

Carers Outreach Service

Carers Week Information Event Update

For parents and carers of adults who have learning disabilities and parents of children with additional needs in Gwynedd

In June 2023 Carers Outreach held a Carers Week Information Event for Gwynedd parent carers.

About Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

Our Information Event

The Carers Outreach Service event was held at the Glaslyn Leisure Centre, Porthmadog, with the aim of providing relevant information and support for parent carers in Gwynedd.

Several organisations attended the event to provide information and support on a wide range of subjects, including health and social care, financial concerns, technology and much more.

Many parents and carers expressed an interest in the event but told us they were unable to attend due to other commitments. Therefore, we have produced this bulletin to share some of the information from the day.

📞 01248 370 797 ✉ help@carersoutreach.org.uk 🌐 www.carersoutreach.org.uk

Registered Charity Number 1066262

About Carers Outreach Service

Parent Carers Support Officer Ella Simpson presented an update on the services provided by Carers Outreach Service. She talked about the monthly online support groups for parents / carers of adults and children.

Parents and carers have told us that these groups were a lifeline to them during the Covid-19 pandemic. It was a safe, non judgmental place to talk to others who understood. Ella said that the online support group will continue to be held as this is what parents and carers have requested.

Ella is starting a new support group in Caernarfon for parents of children with additional needs - please contact Ella for further details or see the centre pages of The Carer newsletter Issue 106. The information is also on our website.

Ella explained that we provide information and emotional support for parents and carers. We work in partnership with, and refer on to, other organisations that may be able to provide the support that is needed.

Carers Outreach has 2 caravans in Hafan y Môr, Pwllheli which carers can book at a discounted price.

Sarah Cook from Carers Outreach talked about the Gwynedd Wellbeing Fund which is open to carers who are registered with Carers Outreach. The fund is there to improve the health and wellbeing of unpaid carers. Examples of what carers have applied for include:

- days out with family
- a short break away with or without the person you care for
- education course fees, books or equipment
- gym membership, exercise classes, swimming sessions
- buying items for an activity or hobby such as a bicycle
- spa day, massage and alternative therapies
- tablet to contact friends and family, do your online home shopping or join online sessions
- employing a support worker / gardener / cleaner

Sarah also explained about other grants that carers can access.

Please don't hesitate to contact Carers Outreach for further information; our contact details are on the front page.

Visit our website for information for parents and carers.

[📄 https://carersoutreach.org.uk/information-board-and-padlets.html](https://carersoutreach.org.uk/information-board-and-padlets.html)



Ella pictured with Councillor Dilwyn Morgan who joined us on the day to show his support



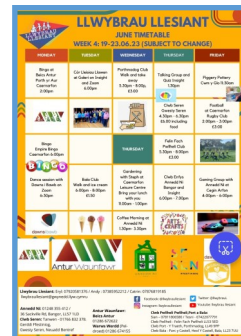
Sarah Cook

Presentations from the Gwynedd Learning Disability Team - Adults

Lois Wiggins, Gwynedd Learning Disability Team Manager talked about the nursing service, Helen Fon Owen, the Gwynedd Learning Disability Service Manager, talked about Social Services and Eryl Price Williams talked about the Wellbeing project - Llwybrau Llesiant which arranges different activities throughout Gwynedd.

All the above services are tailored to the needs of a person with learning disabilities, following an assessment of their needs. Services vary from person to person. They encouraged parents and carers to contact their teams for information and support.

🔗 <https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Disability/Disability.aspx>



Annual Health Checks

Sophie Trow, Health Check Officer explained how health check champions encourage people with learning disabilities to have their annual health checks at GP surgeries.

🔗 <https://www.conwy-connect.org.uk/health-check-champions>



Family Transition Service

Sammy explained about the Transition service which supports young people to make decisions and share their future ambitions.

🔗 <https://www.conwy-connect.org.uk/transition>

Learning Disability Transformation Project

Sioned and Paul talked about the different projects that the Learning Disability Transformation Project are working on. They include early years, through to transition, housing technology, and so much more. Here is the link to their website.

🔗 <https://northwalestogether.org/project-information/>



School nurses

Elain Jones spoke about this new project which targets children and young people who don't reach the criteria to receive services from Derwen. For further information

✉ BCU.SNALNGwyneddAndMon@wales.nhs.uk



Other organisations who provided information stalls were:

Derwen

Derwen, the Integrated Team for Disabled Children, works with children and young people aged 0 - 18 in Gwynedd. The team provides specialist support for:

Children with a developmental delay or disorder, disabled children and children with an illness.

📄 <https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Hwb-teuluoedd/Integrated-Team-for-Disabled-Children.aspx>

The Gwynedd Council Cost-of-Living Department and Fuel Department were available to give information and support during the current financial crisis.

Integrated Autism Service supports individuals through the various transitions in their lives, and helps people to achieve the things that are important to them .

📄 <https://autismwales.org/en/integrated-autism-service/north-wales/>

Gwynedd family hub, Children First and Team Around the Family

📄 <https://www.gwynedd.llyw.cymru/cy/Trigolion/lechyd-a-gofal-cymdeithasol/Hwb-teuluoedd/Hwb-Teuluoedd-Gwynedd.aspx>

**Carers Outreach
would like to
hear from you**

For further information on the contents of this bulletin please contact:

Gwyneth Roberts, Carers Support Officer for parents and carers of adults with learning disabilities.

Ella Simpson, Carers Support Officer for parents and carers of children with additional needs.

We would both welcome any ideas you may have for any future information events we may arrange, for example:

Power of Attorney and Court of Protection, Wills and Trusts, legal advice, hospital admission and discharge, assistive technology etc.

Our contact details are on the front page.



Ella and Gwyneth