

Welcome to this issue of the Carers Newsflash! A quarterly e-bulletin for unpaid carers in Carmarthenshire.



Welcome to the latest edition of Carmarthenshire Carers Newsflash! After a wet winter we are certainly looking forward to the days getting longer and warmer and the countryside bursting into springtime. There's lots to look out for with spring blossom, bluebells, butterflies, birds and bees, not to mention our national flower? In this edition find out about new rights for working carers, how to access a Carers Emergency Card, how can a Carers Assessment help you and lots more...

New rights for working carers arriving soon...

On 6 April, the **Carer's Leave Act 2023** will come into force: a significant step forward for carers' employment rights. This new legislation will give employees who are unpaid carers up to five days' unpaid leave from work a year in support of their caring responsibilities. The regulations have now been approved by both the House of Commons and the House of Lords, paving the way for them to be implemented across England, Scotland and Wales.

The regulations confirm that to be entitled, employees need to be providing long term care – the definition of which is clearly set out in the law – and that the appropriate notice period an employee needs to give to take the leave is twice the length of time that needs to be taken in advance of the earliest day of leave. Employees will not be required to notify their employer in writing regarding their request to take Carer's Leave, although they can do so if they wish to. Importantly, employees taking Carer's Leave will have the same employment protections as associated with other forms of family related leave (eg, maternity, paternity, adoption, parental bereavement, shared parental and parental leave).

This includes protection from dismissal or detriment because of taking or seeking Carer's Leave. Carers UK say "While this is a major step forward towards improving the lives of people juggling paid work and caring responsibilities, we know that this is just the beginning. We will look to immediately build on this success and will continue to campaign for more support for carers who are in work as well as those seeking to return to employment".



Eligibility:

To be entitled to Carer's Leave, you must:

- be providing long term care
- give a notice period of at least twice the time requested to be taken.

One working carer said:

"Without the support I receive from my employers and colleagues, it would have meant finishing work. It was as stark as that. And that decision would've come with huge implications."

Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.

Help Build Carer Friendly Communities

Am I a Carer?

It takes two years on average for someone to identify themselves as a carer. Many people consider caring as part and parcel of family life and see themselves primarily as a partner, wife, son, sibling, cousin, parent or a close friend. As a result they might not see the need to identify themselves separately as a carer.

But identifying as an unpaid carer can bring benefits such as access to support services, information, validation and access to carers rights. Overall, identifying as a carer and accessing support can help to enhance wellbeing and many carers feel a greater sense of fulfilment when their role is recognised and valued.

Am I entitled to a Carers Assessment?

The Social Services and Well-being (Wales) Act 2014 came into force on the 6th April 2016. The Act in Wales applies to people in need, of any age and introduces **equivalent rights for carers to those they care for**.

If you provide unpaid care for someone you are entitled to a Carers Needs Assessment whether or not you live with the person who you care for, and you can have an assessment regardless of whether the person you care for has had their own assessment, or whether the person you care for is having social care support.

The purpose of a Carers Needs Assessment is to find out **what your needs as a Carer are** and to help you to access services or support that you may need to help support **your** wellbeing while you carry out your caring role.

The local council, usually a Social Worker, will carry out the Carers Needs Assessment and there is a clear legal duty on the local council to consider the following:

- they must assess whether you have needs for support or are likely to do so in the future.
- the extent that you are able and willing to provide care and will continue to be able and willing to do so.
- what matters to you and the personal outcomes that you wish to achieve.
- the extent to which support, preventative services, provision of information, advice and assistance can assist you with achieving those outcomes.
- the assessment must also have regard to whether you work, wish to work and whether you are participating or wish to participate in education, training or leisure activities.

A Carers Assessment could result in a **Care & Support Plan** to help you manage your caring role including accessing breaks from caring.



Have you thought about getting a Carers ID & Emergency Card?

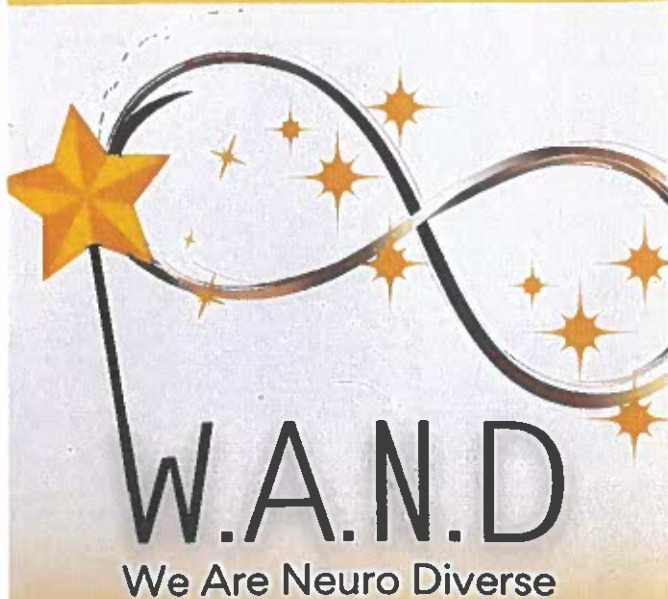
Having a Carer's ID or Emergency Card can have benefits for you and the person you care for. If you are a carer in Carmarthenshire, you can apply for a Carers Emergency Card. If you are involved in an accident or emergency or are seriously ill the card will alert others that you have someone at home who cannot manage without your help. Having a Carers Emergency Card can have benefits for you and the person you care for including, Carer discounts and peace of mind for you and the person you care for.



You can apply today by following the link below:

<https://bit.ly/3LOHSGn>

weareneurodiverse@yahoo.com



W.A.N.D (We Are Neuro Diverse) has been set up by parents and carers of neuro diverse children to help support parent carers and/or guardians of children diagnosed with (or on the pathway to diagnosis) Austim , ADHD, PDA, etc.

Having previously been part of starting an autism group in the area, both Justine and Kathryn decided to branch out into the neurodiverse category so that they could welcome people with children with not only Autism but everyone on the spectrum. With our enthusiastic moderators Katie, Danielle and Louise, our aim is to involve the children in exclusive inclusive events/ sessions to help with socialising skills, whilst the parents, carers and siblings can be with like-minded people, this will then help alleviate feelings of isolation, loneliness and judgement that can come with these conditions in a normal setting.

For further information scan the QR code or email weareneurodiverse@yahoo.com

Carers Week 2024: Putting Carers on the Map

Carers Week 2024 is on its way. Taking place from Monday 10 to Sunday 16 June, the theme this year is 'Putting Carers on the Map', highlighting the invaluable contributions, of carers and ensuring their voices are heard loud and clear.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution carers make to families and communities throughout the UK.

Further details to follow of how you can be involved.





Gofalwyr Ifanc Croesffyrdd Sir Gâr
Carmarthenshire Crossroads Young Carers



Since Christmas the young carers project has been bustling with activity. We've collaborated with the local authority young carers team and joined in with their youth clubs, providing valuable opportunities for respite in various areas across the county. Young Carers Action Day on 14th March saw our team setting up outreach stands in three Coleg Sir Gar campuses, offering advice, support, and guidance to young people. Over the past three months, we've organised numerous clubs and trips, including 5 young carer clubs, one lunch club, three young adult carer clubs, a day trip to Manor Wildlife Park and an outdoor activity residential to Llandysul Paddlers (great pics of our brave young carers!). These experiences have allowed young people to take a break from their caring roles, connect with peers who understand their experiences, and enjoy new adventures. With Easter approaching, we're excited about our action-packed programme of nine activities over ten days, which everyone is eagerly anticipating.



While reasonable care is taken to ensure the accuracy of information given in this e-bulletin no liability is accepted for losses arising from any errors contained in it and you are reminded of the need to obtain your own professional advice.

YMDDIRIEDOLAETH GOFALWYR

Croesffyrdd
Gorllewin Cymru

CARERS TRUST

Crossroads
West Wales

A warm welcome from Carers Trust Crossroads West Wales to our newest team members!



Chelsea Duffy
Young Carers Co-ordinator



Michael Ford
Young Adult Carers Co-ordinator



Karen Waldie
Welfare Benefits Adviser



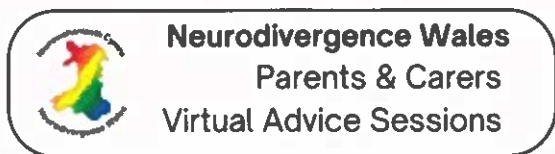
Claire Smith
Community Discharge
Support Officer



Sarah Marsh
Time Together Project
Assistant



Clare Roberts
Education Engagement
Project Worker



Neurodivergence Wales
Parents & Carers
Virtual Advice Sessions

How to Advocate For Your Child

Ceri Reed, Parents Voices in Wales

Thursday, 25th of April 2024, 10:00 – 12:00am

Ceri Reed founded Parents Voices in Wales CIC in 2018 to address the disconnect between families, education and services. The organisation advocates for families across Wales whose children and young people experience challenges with neurodivergence and mental health. Parents Voices in Wales CIC were the stakeholder group coproducing the NEST/NYTH Framework and continue to support Welsh Government with its implementation across RPB's, health boards and wider services.

This session will provide an introduction to advocacy, and the best way to ensure that your child gets the support that they need. The session will cover: the importance of advocacy & what it looks like in practice; how to develop shared expectations with service providers (eg school); how this relates to ALN reform and the importance of adopting a needs-led (rather than label-led) approach.



Parents Voices in Wales
Support Campaign Collaborate

There will be a Q&A session following the presentation.

To book your place please use the link below:

<https://events.teams.microsoft.com/event/f63a1d34-a16f-4f01-9b68-ae7451d5c8f9@6850a7f1-4cc1-4482-a1c1-79439f679966>

If you can't make it - the presentation will be available to watch on the Autism Wales website (www.autismwales.org) following the session

If you have any information, news items or articles that would be of interest to carers in Carmarthenshire please email us at info@ctcww.org.uk or if you are a carer and would like to share your story with us we would love to hear from you!



Carers Information, Drop-in and Peer Support

Carmarthen
14:00 – 16:00
Every Monday
8-10 Woods Row, Carmarthen,
SA31 1BX

Whitland
10:00 – 12:00
First Friday of Every Month
Whitland Town Hall, SA34 0AA

Llanelli
10:00 – 12:00
Second Tuesday of Every
Month
Lantern Centre, SA15 3BB

Llandovery
12:00 – 14:00
Last Thursday of Every Month
Our Lady Catholic Church Hall,
SA20 0BD

Ammanford
10:00 – 12:00
Third Wednesday of Every
Month
Ty Amman, SA18 2NA

Tumble
10:00 – 12:00
Third Tuesday of Every Month
Tumble Hall, SA14 6HR

Working Together to Support Carers



You are warmly invited to an event for Carmarthenshire carers.

Help us to improve our services, to learn what matters to you, to sustain you in your caring role, and support your wellbeing.

The session will be facilitated by Avril Bracey Head of Service for Adult Social Care and Nick Andrews Research Officer at Swansea University. With support from local support services for carers, the session will provide a chance to discuss and contribute ideas.

Light lunch is provided.

Date: 9th of May 2024

Location: Y Ffwrnes Theatre, Llanelli

Time: 10:00-15:00

To register your interest please contact us by completing this online form (first come, first serve basis, closing date 15/04/2024, booking essential):

<https://forms.office.com/e/u9zQ4d15Gn>

Please let us know if you need help to attend.

**YMDDIRIEDOLAETH
GOFALWYR**

Cyngor Sir Gâr
Gogledd-ddwyrain Cymru

**CARERS
TRUST**

Cyngor Sir Gâr
Wes Wales



Gofal Cymdeithasol Cymru
Social Care Wales



MeTime

Online support sessions for carers March and April 2024



Thursday 29 February - 1-2.30pm: Confidence Building with Jane Breeze

This session will explore techniques for improving confidence and will look at what gets in the way. Whether you are looking to join a group to learn a new hobby or interest, whether you are thinking about volunteering, or perhaps even considering applying for a job, you will learn how to change the story in your head so that you can build up your confidence.



Tuesday 12 March - 3-4pm: Mindfulness

Join us for our popular quarterly session of Mindfulness. Learn how to calm racing thoughts, let go of negativity and soothe your mind and body.



Tuesday 19 March - 1-3pm: Carers Rights

Carers have fundamental rights under Welsh and UK law. This session will discuss those rights, how this can support you in your caring role and where to get support accessing them. The session is run by Nia, our Information and Advice Officer who will be able to answer questions at the end of the session.



Tuesday 26 March - 12-1pm: How the Carer's Leave Act will affect you

The Carer's Leave Act will give all carers in Wales new employment rights to take unpaid leave to care for a loved one. This session will discuss how the Act works; what you need to know; and what other connected elements may be available to you



Wednesday 27 March - 1-2pm: Employability Session with Moxie People

This session will cover Building Confidence, Recognising Transferrable Skills, CV writing, how to start and where to look to get back into employment and keeping calm and staying confident at Interview with lots of hints and tips through-out from Keeran Williams, Talent Acquisition Manager at Moxie People.



Thursday 11 April - 10-11am: Healthy Relationships

Using the basis of Transactional Analysis, this session will provide you with a greater insight into how to build on a healthy relationship, and what gets in the way. These simple techniques can be used when you need to be more confident or assertive, they can be used to diffuse a potential argument.



Tuesday 16 April- 1.30-2.30pm: Crafty Catch Up

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



Monday 22 April - 1-2pm: Direct Payments

Direct Payments: This session will cover what 'direct payments' are and how they work.



Wednesday 24th April - 11-12.30pm: Red Cross: Adapt and recover from adversity

The workshop aims to help you build effective coping strategies for emotions and learn how to improve confidence, especially during times where coping with life challenges is more difficult.

To Register: carerswales.org/onlinesupport



Catalysts for Care

MICRO ENTERPRISES CARMARTHENSHIRE

DIRECTORY OF CARE & SUPPORT – CARMARTHENSHIRE

ARE YOU LOOKING FOR A SERVICE?

Wellbeing
Support



Personal
Assistant

Personal
Care



Home
Help

An online directory of self-employed and small limited services offering personal care, home help, support to appointments or shopping and befriending.

Contact: Lucy Cummings



lucy.cummings@planed.org.uk



07789 793228



<https://planed.org.uk/projects/catalysts-for-care/>



Catalysts for Care
MICRO ENTERPRISES CARMARTHENSHIRE



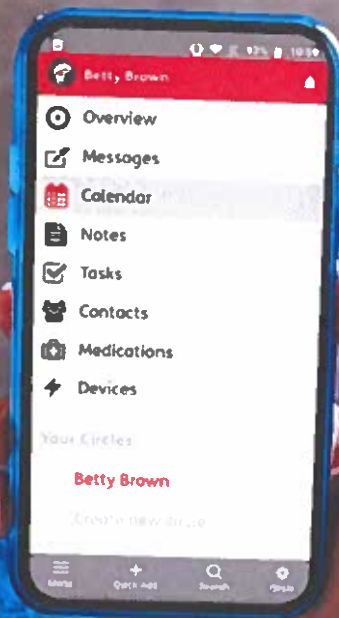
UK Government
Llywodraeth y DU



Looking after someone?

jointly
by **carersUK**

Our **Jointly** app can make your life easier



"Looking after someone can be complicated. Jointly helps me stay on top of things and share information easily with everyone involved in sharing the care."

Jointly makes caring feel less stressful and more organised.

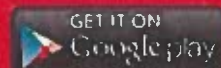
Jointly is a mobile and online app designed to keep people connected as they share care. It includes:

- group messaging
- task management
- shared calendar
- profile and contacts pages
- notes
- medication manager
- uploaded documents
- contingency planning.

Caring is easier when you do it **Jointly**.



jointlyapp.com



YMDDIRIEDOLAETH
GOFALWYRCroesffyrdd
Gorllewin CymruCARERS
TRUSTCrossroads
West Wales

How can Carers Trust Crossroads West Wales support unpaid carers?

- **Carers Newsflash** – quarterly e-bulletin updates
- **Crossroads Care - Replacement Care and Regulated Care** – providing carers with a break from their caring role.
- **Young Carers Support Service** – one-to-one support, workshops, training, group peer support, clubs, and activities for carers age 5 – 25 years.
- **CATCHUP Welfare Benefits Advice Service** – benefit advice, checks, form filling and Appeal Tribunal Representation.
- **Hospital Discharge Support Service** – help with communication with medical staff when the person you care for is in hospital and support to help carers understand their rights and to be involved in discharge planning.
- **Community Discharge Support Service** – help with communication with staff when the person you care for is in a community hospital or temporary care facility and follow-up post discharge support for carers and family members to ensure a smooth transition from hospital to home.
- **Money Matters Service** – help to maximise income, improve budgeting skills, access to workshops, access to carer grants, discounts, and concessions.
- **Independent Professional Advocacy** as part of the 3CIPA Service – advising carers of their rights, support during assessments and/or care planning reviews, complaints, and safeguarding concerns.
- **Time Together Project** – offering a range of short break options for carers along with wellbeing activities for carers and the person they care for.
- **FREE Legal Advice Surgeries** – in partnership with NewLaw Solicitors who offer free confidential advice on issues such as Lasting Power of Attorney, Court of Protection & Deputyship, Will & Trust Funds, Protection of Assets, etc.

To register for a quarterly e-bulletin update or for further information on any of the above services contact us on 0300 0200 002 or email info@ctcww.org.uk www.ctcww.org.uk

Mental Health & Emotional Wellbeing Helplines

CALL Mental Health Helpline for Wales 24-hour helpline 0800 132 737

Or text help to 81066

Age Cymru Mental Health Support Telephone: 08000 223444

Cardiff Carmarthenshire Community Mental Health Team 01267 236017

Mind Info Line 0300 123 3393

Samaritans 116 123

Iawn www.iawn.wales.nhs.uk

Useful Contacts

Carers Trust Crossroads West Wales (see page above for services available)	0300 0200 002
West Wales Action for Mental Health	01267 245572
Stroke Association	07799 436050
Age Cymru Dyfed	03333 447 874
Alzheimer's Society	0333 150 3456
Carer & Repair	01554 744300
Mencap	community.partners@mencap.org.uk
Adferiad Recovery – Carers Information Service	01267 230791
Delta Wellbeing	0300 333 2222
Macmillan Carer Information Service	01267 227904
Dewis	https://www.dewis.wales/
West Wales Carers Support	https://carersupportwestwales.org/
Citizens Advice Bureaux	01267 234488 / 01269 569 267 / 01554 759 626
Advocacy West Wales	01267 223197
Carmarthen Mind	01267 222990
Llanelli Mind	01554 752751
Links	01554 757957
versus Arthritis	0800 7563970
Carers UK Helpline	0808 808 7777
Connecting Carmarthenshire	0800 917 6255