

June 2023

Care'Diff News

The latest news for unpaid carers in Cardiff

Edition 2



Welcome!

Welcome to the second edition of Care'Diff News, your one-stop shop for news, events, and useful information which aims to make the lives of people who look after others that bit easier.

There have been some exciting developments in the last three months! It was fantastic meeting partners at the event at the Temple of Peace in March to launch the Cardiff & Vale Unpaid Carers Charter, which sets out promises from Cardiff and the Vale Councils, NHS and Voluntary and third sector organisations to do better in supporting you if you care for someone.

In April we launched our new Care'Diff support groups in community Hubs across the city. It's been wonderful meeting you and finding out what activities you'd like to do. The team have also attended community events such as the Dementia Friendly Cardiff Festival where we were really happy to meet more wonderful people who look after others and give help where we can.

In this edition, we will also be sharing the findings from the 'Caring for Carers' survey. We had an amazing response – thank you so much for sharing your valuable experiences with us.



Unpaid Carers Charter Launch Event

In March, we attended the Cardiff & Vale Regional Partnership Board (RPB) Unpaid Carers Charter Launch event at the Temple of Peace. It was fantastic to see partners in health and social care, and the third sector working together, pledging their commitment to recognise you for the important job you do and ensuring you have the support you need to help you and the person you look after.

A panel made up of representatives from health and social care and unpaid carers was on hand to answer questions from the audience. There was a great discussion on improving services for unpaid carers in Cardiff and the Vale.

Caring for those you love can be the most natural thing in the world, but that doesn't mean you don't need support.

If you provide care for a friend or family member, you may be an unpaid carer.

Cardiff and Vale University Health Board, Cardiff Council and Vale of Glamorgan Council recognise the huge contribution you make and are committed to supporting you.



If you think you need support, call **02921 921024** or visit www.thecarecollective.wales

Scan the QR code to find out more



Our commitments to you:

- We will ensure unpaid carers are identified and recognised in our communities to be able to provide the information, advice and support needed as soon as possible
- We will ensure the right information and advice around services, financial and wellbeing support is given to unpaid carers at the right time to empower choice and understanding
- We will work to improve the quality of support provided to unpaid carers
- We will develop and improve the skills of our workforce to help unpaid carers achieve what matters to them
- We will make best use of the resources available to contribute to the caring for people in our communities and make sure unpaid carers have time to do the things that they enjoy
- We will work together to ensure unpaid carers are supported in education and in work

We want unpaid carers to help us improve services, therefore:

- We will ask you to tell us what you think
- We will listen to the voice of unpaid carers to inform the development of services and support

We as partners across the NHS, local authorities, voluntary and 3rd sector organisations recognise our responsibility in supporting unpaid carers in our community.

Therefore, we want to identify and recognise unpaid carers for the vital contribution they make to the community and the people they care for, and in doing so enable carers to have a life alongside caring.



Scan the QR code to find out more

Contact us for more information:

Cardiff and Vale Carers Gateway
E: gateway@thecarecollective.wales
T: 02921 921024
W: www.thecarecollective.wales



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board





Hi I'm Bobbi-Jo Haarhoff and I (along with Mike O'Brien) am an unpaid carer representative working with the Regional Partnership Board (RPB). I have been an unpaid carer for 20 years for my daughter. I believe in advocacy and human rights and I am very aware that unpaid carers are a lesser known sector.

I applied for the voluntary position as unpaid carers representative to help Ministers, stakeholders and decision makers understand what we as unpaid carers want and to help make that conversation happen. We are stronger together!

Mike and I firmly believe in furthering the unpaid carers agenda which includes support and recognition for the work we all do.

Unpaid carers are an invisible workforce but so important because we hold up the infrastructure of Health and Social Care. I want to increase the volume of the voices of unpaid carers whoever you are. It's important to capture the views, ideas, concerns and aspirations of unpaid carers while also recognising that you come from all walks of life and backgrounds.

If any of you want to get in touch with me to let me know what is important to you contact CareDiff@cardiff.gov.uk or telephone 02920 873419

Respite Survey

Thank you to everyone who took part in the 'Caring for Carers' survey, your response was amazing! The survey aimed to find out more about your challenges and the current support available for you to take a break and to learn more about your difficulties in being able to take time for yourself.

Many of you told us that you help a family member or friend daily, with nearly six in ten providing care 24 hours a day. We learnt that a lot of you have never received any help to take a break from your usual routine. A large number of you have not received help because you don't know where to go. You told us that you need support and information to help you carry on the wonderful job you do.

We aim to work on this including in this newsletter and we are also developing Unpaid Carer information pages on a new Age Friendly Cardiff website. Details coming soon!!

In the coming months, we will provide you with updates, events, and useful information on support available to help you take a break from caring. You can join our mailing list or follow us on our socials to ensure you receive our newsletter and the latest updates. Our monthly support groups also provide a safe and friendly space for you to take a break, have access to fun activities, meet others and get support.

You can find all of our contact details and how to get in touch with us on the last page of this newsletter.

To view the published consultation report you can click on the following link:

<https://www.cardiff.gov.uk/ENG/Your-Council/Have-your-say/Research-Reports/Pages/default.aspx> or telephone 02920 873419 and we will post a printed copy to you.

Respite - Llys Enfys

Respite plays a vital role towards relieving the physical and emotional impact of providing care and in preventing carers from becoming exhausted and run down and provides a positive experience for both the person being cared for and the carer, enhancing the quality of their lives and allowing the caring relationship to be maintained.

In response to the increasing demand for these services, Cardiff Council are exploring a range of options to improve and increase respite support and service provision. One of the options that is now available, following collaboration between the Council and Linc-Cymru Housing Association, is a respite stay in Linc's accommodation at Llys Enfys, in the Llanishen area of Cardiff.

Llys Enfys is housing for older people who wish to live safely and independently within the community with optional, individual packages of care and support. The scheme comprises of a total of 102 self-contained apartments with a mix of 1 and predominantly 2 bedrooms. An appointed organisation is available on site and will provide personal care to those who have been assessed and meet the Council's eligibility criteria. Facilities at Llys Enfys include a shop, library, laundry room, hair and beauty salon as well as the main communal lounge and restaurant.

Two self-contained flats have been made available to the Council to use to provide an opportunity for respite care for individuals over 50 years of age and who have assessed eligible needs for respite provision and whose care needs can be met at this scheme.

If you are interested in this respite option please speak to your social worker or the cared for person's social worker who will be able to provide further information and discuss eligibility and availability.

C.A.L.L. Community Advice & Listening Line



Community Advice & Listening Line
Mental Health Helpline for Wales

0800132 737

Llinell Gyngor a Gwranddo'r Gymuned
Llinell Gymorth Iechyd Meddwl ar gyfer Cymru

Looking after someone can be hard and take its toll on your mental health. It is really important that you reach out for support when you need it.

C.A.L.L. is a mental health helpline providing emotional support, referral to agencies and free self-help leaflets for anyone in Wales. The helpline offers a confidential listening and support service and is open 24 hours a day.

If you are concerned about your own mental health or that of a relative or friend, you can call the helpline on 0800 132 737, which is free from all landlines and mobiles, text 'help' to 81066 or visit <https://callhelpline.org.uk/>

Sight Life

Sight Life provides blind and partially sighted people across the majority of South Wales with local services and lifelong support to ensure they can live active and independent lives and be part of the community. You do not need to be registered severely sight impaired (blind), or sight impaired (partially sighted) to access their services.

Sight Life provide a range of services to anyone affected by sight loss, including families, friends and carers which includes:

- Befriending
- Clubs and social groups
- Contact line providing advice and support
- Everyday living products and gadgets
- Eye clinic hospital support
- Home visits and assessments
- Information and advice
- Onward referrals and signposting
- Technology support and advice

For more information, contact Sight Life on 02920 398900 or email ask@sightlife.wales



Training and Learning for you!



We asked for your suggestions in the last edition of Care'Diff for training and learning opportunities that will be useful to you in carrying out the brilliant job you do. Congratulations to Nick and Sue Davies who won the £50 Amazon voucher suggesting help with First Aid as well as Autism.

We are working on expanding the support, but there is already help available. You can contact the (very friendly) Julie from the Social Care Training and Development Team in Cardiff Council to find out more. Email scwdp@cardiff.gov.uk or telephone 02920 871111.



Care'Diff Support Groups

Come along to our support groups in Community Hubs across Cardiff!

This is your chance to speak to us and others who have experience of caring – where you can share a joke (or have a moan!) and learn from each others experiences. Drop in for as long as you want and feel free to bring the person you look after.

Come and have a cuppa, have access to fun activities and take a break.

Llanedeyrn Powerhouse Hub
Support Group meets on:

First Wednesday of the month
2:00-3:30pm

Upcoming:
7th June
5th July
2nd August

Ely and Caerau Hub Support
Group meets on:

Second Friday of the month
1:00-2:30pm

Upcoming:
9th June
14th July
11th August

Rhiwbina Hub Support Group
meets on:

Third Friday of the month
10:00-11:30am

Upcoming:
16th June
21st July
18th August

STAR Hub Support Group
meets on:

Last Monday of the month
2:00-3:30pm

Upcoming:
26th June
31st July
28th August



Free Events

Here are some other great opportunities to get out and about to a range of events in Cardiff, meet new people and have some fun!

Cardiff Choir for Carers - Tuneful Tuesdays at Ely and Caerau Hub

Ready for some time out to tune in?

Come and meet others for a bit of Tai Chi, followed by a chance to sing your heart out!

Tuesdays from 11:00-1:00pm

11:00-11:45am Tai Chi

12:00-1:00pm Choir

Home Instead Memory Café at Ararat Baptist Church, Whitchurch

Free sessions for those living with dementia, families and anyone looking after them.

Come along and enjoy some fun activities and get to meet new friends

First Wednesday of the month from 11:15-12:45pm

To join, contact Chrissy by email-
christine.darby@homeinstead.co.uk or call 02920 569483.

ACE Carers Club at CAER Heritage Centre

Open drop-in coffee morning for anyone looking after a family member or friend.

Why not come along to Carers Club where a cuppa and biscuits / cake will be waiting for you!

Tuesdays 10:00-11:30am

SOLACE Drop-in Group at V21 Sbectrwm Centre, Fairwater

For people living in Cardiff that support a friend or relative with a diagnosis of dementia or memory difficulty.

Come and enjoy a range of activities to suit all abilities, including quizzes and crafts.

Tuesdays 1:30-3:30pm

Soundworks at St David's Hall

Soundworks are free, regular, term-time music-making sessions for adults with learning disabilities and / or autism as well as those who look after them.

Tuesdays 11:00-12:30pm

New members are always welcome, just get in touch with Soundworks via email: a2@artsactive.org.uk or by phone 02920 878572.

Alzheimers Society Peer Support Group (Virtual)

For any person currently caring for someone living with dementia, either in their own home or in a residential setting.

Second Tuesday of the month from 3:45-5:00pm

For information on joining the Zoom meeting call, contact Jacky Ayres on 07484 089481 or email jacqueline.ayres@alzheimers.org.uk



And Finally...

Our next newsletter will be coming to you via post or e-mail in September, when we will have more news, activities and useful information for you.

If you would like to be included on the newsletter mailing list, please contact carediff@cardiff.gov.uk or telephone 02920 873419 and we will make sure you get the new editions as they are published.

Further Support

The Care Collective - information and advice on a local basis for anyone looking after a friend or family member.

<https://thecarecollective.wales/> , call 02921 921024 or email gateway@thecarecollective.wales

Effro - provide a mix of practical and emotional support for carers and family members of people living with dementia.

https://effro.org/support-and-training/#carer_support , call 0300 3035918 or email effro@platform.org

Headway - provide information, support and services to people with acquired brain injury, their families and those looking after them.

<https://headwaycardiff.com/> , call 02920 577707 or email info@headwaycardiff.org.uk

Dementia Carers Count- offer a range of free services that give you the opportunity to understand more about dementia and to connect with others in a similar situation. Offer practical advice on the reality and challenges of looking after someone with dementia.

<https://dementiacarers.org.uk/> , call 0800 6521102 or email info@dementiacarers.org.uk

Carers Wales - fantastic information and advice for people caring for a relative or friend on a range of topics

<https://www.carersuk.org/wales> , call 02920 811370 or email advice@carersuk.org

If you are a carer and need assistance, please ring
02920 234 234

Contact the team: CareDiff@cardiff.gov.uk



@CareDiff



Caerdydd Sy'n Dda i Bobl Hyn / Age Friendly Cardiff