

# Newport Carers Network

## Information Bulletin

**November 2022**

For support in your caring role contact 01633 656656 or visit [www.newport.gov.uk/carers](http://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](mailto:community.connectors@newport.gov.uk) and ask to join the Carers Network



## Carers Rights Day 24<sup>th</sup> November 2022

The Social Services and Wellbeing (Wales) Act 2014 gives unpaid carers the same rights as those they care for:

The right to information, advice and assistance  
The right to an assessment  
The right to wellbeing  
The right to a life outside of caring  
The right to have your voice heard

A Newport City Council *Carers Offer* has been established to outline how we can help unpaid carers of all ages. This includes:

- Carers assessment
- Small grants scheme
- Monthly information e-bulletins
- Carers Café
- Carers directory
- Carers Handbook
- Information, advice and resources

For more information visit [www.newport.gov.uk/carers](http://www.newport.gov.uk/carers) or telephone 01633 235650

## Carers Rights Day Information Event

To celebrate Carers Rights Day, we have arranged an information event.

Join the Community Connectors and partners to find out more about local services and support that can help you in your caring role. Services include:

- Age Cymru Gwent
- Care Collective
- Occupational Health Team
- Disabled Facilities Grants Team
- ABUHB Engagement
- Care and Repair
- Sparkle
- Newport Young Carers
- Adferiad

**Thursday 24th November 2022**  
**1pm-6pm**  
**The Riverfront Theatre & Arts Centre**

For more information visit [www.newport.gov.uk/carers](http://www.newport.gov.uk/carers) or telephone 01633 235650

# My Winter Health Plan

If you or the person you care for have a long-term physical or mental health condition, My Winter Health Plan helps you to provide clear information to health and care staff who may need to visit your home in an emergency.

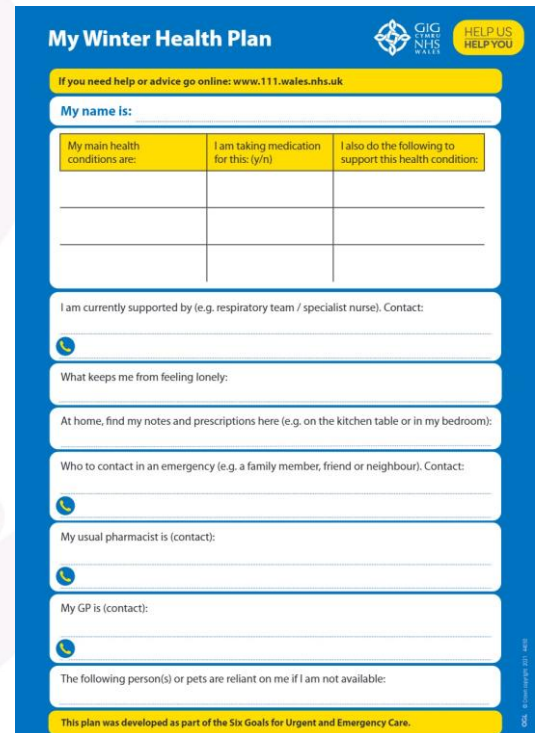
Information includes:


- your condition
- the support you receive
- the advice you have been given
- your key health and care support contact details

Once the health plan has been completed, you can display it where it can be easily seen by visiting health and care staff.

Download the My Winter Health Plan template by visiting: <https://111.wales.nhs.uk/livewell/lifestylewellbeing/winterhealthplan>

To request a copy by post contact [SixGoals.UrgentAndEmergencyCare@gov.wales](mailto:SixGoals.UrgentAndEmergencyCare@gov.wales) or telephone the Community Connectors on **01633 235650**



**My Winter Health Plan**  **HELP US HELP YOU**

If you need help or advice go online: [www.111.wales.nhs.uk](http://www.111.wales.nhs.uk)

My name is: \_\_\_\_\_

My main health conditions are:	I am taking medication for this: (y/n)	I also do the following to support this health condition:
_____	_____	_____
_____	_____	_____

I am currently supported by (e.g. respiratory team / specialist nurse). Contact: \_\_\_\_\_

What keeps me from feeling lonely: \_\_\_\_\_

At home, find my notes and prescriptions here (e.g. on the kitchen table or in my bedroom): \_\_\_\_\_

Who to contact in an emergency (e.g. a family member, friend or neighbour). Contact: \_\_\_\_\_

My usual pharmacist is (contact): \_\_\_\_\_

My GP is (contact): \_\_\_\_\_

The following person(s) or pets are reliant on me if I am not available: \_\_\_\_\_

This plan was developed as part of the Six Goals for Urgent and Emergency Care.

## Flu Vaccines

### Free Flu jabs for unpaid carers

If you care for someone whose health or wellbeing may be at risk if you fall ill, speak to your GP surgery or community pharmacist about having a flu vaccine.

Even if you don't live with the person, you care for, you may still be eligible.



## Free LFT Test

### Lateral Flow Tests available for unpaid carers

Newport City Council has testing kits for those caring for people considered clinically vulnerable.

If you care for someone clinically vulnerable, packs are available by contacting the **Community Connector team on 01633 235650**

or email [community.connectors@newport.gov.uk](mailto:community.connectors@newport.gov.uk)

Please be advised that you will be asked a few questions about the person you care for by the staff member.

# Cost-of-Living

We cannot ignore that we are living in very challenging and uncertain times. The crisis will impact every household in Newport.

Newport City Council and our partners can offer a wealth of advice and support including:

- Help with bills
- Benefit support
- Help with accessing meals and food banks
- Housing and homelessness
- Council Tax support
- Employment support and training
- Accessing community groups and support
- Discretionary Assistance Emergency Payments
- Money and debt advice
- Information on utilities



For further information, please visit

[www.newport.gov.uk/en/Support-and-Advice/Support-and-Advice.aspx](http://www.newport.gov.uk/en/Support-and-Advice/Support-and-Advice.aspx) or contact the **Community Connectors** by email [community.connectors@newport.gov.uk](mailto:community.connectors@newport.gov.uk) or telephone on **01633 235659**

## Working Carers

Juggling work and caring responsibilities can be extremely challenging. It is important to understand the rights you have, which includes the right to apply for flexible working.

If you would like to know more about your rights and flexible working, Carers UK have lots of information available:

<https://www.carersuk.org/help-and-advice/work-and-career>

**Helpline: 0808 808 7777**

### Are you thinking of returning to work?

Caring for a loved one, family member or friend means you will have developed a wide range of skills.

Carers Wales have developed an e-learning programme Learning for Living, which is a useful online tool to help you identify and present your skills to a future employer.

Find out more here:

<https://www.carersuk.org/wales/help-and-advice/learning-for-living>

## Digital Sessions

The University of South Wales are offering free digital sessions for those who would like to become more digitally confident and learn computer skills. A light lunch will be provided.

If you are interested, you can book a session by telephoning **Ceri Jenkins** on **01443 483115** or email [ceri.jenkins@southwales.ac.uk](mailto:ceri.jenkins@southwales.ac.uk)

Why not 'drop-in' to one or more of our informal sessions and learn at your own pace.

**All sessions to be held between 11.00am-1.00pm on:**  
**Monday 7 November, Monday 14 November**  
**Monday 5 December, Monday 12 December**

**At the University of South Wales, Room NC B23, Newport Campus, Usk Way, Newport NP20 2BP**

Meet in the café located on entrance to the building at 10.30am

Reasonable travel costs may be reimbursed



UK Government Wales  
Llywodraeth y DU Cymru



**WIDI**  
Wales Institute of  
Digital Information  
Albwrta Wlybodaeth  
Ddigidol Cymru

University of  
South Wales  
Prifysgol  
De Cymru

This project is part-funded by the UK Government through the UK Community Renewal Fund.

# HUG

Newport City Council have partnered with Aneurin Bevan University Health Board and are trialling a HUG scheme.

HUG is a sensory, soft comforter designed to be cuddled and bring pleasure to people living with dementia.

It has a soft body that contains a simulated beating heart and music player that can be programmed to play a persons' favourite music.

Research has shown that HUG can improve a person's quality of life by reducing anxiety, agitation and enhancing social interaction.

The daughter of someone living with dementia said:

*'HUG is a comfort for Mum. Wherever Mum goes, HUG will go. There is a strong attachment and emotional bond.'*

Newport City Council have free HUGs available on a trial basis. You will be required to provide short feedback on your experience.



For further information visit <https://hug.world/using-hug/> or contact our **First Contact Team** on **01633 656656** to request an Occupational Therapy referral.

## Wellbeing Courses

In partnership with GAVO and Aneurin Bevan Health Board, EPP Cymru are facilitating a number of free health and wellbeing courses:

- Carers course
- Living with long term conditions
- Pain management course
- Living with fibromyalgia course
- Cancer, thriving and striving
- Living with diabetes course
- Stance Diabetic footcare course

Courses focus on how you can manage your health and wellbeing, maintaining an active, fulfilling life.

For more information, or to book onto a free course, telephone 01633 247 674 or email **Jules Godden** [jules.godden@gavo.org.uk](mailto:jules.godden@gavo.org.uk)

## Online Carers Sessions

Carers Wales are hosting four special online sessions to celebrate Carers Rights Day, free for all unpaid carers in Wales:

- **Monday 21<sup>st</sup> November-** Creative Writing; About my caring role
- **Wednesday 23<sup>rd</sup> November-** Jointly app for carers
- **Thursday 24<sup>th</sup> November-** Carers Rights Day – Your Rights
- **Thursday 24<sup>th</sup> November-** Spotlight on rights for working carers

For more information, visit: [www.carersuk.org/wales/help/-and-advice/online-support-sessions/november](http://www.carersuk.org/wales/help/-and-advice/online-support-sessions/november)



If you would like us to promote your carers service please email your article to [community.connectors@newport.gov.uk](mailto:community.connectors@newport.gov.uk)