



Newport Carers Network E-Bulletin

September 2020

Visit Safe in Newport

Now that shielding has ended and the 'new normal' is here, people are starting to get back into the community, which can be daunting for some. Have you seen the Visit Safe Information? For a map of the city centre changes and information about keeping safe, visit <https://www.newport.gov.uk/en/Leisure-Tourism/Shopping/Visit-Safe/Visit-Safe.aspx>



Keep an eye out for this Logo

This is the official UK mark to show that a business has worked hard to follow government and industry Covid-19 guidelines and has processes in place to maintain cleanliness and aid social distancing.

Find the latest tourism organisations in Newport signed up to the nationally accepted standard "Good to Go":

<https://www.newport.gov.uk/en/Leisure-Tourism/Shopping/Visit-Safe/Good-to-Go-registered-tourism-business-in-Newport.aspx>

Carers Week 8 – 14 June 2020

While we were unable to celebrate Carers Week in the usual sense, our information campaign reached over 9,000 people via email, Facebook and Twitter through daily emails and posts. We hope this helped to raise awareness of unpaid carers as well as providing valuable information to carers in Newport.

"It was very helpful to see the post online and to find out that there is so much information and support out there. It's brilliant!"



Carer Support from Newport City Council

We can offer you an **assessment** of your own needs as a carer as well as information, advice and signposting by telephone, post or email.

We also offer many resources that can help you, detailed below:

The Carers Handbook, with information, advice, and useful contacts.

Carers Directory, which includes details of groups and services. This is available on the carers webpage.

The Carers webpage please visit www.newport.gov.uk/carers for downloadable documents and further information including local Carer Support Groups, who may not be meeting at the moment but could offer telephone or online support.

The Carers Guide to Planning for Emergencies, to help you think about contingency planning in case you are unable to continue caring if, for example, you are taken ill. This might offer reassurance that your loved one will be looked after under such circumstances.

A Carers Emergency Card is available that can be kept with you in case of emergencies.

Jointly App



The Jointly App, from Carers UK, has been designed by carers to help make caring less stressful and more organised. A 'circle of care' can be created to share caring duties with others through instant messaging, task lists, calendars, medication lists and more.

The app can be found on the app store on your smartphone/tablet or at www.jointlyapp.com.

The Gwent Region has secured a year's funding for carers to access the 'circle of care' feature of the app for free! To get a free access code please contact Community.connectors@newport.gov.uk or 01633 656656

AskSARA

A free and easy to use online self-help guide providing expert advice and information on products and equipment for older or disabled adults and children. Visit www.newport.gov.uk/en/Care-Support/Ask-SARA

Carers Parking Permit

Did you know that nominated carers can apply for a Carers Parking Permit for the address of the person they care for if they live in a permit zone? Contact: 01633 656656 or visit <http://www.newport.gov.uk/en/Transport-Streets/Parking/Residents-Parking/Residents-parking.aspx> to find out how to apply.

Newport Support Partnership

Although this partnership has disbanded, services are still available individually, as below:

Pobl Respite Service

Pobl can provide support to unpaid carers including telephone support and a sitting service. Services are offered following a *Carers Assessment* where a need is identified.



If you are interested, contact Social Services on info@newport.gov.uk or 01633 656656

Advocacy is still provided by Dewis CIL if you are aged 18 and over (or 16 and over if you are in transition), you are ordinarily resident in Newport, and you have or care for someone who has:

- Physical disability
- Sensory impairment
- Learning impairment
- Conditions relating to older age
- Dementia
- Terminal or degenerative condition

For more information visit www.dewiscil.org.uk/advocacy-newport or phone 01633 288440

Benefits Advice and help with form filling is still available from Newport Citizen's Advice Bureau. For more information visit <https://www.newportca.org.uk/> or phone 01633 222622

Online Wellbeing Groups

Me Time

A chance to do something for your own enjoyment. The online sessions, funded by Welsh Government, are a place where you can get involved in a range of activities and explore new experiences. Sessions vary and include:

- 18 September: A reading with Penny Walker, author of 'Tender: The imperfect art of caring'
- 23 September: Express yourself through writing
- 24 September: Bingo

For more information visit <https://www.carersuk.org/wales/help-and-advice/me-time>

Care for a Cuppa

Weekly meetings through Zoom with other carers, interesting speakers and support on hand from the Carers Wales team. Upcoming sessions include:

- 17 September: Carers Wales Policy and Campaigning Focus Group
- 22 September: Assertiveness Training
- 29 September: Power Up Scheme from Energy Saving Trust

For more information visit <https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales>

Activate your Life

A free online video course to help with practical ways of managing your thoughts and feelings, enabling you to take greater control of your actions, improve your wellbeing and enjoy life more.

For more information, or to join, visit <https://phw.nhs.wales/services-and-teams/activate-your-life/>

EPP

Education Programmes for Patients are offered by GAVO and the Aneurin Bevan University Health Board. The following free virtual wellbeing courses will start each month:

- Diabetes
- Stance Diabetic Footcare
- Living with Long Term Health Conditions
- Living with Chronic Pain

Speak to your GP or contact jules.godden@gavo.org.uk for more information.

Finances

Small Grants Scheme

Administered on our behalf by Carers Trust South East Wales, carers living in Newport can apply for small grants within four categories: Essentials; Time Out; Access and Skills.

Conditions apply. For more information visit www.ctsew.org.uk/grants or contact 01495 367564 for support to complete the form.

Turn 2 Us

A charity helping people when times get tough. The charity provides financial support to help people get back on track. The website has a handy benefit and grant checker tool.

<https://www.turn2us.org.uk>

Discretionary Assistance Fund

For those in financial difficulty following an emergency such as flood, fire or job loss. You can apply free from a landline on 0800 859 5924 or online <https://beta.gov.wales/discretionary-assistance-fund-daf>

Winter Fuel Payments

A payment made to people over **Pension Credit age** to help with fuel costs. Most payments are made automatically between November and December. You should get your money by 13 January 2021. If you don't receive the payment, but think you are eligible, the deadline for claiming payments for winter 2020 to 2021 is 31 March 2021. Please visit

<https://www.gov.uk/winter-fuel-payment> or call 0800 731 0160

Financial Support from Welsh Government

A short guide to the financial support that might be available to help you. Please see the *COVID 19 Financial Support for Individuals* guide attached to the email or visit

<https://gov.wales/financial-support-for-individuals>

Further Support

Newport Carers Forum

A forum run by carers, for carers. They represent carers at national and local levels, while providing opportunities for carers to meet and share their knowledge and expertise. Newport Carers Forum also hold a number of social activities, which they hope to have up and running again soon, and welcome all unpaid carers to join them. For more information email newportcarersforum@gmail.com

Barnardo's Young Carers Project

Supporting carers between 8 and 25 years old who are caring for parents, siblings or grandparents. While they usually offer regular time out sessions and activities for young carers, they are currently offering virtual groups, one-to-one video chats and phone calls to provide emotional support as well as providing information, resources and quizzes on their closed Facebook page. For more information contact Barnardo's on barnardosnewportservices@barnardos.org.uk or the Community Connectors on 01633 656656

Parents for Change and The Meet

Supports the parents and carers of disabled young people between 17 to 25 years. They meet on the first Tuesday of the month to discuss a wide range of issues from, health, education and daily living. Meetings are planned to start again 6 October. Parents for Change also run a social group, The Meet. The Meet is a social group for disabled young adults between 17 to 25 years old. For more information email parentsforchange@hotmail.co.uk

Parent Participation Officer

For information on a variety of information and support groups aimed at parents of children with disabilities or additional learning needs, contact bernie.byrne@gavo.org.uk

Gwent Carers Hub

Join the staff of Carers Trust South East Wales for virtual meetings on Zoom, including coffee and chat, mindfulness and bingo. Legal advice and support also offered. For more information, contact the Hub on 01495 367564, gwentcarershub@ctsew.org.uk or www.facebook.com/gwentcarershub

Hafal

Hafal run a Carers Cafe for carers of those with mental ill health, every Tuesday at 10am - 12pm at Gate 4, St Cadoc's Hospital, Caerleon. For more information, please email Newport@hafal.org or phone 01633 264763

If you have received this e-bulletin from a third party and would like to join the Newport Carers Network to receive further carer information from us, please email community.connectors@newport.gov.uk or phone 01633 656656