

# The Carer

**Issue 100 Winter 2021-22**



## The Wellbeing Issue



**Celebrating 100 issues of  
The Carer**



**and 30 years of providing support to unpaid  
carers in Anglesey, Gwynedd and Conwy**

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**This issue is dedicated to Mari Boyle, without whose vision and ambition  
there would be no Carers Outreach Service.**



**CARERS  
TRUST  
WALES**

Translated into Welsh by  
Angharad Edwards



# Update from Carers Outreach

## Welcome to our wellbeing issue

In this issue you will find information about the various pots of money we have available to help unpaid carers to enhance their wellbeing.

There are also some examples of how we have been able to help carers.

## New premises

Our Bangor hub has now relocated to Intec at Parc Menai, but we are still available on the usual contact details.



## Carers' caravan

Do you fancy a break in 2022?

We offer subsidised breaks in our carers' caravan at Hafan y Mor, Pwllheli. For more information contact us on the details below or by emailing: [caravan@carersoutreach.org.uk](mailto:caravan@carersoutreach.org.uk).

**No calls can be taken regarding the caravan until January 2022.**

## Looking after your wellbeing

Wellbeing is defined by the Oxford English Dictionary as “**the state of being comfortable, healthy, or happy**”

There can be many obstacles to achieving a state of wellbeing, some are within our control whilst unfortunately, others are not.

One of the main challenges unpaid carers encounter is that of being able to finance the things that they know would be beneficial to their wellbeing.

At Carers Outreach we have several different pots of money that carers can apply to, e.g. Winter Grants fund, Carers Wellbeing fund, respite pots, Family Helping Out fund. There are different criteria to meet for each fund, so it is advisable to telephone or email us and state who you are caring for and which county you live in.

We especially want to hear from you if you have not applied for one of our grants before. However, if you are experiencing hardship of any kind then please do get in touch.

If we can't fund the item you are requesting we may still be able to help by funding another item that would then release some funds to enable you to buy the item yourself.

# Living life

## Carers' Wellbeing and Respite Funds

### The Welsh Government Winter Grants Fund



If you are an unpaid carer and you are encountering any hardship this winter then this fund is for you. Last year we were able to provide store vouchers that helped carers with the cost of food, clothing, Christmas related costs etc, indirectly freeing up money for heating and other expenses.

We can also help to fund essential items such as washing machines, cookers, fridges. As there is limited funding your application is not guaranteed but we will do our best to meet demand.

### The Gwynedd carers' wellbeing fund



You can apply for a small grant for something that will improve your health and wellbeing. As there is limited funding, we may not be able to consider the whole cost of what you are asking for, but we may be able to contribute. Please remember that applications to the fund are not guaranteed so please don't commit yourself in advance to any arrangement.

### The Anglesey Family Helping Out Fund



For activities and respite for Anglesey families who have a child or children with additional needs.

### The Anglesey Respite Fund



This can be used by carers of adults to pay for respite services or a respite break only.

### The Conwy Respite Fund



You can apply for a small grant for something that will provide respite from your caring role. As there is limited funding, we may not be able to consider the whole cost of what you are asking for, but we may be able to contribute. Please remember that applications to the fund are not guaranteed so please don't commit yourself in advance to any arrangement.

**The first rule of kindness is to be kind to yourself**



# Carers' corner



## How counselling helped me



Becoming someone who has caring responsibilities overnight, at the same time as trying to emotionally process your parent's sudden illness and ageing is like being thrown in at the deep end. Add to that a parent/child relationship that has always been complex and difficult, and you've got a rough road ahead.

I hadn't even realised that I'm now 'a carer' until a social worker pointed it out and offered to refer me to Carers Outreach Service for support. I was a little reluctant at first, not feeling that I deserved this lifeline; after all, my parent doesn't live with me, I don't give them personal or home care, all those things I've always pictured when thinking of an 'unpaid/family carer'. However, I soon realised that being a carer comes in many forms, and can look very different to different people, depending on their

loved one's needs.

The Carers Support Officer offered to refer me to counselling sessions for carers, and this has been a lifeline. It has enabled me to understand a lot more about the difficulties in my relationship with my parent, which has made it possible for me to keep myself safe and well, learn to set healthy boundaries and ultimately continue to support my parent and keep them safe.

Without this series of counselling sessions with an insightful, kind, and supportive therapist, this last year would have looked and felt very different for me, for my parent, and for the rest of my family. I cannot recommend this support enough, and I'm incredibly thankful to Carers Outreach Service for making it possible.

~ A Gwynedd carer

## Getting a bursary to study

A couple of years ago I read in The Carer that carers can apply to the Open University for scholarships and bursaries. I applied just before my nan, who I cared for, died and it was such a boost when my application was accepted. I'm now in my second year of a degree in Child and Youth studies and I love it. Doing the course has helped to fill the gap left by the loss of my beloved nan. ~ Tracey Frazer, Anglesey carer

The Open University (OU) Carers Scholarships Fund offers carers the opportunity to study for free. For more information visit:

<http://www.open.ac.uk/courses/fees-and-funding/carers-scholarship-fund>






# Life tips




## Christmas holidays

Our phone lines will close on Thursday 23 December, 2021 and re-open on Tuesday 4 January, 2022. Below are some phone numbers which may be useful during the holiday period.

### Social Services Out of Hours Emergency Contact

 01248 353551 Anglesey & Gwynedd

 0300 123 3079 Conwy

### NHS Direct (Medical and dental)

 111

## Free flu jab

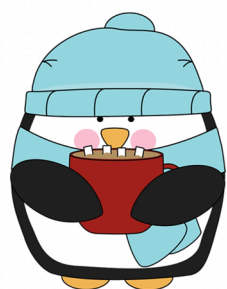
Unpaid carers who live in **Wales** are eligible for a free flu jab on the NHS at your GP surgery or local community pharmacy.

## Dementia Busy Boxes

We still have some busy boxes to give away. They are filled with everyday objects to assist people living with dementia to interact and communicate. So far the boxes have been a great success with carers and their dependants.

“It’s good to have fresh ideas to stimulate and occupy Mum, it’s a lovely selection of items...”

Contact us to request a box. 



**POWER CUT?  
CALL 105**



## A gentle reminder

You are valued and you deserve kindness and respect. You deserve rest and nourishment. You deserve to be seen and loved and heard. You deserve laughter and delight. You may not always have these things, but you are always, *always* worthy of them.

~ Adapted from an original quote by Nana Hoffman



Contact Carers Outreach for information or support in your caring role



# Solution slot

**Q: I am new to caring and I would like to know more about my rights and entitlements.**

**A:** This is a timely question as 25 November is Carers Rights Day.

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Every carer is entitled to:

- **A carers assessment**
- Ask their employer about **flexible working**
- **Time off** from caring for health and wellbeing
- **Support and information**

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.

The Social Services and Well-being (Wales) Act 2014 places a duty on local authorities to actively offer carers' assessments. You are entitled to a carer's assessment even if the person you care for has refused a service user's assessment. It is important that your needs as a carer are recognised, so do ask for a carers assessment – it is your right.

Carers Outreach Service is here to provide support and information to unpaid carers. We can refer you for a carers assessment if you wish. We are a listening ear and can signpost you to other helpful organisations. Further information about carers assessment can be found on our free fact sheet.

We also have 2 information padlets, available on our website or by scanning the QR codes below.



## Ways to stay in touch



Phone our hubs

**Gwynedd and Anglesey: 01248 370797**

**Conwy: 01492 533714**



[help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)



[www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)



Join in our zoom groups  
Contact us for a link to join



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