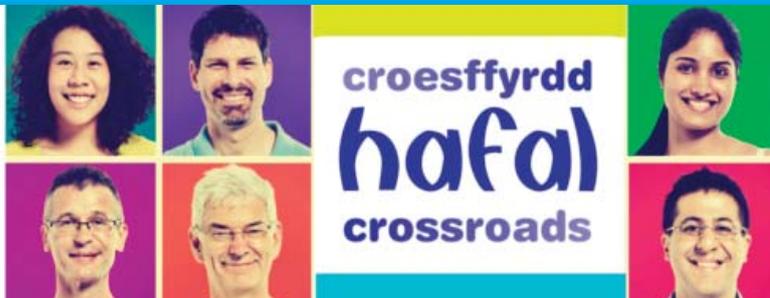


Carers' Gazette



Carers' Rights Day

24 November 2017

Each year more and more people take on a caring role, and many struggle to navigate through the array of services and end up missing out on the financial and practical support they could be entitled to. Even carers who have been caring for many years may not be aware of their entitlements.



Being a carer can bring all kinds of challenges, and so it is important that anyone in a caring role knows where to turn to for advice, information and support in their community. Having the correct information can help make a huge difference to their quality of life.

Carers Rights Day is an annual event which brings together organisations and carers in Pembrokeshire, providing carers with information and guidance on their rights. This year's event is still in the planning stage, and details will be available shortly. If you would like more information on this year's event, please contact PCISS using the contact details on the centre page.



Havenhurst Day Centre Saturday Club

We currently have spaces available for new clients to attend our Saturday Club in Milford Haven.

The club is especially for people living with Alzheimer's, dementia or other cognitive and memory problems. The club offers therapeutic activities, a 'change of scene' and social opportunities for the people who attend while, at the same time, giving their carers some time away from their caring responsibilities.

All clubs are staffed by care support workers who have received additional training to care for people with dementia, and may incorporate activities such as cognitive stimulation therapy, arts and crafts, music and games and gentle exercise.

For more information, please telephone 01437 764639



Welsh Water Assist Scheme

Did you know that as a household customer of Welsh Water you may be entitled to help with your water rates?

If a member of your household is in receipt of certain benefits and has a medical condition that causes you to use a significant amount of extra water (conditions such as incontinence, bowel conditions, certain skin conditions, etc.) then it is highly likely you could be eligible for help towards the cost of your water.

For more details and an application form, contact Welsh Water on 0800 0520145

Worried about power cuts?

Western Power Distribution run a service called Priority Service Register to help people in need during the event of a power cut.

The service could be of help to you, or the person you care for, if either of you relies on electricity for medical reasons, find an unexpected power cut particularly difficult to cope with or distressing, or experience communication difficulties.

By joining the service you will get a direct number to ring in the event of a power cut as well as other benefits.

**To join this scheme phone 0800
0963080 or register at
www.westernpower.co.uk**



*Serving the Midlands, South West and Wales
Gwasanaethu Canolbarth a De Orllewin Lloegr a Chymru*

Community Dental Service

The Primary Care Team Dental Service provides preventative and restorative treatment services to priority groups including children, adults, the elderly and patients who require specialised treatment skills not available in a normal dental practice. .

The care is provided from community clinics and is available to all residents who access health services from Hywel Dda University Health Board.

Home visits for dental care are available for those residents unable to leave their home. For further information and appointments please ring: the **Community Dental Service on 01437 774274.**



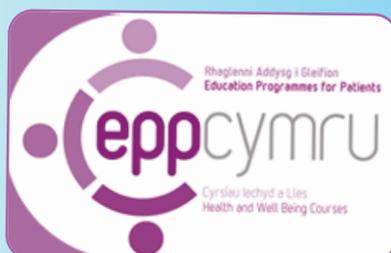
Introduction To Looking After Me

Hywel Dda University Health Board are working in partnership with Saundersfoot Medical Practice to provide patients with structured education programmes.

They will be running an Introduction to Looking After Me (I2LAM) for unpaid carers and former carers registered with the practice. This is a 3-hour introduction to the course, which aims to help carers look after themselves, and looks at activities such as getting a good night's sleep, making difficult decisions and managing 'down days'.

Courses are also held in Haverfordwest and are also open to all carers or former carers.

If you would like further information or to book on a course please contact: the **Education Programme for Patients (EPP) Team on 01554 899035**



“Attending the course has been fun and I have met other carers who have been supportive, helpful and encouraging. It has helped me to prioritise and look logically at problems. It has made me realise that looking after my own health and wellbeing is also important”

Carers Week 2017

Carers' Week 2017, this year's annual awareness campaign to celebrate and recognise the vital work and contributions made by carers, was a great success.

The week-long event took place from 12-16 June, and saw activities held up and down the County - from St Dogmaels in the North to Tenby in the South. Displays and information stands were run by staff and volunteers from the numerous charities throughout Pembrokeshire that offer support to unpaid carers, and we would like to say a **BIG Thank You** to them and all the venues which kindly allowed us to hold an event on their premises.



Picture :

Carers Week at the Farmers Market, Haverfordwest

Left to Right: Joy James, PCC Carers Strategy

Coordinator; Cllr Mike James, PCC Carers Champion;

Rachel Evans, Senior Project Development Coordinator, Volunteering Matters; Peta Rogers, PCC;

Karen Butler, Outreach Worker, PCISS; Sharon Houhton, Regional Manager, West, Hafal Crossroads.

Newport Carers Support Group Launched During Carers Week

Newport Library Group, working together with Preseli Practice GP surgery and Newport Pharmacy, held events to raise awareness of support for carers in the area and deliver carer's support sessions including 'Introduction to Looking After Me' and 'Introduction to Mindfulness'.

Following on from these events, some carers and people who used to be carers decided to form a local carers support group. The group plans to meet for coffee and a chat once a month.

A series of mindfulness sessions are now planned for September courtesy of the social enterprise Mindful Future Wales (www.mindfulfuture.wales).

For further information about the Carers support group please contact: **Ros McGarry on 01239 821129.**



This picture shows the launch of the new carers group in Carers Week with Councillor Paul Harries cutting the ribbon.

L-R Sandra Bayes; Newport Library Group; Pennie Muir, HDUHB; Grace Hagen, Patient Participation Group; Cllr Paul Harries; Ros McGarry, Newport Library Group; Fran Wray, Hafal and Melanie Stark, Preseli Practice.



Don't Suffer Scams

Pembrokeshire County Council Trading Standards has a dedicated Consumer Safeguarding Team which proactively addresses the issue of scams in Pembrokeshire.

“Unfortunately, every day we hear worrying news stories about scams and people losing money to them,” says Sandra McSparron, the Council’s Lead Trading Standards Officer. “Sadly it’s happening here in Pembrokeshire as well as across the UK.

“Scams may occur online, by phone, by post or on the doorstep, often catching us when we are off guard.

“Letters stating you’ve won a lottery, when you haven’t even entered it; phone calls offering to fix a problem with your computer, only to encrypt your files; random bogus messages offering friendship and romance that never materialise; uninvited doorstep traders that carry out shoddy work and charge extortionate prices - these are just a few examples.

“We need to be more aware of spotting the signs of scams to avoid them. We need to look out for our friends and neighbours, particularly those that may be more vulnerable or less able to protect themselves.

“Don’t accept that it just happens - do something positive and report it.

“The Consumer Safeguarding Team will offer support to anyone in Pembrokeshire that may be the victim of a scam, with a view to preventing further exploitation.

“The Team has successfully prosecuted doorstep traders and often obtained redress for consumers.”

If you would like a member of the Team to give a talk to a group, contact them on 01437 764551 or email: TSCconsumer@pembrokeshire.gov.uk

If you want to report a scam and receive support from the Team, contact the Citizens advice Consumer Service on 0345 4040506 /0345 4040505 (Welsh line).

Cruse Bereavement Care



Cruse in West Wales offers confidential 1-2-1 bereavement support in Pembrokeshire for people of all ages. Potential clients (or their parents/carers if appropriate) refer themselves to us by phoning the local branch on 01437 891006.

The helpline is run by volunteers, with an answerphone when no one is available: please leave a message and someone **WILL** return your call.

Pembrokeshire Library Service

Support for Carers



Do you look after a relative, partner or friend who cannot manage at home without your support? If you do, Pembrokeshire libraries have a range of services which can help.

Looking after someone can be very demanding, and often lasts for long periods of time. This can take a toll on your own health, so it is very important to be able to look after your own needs as well. Giving yourself time to relax is important – even if you can only manage just 15 minutes.

Reading For Pleasure

- Relaxes you, reduces stress levels
- Allows imagination to flourish
- Improves depression and dementia symptoms
- Allows you to feel connected to others in similar situations.
- Provides escapism from everyday life
- Improves sleeping patterns
- Increase understanding of self and others

Reading For Information

- Healthier Eating
- Information on specific health conditions
- Mental health such as mindfulness and dealing with depression or anxiety
- Keep Fit (DVD's also available)
- Complementary therapies to help you relax
- Getting a good nights sleep

There is also a Carers Collection to help you in your caring role and to help you care for yourself.

Book Prescription Wales is a partnership between the NHS and public libraries in Wales. It helps people with mild to moderate mental health issues. Your GP or mental health practitioner can prescribe self-help books.

Topics include:

Depression, Eating Disorders, Anxiety, Anger Management, Stress, Low Self Esteem. Prescription can be taken to any library where you can borrow the prescribed book!

Other Resources

Reduced fines and charges for carers; Welsh language collection; DVDs; free access to computers, photocopiers, printers; community notice boards; newspapers, magazines and leaflets; space to meet friends, and private consultation rooms in Pembroke Dock & Fishguard.

Library at Home Service

Lack of free time can be a problem when you look after someone so if you are unable to leave the house except for essential matters, you are eligible to join the Library at Home Service. This service is also available for the person you are caring for if they cannot get out.

A selection of books based on your reading preferences will be delivered straight to your door.

Electronic Resources

If you have internet access at home and you find it difficult to make time to get to the library you can still access a number of free online resources. These are available 24 hours a day, 7 days a week and are available from the Library website: www.pembrokeshire.gov.uk/libraries

Computer Help

Digital Champion volunteers are on hand in some libraries if you require help using a computer, iPad, tablet or smartphone. They can even help you to set up your E-book account.

Every Monday 10:00 – 12:00	Tenby Library 01437 775151
Every Tuesday 14:00 – 16:00	Neyland Library 01437 775131
Every Wednesday 10:00– 12:00	Haverfordwest Library 01437 775244
Every Wednesday 10:00– 12:00	Pembroke Dock Library 01437 775825
Every Wednesday 14:00– 16:00	Milford Haven Library 01437 771888
Every Thursday 10:00 – 12:00	Fishguard Library 01437 776638

Times subject to change, contact Kath Woolcock (Economies Librarian) on 01437 776098

If you have never used a computer before, First Click is there to help. The course is delivered once a month and lasts for 6 hours, delivered over two half-day sessions.

How you can help the Library Service

We are always looking for ways to support carers. So if you have any ideas, including book recommendations, please contact :
Laura Evans, Health & Wellbeing Librarian on 01437 776639.



Parent Networking Groups Autumn Term 2017

Narberth Cluster at Bloomfield House Community Centre	Haverfordwest Cluster at Pembrokeshire Archives Centre	Milford Haven Cluster at Hubberston & Hakin Community Centre
25 th September 10-11am 6 th November 6-7pm 18 th December 10-11am	9 th October 10-11am 20 th November 6-7pm	11 th September 10-11am 23 rd October 6-7pm 4 th December 10-11am
Fishguard Cluster at Fishguard Town Hall	St David's Cluster at City Hall	Preseli Cluster at Preseli Community Learning Centre
13 th September 6-7pm 8 th November 12-1pm 13 th December 6-7pm	12 th September 6-7pm 24 th October 6-7pm 12 th December 12-1pm	7 th September 6-7pm 19 th October 12-1pm 7 th December 6-7pm
Pembroke Cluster at Foundry House, Pembroke	Tenby Cluster at Tenby Community Learning Centre	
7 th September 10-11 am 19 th October 6-7pm 30 th November 10-11 am	14 th September 6-7pm 26 th October 6-7pm 7 th December 6-7pm	

Tea & Coffee available

For parents of Children with Additional Learning Needs (ALN)

If you are a parent with a child who needs extra help and support, come along to one of our parent network groups, which are led by local parents and facilitated by an Inclusion Support Officer from Pembrokeshire County Council.

Aim:

To provide an opportunity to:-

- Network with other parents/carers
- Share experiences over a coffee
- Meet other parents in your area who have children with Additional Learning Needs.
- Gain further advice and information from the Inclusion Support Officers.

Contact your Local Inclusion Support Officers Sarah Pocock, Sophie Colnet & Joanne Harding for further information on
01437 776354

Carers Recognition Card

Carers can benefit from discounts and other benefits by carrying a Recognition Card, currently accepted at the following businesses:

- PCC (Passport 2 Leisure)
- Hilton Court Gardens and Crafts, Roch
- The Brewery Inn, Coshaston
- St Davids Wellbeing, St Davids
- Farmhouse Kitchen, Goodwick

Contact PCISS to get yours!

Carers Emergency Back Up Scheme

The Carers Emergency Card is a free service.

Carers carry a card which has a unique identification number and a 24hr emergency telephone number. If a carer has an accident/emergency or is taken seriously ill, then the card can be used to alert a call centre that the person they care for needs help. Steps are then taken to ensure the safety of the person cared for.

ATTENTION!

Carers Emergency Card

I look after someone who depends on me and may be alone

In an emergency please call

07866 975153

Contact PCISS for an application form and carry the card that can give you peace of mind

Is life losing its sparkle?

MoodMaster is an upbeat approach to physical and emotional well being.

Are you depressed, anxious, irritable, angry? Do you have difficulty concentrating, problems in controlling your emotions or is life just losing its sparkle?

MoodMaster can help!

We are running weekly sessions at Mind Pembrokeshire Resource Centre in Haverfordwest (Quay Street) to help you deal with troublesome emotions and give positive structured sessions to help make your life more enjoyable.

For your nearest meeting please contact Karina Robinson, Carers Coordinator at Mind Pembrokeshire by emailing karina@mindpembrokeshire.org.uk or calling 07813797615
MoodMaster sessions are **FREE**





We hope you enjoyed your Summer Edition of the Carers' Gazette!

We would love to include carers' stories, tips or recommendations that you may like to share with your fellow carers.

You might want to let us know what you would like to see in future editions, or simply get in touch to register as a carer with us, to benefit from information, discounts and events.

This newsletter is brought to you free of charge on request to any adult carer in Pembrokeshire.

If you are not a carer, or no longer wish to receive a copy of the Carers' Gazette, please let us know by calling 01437 611002, or by post using freepost address below, no stamp required.

Freepost Plus RTUZ-ACUU-UCTB
Hafal Crossroads
37 Merlins Hill
Haverfordwest
SA61 1PE



Pembrokeshire Carers

Information & Support Service

Contact: 01437 611002

Joanne Thomas - Service Co-Ordinator
PCISS@crossroadsmww.org.uk

Karen Butler - Carers Outreach Worker
PCISSOutreach@crossroadsmww.org.uk

Ingrid Bernathova - Health Outreach Worker and Carers Voice Project
Ingrid.bernathova@crossroadsmww.org.uk

croesffyrdd
hafal
crossroads



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