



# CARERS NEWS

## Meet the Team

Welcome to the first of the relaunched newsletter for carers in Caerphilly. This will be a regular newsletter, as we are aware that there has not been one in place for some time. To introduce us, we are Hayley Smith, Carers Support Worker, and Geraldine Powell, Carers Coordinator. We hope to get to know you more throughout the year with information, events, news and, most importantly, friendship and support. We can be contacted at any time on [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk) and up to date information can be found between newsletters at [www.caerphilly.gov.uk/carers](http://www.caerphilly.gov.uk/carers).

We are currently trying to build up a mailing list, so if you would like to be included, please e-mail us at [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk) or call Hayley on 07808 779367. You can



Left – Hayley Smith, Right – Geraldine Powell

receive news and updates by e-mail or post, whichever you prefer.

We are really excited to be working with you as carers and will do all we can to improve your lives and caring roles.

## Carers' Rights Day



Caerphilly County Borough Council are delighted to report a very successful Carers' Rights Day event on Friday 25th November

2016 at the Maes Manor in Blackwood. The day ran from 10:30am until 3pm and there was lovely entertainment from the Reach Out Drama Group and Pengam Juniors, which everyone seemed to enjoy. The Maes Manor put on a great buffet and then we had a raffle, and there were information stands there from various organisations throughout the day.

Some of the feedback we had was that people really liked this kind of event and some suggestions were made to have these events in different areas of the borough so that they are accessible to all. In light of this, we will be organising more events throughout the year in different venues.

For more information about this newsletter you can contact Hayley Smith on telephone number 01495 233218 or e-mail [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk). We would love to hear from you.

# Events

10th February 2017 - Carers' shopping trip to Bath. First pick up 8:30am in Blackwood, 8:45am in Maesycwmmmer and 9:00am in Caerphilly. We will leave Bath at 4:30pm. For more details and to book a place, please contact Hayley Smith on 07808 779367 or e-mail [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk)

31st March 2017 - Afternoon tea at Gaffacino's, 24 Penallta Rd, Ystrad Mynach, Hengoed CF82 7AN at 1:15pm. To book a place, please contact Hayley Smith on 07808 779367 or e-mail [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk)

\*\* More to be added throughout the year, we will update you in future newsletters and also add details to the website: [www.caerphilly.gov.uk/carers](http://www.caerphilly.gov.uk/carers)\*\*

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## Carers' Groups



### Caerphilly

The Caerphilly carers' support group will meet on the first Friday of the month in Caerphilly Library, The Twyn, Caerphilly CF83 1JL. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.

The first date is Friday 3rd February 2017 from 2pm – 3:30pm; we'd love to see you there.

### Risca

The Risca carers' support group will meet on the second Thursday of the month in Risca Library, Unit B, Risca Palace, 75 Tredegar Street, Risca NP11 6BW. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.

The next date is Thursday 9th February 2017 from 2pm – 3.30pm; we'd love to see you there.

### Rhymney

The Rhymney carers' support group will meet on the third Wednesday of the month in Rhymney Library, Victoria Road, Rhymney NP22 5NU. Please come and join us for a tea or coffee and biscuit, where you can chat with others who have experience of a caring role.

The first date is Wednesday 15th February 2017 from 11am – 12:30pm; we'd love to see you there.

### Blackwood

The Blackwood carers' support group will meet on the last Tuesday of the month in the Markham Meeting Room, Blackwood Miners Institute, High Street, Blackwood, NP12 1BB. Please come and join us and you can chat with others who have experience of a caring role.

The first date is Tuesday 31st January 2017 from 1pm – 2:30pm; we'd love to see you there.

There are other groups for carers that meet within the borough run by other organisations, please contact us for more details.

# Young Carers

Barnardo's Young Carers Service has continued to support young people this year, to gain many individual and whole service achievements.

The year began with seven young people attending a Royal Garden Party to celebrate 150 years of Barnardo's.

Lewis (one of the service peer mentors) took part in this event and more recently, with support from musicians at RecRock, has helped young carers to write lyrics and produce their own song.

## The Young Carers Song

**The road is long and my load is heavy, feeling so tired and drained  
My body's weak and the road is long and steady, but I know I'm gonna make it home  
My head is strong, my thoughts are lifted, feeling alive again  
With a helping hand and I'm up and ready, I know I'm not alone**

When asked to give feedback on the support Lewis has gained as a young carer and via peer mentoring, Lewis stated:

"As a young carer I benefited from attending groups as I used them as a form of respite and was also able to meet others in similar situations, they helped me to manage the stress I was experiencing at home."

"Having other support on my own and going to groups about mental health helped boost my confidence and self-esteem."

Lewis also said "Support provided to my parents in respect of signposting them to other services made a significant difference to the whole family."

Lewis voiced of his peer mentor role and being supported to be more involved in the running of the groups, "It gave me the confidence to put myself forward enabling me to assist others and raise awareness of young carer's issues."

## Chorus

**I believe in me  
With Barnardo's by my side Instead of feeling sadness  
With tears in my eyes  
The true me starts to rise**

**My days are long my time is short, feeling so great today  
I'm fit and healthy and my spirit is ready  
I can finally see my home**

**My heart is full, my ways are sturdy I've done it all today  
I offer my hand to someone who's struggling  
So they know they're not alone**

## Chorus

**I believe in me  
With Barnardo's by my side Instead of feeling sadness  
With tears in my eyes  
The true me starts to rise**

Lewis has also attended the Carers Rights Day and the Young Wales Conference, where he staffed an information table which involved speaking to the Children's Commissioner Sally Holland.

He also said "Attending the Queen's garden party this year in honour of Barnardo's 150 years was brilliant, I felt part of something and proud to represent the Caerphilly Young Carers."

"Since my time with the Young Carers Service I have developed good communication skills, problem solving, leadership, teamwork, and more importantly how to be reliable and a good role model to other young people. I also have a better understanding of safeguarding, which I have shared with other young people.

All the above helped me put myself into further education and to want to apply for work. I recently had confirmation that I had been successful in securing employment.

Having support from Caerphilly Young Carers has been a really big help and without it I would not have attended college, or had the confidence to

# Continued:

apply for jobs probably, and I don't think I would have been given the job I have today."

## Consultation

A yearly Young Carer Consultation revealed 94% of attendees reported being happy with the group support. Comments on how important the groups have included:

"I personally think it is important because I am able to talk to the workers if I have any problems." "Very, very, very much."

"I am able to talk to other young carers and they understand how I feel, even if their caring is different to mine, my friends at school don't get it the same."

"I feel I am being listened to and that makes me feel important. The workers are great and make me feel proud of myself."

Two young carers and their families have been so pleased with the support they have received, they agreed to be filmed as part of the Barnardo's 10 year strategy launch 'Believe in me', which was shown at a viewing within Cardiff Museum.

## National Kite Award

The service has been able to evidence that it actively encourages all young people to take part within consultation exercises ensuring their voices and views are taken into consideration when looking at service design and on-going development delivery. We were also able to evidence that young carers were provided with opportunities for progression as active citizens such as:

Young Carer (groups) Representatives (REPS) including engagement with the Youth Forum (one young carer represented the health role last year), or learning employment skills through peer mentoring and volunteering.

As a result the service has been awarded the National Kite Mark for Participation Standards, as agreed by the Caerphilly Youth Forum Young Inspectors and verified by Pembrokeshire Young Inspectors.

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# Useful Links

Here are some useful links that we have been using this month that we thought you might be interested in too.

Carers Wales - lots of information and advice for carers on a range of topics.

[www.carersuk.org/wales](http://www.carersuk.org/wales)

Carers Trust South East Wales - lots of information and advice on a local basis for carers.

[www.ctsew.org.uk](http://www.ctsew.org.uk)

Alzheimer's Society - information for people with a dementia. Facility on website to search for local services (click on "Local Information" on the left hand side of the home page).

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Find an NHS dentist - if you are not currently registered with a dentist and are entitled to free dental treatment because of your age or disability or benefits, you can find one here (Look for "Find Local Services" on the left hand side, enter your postcode and check the box "Dentists").

NB. This site can also be used to find other services in your area.

<http://www.wales.nhs.uk/>

**Don't forget, for more information about this newsletter you can contact Hayley Smith on telephone number 01495 233218 or e-mail [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk). We would love to hear from you.**

**This publication is available in other languages and formats on request.  
Mae'r cyhoeddiad hwn ar gael mewn ieithoedd a fformatau eraill ar gais.**