

9-15 June 2014

# Parents' Voice

## CARERS' WEEK SPECIAL EDITION 9-15 June 2014

### What is Carers' Week?

Carers' Week celebrates the contribution of 6.5 million carers living in the UK with events taking place at a national and local level. It is one of the most successful campaigns held in the UK, with 2,600 organisations taking part in 2013. 2014 will mark the 20th Carers' Week .

If you provide unpaid care for a friend or relative then you are a carer and may be eligible to apply for a carers assessment– details are on the back cover.

### Join us at these events organised by Cardiff and the Vale of Glamorgan Councils!

#### Monday 9th June

**Stress Control & Benefits and Allowances for Carers.**

**Cardiff City Stadium,  
Leckwith,**

**10:30am-12:30pm**

#### Tuesday 10th June

**Information Roadshow**

**The Hub**

**Gladstone Road**

**Barry**

**10am-1pm**

#### Wednesday 11 June

**Information Roadshow**

**Copthorne Hotel**

**Culverhouse Cross**

**Cardiff**

**2pm-7pm**

#### Thursday 12th June

**Information Roadshow**

**Star Centre**

**Splott**

**Cardiff**

**1pm-4pm**

*More events overleaf!*

## Monday 9th June 2014 1pm-4pm

Marie Curie Carers Wales Project will be hosting a free event for carers living in Cardiff and the Vale. The event will provide the opportunity for carers to come and meet others, share stories, relax and enjoy taster complementary treatments in a safe and comfortable environment and learn more about Marie Curie Services and support for carers. All carers are welcome and the event is completely free. Please contact Sarah Johnson for more information on 02920 426033 or [sarah.johnson@mariecurie.org.uk](mailto:sarah.johnson@mariecurie.org.uk)



## Tuesday 10th & Thursday 12th

Join the Rotary & Young Carers of Rotary Cardiff & Vale Young Carer Interact Club showing what work they do in Support of Young Carers and holding information days at Sainsburys Thornhill store, Cardiff.



## Wednesday 11th June

With the support of the Vale of Glamorgan Council, Cardiff & the Vale Parents' Federation hold regular carers social gatherings across the Vale in Barry, Penarth and the Western Vale.

Carers of all ages can meet and share information, experiences and overcome isolation.

Our next gathering will be lunchtime on Wednesday 11th June at The Old Custom House, Penarth Marina, CF64 1TT, at 12pm.

If you are a Vale carer and would like to attend, please book a place by 12pm on Monday 9th June by phoning us on 02920 227800 or email Karen on [admin@parentsfed.org](mailto:admin@parentsfed.org)



## Saturday 21st June

Contact a Family Cymru will be showing a disability friendly version of **MR PEABODY & SHERMAN** at The Riverfront, Newport. There will be 2 showings at 11am and 2:30pm with lower sound and higher lights. Also, there will be extra entertainment and information stands from 12:30pm to 2:30pm. It is for any child with additional needs and is completely **FREE** – bring all the family! There will also be a free sandwich lunch for all.



To book a place, please phone 02920 396624, text 07904672614 or email [wales.events@cafamily.org.uk](mailto:wales.events@cafamily.org.uk)



***Help for carers...*****Chronic Condition Self-Management Programme - courses for carers (six week course)**

10 June 2014, 10am-12:30pm, Lower Penarth.

12 June 2014, 10am-12:30pm, Barry Library.

17 June 2014, 10am-12:30pm, Cardiff Central Library.

18 June 2014, 2pm-4:30pm, Thornhill Medical Centre.

24 June 2014, 2pm-4:30pm, Grange Medical Practice.

Learn how to:

- Cope better with: Pain, Tiredness, Depression, Stress, Loneliness, Frustration, Exercise and Healthy Eating
- Breathe Properly and relax
- Improve pain levels
- Solve problems & plan and succeed. Make lasting healthy changes!

You may be interested in joining a group for two and a half hours each week over six weeks to help with these symptoms. Courses are led by trained tutors who live with a health condition, or care for someone with a health condition.

**Carers' Training Course in Managing Challenging Behaviour**

In October 2014, The Vale of Glamorgan Council intends to run a free all-day course for Carers who live in the Vale and are supporting young people and teenagers whose conditions give rise to Challenging Behaviour. This course is in the early stages of planning but brief details are as follows.

**WHO IS THE COURSE AIMED AT?**

Unpaid carers who live in the Vale of Glamorgan and are looking after children and young people (up to the age of 25) who have medical conditions such as ADHD, Aspergers, Autistic Spectrum Disorder and other conditions which can give rise to Challenging Behaviour.

**WHAT WILL YOU GAIN FROM THE COURSE?**

The course aims to give you:

Increased confidence in coping with challenging behaviour

Better understanding of the issues around challenging behaviour

An improved ability to manage aggressive and potentially violent behaviour

New skills and tools to help you in your caring role.

If you are interested in attending such a this course then please ring 01446 704604 or email [CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk) Please can you indicate when would be your ideal day/time for this course to

## Requesting a Carer's Assessment - if you care, please read this!!

A Carer is someone who looks after a relative, friend or neighbour who is unable to manage without help because they are elderly, disabled by physical or mental health, drugs or alcohol problem or have a long-term illness. People with parental responsibility for a disabled child (ie a person aged under 18) are (if their caring role is substantial) entitled to an assessment. As most parent carers provide a 'substantial amount of care on a regular basis' the care must be 'substantially in excess of the normal requirements of persons of their age.

Caring can be rewarding but it can also affect your home life, work life, free time and your relationship with the person you care for. As more and more of us take on the role of carer it is likely that either we are, have been, or know a carer. Being a carer is a great privilege but it can be difficult to know what practical help and support is available. If that sounds like you, then you should request a carer's assessment.

If you care for someone under 18, the carer's needs should be considered as part of the Children Act Assessment but you are perfectly entitled to ask for a separate assessment as a carer; if the person you look after is over 18 then you should be offered an assessment along with the service user. It is not the case that the Vale Council can only assess those carers who are caring for someone who is eligible for services, as under the Carers and Disabled Children 2000 Act The Vale Council has the 'power' to carry out an assessment.

Accessing services for carers is always dependent on where the service user lives, so if the person you care for lives in Ely you would go to Cardiff Council and if you as the carer lived in, say, Roath and the cared for in Cowbridge then you would seek services from the Vale Council. You don't have to live in the same house as that person to be their carer. If more than one person provides regular and substantial support then each can be a carer.

A Carer's Assessment is intended to be outcome focussed and to highlight carer's needs that are critical or substantial i.e. pose a risk to the carer or the sustainability of the care provision. If the risk is critical or substantial the Vale Council has to consider how the needs can be met and this can be via a range of social services and/or health. This is an opportunity, perhaps your first, for your health, well-being as well as your employment, training, education and leisure aspirations to be addressed.

Please do not be put off with the technical term 'assessment'. A carer's assessment is undertaken to look at the needs of the carer; it is completely separate from welfare benefit assessments which are overseen by the Department for Work and Pensions (DWP).

If you want to find out more about services for carers and carer's assessment then Carers' Week is an ideal opportunity as there are many information events running throughout the Vale and Cardiff.

More information for carers can be found at [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers)

A free, downloadable resource from Luke Clements about "Carers and their Rights (4<sup>th</sup> edition) can be found at: <http://www.lukeclements.co.uk/downloads/update1-jan2011.pdf>

### Contact us at:

**Cardiff & the Vale Parents' Federation**

**Canton House**

**435 Cowbridge Road East**

**Canton**

**Cardiff CF5 1JH**



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**Cardiff & Vale Parents Federation**