

Weekly Bulletin

Happy Thursday Everyone,

Another jam packed bulletin for you, remember if you need any further information about anything in the bulletin please get in touch with me.

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Blaenau Gwent, North Torfaen and North Monmouthshire



Sarah, our Family Liaison Officer
based in Nevill Hall Children's
Centre can be contacted on:

☎ 01873 732712
✉ ABB.FamilyLiaisonNorth@wales.nhs.uk
📍 Brecon Road, Abergavenny NP7 7EG

Caerphilly County Borough



Lisa, our Family Liaison Officer
based in Caerphilly Children's
Centre can be contacted on:

☎ 029 20867447
✉ Lisa.George2@wales.nhs.uk
📍 Heol Las, Cwrt Llanfabon, Energlyn,
Caerphilly CF83 2WP

Newport, South Torfaen and South Monmouthshire



Jayne, our Family Liaison Officer
based in Serennu Children's Centre
can be contacted on:

☎ 01633 748013
✉ family.liaison.ABB@wales.nhs.uk
📍 Cwrt Camlas, Rogerstone, Newport
NP10 9LY

Sparkle Little Stars

Little Stars is a stay and play parent / carer session for children aged 0-4 years. The Little Stars group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty.

In Little Stars families can:

- ★ Have fun with their child, using a range of toys to meet their individual needs
- ★ Meet other parents/carers whose children have similar needs
- ★ Receive informal support from other parents / carers
- ★ Have the opportunity to be sign-posted to additional Sparkle support services



Sessions are Friday's at Nevill Hall Children's Centre 10.30am - 12.00pm

For further information please contact myself - Sarah 01873 732712 or Sarah.Painter-Sims@wales.nhs.uk



Helping Hands Workshops

Helping Hands Psychology

Summer 2021

Parent, Carer & Professionals Virtual Workshops Programme

These interactive group workshops are open to parents and carers of children with additional needs who are accessing / have accessed support or services at Serennu, Nevill Hall or Caerphilly Children's Centres as well as professionals working within the Children's Centres to support these families. The workshops will take place online via a video-call.

Exploring Behaviours that can Challenge	Supporting Anxious Children
<p>Friday 25th June 10am-12pm</p> <p>We will help you to understand behaviours that can challenge in children with additional needs and consider ways of responding to these.</p>	<p>Thursday 22nd July 10am-12pm</p> <p>We will share ideas about how to support children and young people with anxiety and worry.</p>
<p>Supporting Transitions Back to School</p>	
<p>Tuesday 17th August 10am-12pm</p> <p>We will share ideas to help you support children and young people with transitioning back to school.</p>	



To book a place on these workshops, please email ABB.HelpingHandsTeam@wales.nhs.uk with details of:

Your name, your local Children's Centre, and your relationship to the child or young person with additional needs.

Spaces are limited so booking is on a first come, first served basis.

If you would like to sign up to our workshop mailing list, please email us on ABB.HelpingHandsTeam@wales.nhs.uk.

We will send you updates about our upcoming workshops and details of how to book yourself a space. You can unsubscribe from our mailing list at any time.



Integrated Autism Service Courses

4 Week Parent and Carer Online Course

The IAS are pleased to offer an online course for parents and carers of children under 12 Years old. This will be a 4 week course.

Spaces are limited so please contact the IAS on ☎ 01352 702090 or

✉ NW.IAS@flintshire.gov.uk by Wednesday the 16th of June to book your place.



Parent and Carer Online Course

22/06/21-13/07/21

The Integrated Autism Service are offering a 4 session online training course for parents and carers of children with a diagnosis of Autism under the age of 12.



- Does your child struggle with sensory differences?
- Do you want to know more about Autism?
- During the course these topics and many more will be covered.

Week 1-
(22/06/21)
Understanding Autism

Week 2-
(29/06/21)
Sensory and Communication

Week 3-
(6/7/21)
Anxiety and Behaviour

Week 4-
(13/7/21)
Wellbeing

Contact us for more details: 01352 702090 or NW.IAS@flintshire.gov.uk

Sp Adobe Spark



Parent and Carer Online Course

The IAS are pleased to offer an online course for parents and carers of children between the ages of 12 and 17.

Spaces are limited so please contact the IAS on ☎ 01352 702090 or ✉ NW.IAS@flintshire.gov.uk by Wednesday the 9th of June to book your place.

Parent and Carer Online Course 14/06/21

The Integrated
Autism Service are
offering a 2 Hour
online training course
for parents and
carers of young
adults aged 12 and
over with a diagnosis
of Autism

WHAT WILL BE COVERED IN THE COURSE?

*Understanding
Autism*

*Transition to
High School*

Puberty

*Mental Health
and Well-being*

Sexuality

Friendships

Contact us for more details: 01352 702090 or
NW.IAS@flintshire.gov.uk



Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year we are coming together to Make Caring Visible and Valued. The Carers Trust are asking individuals to 'add their voice' to help Make Caring Visible and Valued - To support the 2021 #CarersWeek campaign and to sign your name please click on this link

<https://www.carersweek.org/?cmp=voices>

There are coffee mornings happening across the county this week as well as some parent carer workshops too, we hope to see lots of you there!

[We're here to make life better for carers - Carers UK](#)

[Get involved in Carers Week 2021](#)



Carer_[noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:
Washing them. And their laundry. And their dishes.
Keeping appointments. And records. And tempers.
Giving medicine. And time. And hugs.
Filling forms. And fridges. And silences.
Dealing with doctors. And nurses. And pharmacists.
And social workers. And benefits agencies.
And care workers. And a lack of sleep.

[2] Need support to manage a life of their own.



Looking after someone?
Find out about the help
and support available at
carersweek.org

Carers Week has been made possible by Carers UK working with five other national charities.
Carers UK is a charity registered in England and Wales (240329) and in Scotland (SC039307) and
a company limited by guarantee 664097. Registered office 20 Great Dover Street, London SE1 4LX.


Headline supporter

British Gas

Carers Wales

29th June is Carers Wales Wellbeing Day!

Carers Wales are putting on a whole range of fun, virtual events - all free for any unpaid carers!

More information available on the attached posters 



Join Carers Wales for our all-Wales online Wellbeing Day

Carers Wales are delighted and excited to announce our dedicated virtual wellbeing day.

We want to invite unpaid carers to join us in a celebration of the Mindful activities that we have had on our Me Time sessions and share that experience with other carers who are in the same position.

We are hosting a full day of activities to support the mindfulness and wellbeing of unpaid carers on Tuesday 29th June 2021. Each session is individual, and you can join as many or as few as you like. You do not have to commit to the whole day.

The day will look like this:

- 10.00 -11.20 – Relaxation through Dance and Music
- 11.30 -12.50 - Dru Yoga
- 14.30 - 15.50 - Learn to Salsa for beginners
- 16.00 -17.20 - Laughing Yoga
- 17.30 – 18.50 – Zumba for beginners
- 19.00 – 20.20 - Qi Gong Yoga taster

'Me Time' is a chance for unpaid carers to do something for their own enjoyment. These online sessions, funded by the Welsh Government, are a place where carers can get involved in a range of activities and explore new opportunities that they may not be able to do normally. We will be doing all sorts of things ranging from group viewings of the great wonders of the world, to arts, music, physical exercise, relaxation and mindfulness and so much more.

Click here : <https://www.eventbrite.co.uk/e/carers-wales-wellbeing-day-tickets-142394560965>

Porthcawl Surf School

Porthcawl Surf School have a beach buggy that families are able to hire out to use on Rest Bay, for more information contact them on 07583 348 013 or you can email them on hugh@porthcawlsurf.co.uk.

[Welcome to Porthcawl Surf - Porthcawl Surf](#)



Torfaen Leisure Trust

FREE FAMILY SWIMS! We run a Family Swim Session at Fairwater Leisure Centre every Saturday afternoon. This session is FREE for the whole family - places are very limited, but we still have places available for this weekend - book by calling our Team on 01633 627100



Families First are delivering well-being packs to all their fantastic young carers throughout this week to celebrate carers week.

If you are aged 5-18 and help look after a family member or friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol and would like to know more about the support and services available to you, please email maria.perkins@blaenau-gwent.gov.uk or call us on 01495355584.



Unique

Young carers play an important role in the development and well-being of people living with a rare chromosome or gene disorder and their families. However, it is hard work being a young carer and others often don't understand the stress and enormous responsibilities these young people have.

Our Young Carers guide has been created to address the needs of Young Carers and where to go to get help and support.

<https://www.rarechromo.org/practical-guides-for-families/>

#carersweek #youngcarers #siblings #unpaidcarers



Young Carers



rarechromo.org



Carers Wellbeing

This #CarersWeek we want to thank all the incredible carers who work hard day & night caring for people with rare chromosome & gene disorders. If you are a carer or know someone who is, take a look at our Carers Wellbeing guide for more information and resources to support carers.

<https://rarechromo.org/practical-guides-for-families/>

#Carer #UnpaidCarer #RareChromo



rarechromo.org



ABUHB Celebrating Carers Week



Judith Paget, Chief Executive
of Aneurin Bevan University
Health Board:

"As a Health Board, we recognise the significant impact the COVID-19 pandemic has had on carers, especially the distress it has caused for those who have been unable to visit their loved ones in hospital. As visiting restrictions in our hospitals begin to lift, I **pledge** to review our ward visiting policies and encourage more flexible visiting arrangements for carers, supporting the principles of John's Campaign."

#CarersWeek



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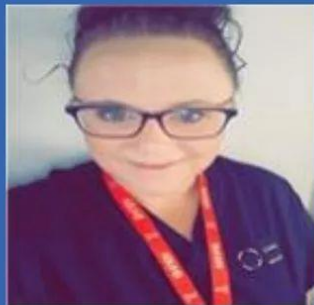
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Aneurin Bevan
University Health Board

This week, we are celebrating Carers Week (7th – 13th June).

People and organisations across Gwent are coming together to make a pledge to unpaid carers.

We will be sharing these pledges over the course of this week to highlight the important role that carers play.

#CarersWeek2021



Kate Cerreti and Donna Wigmore, Ward Managers at
County Hospital:

"We are privileged to have a passionate team to lead rehabilitation services for Care of the elderly in the Torfaen area. We **pledge** to raise awareness and support the invaluable role carers have. We commit to include them and value their hard work and commitment."

#CarersWeek



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Naheed Ashraf, Regional
Programme Manager for
unpaid Carers in Gwent:
"I am incredibly
passionate about making
sure we value carers by
listening to their expertise,
acting upon what they tell
us and providing the right
information at the right
time. I **pledge** to identify
and support carers of all
ages across various
settings so that they can
be signposted to relevant
support."



#CarersWeek



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Greater Gwent Health, Social Care &
Well-being Partnership
Partneriaeth Lles, Iechyd a Gofal
Cymdeithasol Gwent Fwyaf

Phil Diamond, Regional Partnership Service Manager at
the Gwent Regional Partnership Board:

"I **pledge** to raise awareness of Dementia Friends to
help people living with dementia and their carers in the
community."

#CarersWeek



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Area	Total number of Carers in 2015	Projected Total number of Carers in 2025	Rise in a decade	% increase
Wales	370,115	386,948	16,833	4%
Caerphilly	22,631	23,216	585	2.5%
Blaenau Gwent	8,641	8,600	-41	-0.5%
Torfaen	11,820	11,953	133	1%
Monmouthshire	11,400	11,653	253	2%
Newport	16,661	17,861	1,200	7%

These figures do not include those under 16 years of age and thus exclude young carer numbers.

Gwent and its varied demography, presents a unique set of challenges in delivering both sustainable and consistent offers of services for carers.

The provision of care and support in Gwent is provided by Aneurin Bevan University Health Board, but the social care element is met by **five** Local Authorities.

This table gives a breakdown of carer numbers across the Health Board area.
(source: Daffodil Cymru, based on 2011 Census)

#CarersWeek



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Carers Support

Blaenau Gwent County Borough Council

Tel: 01495 315700 (IAA Team)
Web: www.blaenau-gwent.gov.uk

Caerphilly County Borough Council

Tel: 0808 100 2500
Email: carers@caerphilly.gov.uk
Web: www.caerphilly.gov.uk/carers

Monmouthshire County Council Monmouthshire/Usk/Raglan

Tel: 01600 773041
Abergavenny
Tel: 01873 735885
Chepstow/Caldicot
Tel: 01291 635666
Web: www.monmouthshire.gov.uk

Newport City Council

Tel: 01633 656656
Email:
FirstContact.Adults@newport.gov.uk
Web: www.newport.gov.uk/carers

Torfaen County Borough Council

Tel: 01495 762200
Email: callfortorfaen@torfaen.gov.uk
Web: www.torfaen.gov.uk

Gwent Carers Hub

Tel: 01495 367564
Email: gwentcarershub@ctsew.org.uk
Web: www.ctsew.org.uk/gwent-carers-hub



#CarersWeek



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Maria Perkins, Community Engagement Support Worker for Families First in Blaenau Gwent:

"I **pledge** to work hard to ensure young carers are identified and are offered the support they deserve and are recognised for the valuable contributions they make to their loved ones and our communities."

#CarersWeek

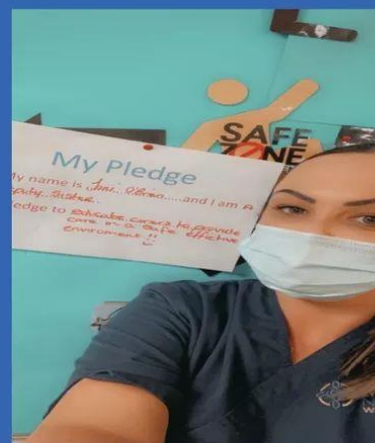


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Joni O'Brien, Ward Manager at St. Woolos Hospital:

"I **pledge** to educate carers to provide care in a safe effective environment. Offering support and guidance and signposting if needed."



#CarersWeek



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University Health Board



Kim Dolphin, Carers Services Development Manager for Monmouthshire County Council:

"I **pledge** to ensure that young carers and carers are continuously acknowledged for all that they do. Young carers and carers can often be hidden and therefore what they do, and how they support someone remains unknown.

This year has been particularly challenging for young carers and carers and whilst we may not have been able to meet up, or welcome new young carers and carers to the Monmouthshire Carers Network, please know that we thank you for all that you do."

#CarersWeek

Bethan Warrington, Third Sector Engagement Officer for GAVO:

"I **pledge** to promote events and projects that are created to support unpaid Carers in Gwent and celebrate the fantastic, unconditional support they continue to provide for their loved ones."



 **GAVO** Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

#CarersWeek

Young Carers in Schools Policy



Aneurin Bevan University Health Board
Gwent Carers Strategic Partnership

In 2016, the Young Carers Operational Group developed a Young Carers Schools policy for Gwent.

This was endorsed by the Children's Commissioner for Wales and following a launch, was sent to every secondary and primary school in the region for implementation.

Since that time, this policy has formed part of the accreditation process of the Gwent Young Carers in Schools Programme.

#CarersWeek

Young Carers Book - "It's Cool to Care"



During the past year, we teamed up with young carers across Gwent who met regularly to work with partners including Petra publishing to create a new story telling book for young carers called 'It's Cool to Care.'

The book is suitable for primary school children aged 8 to 11, that helps to identify, recognise and raise awareness of carers.

#CarersWeek



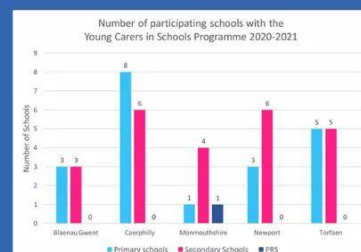
Tania Hooper, Carers Lead Officer for Blaenau Gwent County Borough Council:

"I **pledge** to continue to work hard to develop and deliver services to all unpaid carers in my Local Authority area, ensuring all their hard work and commitment is recognised and appreciated. This Carers Week we are supporting unpaid carers in our community, having positive discussion with them and providing them with accurate information and advice along with some well-earned treats.

We fully appreciate that caring can be both rewarding and tough. Over the past year we know the impact the Covid 19 pandemic has had on all unpaid carers especially, we want all carers to know that we are here for them, your work and dedication is vital and we thank you all."

#CarersWeek

Young Carers in Schools Programme 2020 - 2021



Our Young Carers in Schools Programme (YCISP) for all schools in Gwent is now well established and continues to grow in interest.

Not only does this programme demonstrate Estyn requirements that the school is meeting the needs of young carers, but we have also aligned the programme with the new Additional learning Needs legislation that came into force earlier this year.

#CarersWeek

Sun Safe Tips

☀ Too much ultraviolet (UV) radiation from the sun can damage DNA in your skin cells and cause skin cancer.

In the UK, almost 9 in 10 cases of melanoma- the most serious type of skin cancer- could be prevented by staying safe in the sun and avoiding sunbeds. Getting sunburnt just once every two years can triple your risk of melanoma skin cancer, compared to never being burnt.



☺ Sun safety tips:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use sunscreen with a sun protection factor (SPF) of at least 30 to protect against UV and a minimum of 4-star UVA protection.

More info on keeping safe in the sun 🖱

<https://111.wales.nhs.uk/encyclopaedia/s/article/sunsafety>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-safety>



Getting sunburnt just once every two years can triple your risk of melanoma skin cancer





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 **Dyfodol Clinigol**
Clinical Futures



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Free NHS Health and Well Being Course

- Stress
- Tiredness
- Pain
- Tense muscles
- Difficult emotions
- Difficulties with sleep
- Depression
- Mobility issues

Do you recognise any of these symptoms?

Are you interested in joining a group for 2 hours

7 week Course: Living with Long term Conditions course

Forthcoming Courses:

Tuesday 6th July 2021

ON ZOOM

1pm – 3pm

All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact Jules Godden** via T: 01633 247674 | E: jules.godden@gavowales.org.uk



Find us on Facebook to keep up-to-date with new courses etc.: **@EPPCymru**





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sparkle
helpu plant arbennig i ddysgu
helping special children shine



**Learning Disabilities
Showing resilience
through the COVID-19
pandemic: 12 months on**

Hear Our Voice In Lockdown Series

A Q&A session hosted by people with learning disabilities from across South East Wales will be held on Thursday 24th June 2021 (11am-1pm) to mark 1 year on from our discussion about life in lockdown and understanding the Covid-19 pandemic. Whilst reflecting on their individual experiences over the past 12 months this event will focus on the hopes and vision people with a learning disability have for a post covid-19 world.

**24.06.2021
11am-1pm**

**What life in lockdown
was like for me**

**The things I learnt
about myself and
others during
lockdown and the
covid-19 pandemic**

**What I would like to see
happen now that
lockdown is easing**

**Join Zoom Meeting
<https://zoom.us/j/94041954049>**

Meeting ID: 940 4195 4049

Active Gwent Inclusive Fitness Programme



Active Gwent Inclusive Fitness Programme

Are you aged 12 or over do you have a disability or impairment and are keen to get healthy, and active, but you are not quite sure where to start?

Then why not sign up to the Active Gwent inclusive fitness programme. This new free programme is specifically designed for disabled people and aims to identify the reasons that make it hard for you to take part in regular exercise and provide practical solutions.

The programme will be delivered in 2 groups for those aged between 12 and 19 years and those aged 20 years and over.

As part of the programme you can expect:

1. Listening to participants who want to be active and doing more to understand the reasons why they are not doing as much activity as they would like.
2. Talking about exercise and nutrition – not everyone wants to be competitive, but that should not stop you taking part in regular exercise
3. Providing a series of virtual physical activity sessions led by an instructor

If you would like to register your interest in the programme please follow the registration form link below and complete the short registration form by Friday 11th June 2021

[Registration Form](#)

If you have any questions, would like any further information or would like the registration form in alternative format please contact

MarkFoster@monmouthshire.gov.uk



Everyone stay safe, stay healthy and take care

Remember if you need anything please don't hesitate to contact me.

I work Monday – Thursday, and I'm here at the children's centre until 3.30pm on those days.

My email is – Sarah.Painter-Sims@wales.nhs.uk

Phone - 01873 732712



COVID-19 TESTING FOR A WIDER RANGE OF SYMPTOMS

People in Gwent should arrange a free COVID-19 PCR test by **calling 119 or 0300 3031 222** if they experience any of the following:



Change in taste or smell



High temperature



Excessive tiredness



New continuous cough



Persistent headache



Shortness of breath



Change of symptoms since your last test



Flu-like symptoms



Aching muscles



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Gwent Test, Trace, Protect Service
Coordination Unit
Prawf Gwent, Olrhain, Gwasanaeth Amddiffyn
Uned Cydlynu

