

CARERS News

All the latest Carers information from around Rhondda Cynon Taf

find us on facebook.



Issue 55 • Autumn 2015



Carers Week

Rhondda Cynon Taf Carers Support Project marked Carers' Week 2015 in style!

The awareness-raising week is an important way to celebrate and showcase the massive contribution our army of carers make. As well as being a chance to say a huge "well done and thank you", the national week also allows the Council to showcase the support and services on offer, to help carers continue caring!

This includes dedicated support, services and opportunities that have been specifically designed to meet the needs of carers who are of a particular age, or are facing specific challenges in relation to finance, education, employment, school, relaxation or socialising.

Each of them gives their time and effort freely, helping a friend or loved-one who is unable to fully care for themselves because of illness, injury or disability.

Because of what they do, thousands of people across the county borough are able to live safely, happily and independently in their own homes, making a massive difference to the overall health and wellbeing of our communities.

Young Carers Count kicked off Carers Week in style. This was a special event which was held in order to recognise and celebrate the roles and achievements of Young Carers and Young Adult Carers in RCT. (Read more on page 9)

Wednesday 10th June saw an event being held specifically for Parent Carers. The event focused on the transition of

children to adults and the moving from DLA to PIP. Parents were able to find out more about the processes, changes and potential implications during the transition process.

On Thursday 11th June a fun day was had by all at the Carers trip to the BBC Good Food Show. Carers were treated to mouth-watering samples and cookery demonstration from top celebrity chefs.

The week was rounded up on Saturday 13th June with a Carers Vintage Carnival. There was fun for all the family with old fashioned fete games like Hook a duck, the giant buzzer and Splat the Rat. Young and old were able to have their face painted, go on the bouncy castle and slide, eat their weights in candy floss and experience the incredible must be seen ice cream bar. Much fun and laughter was had by all.



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STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR

CARERS MENTAL HEALTH FORUM



The Forum meets quarterly at the YMCA in Pontypridd

Do you care for someone with a mental illness?

Do you have any queries or problems regarding your caring role?

If so, join us, meet other carers, have a chat over a cup of tea or coffee and have a say in changes that may affect you and the person you are caring for.

The Forum is an informal group, there's no need to book just come along, get involved and influence future developments.

Call the Freephone
Carersline on
0808 100 1801 or call
Claire on **01443 668813** or
Nanette on **01443 486856**
for more information.



Dates for 2015
20th October 2015
Dates for 2016
19th January 2016
All Tuesdays and from 10:30-12:30pm



GET CREATIVE IN MENTAL HEALTH

Would you like to express your ideas and experiences in creative ways?

To mark World Mental Health Day 2015, the Involve 2 Evolve Project is working in partnership with Making Minds to hold an Arts & Creative Writing workshops on the theme of 'Dignity in Mental Health'

Creative Writing

YMCA Pontypridd

Wednesday 2nd September 2015

2.30pm-4.30pm

Thursday 3rd September 2015

2.30pm– 4.30pm

Visual Arts

YMCA Pontypridd

Wednesday 16th September 2015

1.30pm-3.30pm

Wednesday 23rd September 2015

1.30— 3.30pm

With your permission, your work will be displayed at the RCT World Mental Health day event which is being held on Friday 2nd October at Michael Sobell Centre, Aberdare.

To book your place, please contact Rachel Wyatt on 01443 846200 or email rwyatt@interlinkrct.org.uk



Peer Support Groups in RCT

Group	Where	When	Contact
Rhondda Listening Friends (social group)	St John's Church Hall	Every Monday 11am-2pm People can call in anytime or stay all day	Sara Davies 01443 424350 Sara.M.Davies@rctcbc.gov.uk
New Connections	Providence Church, Ystrad	Every Wednesday 10:30am-12:30pm	Simone 01443 424218
M.A.S.H.	Maerdy Community Centre	Every Wednesday 6pm-8pm	Sara Davies 01443 424350 Sara.M.Davies@rctcbc.gov.uk
New Beginnings	Glyncoch Community Centre	Every Friday 9:30am-12:30pm	Sara Davies 01443 424350 Sara.M.Davies@rctcbc.gov.uk
Positive Steps	Darren Las Community Centre	Every Friday 12:30pm – 3pm	

**These groups are for people who have mild to moderate anxiety and/or depression.
All groups charge for refreshments and amounts differ**

Carers Wales and Nutricia EATING WELL FOR CARERS WORKSHOP

Wednesday 30th September, 10.30 to 12.30 at Heddfan, Rhydfelin.

As a carer, eating a balanced diet is essential to provide your body with all the nutrients it needs. A balanced diet will keep your body strong and give you enough energy to provide the best care for the person you are caring for and yourself.

Eating well can sometimes be difficult when you are busy looking after someone else.

By understanding how to achieve a balanced diet and how to fit it into your lifestyle, you can manage your weight and stay in good health.

A free course has been developed about nutrition for carers in a partnership between Carers UK and Nutricia. Nutricia is the largest specialist nutrition company in Europe and is the market leader in the UK.

Many people understand the link between a good diet and preventing ill health. Very often, though, carers are concentrating on other things and so trying to think of a healthy diet doesn't take priority. Why not come along to a short course to look at what our body needs while caring? It can really help.

This half day course is aimed at any carer who is interested in the role of good nutrition when caring for someone and also how important good nutrition and diet is when unwell, living with a long term illness, or when recovering or if injured.

Would you like to know more about good nutrition when caring for someone and know which foods the body needs?

Would you like to know about how our nutritional needs change throughout life and what happens when we age or are unwell?

If you decide to come along, you will learn about:

The foods that help energy in illness; what causes reduced food intake and how eating less affects nutrition; the signs that show when someone is not eating enough and gain some tips and hints to help you look after your own nutrition and the person you care for. You will have the opportunity to chat to other carers who will be sharing their own tips. A Nutricia nurse will also be attending to answer any questions you may have.

To book your place call Claire on 01443 668813, or return the booking form in the centre of this newsletter.



Family Support Service CWM TAF

Discovering that someone you care about is using substances, including alcohol problematically, can be a concern. Are you concerned about their lifestyle, health and the effect of their behaviour on family and friends?

You may want to help but feel you don't know what support is available and may be uncertain of the right approach in dealing with this issue.

Family Support is a Service that can help you with this. This Service provides support for family Members and concerned others that are affected by someone else's substance and/ or alcohol problems.

Confidential support is offered by Family Support Workers in a variety of settings, including your home and office based appointments. Family members and concerned others can also access a range of complimentary therapies, such as Auricular Acupuncture.

To find out more information, or make a referral to Family Support Services please contact DASPA (Drug and Alcohol Single Point of Access Service) on 0300 333 0000.

Making Memories

Rhondda Cynon Taf Library Service was contacted by Ward 7 of Mountain Ash Hospital, which is a dedicated Dementia Ward, to provide a folder of pictures from their Photographic Archive for patient therapy.

On discussion with specialist health workers on the ward it was identified that generic pictures of the valleys would assist their work with patients with Dementia. It was agreed that the Library Service would collate a small collection of their images, laminate them and put them into an A4 ring binder. Laminated pictures work best because patients are unlikely to rip the paper and photographs can also be wiped clean from any spills, therefore making the book more hard wearing and long lasting for Dementia wards. This folder was then made available on Ward 7 to assist specialist health workers with their care for patients with dementia.

The book has now been well used in the ward amongst staff and patients, it helps staff to engage with patients and provides them with a focal point and interest. Pictures have also been removed from the ring binder and placed in the hall for patients to pick up and engage with whenever they like.

Feedback from staff on the ward includes:

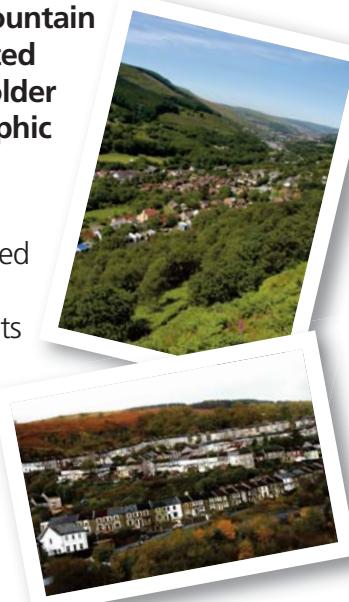
"Very useful because the patients can recognise the places and in turn can have a conversation about the different places."

"Well put together book with thought provoking pictures that stimulated the patients. Pictures there recognisable by some of the patients and instigated conversation."

"The patients could sit together and reminisce and chat about the pictures and different places."

Next Step

It is intended to expand the project to provide memory books to many other Nursing, Care Homes, Day Care Centres, and other Dementia Wards. The Library service is currently seeking funding to produce a DVD for use in various centres to aid reminisce and conversation amongst people with Dementia.



Mobile Libraries

There are now 4 mobile libraries that operate across RCT, and provide an evening and weekend service.

To find out if any of these services are available in your area, have a look at the website www.rctcbc.gov.uk/libraries

Or call Erika Neck on 01685 880061, email erika.neck@rctcbc.gov.uk



**PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.**

Invitation to people living with Parkinsons, their family, carers and friends to join us for friendship, support, information sharing, tea, coffee and biscuits.

The cafe takes place at Providence Church, Trafalgar Terrace, Ystrad CF42 7RG from 2-3:30pm every last Tuesday of the month. Call 01443 227448 for further details.





VOLUNTARY ACTION
MERTHYR TYDFIL
GWEITHREDU GWIRFODDOL
MERTHYR TUDFUL



STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

We need your views on our plans and priorities for older people's health and social care services in Cwm Taf

Because of changes in the law, and the growing number of older people in our area, your local councils and health board are working together to look at new plans and priorities for older people's health and social care services across Cwm Taf.

We want older people to have longer, healthier and happier lives, and to stay as independent as they can be for as long as possible.

We think this means we need to change the types of services we provide, and the way we provide them. We need your views on our plans and priorities for the future of older people's services, to see whether you think they'll achieve what we want for older people in our area.

We'll be asking the public for their views from **27th July - 18th September 2015**.

To have your say on our plans and priorities for older people's health and social care services, visit www.cwmtahub.com and take part in our online survey.

All you've got to do is **call**

If you or someone you love has cancer, Tenovous are just a call away. Their experienced nurses are there 365 days a year to offer information, support and practical advice. They are available from 8am to 8pm, but if you call before or after that, just leave a message and they'll phone you back. Your call is free and confidential.

There are no silly questions about cancer.

All you've got to do is call
0808 808 1010
tenovuscancercare.org.uk

tenovus
cancer care
gofal canser

Are you just a little bit **crafty?**

Join Tenovous' inspirational, creative craft group for people of all ages affected by cancer.

2.30pm - 4pm

3rd Tuesday of every month

Craft of Hearts Shop, 10 Llwynypia Rd, Tonypandy CF40 2EL

Join this tutor-led craft group and make a range of crafty things, such as cards and jewellery.

They meet once a month in a relaxed and friendly environment.

They'd love you to go along and get involved, so why not drop in to see them or give them a ring to find out more.

All you've got to do is call
0808 808 1010
tenovuscancercare.org.uk

Alzheimer's Society

Leading the
fight against
dementia

Forget Me Not Cafés

The first Friday of every month from 2pm-4pm
The Bertie, 1-3 Phillips Terrace, Trehaftod, CF37 2NW
(Please call prior to attending as venue will be changing shortly)

The third Thursday of every month 2pm-4pm
Abercwmboi Rugby Football Club, Cardiff Rd,
Aberdare, CF44 6AX

The first Thursday of every month 2pm -4pm
Ton and Gelli Community Centre, Dinam Park Avenue, Ton Pentre, CF41 7AT

Singing for the Brain

Every Wednesday
2pm-3.30pm
Alec Jones Day Centre, Station Street, Porth, CF39 9NR

Every Thursday
10.45am-12.15pm
Pontclyn Community Centre, Rear Cowsbridge Road, Pontclyn, CF72 9EA

Every Friday
10:45am-12:15pm
St Mairs Day Centre, Seymour Street, Aberdare, CF44 7BL

The Alzheimers Society can provide dementia support, a Befriending service and an advocacy service for people with dementia. For more information please contact 01685 353919

Rhondda Cynon Taf
Carers Support Project

CARERS DEMENTIA WORKSHOPS

Are you looking after someone with memory problems?
Would you like to find out more about dementia?

Join us at our Carers Dementia Workshops. You will be able to meet other Carers, find out more about your legal rights, the benefits available to you, the emotional aspects of caring and much more.

Respite and transport can be provided if needed.

Call Claire on 01443 668813 to find out more or to book your place.

Carers Dementia Information Course dates include:

- Tuesday 13th October 2015 YMCA, Mountain Ash
- Wednesday 18th November 2015 Coleg Y Cymoedd, Llwynypia
- Thursday 18th February 2016 YMCA, Pontypridd

All 10-3:30pm

Alzheimer's Society | Leading the fight against dementia

GIG NHS Wales | Bwrdd Iechyd Dewi Cymru | University Health Board

RHONDDA CYNON TAF TRIBEDDADDEU CADARU | DYDDOLWIC

Fiftyplus
Older People's Forum
Cylch Trafod i Bobl Hŷn

Fiftyplus discount card

Did you know there are over 85,000 people aged 50+ living in Rhondda Cynon Taf? If you are a business owner, or a member of the public aged 50+, it makes sense to join the 50+ Discount Card Scheme.

Are you aged 50+?

Then why not complete an application form and receive your 50+ discount scheme card. You can use it at participating shops across Rhondda Cynon Taf. Simply look for the window sticker to see which shops are taking part.

Please note you will be asked for additional proof of age when using the 50+ discount card.

For more information, or to obtain an application form please contact Lynda Corre on 01443 438250.

Age Connects Morgannwg

Age Connects Morgannwg is developing an emergency respite care at home service for people aged 50+ who would otherwise have to either go into hospital or residential care. We'd like to involve carers in the development of the service so we can make sure we provide what people want, when they want it. If you have 5 minutes to talk to us about your experience of accessing respite care and how an at home service could benefit you, we'd love to hear from you. Please contact Helen Davies on 01443 490650 or email helen.davies@acmorgannwg.org.uk.

Nail Cutting Service

Surgeries held at:

Aberdare: St Mairs Day Centre
Coychurch: Williams Memorial Hall
Gilfach Goch: Gilfach Goch Day Centre
Merthyr Tydfil: Keir Hardie Health Park
Pontypridd: Age Connects Morgannwg Office (directly opposite Ashgrove surgery)
Porth: Alec Jones ay Centre
£13 for finger nails or Toenails;
£17 for Fingernails and Toenails

Home visits are also available:

£14 for finger nails or Toenails;
£20 for Fingernails and Toenails per home visit
plus mileage from the nearest venue.

For further details please contact 01443 490650



age connects
morgannwg.

CLAIMING CARERS ALLOWANCE

You can now claim Carers Allowance online by visiting:

<https://www.gov.uk/carers-allowance/how-to-claim>

CARERS ASSESSMENTS

If you are 16 years old or over, and care for a family member or friend, you are entitled to a Carer's Assessment. The Assessment will identify your needs as a carer and help plan how you can be supported in your caring role.

The assessment is not a test on your ability to be a carer. The assessment is a service in its own right and gives you the chance to talk through any issues you may have.

An experienced worker will make an appointment to come along and meet you, to talk through a whole range of topics that are relevant to you as a carer.

The meeting will be at a time to suit you and can be independent of the person you care for, if this is what you would prefer.

For more information you can call Rhondda Cynon Taf Carers Support Project, for a friendly informal chat on 01443 668813.

MEDISURE



What is Medisure?

Medisure is a way of helping you, or someone you know, organise and take medicines at the right time every day.

It's important to take the right dose of your prescribed medicines at the right time, to help control your condition as much as possible.

This can sometimes be difficult if you, or someone you know, are taking more than one medicine to help manage a long-term condition. This is where our free Medisure service may help.

How does Medisure work?

Boots Medisure can help make it simpler and easier to take the right medicines at the right time. There are two options available to you, either Medisure two dose, which is suitable if you take medicines twice each day, or Medisure four dose, if you take medicines three or four times each day. Both packs provide one week's worth of medication.

The pharmacy team can arrange to organise the medicines into separately sectioned blister packets, each marked with the day and time of day when different tablets should be taken.

This not only helps you take all the correct medicines at the right time, but it also may help to identify if any doses have been missed, both for you or for someone who may be helping to look after you.

Who could benefit from Medisure?

The Medisure service could help if, for example, you are:

- Struggling to organise medications and find it difficult to remember when to take them.
- Helping to look after someone else and are worried that they may not be taking their medicines correctly, or if you simply need more support.
- Responsible for organising someone else's medicines as it will save you time.
- Recently home from hospital after a stay because of either taking too much, or not enough, of your medicines.
- Recently home from hospital and suddenly have a lot more tablets to take.
- Looking after someone who is visually impaired. Being able to feel the blister packs may help them check they haven't missed any tablets.
- Finding it difficult to get tablets out of its current pack. Whether you take two tablets or ten at any one time, they will be held in just one pocket in the blister pack, making it easier to get them out.

If you tell your pharmacist about your situation, they will help you decide if Medisure is the best solution for you, or if another course of action might be of more help.

HOW TO SIGN UP TO MEDISURE?

If you think that Medisure could help you, talk to your pharmacist. They will talk to you about the medicines being taken and any difficulties being experienced.

If the pharmacist thinks that Medisure could be the right solution, then a start date can be agreed and you can let Boots take the worry out of organising multiple medications for you or someone you are looking after.



NEWS



YOUNG CARERS COUNT!

To celebrate the start of Carers Week, the Young Carers Service held a recognition event to recognise the support that young carers and young adult carer provide their families. It was also an opportunity to showcase their talents and highlight their achievements during the past year. Some carers were brave enough to perform on the night and we were treated to a piano solo, gymnastics display, solo and group singing. Awards were presented for inspirational carers, educational achievement, caring while overcoming personal difficulties and many more. It was a showcase of the young carers and

young adult carers' personal, social and educational achievements and a chance for them to come together, with their special guests, for an evening of fun and recognition.



YOUNG COMMISSIONERS VOLUNTEER AWARDS

8 of the young carers who volunteered to become 'Young Commissioners' were recognised as part of Interlink's Festivol event that celebrated volunteering in RCT. As part of the re-commissioning of the Young Carer's Project, the Young Commissioners gave up a lot of their free time to consult with young people, evaluate applications to run the new project and interview potential providers. The tender was won by Action For Children who will now run the Young Carers Project for the next few years, while the Young Commissioners will be monitoring the project to make sure it is meeting the needs of young carers in RCT.



YOUNG CARERS SCHOOLS AWARD

We have recently met with 5 of the schools taking part in the pilot of RCT's Young Carers Schools Award. They are all on track to complete the Bronze Award by the end of the year and will be presented with awards that have been designed and made by a group of young carers working with Penrhys Partnership. More details to follow in the next newsletter.

YOUNG ADULT CARERS NEWS

TIME TO BE HEARD RESIDENTIAL

RCT Young Adult Carers recently attended a 'Time to be Heard' residential which was organised and funded by Carers Trust Wales. This provided the group with an exciting opportunity to get together with other young adult carers whilst finding out more about higher education and getting their voices heard about issues surrounding their caring role.

The young people who attended from RCT joined with 30 other young people to share experiences and ideas on how their needs may be supported in the future. The Young Adult Carer group were given opportunities to hear from young adults carers currently at university, find out what financial support may be available to them, experience what it is like to stay in university accommodation, try out

lectures in Art, Practical Film Work, Classics, Anthropology, Early Years, Education Studies, Engineering, Philosophy, Health and Social Care, as well as try out a range of sports and fun activities.

The Young Adult Carer group were also able to meet government decision makers who wanted to hear about their experiences in order to ensure that the young adult carers needs are being adequately met. Many young adult carers had the opportunity to get information and advice about applying to university, whilst having a taste of university life.

RCT young adult carers who attended really enjoyed the residential and the opportunity to share experiences and meet new people.

ASDA Green Token Scheme

RCT Young Adult Carer group were fortunate enough to be given the opportunity to try and win a cash award from ASDA Tonypandy as part of their green token scheme. This scheme allows ASDA customers to vote, by entering a green token into a container, for the cause that they believe is the most worthy; with the container with the most tokens being awarded the first prize. There were 3 charity groups represented for the award. The purpose of the young adult carer entry was to provide the young people with a well deserved evening out. At the start of July we had the wonderful news that



the Young Adult Carer group had been successful in their application! This money has now been used to provide the group, of 20 young people, to benefit from a night away from their caring responsibilities whilst meeting with other young people in similar situations to themselves. Many thanks goes to ASDA Tonypandy Community Champion Christine Gonow for the cheque!

TRAVEL WITHOUT LIMITS

DISABLED FRIENDLY CARAVANS IN WALES

Choose from mountains and valleys, gorgeous countryside, secluded beaches, seaside towns or those further inland. Wales is vibrant and welcoming, rich in history and in colour. Snow capped ranges, green valleys and golden sands, there's so many gorgeous places to choose from, from relaxing Llandudno in the north to The Mumbles in Swansea in the south.

Disabled Holidays know the best places for you to visit in Wales, they also have a great selection of accessible accommodation available for you too. Adapted cabins or caravans, cosy cottages or comfortable hotels, whatever your level of need or requirement, they have accommodation in Wales that will suit.

What's available with their disabled holidays in Wales?

- accessible accommodation - guaranteed
- mobility equipment hire - wheelchairs, hoists, shower chairs, electric beds, and more!
- attractions and days out
- financial protection

For more information visit:
www.disabledholidays.com

HAVEN HOLIDAYS

Did you know that Haven have a range of specially adapted and accessible caravans, that are suitable for everyone from wheelchair users to guests with guide dogs. As all impairments and disabilities are dealt with in different ways, they have a team of specially trained advisors who will listen to your individual requirements and talk you through every aspect of your booking to help you plan your dream holiday. Call 0800 072 9496 to talk to their special needs team or visit www.haven.com. They welcome Registered Assistance Dogs to stay at all of their adapted caravans.

Support for Carers and their loved ones

This group is open to all Carers and the person they care for. They meet on the first Thursday of each month from 10:30am – 12:30pm at Dewis Centre for Independent Living Centre, Upper Boat Business Park, Pontypridd.

To find out more please call
Dot on: 01443 228399

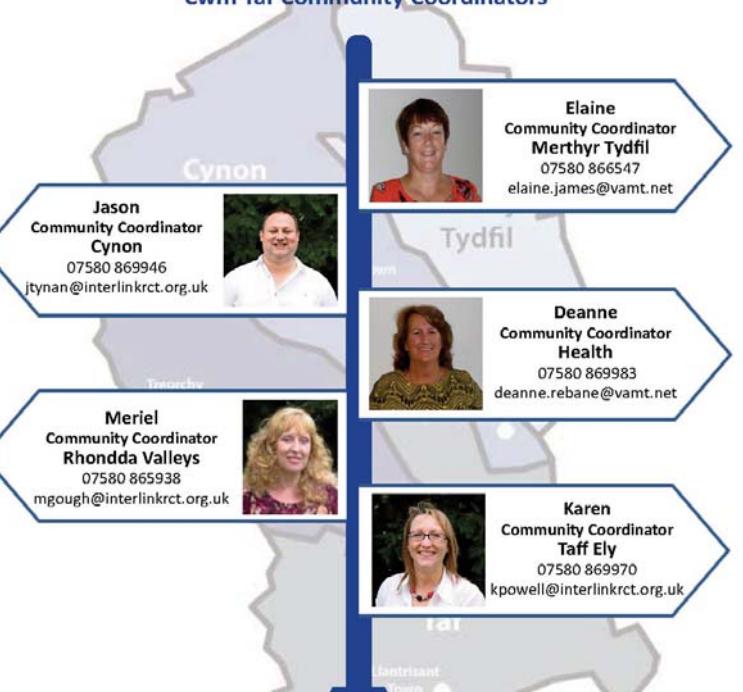
Are you aged 65 or over or
care for someone aged 65 or over?

Do you work with people aged 65 or over?

Would you like to find out what's available in your area?

Community Coordinators can signpost you!

Cwm Taf Community Coordinators



Community Coordinators are:

- Based in the local area
- Provide information, advice and signpost to local community groups, activities and services
- Build strong partnerships with communities, agencies and services to support 65+
- Support people to live their own lives within their communities
- Raise community and statutory awareness of voluntary sector services

WALES REPLACES THE AXED UK INDEPENDENT LIVING FUND

A new £20m fund to support more than 1,600 disabled people in Wales with their care needs has come into operation, following the closure of the Independent Living Fund (ILF) by the UK Government.

Disabled people with significant care needs will receive direct cash payments from local authorities to help meet the cost of the care and support they need.

Until Tuesday June 30, when the ILF closed, people received ILF payments to pay for a range of care and support, including help with eating and drinking; cooking and preparing food and drink; assistance with dressing; cleaning, laundry and other domestic duties.

There were 1,648 people receiving ILF payments in Wales, who received a weekly payment to help meet their needs.

The new grant scheme will be delivered by local authorities and will run until the end of March 2017. It was set up following a public consultation last year. Funding of £20.4m has been ring-fenced for the scheme from July 2015 to the end of March 2016, which is based on the number of people receiving ILF when the current scheme closed on June 30.

THE MOBILITY ROADSHOW

The UK's original hands-on consumer event, showcasing mobility innovation for 30 years!

The Mobility Roadshow took place on 25th, 26th & 27th June at Donnington Park in Derby. The show aimed to provide a wealth of product and service information for anyone seeking to regain, or maintain, independent mobility. The show provides information for drivers with disabilities and young and novice disabled drivers seeking their first adapted vehicles. The show also provides options for wheelchair accessible vehicles, supports older drivers looking for comfortable driving solutions, along with independent living innovations for personal mobility in and out of the home.

Carers from RCT attended with their loved ones to take advantage of the wealth of experience on offer. Arwel and his family were able to test drive mobility vehicles and had a whale of time driving around Donnington Park race track.

The Mobility Roadshow takes place in June every year so keep your eye out for next year's dates.

*Pictured:
Arwel, the son of Rhianydd, who is a Carer in RCT*



Moroccan Lamb

Ingredients:

550g (1lb 3oz) cubed lamb
1 chopped onion
2 crushed garlic cloves
700ml chicken stock
Zest and juice of 1 orange
1 cinnamon stick
1tsp clear honey
175g (6oz) dried apricots
25g (1oz) ground almonds
25g (1oz) toasted flaked almonds
3tbsp chopped fresh mint
Salt and pepper to taste

To serve:

Cous cous and broccoli

Method:

- 1) Brown lamb for 3 to 4 minutes in a large frying/sauté pan.
- 2) Add the onions and garlic and fry until golden in colour.
- 3) Add the stock, orange zest and juice, cinnamon, honey and salt and pepper.
- 4) Cover and cook gently for 1 hour.
- 5) Add apricots, fresh mint and ground almonds to thicken the sauce.
- 6) Warm through and scatter with flaked toasted almonds.
- 7) Service with cous cous and broccoli.



*Apologies from
Barbara the Bread.*

The Chocolate and Courgette cake featured in 'Care to Cook' needs to be baked for about 80 mins in total, BUT after 40 mins take out of oven and cover with foil before putting back in the oven to finish the baking time.

ASKING FOR LEGAL ADVICE AS A CARER WHEN DO I DO IT?

As a Carer, making decisions about your loved one's finances and property, or decisions about their care is a massive legal responsibility. You may be surprised to know that even if you are a husband or wife, son or daughter, or a Carer, what you can legally do is not as easy as you may think. It is important to involve a specialist lawyer who will give you impartial advice and act in your best interest. Our care and legal system is complex and confusing so timely advice is vital to avoid later complications. Advice may be about selling a home, making a will or gifts, or estate planning. You may be looking for help in finding out who pays for long term care as well as contracts for care homes.

In 2007 the Mental Capacity Act 2007 came into force allowing someone to legally give authority to another person (the attorney) to handle your finances and / or make health and welfare decisions on your behalf. You must have mental capacity to give this power. Simply being someone's carer gives you no legal rights to access someone else's accounts, or cash in state pensions. In fact acting for someone with legal authority can often bring with it many problems in terms of safeguarding issues or financial abuse. You can set out your wishes by authorising others to discuss your wishes with healthcare officials through a Health and Welfare Lasting Power of Attorney.

Where there is a lack of capacity then the only option is The Court of Protection who makes orders for the management of property and financial affairs of people who are mentally incapacitated, where they have not made an Enduring or Lasting Power of Attorney. The court can also make welfare and medical decisions where necessary.

Arranging and funding long-term care is complex. Whether you remain in your own home or move into sheltered or care home accommodation, you may qualify for financial assistance. This may be by way of welfare benefits, social funding from social services, or health care funded by the NHS.

Whilst Carers always look to put the affairs of their loved one in place, it is also important that they consider their own. Many carers are the only people doing all the looking after, but without their own affairs in place, who will deal with all of their affairs if the carer becomes ill?

Many people have wrongly paid care home fees and the Welsh Government have announced a deadline of 1st October to reclaim these fees paid between 1st August 2013 and 30th September 2014!

*With thanks to Meinir Evans
for preparing this article*



QUILTING AND CARING

In 2002, simply by a stroke of luck, the help of CwmNi and Communities First, I was able to start a Patchwork Quilting Group in Treherbert.

Our Sponsors obtained a Quilting Tutor for us and our first classes were held at the CwmNi Offices in Bute Street, Treherbert.

At first we had eight Members, but as news of the Group spread new Members joined and Julie Spiller, Manager of the Pen-yr-Englyn Project, allowed us to meet at the Project in Corbet Street, Treherbert.

Our Group consists of Widows, Bachelor Girls, Carers, Married Ladies, and recently a Male Carer who looks after his elderly Mother. Out of a class register of 16 we have an average attendance of 11.

In October 2005, Cliff my Husband, was diagnosed with Alzheimer's Disease and I was his sole Carer.

Until a person experiences this position one is unable to envisage the problems experienced, not only of Caring for a loved one but dealing with the ISOLATION that accompanies the role.

In September 2006, after a difficult weekend I contacted the Alzheimer's Society in Pontypridd, I spoke with Maria Morruzi, who was very helpful in many ways, as regards the illness and legal matters and also advised me to contact "Crossroads" who were able to provide a Carer/Sitter for me on a Tuesday afternoon enabling me to continue attending the Quilting Class.

Unlike some folk, I never hid the fact that Cliff had Alzheimer's, it is not a contagious disease and the role of Carer, is part of the Marriage Vows.

My afternoon of Quilting was a sanity saver as far as I was concerned with the companionship, various subjects that were discussed and of course the Patchwork Quilting.

TRAINING AND EVENTS FOR CARERS - SUPPORT US TO SUPPORT YOU

The Carers Support Project / Parent and Carer Network funds events and training for unpaid carers living in Rhondda Cynon Taf (RCT). These events aim to assist carers to cope with their caring responsibilities whilst also providing opportunity for carers to meet other carers and take a well earned break from their caring role.

Sometimes, due to high numbers of carers interested in our events we cannot always accommodate everyone who would like to attend. This means that we have reserve lists for some events. Unfortunately, we are experiencing increasing numbers of people who book to attend our events, then do not turn up and do not let us know that they are unable to attend. On one training event we held in May this year we had 14 carers booked to attend and only 2 carers turned up on the day. Of the 12 carers that did not turn up only 3 informed us of their unavailability.

I have to agree with the study carried out by the University of Glasgow that "Quilting is uniquely good for you, it improves well-being in ways that physical and out-door activities could not and offered a creative activity that had been 'stifled' in the Modern World"

In interviews with Quilters it was found that this activity helped their cognitive, creative and emotional well-being, particularly among older people.

The use of bright colours is uplifting and the activity distracts from the stress of work, it also offers challenges such as maths and geometry, it increases confidence and has an important social role.

Patchwork Quilting is so therapeutic and the activity can be carried out anywhere.

The first items we made were table-mats out of re-cycled materials. This project not only re-cycled materials but also memories.

The Quilting Class and the activity, as a whole, was so therapeutic for myself as a Carer and of course there were all the completed items of Floor-Quilts for the new babies (i.e. great-grandchildren) Cushions, Wall Hangings, Christmas Stockings and Decorations and of course bed quilts.

I am so grateful to everyone who helped me attend the Quilting Class and which assisted me in my role as Carer to Cliff who died in December 2011.

Treherbert Quilting Group meet on a Tuesday afternoon at 1.30pm – 3.30pm at the Pen-yr-Englyn Project in Corbet Street, Treherbert. There are other Quilting groups in the R.C.T. Area, I hope you will try and join one and receive as much relief as I did.

We fully understand that cancellation is sometimes unavoidable as caring is your first priority and it may not always be possible to let us know of your unavailability prior to the event. However, where it is possible please can we ask that you do let us know either by telephone on 01443 668839 or by email at CarersSupportProject@rctcbc.gov.uk providing as much notice as possible so that we can allocate your place to someone on the reserve list.

In current times of service cuts, we are feel fortunate in Rhondda Cynon Taf to provide our carers service and hope you will support us to continue to support you.



UNDER THE BAOBAB TREE

Carers Corner

(The Baobab tree is a tree with a huge trunk - huge means huge, one Baobab tree in South Africa even has a bar fitted inside the trunk with room for 50 people - and is the focal point for many a rural community or village on the African continent. People gather under a Baobab tree and just chat away about anything and everything).

Don't know why people are in such a hurry these days; they miss so much as they rush around. The 122 bus from Tonypandy to Cardiff takes a bit longer than the faster routes via Pontypridd and considerably longer than going by car but it's meandering route takes in valleys towns and villages before passing through Groesfaen and out into a countryside dotted with fields of sheep and horses. The route through the outskirts of Cardiff passes by the present headquarters of BBC Wales and, if you are very, very alert, a glimpse of that legend of Welsh rugby, Barry John, is possible as the bus takes you past the Halfway pub on Cathedral Road. If you wish, you can end your journey by alighting from the bus right outside the magnificent walls and entrance to Cardiff Castle. Not bad, eh? Especially if you can get it all for free on a bus pass!

A news reporter stated that a young, wet-behind-the ears, footballer was transferring to another club because the new club would pay him more than the £100,000 a week he was "earning" at his old club. Earning? A bin-man, nurse, police officer, care worker, shop assistant, bus driver etc. might legitimately be said to be earning their vastly lower wage but someone kicking a ball?

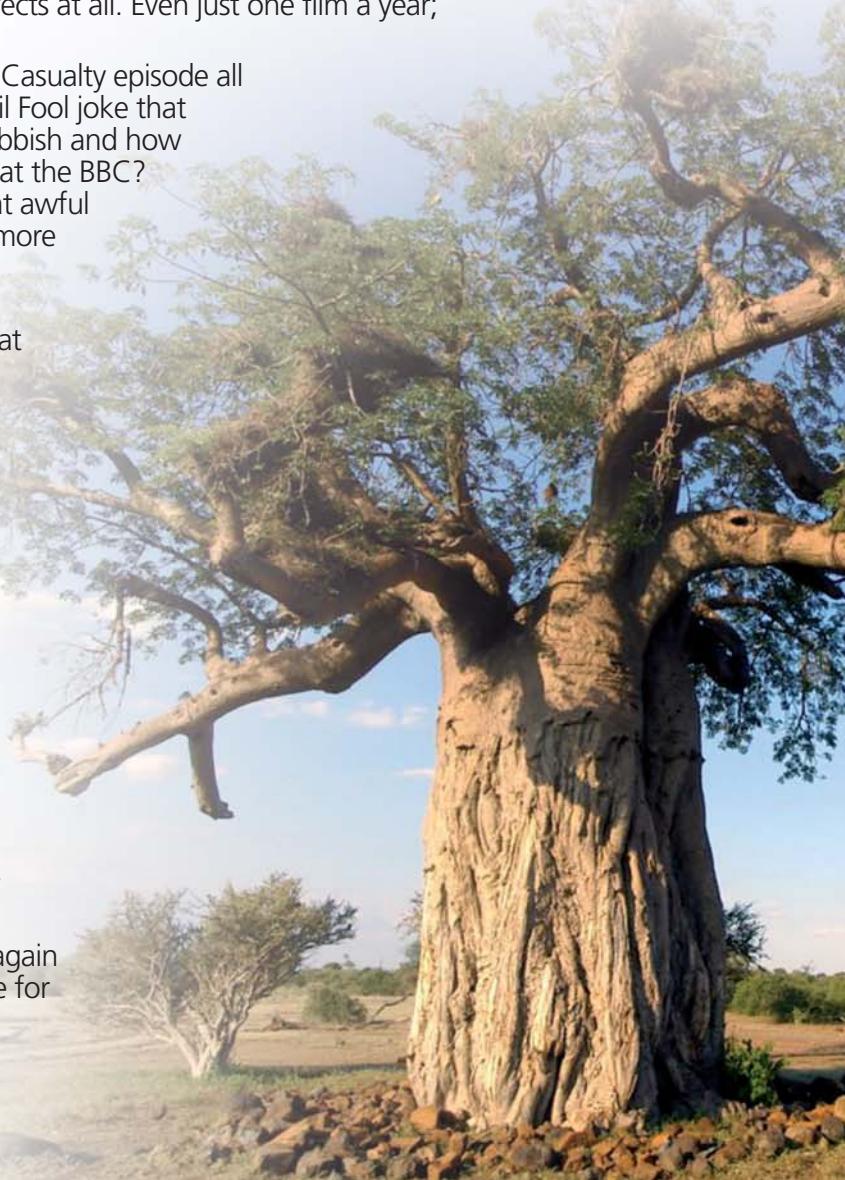
Why don't they make old fashioned wild west films any more? The sort John Ford and John Wayne used to be involved in making. With real people riding real horses through real canyons and across real prairies. No computer generated images, animation or visual effects at all. Even just one film a year; its not too much to ask, is it?

Talking of watching things, what on earth was that Casualty episode all about the other Saturday?! Was it some sort of April Fool joke that somehow was mistakenly aired in July? Absolute rubbish and how did it get approved by all the highly paid executives at the BBC?

(By the way, please note the word 'rubbish'; not that awful American word 'garbage' which seems to be used more and more widely in Britain).

Who won the General Election in May of this year? Well, obviously it was the Conservative Party and that is why they are the Government now. What sort of silly question is that? It is the sort of question that occurs when one sits for too long under the Baobab tree and allows their thoughts to wander down all sorts of highways and bye ways. The Conservative Party indeed won the Election with 36.9% of the actual votes cast, more than the votes cast for any other party. However, the actual votes cast were actually only 66.1% of the total number entitled to vote which means the Conservative vote, whilst still greater than that cast for any other party, was actually 25% of those entitled to vote. So, the 33.9% of the electorate who, for whatever reason, did not vote, spoiled their ballot paper or marked their ballot paper 'none of the above', actually won the Election, didn't they? Of course not, but its food for thought, isn't it?

Time to go home. Perhaps we can all get together again under the Baobab Tree another time? Take care, bye for now. *Written by an RCT Carer*



Rhondda Cynon Taf Carers Support Project

COUNSELLING SERVICE

A free confidential telephone and face to face counselling service provided by qualified counsellors, available to local carers in Rhondda Cynon Taf.



CARERSLINE

FREEPHONE
(MON - FRI)

0808 100 1801



CARERS BOOKING FORM

Event/Training	Venue	Time	Date	Tick
September				
Makaton Coffee Morning - This coffee morning is for parent's who have completed Makaton training and would like to meet up in a friendly supportive environment to refresh their Makaton skills and share their ideas for communicating with children using Makaton. If you would like to come along please let us know so that we can organise the coffee.	TBC	10am - 12pm	Tuesday 8th September 2015	
Paediatric First Aid - This is a one day accredited first aid course focusing on administering first aid for children up to the age of 16. Topics covered will include dealing with accidents, baby and child choking, bleeding wounds, burns and scalds, sickness and fever, baby and child unconsciousness and much more.	St Catherines Church, Gelliwasted Road, Pontypridd CF37 2UF	9:30am - 4.00pm	Saturday 26th September 2015	
Nutrition - This course will look at what our body needs while we are caring. The course will cover the role of good nutrition when caring for someone and also how important good nutrition is when we are unwell, living with a long term illness and, when we are recovering or injured.	Heddfan, Ilan Avenue, Rhydfelin CF37 5PN	10:30am - 12:30pm	Wednesday 30th September	
October				
World Mental Health and Disabilities Event - There will be information, advice and support on offer from a range of local mental health and disability services. You will be able to trial some healthy eating demos, take part in craft activities, floral art and wellbeing taster sessions.	Michael Sobell Sports Centre, Aberdare CF44 7RP	10:30am - 2pm	Friday 2nd October 2015	
Functional Reflex Therapy for Children with Learning disabilities and Autism - This course, delivered over two 2.5hr sessions will teach you how to apply two short routines of FRT, designed to help relax, calm and reduce anxiety in your child. FRT combines simple relaxation techniques drawn from original theories and the practice of Reflexology. In the first session you will learn how to apply FRT to specific reflex points and areas on your child's hand and forearm, through flowing linking moves using your hand, finger and thumb. The second session will focus on applying a similar routine to your child's feet and lower leg.	Rhydfelin Children's Centre Holly street Rhydfelin Pontypridd CF37 5BD	9:45am - 12:15pm or 12:30pm - 3pm	Wednesday 7th October and Wednesday 14th October 2015	
Carers Dementia Information Sessions - This workshop is for people looking after someone with memory problems and those who would like to find out more about dementia. You will meet other people in similar situations, find out about your legal rights, benefits available to you and the person you care for, emotional aspects of caring and much more.	YMCA, Duffryn Road, Mountain Ash CF45 4DA	10am - 3:30pm	Tuesday 13th October 2015	
Carers Strategy Engagement – the Carers Measure is due to end in March 2016. It has been decided that a single joint Carers Strategy will now be developed across Merthyr Tydfil Council, RCT Council and Cwm Taf Health Board. We are seeking the views, opinions and experiences of Carers to help inform our work in developing this new Strategy. We would like to invite you to come along so we can find out how we can best support you in your caring roles going forward. A light lunch will be provided.	Coleg Y Cymoedd, Heol Y Coleg, Parc Nantgarw, Nantgarw CF157QX	10:30-12:30pm	Friday 16th October	
Beginners Introduction to Computers Course – This course is aimed at complete beginners. It will provide you with an overview on keyboard skills, the use of certain keys to navigate your screen, producing and editing text, printing and much more.	Garth Olwg, St Illtyd Road, Church Village CF38 1RQ	10am - 3:30pm	Thursday 22nd October 2015	
November				
Carers First Aid – A session to give you peace of mind at home and out and about. Refreshments provided.	Heddfan, Ilan Avenue, Rhydfelin CF37 5PN	10am - 1pm	Monday 2nd November 2015	
Grease – Join us at the blockbuster smash hit musical packed with explosive energy, vibrant dance routines and all those unforgettable songs from the hit movie including Summer Nights, Hopelessly Devoted to You, Greased Lightnin' and You're the One That I Want. Join Danny and Sandy, along with those groovy T-Birds, sassy Pink Ladies and the whole gang at Rydell High in this high octane Rock 'n' Roll party from Orbit Theatre, Wales No.1 amateur theatre company. Open to the Carer and cared for.	New Theatre, Cardiff	2:30pm-7pm	Saturday 7th November 2015	

Event/Training	Venue	Time	Date	Tick
Carers Dementia Information Session – this workshop is for people looking after someone with memory problems and those would like to find out more about dementia. You will meet other people in similar situations, find out about your legal rights, benefits available to you and the person you care for, emotional aspects of caring and much more.	Llwynypia College, Tonypandy CF40 2TQ	10am - 3:30pm	Wednesday 18th November 2015	
How Living and Coping with Extreme Social & General Anxiety Disorders Effects Children with Learning Disabilities and Autism - This workshop will help you to understand the physiological and emotional impact of living with extreme anxiety and enable you to identify supportive strategies to reduce your child's anxiety levels and improve their well-being.	YMCA Pontypridd Taf Street, Pontypridd CF37 4TS	9.30am - 2.30pm	Wednesday 18th November 2015	
Carers Rights Day – Know your Rights –This workshop will give you an overview of the benefits which may be available to you. You will also be informed about recent changes and updates to the benefits system and have the opportunity to ask any questions you may have.	Michael Sobell Sports Centre, The Ynys, Aberdare CF44 7RP	10am - 1pm	Friday 27th November 2015	
Worcester Victoria Christmas Fair –Over 150 stalls fill the atmospheric streets of Worcester's historic heart, with all the colours and scents of Christmas. Explore the wonderful range of merchandise on offer and be enthralled with the bawdy sights and sounds of old Victorian England. Open to the Carer and Cared for.	Worcester	9am - 7pm	Saturday 28th November 2015	
December				
Panto – Be whisked away on a magical journey of stars, glitter, music and laughter with the most magical family pantomime of them all – Cinderella. Buttons will take you through the enchanting story of Cinderella, meeting the Ugly Sisters, the Fairy Godmother, and a whole host of colourful characters along the way. Gorgeous costumes, dazzling scenery and a fantastic cast are the magical ingredients in this lavish and vibrant traditional family panto. Open to Carers and their immediate family.	Coliseum, Mount Pleasant, Aberdare CF44 8NG	7pm - 10pm	Friday 4th December 2015	

If you have any particular requirements to enable you to enjoy any of our events, please let us know

*Places for some events are limited and will be allocated on a first come first served basis

*Transport and respite can be provided if needed.

Name:

Address:

.....

Daytime Tel. No.:

Date of Birth:

Email address:

Do you require respite? YES/NO

Have you attended one of our events before? YES/NO

How many places would you like for Grease?

How many places would you like for the Worcester Market Trip?

How many places would you like for the Pantomime?

Do you have any special requirements? e.g. dietary, access, etc.:

.....

I confirm I am the Main Carer: Signed:.....

Return to:

**Freepost No. RTKE-ACJL-JBUC Carers Support Project,
Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN**

If you have any queries regarding an event, please call Claire on 01443 668813 or CarersLine Freephone on 0808 100 1801 or alternatively email CarersSupportProject@rctcbc.gov.uk