

Newport Carers Network

Information Bulletin

February 2024

For support in your caring role contact 01633 656656 or visit www.newport.gov.uk/carers for lots of helpful resources

If you have received this email from a third party and would like to receive regular carer information from us, please email community.connectors@newport.gov.uk and ask to join the Carers Network



Aneurin Bevan University Health Board

Be Mindful - free mindfulness tool

ABUHB have an exciting opportunity for people living in Gwent to get free access to the #BeMindful app!

Be Mindful is proven to significantly reduce levels of stress, anxiety and depression – often delivering life-changing results for those who use it.

Using Be Mindful you can finish the free course with the skills and knowledge to maintain good mental health long-term. And it's completely free for residents across Gwent.

To access Be Mindful for free click:
<https://bit.ly/3PU9cGh>



In our last bulletin we mentioned The Tickets For Good Scheme. We apologise if the information given was misleading.

The company have advised us that Ticket Bank is for those in receipt of Cost of Living Payments. Carers can also apply on behalf of the person they care for as long as they are in receipt of UC, ESA or PIP.

For more information please contact them directly on: Tickets for Good website:
[Tickets For Good: Tickets](https://www.ticketsforgood.co.uk)

Let's Care Together

Business in the Community (BITC's) has launched a new programme which **supports the wellbeing of unpaid carers**. All unpaid carers are eligible even if they are in full time employment. It's called Lets Care Together and its a 6 session mentoring programme. Mentoring takes place via telephone, but may progress to Teams or Zoom if both parties are comfortable and feel it helpful to do so. Mentors are trained employee volunteers and they concentrate on the carer's wellbeing, starting by identifying which of the wellbeing pillars the carer would most benefit from support with (Social, Financial, Physical, Mental or Digital Wellbeing).

Further information contact: <https://www.bitc.org.uk/>



Age Cymru Independent Dementia Advocacy Project

The dementia advocacy project supports anyone 18+ living in Wales with a diagnosis of dementia. Living with dementia doesn't mean that you lose the right to have a say in your life.

Working with one of the dementia advocates helps you to :

- Understand your accommodation options
- Understand the choices you can make to plan for later life
- Have support to access the services you need
- Stay connected to the things that matter most to you
- Know your rights, and make sure they are respected and upheld
- Feel safe and get the help you need when you need it
- Have your voice heard in all aspects of your life

For more information call 029 2043 1555, email dementiaadvocacy@agecymru.org.uk or visit www.agecymru.org.uk/advocacy

Newport Live Physical Activity and Exercise

Being active can help improve your mental and physical wellbeing as well as your balance, strength and coordination. Even gentle movements or activities can help to lift your mood and help you live well.

- The Regional Pool & Tennis Centre - Easy Movers - Monday and Wednesday at 9.30am

- Station (NP20 4AD) Easy Movers – Tuesday at 1.30pm and Friday at 10.30am

- The Riverfront Theatre & Arts Centre - Easy Movers - Wednesday at 10.30am Tai Chi for Wellbeing at 11.30am

More information can be found on the Newport Live website www.newportlive.co.uk or call 01633 656757.

If you would like us to promote your carers service please email your article to community.connectors@newport.gov.uk