



**Translated
into Welsh by
Angharad
Edwards**

“Unpaid carers provide an invaluable service to those they care for. Without their commitment, our health and social care services would collapse.” ~ Mark Drakeford AM

The Carer

Issue 73 Spring 2015

Carers concerns

“It worries me when I hear of people going into hospital and coming out with an infection.”

“I worry about the amount of alcohol my elderly and disabled mother drinks.

“What would happen to John if I fell ill?”

“I can't afford to visit my wife in hospital more than once a week. I don't drive and I live in a very remote area.”

“I am afraid of losing my own identity and just becoming ‘the carer’, I would love to have a job or hobby.”

“Money, money, always the money, never enough!”

At Carers Outreach Service we can't promise to solve all your problems but we will always listen to you with respect and do our best to help you to find a solution. If you identify with any of the above issues or have any other concerns, contact your local Carers Outreach Office to talk it over. Our contact details are inside.

Inside this issue: dementia care; AGM update; wedding at Gretna; carers story; transport solutions; supporting carers at hospitals; noticeboard

Update from Carers Outreach

Dementia care

The rising numbers of people with dementia in Wales is a trend which is common across the world. By 2021, the number of people with dementia across Wales is projected to increase by 31% and by as much as 44% in some rural areas. There are some challenges that are specific to Wales, including the need to address the impact on rural communities, as well as the Welsh Language which is especially important for those who may only understand or be able to communicate in their first language as their illness progresses.

What we realise from our vast experience in helping carers and their families is that if people receive an early diagnosis of dementia and are given access to appropriate information, support and care, it is possible to live well with dementia, and Carers Outreach Service should be your first port of call for these services and support.

Annual General Meeting

Thank you to everyone who attended and helped to make this routine event such a pleasant occasion. The board of trustees for the next term of office is as follows:

Mair Jones	Chairman
Margaret Tüzüner	Vice Chairman
Dilys Pritchard	Trustee
Joan Wynne	Trustee
Huw Thomas	Trustee
Graham Owen	Trustee
Gwenfor Roberts	Trustee

Gilsland Spa Weekend Break

Carers Outreach Service volunteers strive to make the carers' trips entertaining and memorable.

Our latest weekend in Northumberland was no exception. An outing to Gretna Green provided the ideal opportunity for a bit of fun. The volunteers plotted and planned a surprise wedding. Mags made a cardboard dog collar and borrowed a white sheet and transformed herself into Reverend Thomas. Diana was persuaded to be the bride and donned a flouncy skirt and a veil and carried a bouquet of plastic flowers. Derek was her groom. Alma and Pat scoured the charity shops for glamorous bridesmaids outfits and bunches of artificial flowers were distributed as buttonholes.

Everyone joined in and the procession made its way through the archway to the anvil where Reverend Thomas conducted a very moving service where we were all reduced to tears of merriment.

The happy couple, their bridesmaids and guests were in demand for photo-shoots by a bus load of Japanese tourists. It was all so much fun, but the icing on the wedding cake was that the Japanese tourists videoed the whole ceremony. The wedding party was whisked away to the reception by Gwyn in a sleek and elegant coach.
~ Mari Gruffydd



Above: 'Reverend' Thomas with Gwyn the coach driver



Keep up to date with latest news and events at www.carersoutreach.org.uk

A carer's story

I care for my 25 year old son Jamie who has recently been diagnosed with autism and learning difficulties. He was formerly diagnosed with DAMP (deficit attention motor perception).



Life has been difficult for Jamie and this in turn has had an impact on the family. Jamie started climbing 3 years ago and has been with climbing coach Mark McGowan for 2 years now. Through Mark, Jamie had the opportunity to go climbing for a week in the Pyrenees in December last year. But we had no idea how to pay for all the expensive equipment he needed.

We approached Carers Outreach Service for help with this and the results were beyond our wildest hopes. A grant of £250 from the Richard Overall Trust (a Trust to help young disabled people to enjoy and progress in their chosen sport) paid for items including a helmet, bag and quickdraw;



V12 provided climbing equipment, including a rope; DMM also provided a box of climbing supplies. (Both based in Llanberis).

Jamie was so excited to be packing and planning for his expedition. He really enjoyed his week of climbing, in fact, it was a brilliant time for the whole family as we were able to relax in the knowledge that Jamie was in good hands and doing something he enjoyed. That week was a piece of gold for us all.



Climbing is an ongoing hobby for Jamie, he calls it his medicine and he is writing a book about overcoming his difficulties with the help of climbing and his climbing friends and coach. He also writes a blog which has quite a few followers.

Through climbing Jamie is growing as a person. He has been invited to compete in a climbing event in February so the equipment will be put to good use again.

I want to thank V12 and DMM for the donations and everyone at Carers Outreach for their help, not just with the climbing equipment, but for being there for us as a family over the years, especially Gwyneth and Helen. Life is still a struggle but climbing has helped us all.

~ Melanie Roberts

Special thanks go to Jamie for supplying the photos of his trip.



Everyone's got a story, if you enjoyed reading the above story, why not share yours? Phone or email Julie at the Bangor office.

Transport Solutions

Q: I have trouble getting out and about these days. I don't drive and I have to use taxis a lot which is very expensive. Are there any cheaper alternatives?

A: This is a huge concern for many people, especially those who live in areas such as south Meirionnydd. Community transport schemes are available depending on which area you live in. Local projects like good turn schemes may also have volunteer drivers. In most cases you have to pay mileage. There may be a local scheme that could work out cheaper than a taxi fare, for example some people share the hire of a mini bus to the supermarket.

Conwy Access Team

☎ 0300 456 1111

Anglesey Carlink Môn

☎ 01248 724944

O Ddrws i Drws (Llyn Peninsula)

☎ 01758 721777

Cymrod Club Teithio Dwyfor (Pwllheli / Meirionnydd)

☎ 01758 614311

It is advisable to phone your local Carers Outreach Office to request information as the field officers will know what is available locally.

Barbara Bus Gwynedd

This is a service solely for wheelchair users who cannot transfer from chair to vehicle. Specially adapted vehicles are based in Aberdyfi, Criccieth and Dolgellau. They may be borrowed for up to a week and driven by family, friends and carers, subject to certain limitations. There are no fixed charges but donations from users are essential to keep the service running.

☎ 01766 522 756

www.barbarabusgwynedd.com



Red Cross Transport Scheme

Main Foyer, Ysbyty Gwynedd

This is a door to door service for people living in Gwynedd and Anglesey who may not be able to use public transport. The scheme can provide an escort if needed and vehicles are accessible for wheelchair users. Transport will be provided outside of Gwynedd and Anglesey. There is a charge for this service.

☎ 01248 351103

Cil de Gwynedd (Dial a bus)

The service operates two minibuses, both having wheelchair access. There is a charge per mile which includes escort if required.

☎ 01766 514249

Supporting carers at home and hospital



“ Hello there, I am
Huw Williams, the
Carers Support Officer
based at Ysbyty
Gwynedd and Ysbyty

Llandudno. You can contact me on
07775280366 and I am based at
Beuno Ward, Ysbyty Gwynedd.

Supporting your loved one in a
hospital setting can be stressful and
unsettling. I can provide reassurance
to carers and their families. I can
liaise with hospital staff and social
workers regarding procedures such
as discharge from hospital.

Identifying yourself as a carer can be
a daunting prospect but it is the first
step to finding support in your caring
role. Knowing a listening ear is at the
end of a phone is reassuring in itself,
I can also tell you about the help that
is available to you in your caring role.

I can provide information or signpost
carers re transport issues, respite
care, financial matters, befriending
schemes etc. I also support carers at
Multidisciplinary Team Meetings
within Ysbyty Gwynedd. ”

Your health and wellbeing matters too

If you are looking after someone who
needs a lot of care and attention, you
may well be feeling isolated or
exhausted. Carers Outreach
arranges a wide variety of activities
for carers that can help you to have a
life apart from your caring role. If you
are worried about leaving the person
you care for, speak to one of our staff
about your options.

You can find Huw at Ysbyty Gwynedd and
Ysbyty Llandudno.

☎ 07775280366

How to contact us

Email, telephone or write to us



Usual office hours:

Monday - Friday 10 - 4

✉: help@carersoutreach.org.uk

When emailing please state which
county you live in.

Bangor Office

☎ 01248 370797

Unit 6, Mentec, Deiniol Road, Bangor,
LL57 2UP

Penrhyndeudraeth Office

☎ 01766 772956

Llys Deudraeth, High Street,
Penrhyndeudraeth, LL48 6BL

Llangefni Office

☎ 01248 722828

Town Hall, Llangefni
LL77 7LR

Colwyn Bay Office

☎ 01492 533714

The Metropole Basement Offices,
Penrhyn Road, Colwyn Bay
LL29 8LG

🌐 www.carersoutreach.org.uk

Contact us with all your caring
concerns. You can ask questions or
offload about your caring role; request
a visit from a field officer to discuss
solutions or to make an emergency
plan or to discuss planning for the
future.

Our service is free and confidential.



Noticeboard



Opening doors to independent living

 The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

Keys can be bought through your local council or library. Guides and keys can be ordered from www.radar.org.uk

 0207 250 3222

The Disability Resource Centre

Based in the grounds of Ysbyty Glan Clwyd, the centre offers a service to improve quality of life and meet the needs of disabled people, their carers, friends and families. Qualified staff are available to provide training, information, advice and assistance.

 01745 448288

Monday - Friday, 9 - 4.30

Carers feedback on Independent Living Fund (ILF) consultation

The UK Government is to close the ILF on 30 June 2015. Responsibility and funding for meeting the needs of those in Wales who receive support from the ILF will then transfer to the Welsh Government.

In October the Welsh Government announced it was seeking service users' views on the suggested options so that they can be taken into account in deciding what the future arrangements should be.

Parent carers from Gwynedd were keen to take part in the consultation so Carers Outreach arranged an event to enable them to have their say. Their views have been forwarded to the Welsh Government.

Help for carers who want to work

There is a 'Work Coach' based within the JobCentre Plus.

Carers who are of working age and are in receipt of Carers Allowance will automatically be contacted every three years to go in and meet the Work Coach for a chat (otherwise known as a work focused interview).

You don't have to wait to be called in, you can phone your local JobCentre Plus and request this support.

The Work Coach provides work focused support for carers who wish to work. Carers may also be entitled to help with the cost of replacement care for their dependant whilst they attend training or interviews and money towards the cost of clothing for interviews.

The Work Coach can provide calculations to enable you to see how much better off you might be if you take on paid employment.

The information in this newsletter is, as far as we are aware, accurate at the time of going to press. Carers Outreach Service can accept no liability for errors or omissions or for the quality of information provided by other organisations, nor can we recommend products or services.