



Supporting unpaid carers



GWENT CARERS HUB ACTIVITIES AUGUST 2023



MON- FRI
10:00 - 15:00
SUPPORT



THE HUB IS OPEN DAILY TO PROVIDE ADVICE, INFORMATION AND SUPPORT ON YOUR CARING ROLE IN A RELAXED, FRIENDLY AND INFORMAL ENVIROMENT.

DAILY
10:00 - 15:00
DIGITAL INCLUSION PROJECT



WOULD YOU LIKE HELP WITH YOUR DEVICES? THE PROJECT AIMS TO HELP UNPAID CARERS TO USE THE INTERNET TO DO THINGS THAT WOULD BENEFIT YOU IN YOUR DAILY LIFE. PLEASE CONTACT THE TEAM TO BOOK AN APPOINTMENT WITH ONE OF OUR DIGITAL INCLUSION VOLUNTEERS.

TUES - 8TH
09:30 - 16:30
BEAUTY BY BLUSH



BEAUTICIAN ELEANOR IS OFFERING MANICURES AND PEDICURES FOR UNPAID CARERS THROUGHOUT GWENT. PLACES ARE AVAILABLE FOR ONE FREE TREATMENT OF SHELLAC OR STANDARD POLISH PER PERSON.

**EVERY
THURSDAY**

**09:30 - 14:00
COMPLEMENTARY
THERAPY**



LIZ, OUR
COMPLIMENTARY
THERAPIST, OFFERS
A RANGE OF
THERAPIES AT A
DISCOUNTED RATE OF
£12. CALL OR EMAIL TO
FIND OUT WHAT LIZ
OFFERS AND TO BOOK
YOUR APPOINTMENT.

THURS - 31ST

**10:00 - 16:00
LEGAL
CLINIC**



NEW LAW SOLICITORS
ARE OFFERING A FREE
1 HOUR APPOINTMENT
TO DISCUSS WILLS,
PROBATE, LASTING
POWER OF ATTORNEY,
OR COURT PROTECTION
ISSUES. PLEASE
CONTACT THE TEAM FOR
MORE INFORMATION.

ALL ABOVE ACTIVITIES ARE HELD AT:

**THE GWENT CARERS HUB
3 CENTRAL MEWS
OFF MARKET STREET, PONTYPOOL
NP4 6JN**

TEL: 01495 367 564

**EMAIL:
GWENTCARERSHUB@THECARECOLLECTIVE.WALES**

COMMUNITY OUTREACH

IF YOU ARE AN UNPAID CARER LIVING IN GWENT THEN WHY NOT POP BY TO ONE OF THE FOLLOWING VENUES FOR SOME INFORMATION AND ADVICE ABOUT YOUR CARING ROLE

OUR WELLBEING TEAM WILL STILL BE OUT IN THE COMMUNITY OVER THE SUMMER PERIOD, WORKING ALONGSIDE OTHER ORGANISATIONS, PLEASE SEE THIS MENTIONED BELOW.

WHEN THE NEXT WHAT'S ON NEWSLETTER IS PUBLISHED FOR SEPTEMBER, WE HOPE TO HAVE MORE DATES FOR OUR COMMUNITY OUTREACH, SO PLEASE WATCH THIS SPACE.

THANK YOU.

ANY QUESTIONS OR QUERIES, PLEASE CONTACT A MEMBER OF THE TEAM USING THE CONTACT INFORMATION LISTED BELOW.

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**CARERS WELLBEING
TEAM WORKING
ALONGSIDE
OTHER
ORGANISATIONS**

**WEDNESDAY 16TH
MONMOUTHSHIRE RURAL CENTRE
10:00 - 13:00**

**THURSDAY 31ST
RIVERFRONT COMMUNITY CONNECTORS
NEWPORT
10:00 - 12:00**

**ARE YOU AN ORGANISATION THAT WORKS WITH OR SUPPORTS UNPAID
CARERS IN GWENT?**

**WOULD YOU LIKE A MEMBER OF THE WELLBEING TEAM TO WORK
ALONGSIDE YOUR ORGANISATION TO OFFER SPECIALIST SUPPORT AND
ADVICE DIRECTLY TO CARERS?**

**IF YOU ARE THEN PLEASE LET US KNOW, BY CONTACTING US AT:
GWENTCARERSHUB@THECARECOLLECTIVE.WALES**

CARER FRIENDLY UPDATES

CARER FRIENDLY WAS INVITED TO JOIN THE ADHD PARENTS GROUP, THE LAST ONE BEFORE THE SUMMER TERM STARTS! THIS IS AN EXCELLENT GROUP OF PARENTS THAT COME TOGETHER TO SUPPORT ONE ANOTHER WITH THE CHALLENGES OF CARING FOR CHILDREN THAT ARE NEURODIVERGENT AND OR AUTISTIC.

OUR PREVIOUSLY ACCREDITED CARER FRIENDLY ORGANISATION ARE UP FOR REVIEW THIS COMING AUGUST. WE ARE WORKING HARD TO MAKE SURE THOSE ORGANISATIONS RETAIN THE CARER FRIENDLY STATUS AND ARE PROVIDING THE BEST SUPPORT POSSIBLE FOR OUR AMAZING UNPAID CARERS!

CARER FRIENDLY IS MAKING A BIG PUSH ON SOCIAL MEDIA IN THE COMING MONTH AND WOULD LIKE TO INVITE YOU TO FOLLOW, LIKE AND SHARE ANY UPCOMING NOTIFICATIONS. MORE TO FOLLOW ON OUR SOCIAL PAGES THAT CAN BE FOUND @:

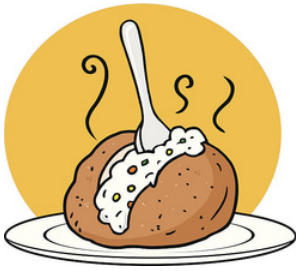
FACEBOOK: [FACEBOOK.COM/CARERFRIENDLY](https://www.facebook.com/carerfriendly)

TWITTER: [@CARERFRIENDLY](https://twitter.com/carerfriendly)

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COMMUNITY NEWS



Gwent
carershub
action · help · advice

WARM 'TOASTY' HUB



HELD AT THE GWENT CARERS HUB ON THE LAST TUESDAY OF EVERY MONTH

**AUGUST 29TH
SEPTEMBER 26TH
OCTOBER 31ST
NOVEMBER 28TH
DECEMBER 19TH**

COME ALONG AND JOIN US FOR A WARM LIGHT LUNCH AND A FLEECE WEIGHT BLANKET. HOT DRINKS AND LIGHT SNACKS ARE ALSO AVAILABLE. STAFF WILL BE HERE TO OFFER FOOD, DRINKS, SUPPORT AND ADVICE, SO PLEASE POP INTO THE GWENT CARERS HUB AND SEE US ON THE 27TH OF JUNE.

IF YOU HAVE ANY DIETRY REQUIREMENTS, PLEASE CONTACT THE GWENT CARERS HUB ON THE CONTACT INFORMATION LISTED BELOW.

WE LOOK FORWARD TO SEEING YOU.

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COMMUNITY NEWS

CARERS CAFE

THE CARERS CAFE TEAM ARE HERE TO SUPPORT CARERS ACROSS ANEURIN BEVAN HEALTH BOARD.

CARERS CAFES CAN OFFER INFORMATION AND ADVICE ABOUT SERVICES FOR CARERS SUCH AS HOSPITAL DISCHARGE, CARE PLANNING AND ADVOCACY SUPPORT. WE CAN HELP YOU FIND SOCIAL ACTIVITIES, PEER SUPPORT AND OPPORTUNITIES TO LOOK AFTER YOUR WELLBEING AND MENTAL HEALTH.

THE CARERS CAFE ARE USUALLY HOSTED ON WARDS THROUGHOUT ANEURIN BEVAN HOSPITALS. WHILE ACCESS TO THE WARDS IS LIMITED, THE CARERS CAFES STAFF ARE AVAILABLE TO PROVIDE A RANGE OF SUPPORT, INFORMATION, AND ADVICE TO CARERS IN THE COMMUNITY, INCLUDING: PLANNING FOR EMERGENCIES AND GETTING SUPPORT DURING A CRISIS, ADVICE ON MENTAL HEALTH AND MENTAL HEALTH LEGISLATION, TRAINING OPPORTUNITIES FOR CARERS, CARERS ASSESSMENTS AND CARERS RIGHTS, BENEFITS ENTITLEMENTS SUPPORT, WITH GRANT APPLICATIONS, DIRECT REFERRALS FOR INDEPENDENT PROFESSIONAL ADVOCACY, PEER SUPPORT AND CARERS GROUPS.

PLEASE CONTACT THE TEAM IF YOU WOULD LIKE TO TALK ABOUT YOUR CARING ROLE AND DISCUSS WHAT SUPPORT IS AVAILABLE TO YOU.

ADVOCACY SUPPORT:

BRONWEN DOHERTY 07958174572 EMAIL: BRONWEN.DOHERTY@DEWISCIL.ORG.UK

ADULT MENTAL HEALTH:

LEIGH COBURN 07970436363 EMAIL: LEIGH.COBYRN@ADFERIAD.ORG

ALANA YOUNG 07970433021 EMAIL: ALANA.YOUNG@ADFERIAD.ORG

OLDER ADULT MENTAL HEALTH:

MARIE WOOD 07967320382 EMAIL : MARIE.WOOD@THECARECOLLECTIVE.WALES

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COMMUNITY NEWS

OUR DIGITAL INCLUSION SERVICE IS CHANGING....

WE NOW PLAN TO RUN OUR DIGITAL INCLUSION SERVICE AS A MONTHLY DROP IN SESSION, THIS WILL CHANGE ON A MONTHLY BASIS AND WILL BE ADVERTISED ON EVERY WHAT'S ON NEWSLETTER.

THE NEXT DIGITAL INCLUSION DROP IN SESSION IS SCHEDULED TO TAKE PLACE ON WEDNESDAY THE 9TH OF AUGUST, BETWEEN 10:30 AND 13:00.

THESE SESSIONS WILL BE RAN BY OUR DEDICATED VOLUNTEER, ROGER AND WILL BE SUPPORTED BY THE ENTIRE WELLBEING TEAM. SO PLEASE DROP IN FOR A CUP OF TEA OR COFFEE AND A CHAT, WE WILL BE MORE THAN HAPPY TO HELP IN ANYWAY THAT WE CAN.

WE LOOK FOWARD TO SEEING YOU THEN.

THANK YOU.

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COMMUNITY NEWS

GWENT CARERS HUB MONTHLY MENOPAUSE CAFE

COME AND JOIN US FOR OUR MONTHLY MENOPAUSE CAFE

24TH OF AUGUST 10:00 - 1200

AT A MENOPAUSE CAFÉ PEOPLE, GATHER TO EAT CAKE, DRINK TEA AND DISCUSS MENOPAUSE.

OUR MENOPAUSE CAFÉS ARE OFFERED:

IN AN ACCESSIBLE, RESPECTFUL AND CONFIDENTIAL SPACE

OPEN FOR ALL, REGARDLESS OF GENDER OR AGE

WITH NO INTENTION OF LEADING PEOPLE TO ANY CONCLUSION, PRODUCT OR COURSE OF ACTION.

ALONGSIDE REFRESHING DRINKS AND CAKE!

IF YOU CAN'T MAKE IT THIS MONTH WE LOOK FORWARD TO MEETING YOU SOON!

ANY QUESTIONS OR QUERIES REGARDING THIS, PLEASE CONTACT A MEMBER OF STAFF USING THE CONTACT INFORMATION LISTED BELOW.

THANK YOU

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