

Neath Port Talbot Carers Service

“Support for all Carers”

Carers Courier

Neath Port Talbot Carers Service

SAVE THE DATE!!

Neath Port Talbot

Carers Service

6th Annual General Meeting

Friday 23rd October



Neath Port Talbot Carers Service
21 Alfred Street
Neath
SA11 1EF

01639 642277

Registered Company No. 6868025
Registered Charity No. 1130262

What's Been Happening?



On May 26th we arranged a Coffee morning at Cwmavon Community Centre. The Carers participated in decorating plant pots using the art of decoupage and coloured paints.



Many carers have informed us that any type of craft activity helps to decrease stress and an enjoyable way to pass the time.



On June 23rd we held a Health & Wellbeing event at the Baglan Community Centre. Changing for the Better Funding from ABMU Heath Board means carers and those they care for can access health and well being information together. Those that attended also enjoyed the pampering & holistic therapies that was on offer and they commented on how relaxing and beneficial they found them.

Organisations also attended with information on what they provide and how it would benefit people's lives.



On July 7th carers enjoyed a break from caring at our annual trip to Tenby! Carers had the opportunity to explore the shops, visit the beach, restaurants and most importantly have a day to themselves.



Carers Week was from 8th—14th of June 2015



During carers Week we raised awareness by attending Outreach sessions in various locations within the Neath and Port Talbot area. We were at the Port Talbot Resource Centre, NPT Hospital, Ystradowen Community Centre, Ystalyfera, and the Aberavon Shopping Centre.



12th June

The Carers Service in partnership with the Joseph Rowntree Foundation held an event to look at meaningful respite. Carers that attended were involved in round table discussions to give their views on what a break means and how that respite could be beneficial. The information from this event will be used to influence future service development.



What's happening now in Neath Port Talbot?

Neath Port Talbot County Borough Council is currently consulting on the following:

Proposed Re-alignment Of Grwp Gwalia Residential Services Within Neath Port Talbot

This consultation aims to gather the opinions of interested parties on proposed changes to the location and configuration of beds for these forms of care. It is important to note that this proposal concerns Llys Y Seren Care Home in Baglan, Caewern Respite, Plas Bryn Rhosyn (the new care home being built in Neath on the site of Caewern Respite) and Dan Y Bryn in Pontardawe.

The proposed changes include: Short break (Respite) services - Relocating the short break (respite) services from Caewern Respite to Dan y Bryn and reducing the number of short break beds. Intermediate care services - Transferring intermediate services from Llys Y Seren and the existing Caewern to Plas Bryn Rhosyn Long term residential care services - Increasing the capacity for long term care beds in Llys Y Seren. The closing date for responses is Thursday 13th August 2015.

Digital By Choice Strategy Consultation

The Strategy proposes to increase the amount of online services available and provide better access for local residents. The strategy will also ensure that use of other, more traditional channels are appropriate, efficient and effective. The closing date for responses is Monday 17th August 2015.

Get in Touch

For more information on any of the consultations or to access hard copy/ alternative versions of any of the documents, please contact Helen Evans, Health, Social Care and Wellbeing Facilitator at Neath Port Talbot CVS on 01639 631246 or HelenE@nptcvs.org.uk. I'd also like to hear your feedback and views regarding this page, so please get in touch.

What's happening nationally? **Social Services and Well Being (Wales) Act 2014**

The second round of consultations on the codes, guidance and regulations that underpin the Social Services and Well Being (Wales) Act 2014 has now closed. Work is underway to ensure that the Act will be fully implemented from April 2016. The Act will transform the way social services are delivered, promoting people's independence to give them stronger voice and control.

Draft Additional Learning Needs and Educational Tribunal (Wales) Bill

The draft Bill sets out proposals for a new legislative system for supporting children and young people, aged 0-25, who have additional learning needs.

What's happening in **Swansea, Neath Port Talbot and Bridgend?**

Abertawe Bro Morgannwg University (ABMU) Health Board has recently been establishing a number of Commissioning Boards and they are now looking to identify their key priority areas. One such Board is the Children and Young People's Commissioning Board. If you'd like to influence the key priority areas that are taken forward by the Children and Young People's Commissioning Board, please get in touch using the contact details below.

Information !



NAIL CUTTING SERVICE

Walk in or Clinic Appointment:

£12.50 for Fingernails or Toenails*

Home Visits only: £20.00 for Fingernails or Toenails*

New Service: 1 Hour Pedicure from £20

Clinics & home visits available throughout Neath Port Talbot or visit our monthly walk in clinic at **37 Alfred Street, Neath** last Wed of the month.

All team members trained by NHS Podiatry and insured.

Our service is suitable for clients with various health conditions.

*Additional £5 for both hand and feet.

For more information, please get in touch 01639 617333



Who are Celtic Leisure?

Celtic Leisure (CL) manage leisure facilities on a non-profit distributing basis within the Borough of Neath Port Talbot. These centre's include Neath Leisure Centre, Neath Sports Centre, Pontardawe Leisure Centre, Pontardawe Swimming Pool, Vale of Neath, Ultima Fitness and the soon to be open Aberavon Leisure and Fitness Centre.

What can we offer you?

Celtic Leisure provide a wide variety of services including fitness classes, fitness suites, weights rooms, swimming pools, racquet sports, outdoor team sports and a health suite to suit all ages and abilities.

Are you 60+?

Did you know you are entitled to access some services for free as part of the Welsh Assembly Government Free Swim Initiative. Celtic Leisure is proud to deliver a holistic approach to health and fitness and offering a wide range of activities, no matter the ability. These include gym sessions, bowls, aqua classes and swimming lessons.

Why not take advantage and Go for a SWIM, Get energized in an EXERCISE CLASS, Play a game of SQUASH, Work out in the GYM and Relax and socialize at the SPA.



INVESTOR IN PEOPLE



Get Matched, Get Out, Gain Confidence Young Person's Befriending Project

What's it all about?

Befriending is about matching you with a volunteer who will spend time with you. Together you will identify activities that you are interested in, arrange social meetings, develop your hobbies or just have a chat.

What's in it for me?

A befriender will work with you to identify what you want to do. Young people have used the service to build their confidence, experience new things and improve their self-esteem and social inclusion.

The support is tailored to you and we can also provide a small budget to help cover some of the costs.

Registering is easy contact us at:

Tel :01639 631246

Email: NigelC@nptcvs.org.uk



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Breast Test Wales will be returning to **Neath** from July to offer breast screening to women in the area. The mobile screening unit will be sited in **Tesco Neath Abbey Car Park, Neath** from **July 2015 until January 2016**.

Women aged 50 -70 years registered at: **Castle Surgery, Dyfed Road Surgery, Tabernacle Surgery, Skewen Medical Centre, Alfred Street Primary Care Centre, Victoria Gardens Surgery and Dulais Primary Care Centre** will automatically receive their breast screening invitations in the post, women over 70 can request appointments by telephoning the screening office on 01792 459988.

Please can you cascade the attached information to your networks and contacts?

Alongside breast screening, the other adult screening programmes include Bowel, Cervical and Abdominal Aortic Aneurysm Screening. The links will take you through to our key messages.

Bowel Screening: Men and women aged 60 -74 are sent a home test kit to complete every 2 years

AAA Screening: Men aged 65 are invited for an ultrasound scan to check the size of their abdominal aorta

Cervical Screening: Women aged 25 -49 are invited for a smear test every 3 years, women 50 -64 are invited for a smear every 5 years.

Please contact us if any of the following apply to you :

- You are no longer a Carer.
- You no longer wish to receive information from us.
- Your contact details have changed.
- Your caring role has changed in any way.

If you could please contact us on 01639 642277 with your name and postcode and we can then apply any changes to your records on our database.



Carers
SUPPORT
Group

Available to Carers from the Neath Port Talbot surrounding areas. The 2nd and 4th Wednesday of every month at Ystradowen Community Centre, New Road, Ystradgynlais, SA9 2Y7 at 2pm. Pop along for a cuppa and a chat. They would like to meet you.

The Friends Calling project with the Carers Support Group is a way to combat isolation and loneliness by phone conversations that are made from the befriender (volunteers) to the client. This will be a free service and anyone can take part. For more details please contact Ystradowen Community Centre on 01639 830406.



Useful Contacts

| | |
|------------------------|---------------|
| Alzheimer's Society | 01639 633400 |
| Care & Repair | 01792 321122 |
| CISS | 01792 655025 |
| Home Fire Safety Check | 0800 169 1234 |
| Dial A Ride | 01639 646608 |
| NPT Hospital | 01639 862000 |
| Community Safety | 01639 889163 |
| Tonna Hospital | 01639 862862 |
| Welfare Rights | 01639 685225 |
| Neath MIND | 01639 643510 |
| Citizens Advice Bureau | 01792 474882 |

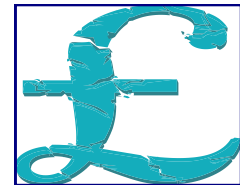
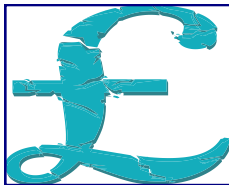


Don't WaitIt Could Be Too Late

Have you ordered and received your benefit form to complete?

Do you need support with filling it in?

Your form will have a "date to be returned" on it.... Get in touch with us ASAP once you receive it. If you delay in completing it by the date on the form you could be missing out on backdated payments.



Are you entitled to Carers Allowance?

Are you receiving the benefits you should be?

Have you received a letter about changes to your benefits?

Do you have any concerns or queries about the Benefit Reform and how you may be affected?

For information on benefits you are entitled to contact the
Neath Port Talbot Carers Service on 01639 642277

Did you know that you can now make a claim for Carers Allowance online?

The Department of Work & Pensions are now promoting this as a preferred method of claiming. It can be much quicker and easier to claim this way if you have access to a computer as:

- A paper form can take 7-10 working days to arrive after requesting one.
- If you require help to fill the form in you may have to wait for the next available appointment.
- The form then has to be posted back to the Carers Allowance unit which has the possibility of postal delays.
- When completed online the claim form reaches the Carers Allowance unit immediately.

If you need any help or advice in completing the online form you can contact the Carers Service we will be happy to help you, either by phone or if required, a home visit.

The website to access the online form is 'www.direct.gov.uk/carers-allowance'

- Top of the range shop rider mobile scooter. Has lights, indicators, rear view mirror and an adjustable seat. Also has a charger plus an instruction manual. £600 or nearest offer.
- Acorn straight staircase stair lift. Completely serviced in Feb 2015. Batteries included. £2,000 o.n.o.
- Delta Sports Rollator. Never used. Red & Black. Seat and bag included. £40 o.n.o.
- Lazyboy Electric power Recliner armchair. Choc brown leather. As new. £500 o.n.o.



If you are interested in the above please contact the Carers Service on 01639 642277.

If you have anything you would like us to advertise in our newsletters, please contact us and we will place it in the next edition.

Don't Forget !!!

- Tell your GP you are a Carer.
- As a carer you have rights and there is support available.
- If you need advice or information just contact us 01639 642277.



Neath Port Talbot Carers Service now has a Facebook and a Twitter page for anyone who has access to the internet. This page will have up to date information on the service and any activities and events that are happening!!

Just for a laugh.

What's a horse's favourite television programme ?

"Neighbours"