

# Monmouthshire CARERS



IN ASSOCIATION WITH MONMOUTHSHIRE COUNTY COUNCILS CARERS NETWORK

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## Information on Carers Allowance

If you think you may be entitled to Carers Allowance please follow the link below.  
We as the Local Authority do not award Carers Allowance.

<https://www.gov.uk/carers-allowance>

# Dewstow Gardens and Grottoes



Didn't we have  
a lovely Day!

eating cake and drinking coffee!

In June we enjoyed a gorgeous, relaxing carers day out at Dewstow Gardens and Grottoes, located in South Monmouthshire. The sun was upon us and it really felt like a beautiful start to summer.

Around 20 carers joined us alongside family members, many of whom remarked how they had never visited the setting previously. It was lovely to hear so many helpful green fingered gardening tips, plant identifications and lovely stories being shared between people as we explored the gardens.

It was a pleasure to sit in the sunshine, eat cake and drink coffee and enjoy a wonderful opportunity to take a good breather and share some laughter together.

To all who attended thank you so much for coming along. It was so good to meet you all and meander our way around the grounds and through the grottoes with you.

If you are interested in joining us on any carers trip or event-please keep an eye out for updates in forthcoming newsletters.

## Feedback from you!

"Thank you team for organising the excellent trips to Westonbirt and Dewstow Gardens, it's always helpful to have a natter and catch up with fellow carers and the Team over a coffee and cake! It's much appreciated. Looking forward to seeing you all before too long"

"Thank you so much for the trip and being able to take my daughter on the trip with me too. It was a good time to meet and a lovely surprise to have a drink and snack included too."



Some pictures of the day!



## Events and Activities

**CARERS RIGHTS DAY** 22nd November 2023 – Carers Information Day 10am – 1:30pm

St. Marys Priory, Monk Street, Abergavenny. Carers Rights Day this year we will have a host of information stands that will help you in your caring role. Includes buffet lunch and refreshments.

**BIRMINGHAM FRANKFURT CHRISTMAS MARKET** - 6th December 2023

Join us for a festive day out at Birmingham Christmas Market - Coach included. The largest authentic Frankfurt Christmas market outside of Germany and Austria.

[Birmingham Frankfurt Christmas Market - Visit Birmingham](#)

**CARERS LUNCHES NEW YEAR** - January 23rd and 24th  
Monmouthshire Golf Club. Following the success of last year's New Years Lunch we would like to invite you to a lunch day at Monmouthshire Golf Club, Llanfoist.

To Book onto any of our events please follow the link below or use the QR code:

<https://forms.office.com/e/UhFsRXaTTn>



You can also complete the form enclosed and return to Monmouthshire Carers Co-Ordinator, Room 4A, The Sessions House, Maryport Street, Usk, NP15 1AD.

## Leisure Card Discount Offer

Do you want to receive a 25% discount at Monmouthshire Leisure Centres? If so enclosed within this mailshot is an application form for you to receive this discount. Many carers have benefited from this offer saying it has given them the opportunity to have time for themselves.

## Young Carers Service

The Monmouthshire Carers Network have a dedicated Young Carers and Young Adult Carers Assessment Worker who links in with carers aged under the age of 25.

If you think you have a young carer or young adult carer within your household and would like to discuss this role, please contact [YoungCarers@monmouthshire.gov.uk](mailto:YoungCarers@monmouthshire.gov.uk) and ask for a referral form.



## Monmouthshire Carers and Family Support

### Who are we?

Adferiad is a member-led charity providing help and support for people who experience mental health, substance use, additional and other complex needs, with the aim of helping individuals to maximise their potential and achieve a better quality of life. You may have previously known us as Hafal, but in 2021 we merged with CAIS and WCADA to form Adferiad.

In Monmouthshire we provide Carers and Family Support to unpaid carers, including Young Carers (14+) and their families, who support someone living with mental health issues. (If you need support with someone suffering from Alzheimer's or dementia, contact Dementia UK and/or Alzheimer's Society.)

Our support is provided by Vicky and Leigh.

### About our services

We provide 2 flexible outreach services.

Monmouthshire Carers: for adult unpaid carers of adults (16+) with a mental health illness.

Monmouthshire Family Support service for any family member who is involved in the care of a person dealing with mental ill health, this includes a Young Carer (14+).

### The support offered includes:

- Information and Advice
- Help to access a Carers Assessment
- Signposting to other sources of support
- Respite opportunities
- Advocacy support
- Emotional support
- Peer support
- Carers Groups
- Young Carers support
- Family support and communication



### How can you get support?

If you are looking for some support in your caring role we are here to help. There is currently no waiting list, and you can self-refer with the information below. Referrals can also be made from Primary and Secondary Care teams, friends, family or your GP.

Vicky Stock (07789 488554) – [victoria.stock@adferiad.org](mailto:victoria.stock@adferiad.org)

Leigh Coburn (07970 436363) – [leigh.coburn@adferiad.org](mailto:leigh.coburn@adferiad.org)

## Carers Corner

Would you be interested in meeting up with other unpaid carers in your area? Drop us a line or give us a call and we can then put you in touch with anyone else who has expressed an interest. This could be interest based, cared for hobbies or just a chat.



## GWENT PARENT CARER NETWORK

The Gwent Parent Carer Network supports the parent carers of children and young people with disabilities across the Gwent region of Wales through peer-to-peer online support; also running workshops, events and family activities in Monmouthshire.

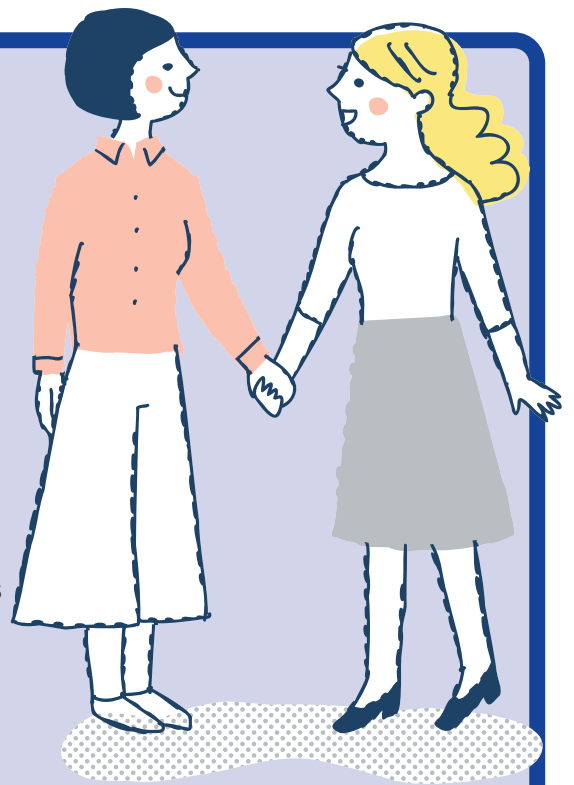
We were previously known as MAGIC, but have recently changed our name to Gwent Parent Carer Network so that more parent carers easily can find us and know what we do. The group has recently celebrated it's 10th birthday and were also given full charitable status in May 2023 (no. 1203201). We are still wholly volunteer run by parent carers, and all trustees are parent carers too.

You can find us on:

Facebook: Gwent Parent Carer Network

Twitter: @GwentParents

Email: GwentPCN@yahoo.com



**GWENT PARENT CARER NETWORK**

*Caring for Carers*

# YOUNG CARERS IN SCHOOLS PROGRAMME

## What is the Young Carers in Schools Programme?

This free of charge programme is designed to help schools 'understand, inform, identify, support, and listen to young carers in a way that meets their needs best. Through the provision of tools and resources schools can ensure young carers have the same opportunities as their peers. Schools receive awards for achieving each stage of the programme: 'Basics, Beyond the Basics and Best Practice'. Each stage requires a school to put in place more robust processes, alongside their current practice. This embeds support for young carers within their school setting. Young Carers from across Gwent participate in a review panel to scrutinise a school's portfolio of evidence, thus ensuring a fair process.

In Monmouthshire, we have 20 Primary Schools and 4 Secondary Schools working towards the Young Carers in Schools Programme. This school year, Durand Primary School in Caldicot achieved both 'The Basics and Beyond the Basics' of the programme in one panel. This was a first for Monmouthshire. Below is a picture of the presentation of the plaque awarded in partnership with the Monmouthshire Carers Team.





We have created bi-lingual information posters about the Young Carers in Schools Programme, which allows us to share succinct information with schools and to raise awareness through our Social Media platforms.

## Young Carers in Schools Programme

The programme is completely free of charge and helps you better support your young carers in a way that meets their needs best. The programme helps identify hidden young carers, as many young carers go unidentified.

### The Five Standards of the accreditation

- Understand
- Inform
- Identify
- Listen
- Support



### What we offer



Resources, lessons and activities relating to young carers.

Recorded or face to face assemblies



Training on identifying young carers, virtually or face to face and governors training

Information, Advice, Assistance.

We offer virtual and face to face support to guide you through the programme



### The three stages of the programme

#### Basics



#### Beyond the Basics



#### Best Practice



Carers support for all ages

Gwent Carers Hub: 01495 367564

Cardiff and The Vale Carers Gateway: 02921 921024

