

Newport Carers Network Information Bulletin

November 2021

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 or in the post and would like to receive regular carer information from us via email, please email community.connectors@newport.gov.uk and ask to join the Carers Network.



Carers Rights Day 25th November 2021

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. 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 or telephone 01633 235650

Carers Rights Day Events

To celebrate Carers Rights Day, we have arranged small events across the city.

Our Community Connectors will be on hand to offer information and advice to any unpaid carers who drop in for a cuppa and cake from local business Beth's Bakes.

Thursday 25th November

The Riverfront Theatre & Arts Centre
10am – 12pm

Bettws Community Centre &
Maesglas Community Centre
11am – 12pm

Pill Millennium Centre &
Ringland Community Centre
1pm – 2pm

If you would like to join us, email community.connectors@newport.gov.uk or telephone 01633 235650

Carers Café

We were delighted to see so many people at the Carers Café last month. It was the first time we had been able to meet at the Riverfront for 20 months and it was good to see some familiar faces and welcome new people along too.

If you would like to come along to chat to other unpaid carers and Community Connectors, we meet on the last Thursday of the month 10am – 12pm at The Riverfront Theatre and Arts Centre café.



Carers Rights Day Care for a Cuppa Zoom Chat

Carers UK are hosting a special *Care for a Cuppa* on the 25th November 11am -12pm.

Care for a Cuppa is an opportunity to chat and share with current and former carers who understand the ups and downs of caring.

John from the Carers UK Policy team will be joining the chat to discuss Carers UK's petitions, campaigns and future plans. This event will have live automated captions by Rev and will be presented in British Sign Language (BSL).

Carers UK have partnered with Regina Blitz who will be giving away gift bags full of lovely things to carers who join a *Care for a Cuppa* session until January 2022.

Find out more here:
<https://www.carersuk.org/help-and-advice/get-support/online-meetups>

Working Carers

Juggling work and caring responsibilities can be very 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 in work or flexible working, Carers UK have lots of information available:

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

Carers UK 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>

Free Home Safety Checks

South Wales Fire and Rescue Service are offering home visits and advice on the following:

- Know your escape route
- Night-time routines
- Kitchen safety
- Electrical safety
- Heating your home

Telephone: 0800 1691234, Text: 07756 874123 or Email: PAR@southwales-fire.gov.uk

Further information and advice is available on www.southwales-fire.gov.uk



Free Flu Jab for Unpaid Carers

If you care for someone whose health or welfare 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.

Carers Cube

For unpaid adult carers and the person they care for

Carers Cube offer support for people from ethnic minorities in particular, but welcome carers from all backgrounds.

Evening monthly meetings are held on Zoom, as well as a monthly Saturday walking group, which ends with refreshments at a local café.

A closed WhatsApp group is available to help carers keep in touch with one another.

For more information contact Carers Cube Newport on info@carerscube.wales or visit their Facebook page 'Carers Cube'



Parents for Change

Supporting parents and carers of disabled young people age 17-25 years+

Parents for Change hold regular meetings to discuss issues regarding health, education, support and independent living. They have occasional guest speakers and run trips.

First Tuesday of the Month 10.30am-12.30pm
(no meetings in Jan or Aug)

St Thomas's Anglican Church,
St Thomas,
Old Cardiff Road,
NP20 3AT

For more information contact Lisa on 07737 679824 or parentsforchange@hotmail.co.uk

Parents for Change also run *The Meet*; a social and friendship group for disabled young adults aged 17-25 years+. Contact Lisa for more information.

Life Beyond Caring

A new project for Young Adult Carers aged 16-25

Funded by First Campus Innovation Fund, co-production is at the projects heart, meaning that the young people involved are designing and shaping it.

The project aims to make young adult carers digitally included, promote higher education and campaign for young carer's rights. Additionally, it aims to make young adult carers more employable by getting them into higher education, volunteering or employment.

If you are a young adult carer and would like to be part of the project contact Ethan on 07729 445503 or ethan.mackay@barnardos.org.uk

Newport Young Carers

Support for young carers aged 8-25

Young carers may support someone who has a physical disability, someone who struggles with poor mental health and/or suffers with substance misuse.

The service offers a range of age-appropriate support including one to one support, activities and time away from the caring role where young people can meet new friends and build confidence and self-esteem.

For more information, contact 01633 251192 or BarnardosNewportServices@barnardos.org.uk



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Hafal Carers Café

Do you care for someone who lives with mental ill health?

If you would like to talk to someone for information, advice or a chat, Hafal are now hosting weekly Zoom meetings.

Every Monday 11am – 1pm

Drop in at any time, using this link:
<https://us06web.zoom.us/j/82580481342?pwd=RHFVUHAyY3RrYkhpMWVlTTIDWUJlZz09>

For more information contact Linda on 07487 254042 or linda.williams@hafal.org



Equipment Return

**Return
Recycle
Reuse**



Help us to help others by returning equipment no longer needed.

Return to Cefndy-Medequip at:
Mariner Way, Felnax Industrial Estate,
Newport NP19 4PQ

Opening Hours Monday – Friday 8am – 5pm

Or contact Cefndy-Medequip to request a collection on 01633 987409 or cefndy-medequip@medequip-uk.com

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