



Do you fancy a break? Or are you struggling with the cost of living? Read on!



bywyd

GWASANAETH CYNNAL GOFALWYR
CARERS OUTREACH SERVICE

LIFE



The Carer

Issue 113 Winter 2025-26

Registered Charity No: 1203192



Each person's
caring journey is
as unique as a
snowflake or
finger print



Translated into Welsh by
Angharad Edwards



Update from Carers Outreach

Welcome to our Winter issue!

Christmas holidays

Our phone lines will be closed from Wednesday 24 December, 2025 until Monday 5 January, 2026.

Social Services Out of Hours Emergency Contact

Anglesey & Gwynedd

☎ 01248 353551

Conwy

☎ 0300 123 3079

NHS Direct (Medical and dental)

☎ 111

The Carers Outreach **Padlet** has lots of useful information. Scan the QR code or visit our website



🖱 www.carersoutreach.org.uk/information-board-and-padlets.html

Not online? Don't worry!

Phone your local carers' hub to request a copy of our free fact sheet, '**Useful phone numbers for carers.**'

Carers' caravan



Do you fancy a break in **2026?**

We offer subsidised breaks for carers and their families in our caravan at Hafan y Môr, Pwllheli.

For more information:

☎ **01248 370797**

✉ caravan@carersoutreach.org.uk

No calls can be taken regarding the caravan until 20 January 2026.

Grant Deadline

For payment before Christmas you must apply before **Friday 12 December.**

Wellbeing grant - provides an enjoyable break from the caring role

Cost of living grant - help for carers who are struggling financially.

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 more information



The Grants Guide

What would a break from your caring role look like to you?

Our Wellbeing Grants enable carers to apply for funding towards something that gives them a break from their caring role and benefits their personal wellbeing.

Maybe you would like an overnight break away from home or a spa day or to have your hair or nails done. You may like to join a gym, or exercise class such as Pilates or Yoga.

Perhaps you would like to book a course of massage treatments, or take up or revisit a hobby like crochet, crafting or art. Or perhaps you would enjoy doing something outdoors?

Maybe new hiking boots would allow you to get out for a walk whenever you could?

Carers have previously been awarded funding to visit Christmas markets and to visit Chester Zoo's Lanterns and Lights event. The possibilities are endless!

You can apply for funding towards whatever is important to you that allows you to do something you enjoy.

You can apply for funding every 12 months, although priority is given to carers who have not previously applied.

Contact us to apply. Please note we cannot fund activities that have already been booked.

Cost of living, a carer's account

"Having just reached pension age I was struggling financially. My Carers Allowance had stopped and my pension had not yet kicked in. This meant I would have 4 weeks without any income of my own.

I was in a difficult position as I was caring for my partner Sam who had dementia and mobility problems following a stroke. Unfortunately, the dementia had made Sam quite controlling and unreasonable around financial issues.

I attended a carers' drop-in session and spoke to a Carers Officer who suggested I apply to the Cost of Living fund for something to tide us over until the pension kicked in. I had been offered help from Carers Outreach several times before, but had always refused as I was too proud to ask for help.

But this time I was genuinely concerned about how I was going to feed us both for 4 weeks. So I swallowed my pride and applied. I was so grateful to receive a shopping voucher which bridged the gap until my pension came in."

~ A Gwynedd carer

Please keep sending your carer's stories, they really help other carers

Never give up on the things that make you smile!



A carer's tip

"If, like me, you love a freebee, visit the 'Get Water Fit' website to find out how and where you use water in your home and discover easy ways to make savings. Organisation 'Save Water Save Money' can send out useful water reducing gadgets – all for free! So far, I've had a hosepipe head, save a flush cistern bags, a tap, and an egg timer to encourage my children to clean their teeth and an egg timer to reduce our shower time."

<https://www.getwaterfit.co.uk>

Parent carers - has your child got their Blue Peter Badge?



Our **Carers ID Card** has been very popular with parent carers who have reported that it has helped them to gain subsidised or free admission into certain venues. There are lots of free places to visit in the UK with kids who have their Blue Peter badge such as, theme parks, castles, zoos and museums. Children aged 5-15, can earn a Blue Peter badge by sending in a picture, poem or story.

For more information visit

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-blue-badge>

Carers card update

Following the official launch of our Carers ID Card in Carers Week 2025 we have posted out over 140 Cards.

Male carers

It is encouraging to see that a good proportion of requests for a carers card are from male carers. If you are a male carer please let us know what would help to boost your wellbeing. For example, would you appreciate attending a group for male carers only? There are various male only groups such as Men's Shed, and Men Tribe. Contact us for more information so we can signpost you to a group near you.



For a free Home Fire Safety visit

☎ 0800 169 1234 (freephone)



Carer's bus pass

Q: I have to accompany my husband to various appointments and as neither of us drive we have to take the bus. My husband has a bus pass as he is over 60. I am under 60 - could I get a carer's bus pass?

A: Carers are **not** automatically entitled to a bus pass but, some people who qualify for a disabled bus pass, may qualify to have a companion accompanying them.

People who qualify for a disabled bus pass must meet the eligibility criteria to have '+ companion' added to their bus pass. The carer is not named on the bus pass so the + companion can change from day to day.

All applications for a companion card must go through your local council.

Gwynedd

☎ 01766 771 000

✉ cludiant@gwynedd.llyw.cymru

Anglesey

☎ 07500 228 538

Conwy

☎ 01492 575 337

✉ erf@conwy.gov.uk

If you require help to apply, appointments are available for a Thursday or Friday Morning. Call the number above and ask for the bus pass section.

Savings limits for claiming benefits

Q: My son has been employed on a supported work placement. He has been saving his money and has an ISA. If he stops working and claims Universal Credit how will this affect him?

A: Savings affect some benefits and not others. You can have savings and still claim means-tested benefits. But you must stay within the saving limits set by the Department for Work and Pensions (DWP). An increase in savings can affect how much you receive in benefits. This is a complex issue and can depend on your age, the type of benefits you claim and how much in savings you have. It is a good idea to seek advice if you are unsure about this.

Benefits affected by savings include:

- Universal Credit, Income-based Jobseeker's Allowance (JSA),
- Income-related Employment and Support Allowance (ESA),
- Income Support, Pension Credit, Housing Benefit and Council Tax reduction for disabled people.

More information can be found at

www.gov.uk

And

www.scope.org.uk



Wills and Trusts



It is important to plan for the future of loved ones who have a learning disability.

Mencap's Wills and Trusts service can help you find the best way forward. Visit the website to download a free and easy guide.

<https://www.mencap.org.uk/advice-and-support/wills-and-trusts-service>

Helpline: 0808 8000 300

Mencap is a UK-based learning disability charity that provides support, advice, and services to people with learning disabilities, their families, and carers, while also advocating for a fairer, more inclusive society.

Becoming an Appointee

An appointee is someone who has been authorised to act on someone's behalf to deal with benefit affairs, generally due to mental incapacity.

To become an appointee you should make a request to the Department of Work and Pensions (DWP). You will then be interviewed to ensure you are suitable, and if so, you will be formally appointed to act on the other person's behalf.

The phone number to ring will vary depending on which benefits the customer is receiving.

An appointee has no role beyond welfare benefits.

Lasting Power of Attorney (LPA)

A lasting power of attorney (LPA) is a legal document that lets you appoint one or more people to help you make decisions or make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity'). This is done through the Office of Public Guardian (OPG).

The OPG recognises that digital exclusion can be a real issue. If you would like to complete the paper LPA forms but don't have access to a printer, you can call them to request a paper pack or for support in completing the paperwork.

From 17 November 2025 applying to register an LPA will cost £92 unless you qualify for a reduction or an exemption.

 **0300 456 0300**

 **www.gov.uk/power-of-attorney**

You can also pay a solicitor to complete the LPA for you.

From 2025/26 **Winter Fuel Payments** will be payable in England and Wales at £200 for households including someone between State Pension age and 79, and £300 for households including someone aged 80 or over.