

Carers Outreach Service Newsletter



For parents and carers of

Spring 2017 adults with a learning difficulty (Learning disability) **Issue 21**

Carers Outreach invites you to come along to a:

Parents and Carers support group at
Llys Deudraeth, High Street,
Penrhyndeudraeth
on Tuesday 2 May 10.30 - 12.30

Parents and Carers support group at
Mentec, Deiniol Road, Bangor on
Wednesday 3 May 10.30 - 12.30

A Carers Forum will be held at the
Rugby Club, Dolgellau
On Thursday 4 May 10.30 - 12.30

To book your place or for further information contact Gwyneth
on the contact details below.

Carers Outreach Service

Llys Deudraeth,
High Street,
Penrhyndeudraeth,
Gwynedd. LL48 6BL

☎ 01766 772 956

✉: help@carersoutreach.org.uk

Carers Outreach Service

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

☎ 01248 370 797

🌐 www.carersoutreach.org.uk



Translated into Welsh by
Angharad Edwards

Update from Carers Outreach

Welcome to our newsletter.



Our new Logo



Our new logo provides a fresh new look.

To us, the 3 thumb or finger prints represent the triangle of care:

carers, cared for and Carers Outreach. The finger prints also remind us that each carer is an individual and each caring experience is different. The word Life is there to emphasise that caring is a part of life! We are here to help carers to have the best life they can.

Support groups

Everyone needs support at sometime in their lives.



We have all probably felt the need to talk to others who understand our situation, such as people who have experienced similar caring responsibilities.

We've been told by parents and carers that one of the best ways to support them is for them to meet other parents and carers who understand what it is really like to be caring for many years. Many of you have been caring for 20, 30, 40, 50 + years.

As advertised on the front page we have arranged a support group in Bangor and Penrhyndeudraeth and we are trying out another support format in Dolgellau; we're calling it a Carers Forum.

If you feel that we could be supporting you in a different way, please let us know and we will endeavour to meet those needs.

Learning Disability Service Transformation Group

The above group met for the first time on 7 December 2016. The group included Service Providers who support people over 18 years old who have a learning difficulty / disability, North Wales Advice and Advocacy Association, senior members of staff from Social Services Adult Learning Disability team and Carers Outreach.

Information on the Frondeg Housing Development was discussed (see page 4) Also, examples of how services in the future can be developed. One example is shown on page 5. It shows how using the Welsh Government's Intermediate Care Grant to fund improvements at the Arfon Leisure Centre will give opportunities to people with learning difficulties in Gwynedd.

We will aim to keep you informed on the progress of this group.

Please don't hesitate to contact us if you need information or a listening ear. Our contact details are on the front page.



Gwynedd Shared Lives

A reception for Shared Lives UK was held at the House of Commons during the Autumn where guest speaker Nick Hurd MP rang the praises of the Scheme.

Our local MP, Liz Saville-Roberts was present at the reception. She later spoke to the Gwynedd team to find out more about the scheme and learn how some of her constituencies' lives are interwoven with families in the county.

Shared Lives is all about families in the community sharing their homes and their lives with adults with a learning disability. The Scheme was set up in 2004 and now hosts over 50 placements within Gwynedd and Anglesey – all individuals have benefited from this arrangement and some lives have been completely transformed.

Liz Saville-Roberts stated that she was “*extremely pleased*” to see such a scheme being implemented in Gwynedd and after meeting with three individuals who used the service she was of the view that this was a “*modern method of support and that it would be excellent if more people came forward to be prospective enablers. It is wonderful to see individuals living a life in the community as part of a family network.*”

What made a lasting impression was how much Shared Lives enriched everybody together. People have as much company or privacy as they want, and nobody need ever be alone unless that's what they want. I can only urge people to learn more, as this arrangement has so much to offer.”



Photo taken in the Dolgellau home of Gary and Joanne Taylor who give support through the Shared Lives Scheme. Back row: Gary, Ann and Joanne. Front row: Sally, Bethan and Liz Saville-Roberts MP



Shared Lives arrangements are organised and scrutinised by a registered Shared Lives scheme, whose role includes assessing the ongoing suitability and safety of the Shared Lives carer's home and accommodation provided to the individual living in the Shared Lives arrangement; implementing DBS checks (Disclosure and Barring Service – similar to a police or CRB check) on the Shared Lives carer; and ensuring the property meets fire, electrical and gas safety protocols.

Should any reader wish to take part in this Scheme, please contact the Dolgellau office on 01341 424 440 or contact by email : cynllun.lleoli@gwynedd.gov.uk

Developing a New Accommodation Model for adults with learning disabilities on the Frondeg site, Caernarfon

Information shared by Gwynedd Council, translated into English by Angharad Edwards

Gwynedd Council has identified Grŵp Cynefin as their partner for developing a new accommodation model on the Frondeg site at Caernarfon.

They were presented with the draft brief for the development in October 2016, which was developed in collaboration with individuals, families, members of staff and service providers over a period of time.

Architects were appointed by Grŵp Cynefin at the end of November, who are now working on developing initial draft plans for the new development. It is hoped that the initial draft plans will be compiled by March 2017.

Following acceptance of the initial draft plans, a series of engagement opportunities will be arranged and we will also liaise directly with individuals and families, staff members and service providers to gain their views on the plans.

It is important to remember that there will be room for the current residents of Frondeg at the new development if they

wish. There will also be an opportunity for some individuals who are currently at locations outside Gwynedd to return to Gwynedd, as well as an opportunity for some individuals and young people of Gwynedd who will need accommodation in the future. Further work will be done to identify these prospective tenants to ensure that the development is appropriate for them.

The current use of Frondeg home will not terminate until the completion of the new development, and the staff at Frondeg will move with the residents to work at the new development.

Next Steps

- Update individuals, families and staff on the situation and the next steps
- Arrange a series of meeting opportunities to examine the draft plans
- Receive comments on the initial draft plans
- Accept the plans
- Present a planning application



Note from the editor



If you have any comments or questions regarding the above development, please contact Carers Outreach, and we will forward them to Gwynedd Council.

New facility to bring benefits for adults with learning disabilities in Arfon (written by Gwynedd Council)

Gwynedd Council has secured funding to develop a new model of service delivery based at the Arfon Leisure Centre that will benefit adults with learning disabilities.



The Welsh Government Intermediate Care Fund grant will be used to refurbish the café area. Work will also include upgrading the community room on the first floor to create accessible facilities for the Learning Disability Service which will include a wet room with a track hoist and height adjustable changing bench.

Re-opening in May 2017, the café will provide work experience and training opportunities for adults with learning disabilities to develop important practical life skills – as well as providing the wider community with a new service. A range of community activities will be facilitated by the café based on local community needs with initial ideas including parent and toddler groups, ‘Cuppa and chat’ sessions, health and wellbeing activities along with agency ‘pop-up’ advice surgeries.


Gwynedd Council’s Learning Disability Service will focus on establishing what’s important to each individual through continuous engagement and advocacy with service users and their families.

Ceryl Teleri Davies, Gwynedd Council’s Adult Learning Disability Senior Manager said: “Our vision as a Learning Disability Service for the future is to focus on progression and enablement to encourage individual independence.”

“This means that the support is designed to help individuals to focus on their strengths and assist them in obtaining independent living skills. We will actively support individuals and place their progression needs at the centre of all interventions so that we empower them to live fulfilled lives.

“Over the coming months we will be working closely with service users, their families and staff to develop the options to ensure that they meet people’s personal aspirations for the future.”

For further information or to suggest community activities and events that you would like to see organised please contact Ceryl Teleri Davies, Gwynedd Council’s Adult Learning Disability Senior Manager by e-mailing cerylteleridavies@gwynedd.llyw.cymru



Editors note
People with learning difficulties / disabilities have individual needs.
Their families and friends are central to their lives and know what works well and not so well for them.
We would like to encourage you to share any ideas or concerns you may have on any topic regarding your caring role. Contact Gwyneth, details are on the front page.



Mencap WISE project

The Mencap WISE project is funded by the Welsh Government for three years. It replaces the former Mencap Wales Helpline. It is a free service that offers support, advice and information around anything relating to Learning Disability. You can contact the WISE project Monday to Friday, 9am – 5pm on 0808 8000 300 or e-mail information.wales@mencap.org.uk

As part of this new service, we are introducing a series of legal information sessions, based on four online "legal toolkits" that have been produced in partnership with Cardiff Law School (please see link below). The toolkits provide detailed information about the following four areas of law and are specifically aimed at people who are in a supporting role:

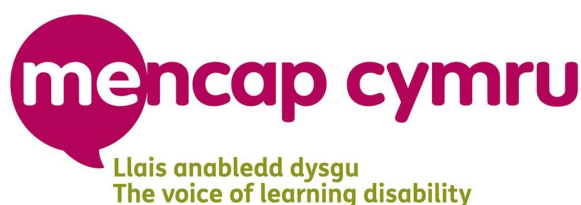
- Supporting parents with a learning disability through the child protection system"
- Applying for a place at a specialist further education college: A guide for young people aged 19-25"
- Accessing social care and health services: the rights of adults with a learning disability"

- Housing law: the rights of tenants with a disability"

Here is a link to the online resources guide:
<https://www.mencap.org.uk/mencap-cymru/mencap-cymru-our-resources-and-guides>

During the next three years, I will be giving presentations around the North Wales region on each of these toolkits and the information they contain and how it can be used to help people. The presentations are planned to last for around one hour per theme depending on questions afterwards etc. I am also able to present a more general session on the Mencap WISE service and what it offers for parents, carers and professionals.

Anthony Green, Mencap Cymru,
☎01248 361254, 07500046922



I am
I am caring
I am strong
I am confident
I am happy
I am amazing

I am creative
I am kind
I am special
I am loveable
I am gifted
I am thoughtful

I am brave
I am helpful
I am wonderful
I am passionate
I am unique
I am me

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