

The Carer



bywyd

GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE
ESTABLISHED 1991

Congratulate yourself for having the love, strength and courage to care!

Issue 108 Spring/Summer 2024

Registered Charity No: 1066262

Carers Week 2024

10 – 16 June 2024

Carers Week is an annual campaign to raise awareness of unpaid carers, highlight their challenges and recognise their dedication.

It is an excellent opportunity for us to promote events where unpaid carers can gain information or get together and enjoy an afternoon out.

Also in this Issue:

Carers caravan, Grants and Wellbeing funds, Carers Leave Act, The Carers Charter, Information for those living life offline and lots more.

☎ 01248 370 797 ✉ help@carersoutreach.org.uk 🌐 www.carersoutreach.org.uk



**CARERS
TRUST**
WALES



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Thank you

We really appreciated reading your responses to our carers' questionnaire in the last issue. Thank you for taking the time to let us know about what works for you as a carer and what doesn't work for you. Your feedback will be passed on to relevant agencies and it is our hope that this will make a difference going forward.

Carers Caravans

Once again this year we are giving carers the chance to stay at one of our caravans at a special reduced rate. Slots are filling fast! For more information contact Ella or Helen in our Bangor office, or send an email to

✉ caravan@carersoutreach.org.uk

📄 <https://carersoutreach.org.uk/carers-caravans.html>



Carers grants and wellbeing funds

Many carers tell us they are struggling with the increase in utility and shopping bills. We have various avenues of support available. Contact our offices to see if any of them might help you.

If we can't help you via one of our inhouse grants we will seek grant funding from other sources.

Carers Support Fund Wales - help with the cost of living.

Brêc Bach - short breaks for carers, whatever would give you, the carer, a meaningful break.

Turn to the centre pages or visit our website for information on What's on for carers in April, May, June and July.

Contact details

Gwynedd and Anglesey

☎ 01248 370797

Open weekdays 9 - 4

Conwy County

☎ 01492 533714

Open Tuesday and Friday 9 - 4

✉: help@carersoutreach.org.uk

📄: www.carersoutreach.org.uk

Join in our activities, turn to the middle pages for details.

Contact Carers Outreach Service for information or support in your caring role



Update from Carers Outreach

Carer's Leave Act

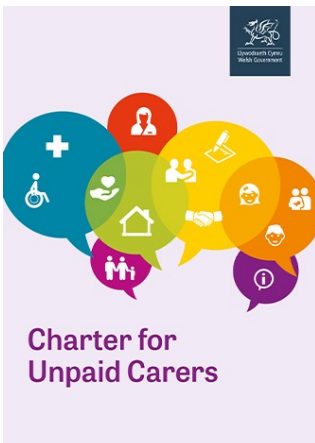
The new Carer's Leave Act 2023 will come into force on 6 April 2024. This will give employees who are unpaid carers up to five days **unpaid** leave from work a year in support of their caring responsibilities.

Guidance should be made available in advance of the legislation coming into force.

For more details visit

www.carersuk.org/press-releases

The Carers Charter



This charter sets out the legal rights of unpaid carers in Wales under the Social Services and Well-being (Wales) Act 2014.

These rights are the same for all unpaid carers, whether they are an adult, a young person or a child.

It also references relevant human rights and principles. Raising awareness of rights can empower unpaid carers to take control and recognise when their rights are being compromised, but it is equally

important to raise awareness of rights amongst professionals.

The Carers Charter introduces new rights for unpaid carers which are:

- The right to well-being.
- The right to have information, advice and assistance.
- The right to an assessment – your local authority must offer you a carers' assessment.
- The right to have your voice heard and have control over decisions about your support.
- The right to advocacy if you are unable to fully take part in discussions yourself.

For more details visit

www.carersoutreach.org.uk/whats_new.html

www.gov.wales/charter-unpaid-carers

Please Keep us Informed

If any of your circumstances have changed, please contact us as soon as possible so that we can update your details.

All information we keep is held in accordance with General Data Protection Regulations. All staff and volunteers sign a confidentiality agreement.

Information is power! Find out more about your rights as an unpaid carer



Too Good to Go App

Head to the 'Too Good To Go' app to find surprise bargain bags from your favourite shops and restaurants.

Bags start from as little as £2. You pay through the app for your bag and you will receive an email asking you to collect it later in the day.

The National Trust

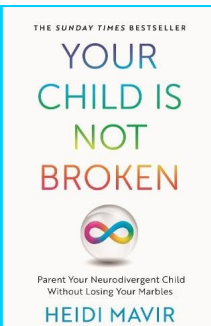
Allows a disabled person to bring one or two carers or companions with them, free of charge.

For more information

✉ enquiries@nationaltrust.org.uk

The Supporter Services Centre

☎ 0344 800 1895



THE SUNDAY TIMES BESTSELLER
YOUR CHILD IS NOT BROKEN
Parent Your Neurodivergent Child Without Losing Your Marbles
HEIDI MAVIR

“My six-year-old non-verbal son has high care needs and is awaiting diagnosis. This book really helped me to understand neurodiversity and helped to change my mindset to a place of acceptance and understanding which improved my relationship with my son.”
~ Rachael, parent carer

DO NOT KNOCK
NO UNINVITED OR UNEXPECTED CALLERS

WE WILL NOT

- Buy anything at the door
- Switch utility company
- Give money to charity
- Listen to religious / political views

Able Community Care **DO NOT DISTURB**
Provided by Able Community Care. Live-in Care Specialists Since 1980
www.ablecommunitycare.com 01603 764567

We have a small number of the above door stickers to give away. Contact our Bangor office to request one.

☎ 01248 370797

The Cinnamon Trust

Help with pets when elderly and terminally ill people are unable to look after them. Local volunteers are used when possible.

☎ 01736 757 900

✉ <https://cinnamon.org.uk/>



SNAP Cymru - Support for families of children who have additional learning needs

Offers free and independent information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN)/additional learning needs (ALN) and disabilities.

☎ 0808 801 0608 (Helpline)

✉ enquiries@snapcymru.org

🌐 www.snapcymru.org



Living Life offline

Do you sometimes feel isolated because you do not use the internet? If so, you are not alone. Many older carers report feeling frustrated because information is only available by visiting a website or by emailing an organisation. Whilst this is very convenient for those who have access to the internet, it can leave others wondering where to get relevant information or services.

Where possible we will always provide a telephone number. Carers are welcome to contact our offices to request help with accessing online services.

Audio resources for carers

Carers UK has launched a new audio resource service, which is aimed at older carers who do not use the internet to search for information. This is a pre-recorded free telephone service containing audio resources on a range of topics that carers may find helpful.

Topics include help with finances such as benefits and household costs, support with getting a break from caring, and tips to help improve your wellbeing.

 **0800 888 6999 Freephone**

Free TV Licence

You can apply for a free TV Licence if:

- You, as the licence holder, are 75 years or older
- AND you, or your partner living at the same address, receive Pension Credit.

For more information

 **0300 790 6117**

Lines are open between 8.30am and 6.30pm, from Monday to Friday

The above information was taken from the Carers UK Audio Resource Service

Carers Allowance checklist

You could get £81.90 a week if you care for someone at least 35 hours a week and they get certain benefits. If you work you must earn £139 or less after deductions.

- You do not have to be related to, or live with, the person you care for.
- You do not get paid extra if you care for more than one person.
- If someone else also cares for the same person as you, only one of you can claim Carers Allowance.
- Carers Allowance can affect the other benefits that you and the person you care for get.
- You have to pay tax on it if your income is over the Personal Allowance.

For more information:

 **0800 731 0297**

 **Gov.uk/Carers Allowance**



Brêc Bach



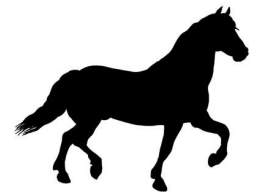
A huge thank you to the Brêc Bach panel for granting funding for myself and a fellow carer to enjoy a day out to the Horse of the Year Show.

Despite various train cancellations we had such a jolly time - mostly spent shopping but we also saw some beautiful horses! I enjoyed a good few hours on the train catching up with friends I rarely have time to see these days which was very much appreciated.

Mum was safe and looked after by 2 very good friends and I knew she was cared for which was the most important aspect of the day. Despite the return train being 2 hours late she was fine and she enjoyed the stories I was able to tell her when I eventually arrived home.

This was the first full “me” day I’ve had since October 2019 at the same event. Although I do selfishly crave me time I’ve come to accept that it is a pipe dream, and this is inevitably the same for the majority of carers - especially lone carers. Therefore this day was highly anticipated and valued.

Thanks again ~ Jax, Conwy carer



I care for my husband who has many hospital appointments and procedures. When he was first diagnosed it was an uncertain and worrying time for us both. In addition to this I was experiencing pain from a leg injury too. Understandably, stress levels were very high.

I was grateful to speak to Carers Outreach Staff about my worries and concerns and was very interested to hear about the Brêc Bach fund. It wasn’t possible for me to have an overnight or even a full day away but I successfully applied for a series of massage sessions.

I really enjoyed the massage sessions which were therapeutic and relaxing and also helped with the pain in my leg. In the midst of all the hospital appointments and uncertainty it was good to have something nice to look forward to.

Thank you ~ Kat Marie, Anglesey carer

Brêc Bach provides short breaks for carers in Conwy, Gwynedd and Anglesey.

Contact our offices for more details.

Nurturing yourself is not selfish - it’s essential to your well-being!