The Lions Message in a Bottle is a simple but effective way for you to keep your **emergency medical and contact details** where they can be found easily and quickly by the responding services - in the fridge.

In the event that the emergency services are called to your home they are trained to look for two stickers (one on the inside on your front door and the other on your fridge) which will alert them to the bottle and its possibly life saving content.



**Pride in your
community**



**Lions Clubs
International**

MD105 British Isles

ANDY'S MAN CLUB

In mid-2016, nine men met in a small room in the typical Yorkshire town of Halifax with a simple aim of talking through their issues and helping each other deal with their mental health. All in attendance were agreed there was a magic in that room that had to be shared. This was the start of a movement that has grown faster than anyone first involved could have ever imagined. Fast forward almost 6 years and ANDYSMANCLUB now has groups at over 100 locations across England, Scotland and Wales.



ANDYSMANCLUB takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no



inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon

discovered that male suicide is the biggest killer of men under 50, with Male Mental Health surrounded by well-ingrained cultural stigma in the UK. Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of **ANDYSMANCLUB**, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now

operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with **ANDYSMANCLUB** when they came through the door as a service user. With their service used on a weekly basis by over 1,700 men, and an army of over 500 volunteers on board, the movement is continuing to grow on a week by week basis.

To attend **ANDYSMANCLUB**, drop us an email - info@andysmanclub.co.uk. or head to www.andysmanclub.co.uk, find your nearest club, and simply attend!



Here you can read up to date news about Carers activities and events plus any changes about them. Please go to ; www.gavo.org.uk

And head to the News/Monmouthshire section.

Also we have introduced the QR code so that you can scan and be taken straight to the GAVO website for information you want to read about.

This year we are introducing a Flyer so that you can decide which activity or event you would like to put your name down for. Please tick next to the activity or event you want, enter your name and contact details and return either by email or by post, **Please note that we are unable to take reservations over the phone.**

We would also like to use this opportunity to update the database we have and the information we hold for you, just to make sure it is correct and up to date.



Please cut and fill this ICE card and
keep in your purse or wallet.

ICE Card

I AM A CARER - SOMEONE AT THIS ADDRESS NEEDS SUPPORT

Name

Address.....

Telephone

MY DETAILS ARE;

Name

Address.....

Telephone

N.O.K.....

In Case of Emergency Card

DEMENTIA SUPPORT



We are trying now, to make contact with carers looking after people with dementia who would like to come to our new venue at Park Street Community Centre Abergavenny. The meetings are very informal, its somewhere to make new friends and play bingo, (for fun, no cost or prizes) and chat over coffee and biscuits and will be able to meet people in the same situation as themselves. It helps to share!!

We meet every second and fourth Wednesday in the month at 10-30 until 12.00."



MON WORKFORCE
DEVELOPMENT
WHERE YOU MATTER

FIRST AID TRAINING SUPPORT

Please book via this links;
MCC-Mon Workforce development team (office 365.com)

First Aid Training dates held at
R1 Block C Mamhilad House,
Mamhilad Park Estate,
Mamhilad, Pontypool.

29th Sept - 09:15 - 16:30
EMERGENCY FIRST AID

PENPERGWM CLUB

The Penpergwm Club - Social Support for Over 65's Penpergwm House Residential Care Home

Penpergwm, Abergavenny, Monmouthshire, South Wales, NP7 9AH
Tel: 01873 840267 Fax: 01873 840178
Email: enquiries@penpergwmhouse.org.uk
penpergwmhouse.org.uk