

The Carer



Issue 106 Autumn 2023

Are you worried about the cost of living?

Carers can phone our offices for a confidential chat. Our staff will look at what help is available to you. This can change depending on your age, your living arrangements, the illness or disability of the person you care for, and the county you live in.

Our staff keep up to date with all the latest government decisions and local schemes on offer from community hubs and foodbanks.

We are still able to provide grants through the Carers Support Fund Wales and the Gwynedd Carers Wellbeing Fund.

Brêc Bach
See the last page
for details of our
new short breaks
for carers fund!

In this issue

- Our services
- Direct Payments
- Carers Story
- Spotlight on parent carers
and more ...

So why not sit down with a cuppa and have a read?

‘Ask for help. Not because you are weak. But because you want to remain strong.’ L Brown





Update from Carers Outreach

Welcome to the Autumn issue of The Carer.

Our Services

Carers Outreach Service is here to provide a service to unpaid adult carers which includes:

- Individual emotional support
- Practical information
- Signposting to other agencies
- Carers meetings /social opportunities
- Benefits Information /entitlements
- Information sessions
- Wellbeing grants
- Help with the cost of living
- This newsletter

Please note that although we can signpost or refer you to statutory services, we are unable to recommend individual products or services.

However, we can provide a general overview of what is available. For example, we can help you to find a list of approved providers for residential and day care.

Our free fact sheet, 'Home adaptations - Repairs and Maintenance' contains tips for finding reputable tradesmen. So, although we may not be able to find you a tradesman or other type of supplier, we can point you in the right direction.

**Contact us for more information
about our free fact sheets.**

Carers Support Groups



The Pwllheli Carers Support group (above) recently enjoyed a talk on arthritis at the meeting venue.

New group for parent carers

If you care for a child who is under 18, look out for details of a new carer's support group starting in Caernarfon.

Turn to the centre pages for details of our groups and activities. Or visit 'News Events and Publications' on our website to view 'What's on'.

 www.carersoutreach.org.uk

Our Facebook page

Follow us on Facebook to keep updated about community meetings, coffee mornings, play sessions and other information of interest to unpaid carers.



'The simple act of caring is heroic' ~ Edward Albert



Solution slot: Direct Payments

Q: I've heard that there is funding available to pay for a personal assistant for my disabled adult daughter. How does this work?

A: The funding you have heard about is called Direct Payments. This is a cash amount that is paid to you so that you can arrange and pay for social care support, such as a personal assistant, **instead of** the council arranging services for you. The money is paid into a dedicated bank account for paying related wages and expenses. The Direct Payment is not viewed as an income, so your income tax will not be affected.

Direct payments are for people who have been **assessed** as eligible for social care services, including:

- adults of any age with an eligible care and support need
- carers aged 16 or over who need support
- people with parental responsibility for a disabled child

The scheme offers people greater choice, flexibility, and control; for example, you can choose when the care is provided, and by whom.

It does mean a greater level of responsibility but there is support available to help you navigate the system.

The way that the scheme is implemented varies depending on which county you live in. For more information visit your local council's website and type 'Direct Payments' into the search bar. Or phone Carers Outreach if you are not online.

Carer's assessment

As a carer you have the right to ask for a carer's assessment from your local authority. A carer's assessment is not there to judge how you care; it is about looking at your needs as a carer and finding out what help you need to live as full and independent a life as possible. The assessor will ask you about what help you would like from the local authority and/or other organisations.

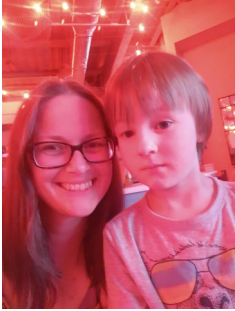
Service user's assessment

This is to identify all of the needs of the person you are caring for, including those that are already met by yourself as a carer. Once identified, it will be for you to agree what needs you are able and willing to meet.

Contact Carers Outreach for information or support in your caring role



Carer's story



My name's Emma and I'm a working parent and carer for my 6-year-old son Eli.

Eli is awaiting diagnosis, but we suspect that he has ADHD and possibly ASD as well. I don't like to call myself his carer as I am, and will always be, his mum! But after years of noticing Eli wasn't like other children the same age as him - I know we should not compare but the differences were increasingly obvious - we are currently on our diagnosis journey.

Eli was slow to walk and slow to talk, he needed speech therapy from a young age. Alongside these difficulties, places like soft play were always a nightmare. I had to watch him like a hawk as he would easily lash out and hit the other children around him if they got in his way. He would not play with others and practically ran straight through them.

At mainstream school we've had lots of ups and downs. There have been many discussions, meetings and referrals. Everything can feel like it's a battle, which I fear is ongoing, to get things in place for Eli.

I have found it is so important to have a hobby and not feel guilty if housework doesn't get done while he's at school - because honestly I'm exhausted!

A friend told me about Carers Outreach and I felt that at this point I had nothing to lose. After a lovely telephone call, I was

signed up and finally felt like someone was and still is, listening to me and actually giving me useful advice!

The Parent Carers Support Officer has referred me to Team Around the Family and signposted me to SNAP Cymru to help with any school issues. She emails me regularly just to check how I am getting on!

I have learnt that it's okay to not take Eli to a birthday party if he's not in the mood that day. And it's okay to leave somewhere early if he's overstimulated. I've learnt coping strategies such as needing to be armed with food and distraction toys wherever we go.

However, I am still in the process of trying to remember to bring a bag of bits everywhere and working out how to cope with Eli when he is over stimulated and starts lashing out at me. When this happens, I know he doesn't mean it, he's just dysregulated and needs calming down, but it doesn't stop it from hurting!

On the positive side though we are learning together. With the support of my husband we manage well; I find walking and gardening to be my me time.

The support that the Parents Support Officer from Carers Outreach is giving me is really beneficial as she has signposted me to services I didn't even know existed and for that I am so grateful.

~ Emma, Gwynedd Parent Carer



Every child is a different kind of flower. All together they make this world a beautiful garden.



Life tips for parent carers

Parent Talk - Support for parents from Action For Children

Free and confidential live chat with a parenting coach.

Available Monday - Friday (not bank holidays).

<https://parents.actionforchildren.org.uk/>

Education support

SNAP Cymru provides independent and free information, advice and support to help get the right education for children and young people with all kinds of special educational needs and additional learning needs, including

- Assessments
- Individual Education Plans
- Statements of Special Educational Needs
- Bullying
- Advocacy and more



Helpline: 0808 801 0608

✉ enquiries@snapcymru.org

🌐 www.snapcymru.org

YOUNGMINDS

Parent's helpline supporting children / young people with mental health difficulties

You can call the Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

☎ **0808 802 5544**

Monday - Friday 9:30am - 4:00pm.

🌐 www.youngminds.org.uk

Hard of hearing or speech-impaired? Please use Typetalk or Textdirect or use the Parents Webchat.

If English is not your first language, an interpreter can be arranged.

The Integrated Autism Service

For help with:

Behaviours, Anxiety, Life and Social Skills, Sleep problems, Adult autism assessment, Communication, parent support problems.

🌐 <https://autismwales.org/en/parents-carers/>

✉ NW.IAS@flintshire.gov.uk

☎ **01352 702090**



Stay in touch



By phone:

Bangor and Llangefni: 01248 370797

Colwyn Bay: 01492 533714

Email: help@carersoutreach.org.uk

www.carersoutreach.org.uk

Join in our activities

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.



READING WELL

The 'Reading Well' scheme supports you to understand and manage your health and wellbeing using helpful books from your local library.

The books are all recommended by health experts, as well as people with lived experience of the conditions and topics covered, and their relatives and carers.

Many of the Reading Well titles are available to borrow as e-books and audiobooks. There is a selection of Welsh and English titles to choose from.

For more details and to view the book lists visit the link below or visit your local library.

📄: <https://reading-well.org.uk/books>

Keeping Safe and Well at home

We can refer you to the Fire Service for a free 'Safe and Well' check in your home. Contact Carers Outreach for more information.

Blue Badge / Parking fines



A carer's tip

If you are using a Blue Badge to park in a different county to where you live please be aware that the rules are different in each county.

For example, in some car parks you can park in any space for free with your Blue Badge, but in others you must use the designated Blue Badge spaces.

Although this is usually explained on the car park's pay and display signage, I failed to notice it as my attention was on ensuring my cared for person stayed safe.

The consequence for me was a £60 fine!

Remember to take care of yourself. Sometimes you are so busy taking care of others that you forget that you are important too.

Brêc Bach - Short breaks for carers in Conwy, Gwynedd and Anglesey

This is a new project funded by the Welsh Government to provide short breaks for carers. The breaks can be for a day or overnight and we can fund trips to the cinema, manicures, spa, social events - whatever would give you, as a carer, a meaningful break.

Contact our offices for more details.

