

Newport Carers Network

Carers Week Special Edition

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



Carers Week at Newport City Council

Making caring visible and valued is the theme of Carers Week and to reflect this, the Civic Centre clock tower will be lit in blue on Monday 7th June to honour unpaid carers in the city.

Walk in the Park

Join other carers and the Community Connectors for an informative tour of the Growing Space gardens at Tredegar House.

Wednesday 9th June 2021

10.45am (tour starts at 11am)

Meet outside the Growing Space shop.



If you would like to stay for a chat afterwards, feel free to bring your own picnic or refreshments (optional and weather permitting).

If you would like more information or would like to join us, contact the Community Connectors on 01633 235650 or community.connectors@newport.gov.uk

Unpaid Carers Respite

Informal respite is available from Newport City Council. The service aims to support unpaid carers who provide care to an adult aged over 18 with eligible care needs in Newport, enabling the carer to take a break from their caring role.

Support provided includes;

- Sitting service where the carer leaves the property
- Up to 4 hours a week, typically 1 – 2 hours at a time

The service is free of charge and provided Monday to Friday between the hours of 9am and 16:30pm (excluding Bank Holidays).

An Outreach Service is also available for people over 50 years to support with wellbeing checks, accessing community activities and health services or activities in the home.

This service does not provide personal care or shopping calls.

For more information speak to the First Contact team on 01633 656656 or FirstContact.Adults@newport.gov.uk

Assistive Technology & Telecare

Benefits for Carers

- Increases independence and choice by helping older/disabled people remain in their own homes for longer
- Gives carers more personal freedom and more time to concentrate on the human aspects of care and support
- Eases the challenges of daily living caused by age or long-term health conditions, and improve an older person's sense of security and self-confidence
- Relieves some of the pressures that affect informal carers, improving their quality of lives too.



Assistive Technology

Newport City Council have secured grant funding from Welsh Government to provide digital technology in order to prevent social isolation and enable independence.

Equipment includes:

Smart speakers, which can help with:

- Prompting for medication, meals etc.
- Calling for help
- Video chat
- Play music and watch videos
- Control smart home gadgets, e.g. turn light son as a means of falls prevention

Robotic cats, dogs and dolls, which can help adults with dementia:

- Increase happiness and calm
- Reduce agitation and anxiety
- Increase engagement through playing and talking with the product
- Create a sense of purpose from caring for their pet/baby
- Relive happy memories of a previous pet/children

Telecare

Following assessment and depending on need, a variety of telecare may be offered, such as:

- Chair/Bed sensors
- Epilepsy Sensor
- Home Safety: Bogus Caller (can be programmed to record silently)
- Falls detector
- GPS watch

Please note that TELECARE IS A CHARGEABLE SERVICE and THE COST IS £4 PER WEEK

Pendant alarms are not included and must be arranged privately. Visit the Telecare webpage for more information: [Telecare service | Newport City Council](#)

To be considered for assistive technology or telecare equipment, please make a referral to the Community Occupational Therapy team on 01633 656656 or info@newport.gov.uk

Wellbeing

Listening Support Service

A new service provided by Carers Wales and funded by Welsh Government.

Trained callers can make a series of phone calls, providing emotional support and a listening ear to support unpaid carers wherever you are in your caring journey.

To register for the service follow this link or ask a professional to register on your behalf: [Listening Support Service - Carers UK](#)

Nature for Wellbeing

The Mental Health Foundation has published top tips on connecting with nature to improve your mental health. Read more here: [Our top tips on connecting with nature to improve your mental health | Mental Health Foundation](#)

Mind also has some great ideas for enjoying nature [Ideas to try in nature | Mind, the mental health charity - help for mental health problems](#)

AskSara

Ask SARA can help you find useful information about products to make daily living activities in your home easier.

It's free and easy to use!

Visit: <http://www.newport.gov.uk/en/Care-Support/Ask-SARA.aspx>



Dewis Cymru

Dewis Cymru is THE place to go for information about what matters to you.

The website allows you to search for local support and activities according to your preferences. General information for unpaid carers is also available.

Carers Wales Wellbeing Day

Join Carers Wales for their all-Wales online Wellbeing Day on the 29th June.

They are hosting a full day of activities to support the mindfulness and wellbeing of unpaid carers.

Activities include:

- Relaxation through Dance and Music
- Dru Yoga
- Learn to Salsa for beginners
- Laughing Yoga
- Zumba for beginners
- Qi Gong Yoga taster

For further information and to register visit: <https://www.eventbrite.co.uk/e/carers-wales-wellbeing-day-tickets-148208961995>



If you would like support to improve your mental health, Newport Mind have a variety of support groups and services available, such as:

- Self-management courses
- Activity groups via Zoom
- 121 support
- Get Set To Go (gentle exercises and activities)
- Changing minds – supporting children, young people and families
- Volunteering opportunities

For further information call 01633 258741, email enquiries@newportmind.org or visit www.newportmind.org

Moving on from COVID19

Get There Together Project

The Get There Together project have created a series of videos for people living with dementia and their families, or people who have been shielding or self-isolating during the COVID-19 pandemic.

The videos cover the social distancing and safety measures in place, allowing individuals to prepare and plan for changes and to feel more confident when accessing the community again.

Videos include:

- Travelling on a bus
- Shopping at Asda, Tesco and Sainsbury's
- Visiting restaurants and cafes
- Using Non-Emergency Patient transport (NEPTS)

Videos can be viewed via the Dewis Cymru website [Search - Dewis Wales](#)



Carers Café

The Carers Café is an opportunity to meet with other carers and get information from Community Connectors and the Carers Development Officer.

The team are busy looking into options for when we can meet up in person again. If you would like to be informed of when we can meet again, let us know on community.connectors@newport.gov.uk

Carers Cube

A community group for Black, Asian, Minority Ethnic adult unpaid carers. Evening monthly meetings are held on Zoom and carers from across Gwent are welcome to join.

The Carers Cube socially distanced walking group started in May and will be held on a Saturday morning, every month. After the walk carers will head to a nearby café to relax.

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

Age Cymru Dementia Advocacy Project

A dementia advocacy service offering support to anyone living with dementia, going through the process of diagnosis, or simply with concerns about memory. Unpaid carers of someone with dementia can also access support.

The service offers support to ensure your voice is heard and that you are at the centre of the decisions affecting your life.

You can make a referral yourself or ask a family member or professional to refer on your behalf.

For further information call 07944 996599, email dementiaadvocacy@agecymru.org.uk or visit www.agecymru.org.uk/advocacy

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