

CARERS Info burst

Hello and welcome to the third Ceredigion Carers Info Burst.

Last month, during Carers Week, we brought you lots different activities you could take part in, online, and sent out a wellbeing bag with some goodies to help you to relax and take a bit of time out for yourself. We hope you all managed to do this and enjoyed some of the treats.

If you missed some of the activities during Carers Week, there are still lots of resources to help support your 'self-care' journey on our [website](#).

Please remember, although we are not able to meet face-to-face right now, we are still here and you are still very much welcome to contact us. Scroll to the bottom for our contact details.

The Ceredigion Carers Unit
Sara, Cath, Ros, Susan and Ceri

1 News from Coleg Ceredigion Students

The activities that the Coleg Ceredigion students put on for you all last month were very well received during Carers Week.

If you didn't find time to take part in June, here's a reminder that you can still take part in many of them...

"Please thank the students for their concern and for the work they all put in to make carers feel cared for."

- A Carer



The quiz is still available for you on our Carers pages. Click [here](#) to view.

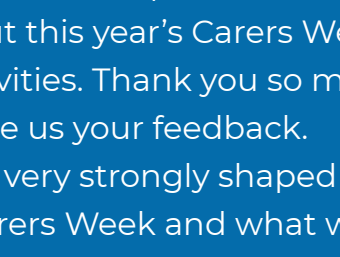


They have already had a few letters in response to their 'pen-pal' type offer and are busy writing back to those of you who took advantage as we speak. The offer of writing to the students is still very much available and they are still looking forward to receiving yet more letters from more of you in the near future. For more information please see the Carers pages [here](#).



If you have any pictures of you raising a cuppa for Carers Carers, we'd love to see them. Send them to us at carersunit@ceredigion.gov.uk If you didn't have a camera to hand, don't let that stop you; create an image for us with pencil/paints/chalk/thread/charcoal/ whatever materials you have to hand or paint a picture with words and tell us how you celebrated Carers in Ceredigion at the end of Carers Week.

#raiseacuppaforcarers



Cath and family brave the weather to raise a cuppa!

2 Carers Rights Day 2020



What would YOU find helpful for Carers Rights Day 2020?

We have been overwhelmed by the feedback (before and after Carers week) from many of you about this year's Carers Week packs and online programme of activities. Thank you so much for taking (such precious) time to give us your feedback. Feedback that you gave in early May very strongly shaped what we and our partners arranged for Carers Week and what we put in the wellbeing packs. **THANK YOU.**

We are already thinking about Carers Rights Day in November 2020. We have noted what you said worked well and are thinking about how we can improve other elements in preparation for Carers Rights Day.

Carers Rights Day is all about:

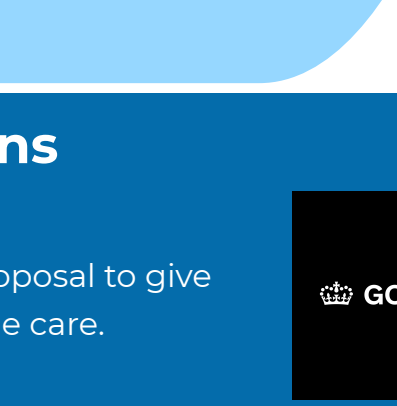
- knowing your rights
- practical support
- campaigning
- potential solutions and advice to help you in your caring role(s)

Please take a few moments to tell us what sort of activities you would like to see in November by clicking [here](#).

Gofalwyr Ceredigion Carers

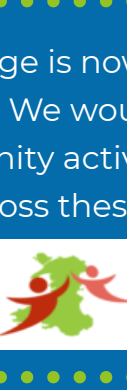
Exciting news! Ceredigion Museum to display the Carers Week Heart Quilt

If you took part in Gofalwyr Ceredigion Carer's Heart Quilt for Carers activity during Carers Week, then you will be excited to know that as part of their planned Quarantine quilts project which will form part of their 'Quilts: Human Threads' exhibition this summer Ceredigion Museum will also be displaying ours. Click [here](#) to find out more about their exhibition:



If, like Cath from the Carers Unit you have been working on your quilt square since Carers Week and haven't sent it in to GCC yet then don't worry there's still time. Send your 6 by 6 inch squares by post to the following address (no stamp needed):

Sue GCC
FREEPOST CREDU
LD1 5DH



Conversations with Carers

Take a few minutes out of your day to jump onto the Gofalwyr Ceredigion Carers (GCC) Mixcloud audio channel – you will be glad you have listened to these heartening conversations with Carers in Ceredigion!



Click [here](#) to open Mixcloud and listen.

4 Have your say - consultations

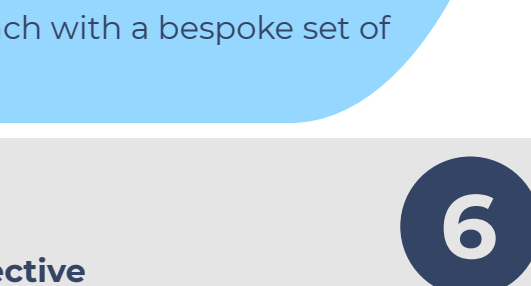
Seeking important input from working Carers

UK government is carrying out a consultation on a proposal to give employees a week of unpaid leave each year to provide care. Consultation ends on 03/08/20: Click [here](#) to view.

GOV.UK

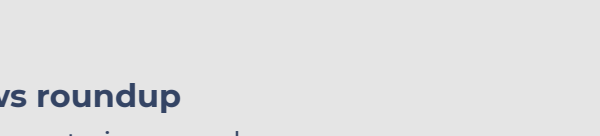
Parent Carers – Have your Say! Caring Communities of Change is now looking for parents and carers of loved ones with learning disabilities and Autism. We would like to start conversations with you about transitions, respite and community activity. Some families may be looking to get involved in shaping some of the services across these areas that they might want to see in the future.

Find out more [here](#).

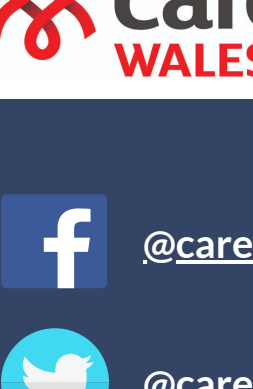


Wales Wellbeing Survey: We are running a survey which aims to look at the impact of coronavirus on the mental health and emotional well-being of the population of Wales. The findings of the study will help the NHS in Wales to understand the issues affecting the population and will shape support services so that they can meet the needs of the Welsh population.

Find out more [here](#).



5 Young Carers and Young Adult Carers



Carers Trust is thrilled to be a partner of The Open University (OU) Carers Scholarships Fund which offers Carers the opportunity to study with the OU for free. 50 scholarships are available in 2020/2021, of which 15 are reserved for Young Carers aged between 18-25.

Applications close midnight 31 July 2020

Click [here](#) to find out more



The [Young Person's Mental Health Toolkit](#) links young people, aged 11 to 25, to websites, apps, helplines, and more to build resilience and support them through the Coronavirus pandemic and beyond. The simple design enables users to take control of their mental health through a medium that suits them, with information, self-help, and advice about how to seek further support embedded throughout. The Toolkit is made up of six categories of the most common issues affecting young people at this time: Coronavirus and your wellbeing, Keeping Healthy, Anxiety, Low Mood, Loss, and Crisis, each with a bespoke set of hyperlinks to digital resources.

CORONAVIRUS GUIDANCE

New COVID-19 guidance for unpaid carers – Personal Protective Equipment (PPE) from Welsh Government: Click [here](#) for details

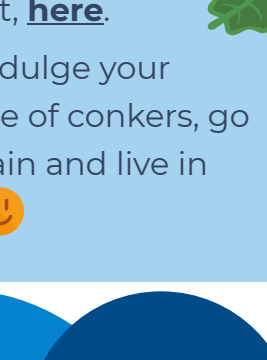
Protecting and Safeguarding Older People: Covid-19 Information Pack

The Older People's Commissioner for Wales has published a short but very useful information pack for Protecting and Safeguarding Older People in the COVID 19 pandemic. It includes practical information on who to contact when relationships are strained, how to spot signs of domestic abuse and information about COVID-19 specific scams that have been circulating recently. Download your copy [here](#).

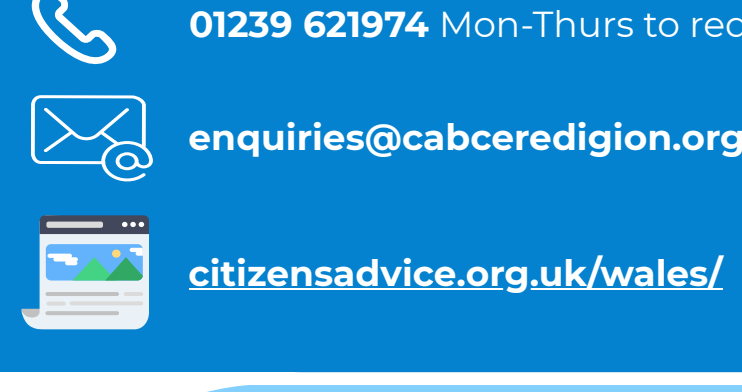


Department for Work and Pensions (DWP) updates:

- New Coronavirus Support Triage Tool for non-shielded vulnerable people is now live on [GOV.UK](#).
- **Touchbase – Department for Work and Pensions news roundup** [Here](#) you will find a roundup of recent DWP announcements in one place which is updated daily. You can also subscribe to it in order to receive updates direct to your device.



Carers virtual meeting - Cletwr in Tre'r Ddol



Carers Advice & Support Session on Zoom

Wednesday 15th July, 15.00

If caring affects your family, Carers Wales is here for you to provide the support and advice you need.

Registration:

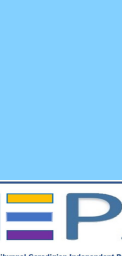
<https://bit.ly/2NnSyh9>

Cletwr

More @Cletwr

Dal ati chat group (welsh learners), knit and natter, Beginners beekeeping talks, open mic nights and so much more with Cletwr...

As well as the shop and mouth-watering variety of pop-up take aways for all tastes, Ceredigion based Cletwr have a range of virtual events that you can join from anywhere in the county. Visit the website or social media pages for more information



Would you like to join the mailing list to hear about forthcoming activities and the latest Cletwr news? Please click [here](#).

8 Outdoors



Activity guide with Alzheimer's Society If you know someone who is living with dementia or otherwise vulnerable or isolated, you may want to encourage them to connect with nature. The Wildlife Trusts UK have worked with Alzheimer's Society to create a #30DaysWild activity guide that will help you help them. While the 30 days wild campaign by The Wildlife Trusts may have ended in June, the ideas and guidance given on how to support people with dementia and Learning disability connect with nature still applies!

Click [here](#) to download the pack.



And if the above has left you and the person you care for wanting more outdoor activity ideas (for sunny and rainy days!) then take a look at the National Trust's '50 things to do before you're 11 3/4' activity list, [here](#).

There are activities in there for all ages (despite the name), indulge your inner child, take a trip down memory lane and play that game of conkers, go barefoot on the grass, go cloud watching or make a daisy chain and live in the moment. You'll be surprised by how much you enjoy it. 😊



Ceredigion Citizen's Advice Bureau is still here for Carers!

Providing information and advice on benefits, debt, housing, employment, health and social care and many more issues they assist with budgeting, stretching your money further by saving on bills and they have a limited number of pre-payment meter vouchers for anyone struggling to pay for energy.



01239 621974 Mon-Thurs to request a call-back



enquiries@cabceredigion.org



citizensadvice.org.uk/wales/

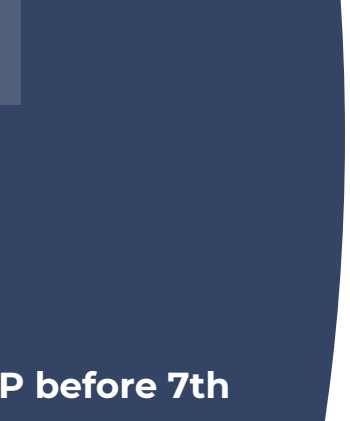
citizens advice

10 Ceredigion Independent Advocacy Service (CIPA)

What is an independent professional advocate?

- An independent professional advocate is trained and paid to undertake their professional role as an advocate.
- An advocate supports you to make sure your views are respected and that your views and wishes are listened to.
- An advocate will help you understand your options and make choices, and make sure you are fully involved in decisions that affect you.

Click [here](#) for more information



'Introduction to Looking After Me'



Whatever your caring role, it is important to look after your own health too. The 'Introduction to Looking After Me' Session is designed just for you.

This is a FREE NHS session and runs for just 2 hours. It is open to Carers over the age of 18.

This virtual session is an opportunity to look at your caring role and learn how making some small changes can make a difference to your life.

You will explore:

- Looking after your health
- Managing and balancing your Caring role
- Relaxation techniques

Our next available courses are:

- Friday 21st August, 10am-12pm
- Thursday 27th August, 10am-12pm

For more information or to book your place please contact EPP before 7th August on:



01554 899035

eppcymru.hyweldda@wales.nhs.uk

Instructions will be provided once booking is confirmed on how to access the course virtually.

Bwrdd Iechyd Prifysgol Hywel Dda
University Health Board

Thank you for reading and if you have any useful feedback or suggestions for future carer info-bursts please let us know:

carersunit@ceredigion.gov.uk

01970 633564

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The information in this Info Burst is intended as guidance and opinions expressed may not be those of Ceredigion County Council. Neither are any articles nor products given as recommendations on behalf of Ceredigion County Council, they are reported for the reader to consider and form a personal opinion.

Cyngor Sir
CEREDIGION
County Council