

Carers

Summer 2020

chat

Resilience Edition

Celebrating our unsung heroes!



SPECIAL FEATURES

- All new & improved iCare Card
- Walk in my shoes...
- Lockdown & beyond - staying well
- Projects supporting Carers
- Carer's rights in COVID-19

Welcome to Carers Chat 2020!

We are facing unprecedented challenges during the COVID19 pandemic. These are testing times we face as a society. We rightly focus on supporting frontline workers. However, there are also seemingly invisible unsung heroes in our very own families and communities – you! Our Young and Adult Carers...

You are going over and beyond to keep some of our most vulnerable members safe and well. Yet you don't always receive the recognition for all your bravery on this frontline. It can go unseen behind closed doors. In fact, you are vital in our effort to survive this pandemic.

Making the hidden visible has never been more important than now. We want to acknowledge the huge efforts you make every day in protecting the vulnerable and being

instrumental in keeping our communities well, particularly during this pandemic!

This Carers Chat has been dubbed the 'resilience edition'. What we want to recognise your achievements and all you do, we also acknowledge that to be a Carer also means keeping yourself well. Being house bound in lockdown has created all sorts of challenges for you and your family. We hope that some of the articles and tips shared in this edition will go some way in easing that burden. Right across the county, we have collected some useful health tips and ways we can make our homes more of a haven during lockdown. We have shared stories and poems that we hope you can relate to and take solace from the wisdom of fellow Carers.

Ultimately, we hope to inspire you to not only survive – but to thrive!

CARERS CHAT TEAM



Mandy Hughes:
Parent Carer and
Carer Champion



Angela Verley:
Adult Carer



Jayne Griffiths:
Community
Champion



Nick Cooke: Young
Adult Carer



Kathryn Jarvis:
Outreach Worker



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Powys County Council expresses gratitude and admiration for the selfless sacrifices made by Carers of all ages

"I'm certain that the Welsh saying 'Ni Chwsg Gofal' has never been truer: Caring Never Sleeps. At a time of a pandemic challenging and affecting all our lives, it is important to recognise the continued care and support selflessly provided by unpaid and informal carers who give from kindness and love. The tireless commitment of carers, their support and comfort at all times regularly surpasses all expectations and is too often overlooked. During normal times, it is important to recognise and acknowledge their work and dedication, but at this time their essential work is even more impressive. Diolch yn fawr iawn."

Huw Dylan Owen, Head of Social Services Commissioning Powys County Council

All new & improved iCare Card

We've seen and heard from you about how important the Ceredu iCare Card has been during our current lockdown. The iCare Card has especially helped as a source of ID to help make things like shopping and collecting prescriptions that little bit easier, as well as helping encourage others' understanding during our daily allowed outings.

Before the Coronavirus outbreak, the iCare Card was already being used by some Carers and businesses in some towns within Powys. Supportive businesses and services have been helping us to raise awareness of how valued and important carers are within their community through the offer of local discounts where they live. Not only is the iCare Card scheme a way of

showing appreciation, it helps knock down some barriers like costs to services and also encourages relationships within communities to grow.

We've made a great start in developing the iCare Card even further so that it can become something everyone knows about, can shout about, be part of, benefit from and be proud of across our communities. We're working on an all new brighter and fresher ID Card, an information handout to tell people about it, an invitation pack for businesses and a toolkit for us all to use to help us talk to businesses about it when the time is right.

To begin with though, we've got an exciting logo for you to take a look at! We think this logo says about everyone playing a part, about us all being a

connecting piece of the puzzle to creating compassionate communities for us all to live and thrive in.

Does it say this to you?

What do you think?

We'd love to hear from you! Whether it's to tell us about the logo, to ask for more information about the iCare Card or to ask for one, get in touch with us either on the phone or by email.



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Walk in my shoes...

To help in making caring more visible and less hidden, it's important to share Carer stories so that we can better appreciate the selfless work of unpaid Carers in our communities. Some Carers shared their journey, joys and challenges...

Zahara Young – Young Carer (15 years old)



When did you realise you were a Carer?

I didn't realise I was a carer until a few months ago. I thought I was just helping my mum and younger brother out. It came to a point where my mum was coming in and out of hospital more and was unable to do as much as she used to. This is when my friends who are a part of Credu Young Carers said I could become a young carer. My mum has all kind of health issues, blood clots, IBS, crohn's disease, arthritis and Sciatica in her lower back and in both legs, anxiety, depression, acid reflux, asthma and chronic migraines. She is not allowed to do much on her own without support. This is where I step in and help her, clean, pick up heavy things, cook, help her bath and look after my younger sister, look after my animals, help shop,

calling emergency helplines when needed and any anything else if needed. I enjoy helping out.

What are the Joys and Challenges to being a Carer?

I'm not going to say being a young carer is easy, it can be challenging at times. For example when I'm coming home from school I am very tired and just want to chill but I can't because I have to help my family especially my mum. I don't mind helping out because I enjoy helping others sometimes everyone need a break. I enjoy being a young carer because I'm doing it for the best and I know my mum appreciates it a lot. I enjoy telling people how hard I work to help my mum and younger brother because I am a PROUD carer. One of the main challenges is when I need to ring the ambulance for my mum, I find this very hard to do as it's not something I enjoy doing. I get very stressed out as they ask soooo many questions. I get very stressed when I know my mum isn't well, therefore I get frustrated. The main challenge is going to school. Going to school everyday is a very big challenge for me because I worry a lot. The first thoughts that comes into my head are, is my mum okay? What if she falls and no one is there to help her? What if she needs help doing something? What if? What if? I'm a terrible worrier. Just because my mum is disabled doesn't mean she is a different person she is still my mum and I have so much respect for her. I try to be a good role model as my younger sister and younger brother needs to learn. 'Work as a family' I love being a young carer because I can still do what I did before, for example go chill with friends, watch movies, listen to music, talk to friends and many more. Being a young carer should change your social life. Team work makes the dream work.

How can we make people more aware of Young Carers?

This question is really hard.... personally I would make bright colourful posters so they will catch people's eye. Also do assemblies in school and tell the young people, what makes you a young carer, because some people may not understand as much. For example I didn't know that I was a young carer until I opened up and told people what I did. Give them a few examples of being a young carer, what we have to do and how we could all work as a team to help and support one and another. Post leaflets around to families. Something like a questionnaire where they can tick of some questions and let us know what they do and then you could access them. Like so for example you gave them 20 questions and they could only answer 2 depending what they tick are they a young carer? Something like that I don't know it's a hard question lol.

Owen Judd – Adult Carer from Ystradgynlais



When did you realise you were a Carer?

In 2003 I became redundant. I remember when I came home Carole said 'you are home early.' I said 'I'll be home for a long time now because I've been made redundant'. Then she said 'you are smiling and look happy'. 'Not really, I will have to look for another job when we come back from holiday'.



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Then Carole said 'holiday?' I said 'where would you like to go?' and we both said 'Germany!' We went to Germany for 2 weeks as it was somewhere we had lived before and really liked. When we got back from holiday I went to the job centre to look for work.

Since I was 12/13 years of age, I had always been in some sort of work. The person in the job centre asked me what my experience was and what I was looking for. She then asked me what I did day to day. I explained that I looked after my wife, my mother and mother in law amongst other things. She said 'so you are a Carer?' I said 'no, I just look after my family and I don't get paid so I am not a Carer'. After a few backwards and forwards conversations, I began to see that I was in fact a Carer and she told me I could claim allowances for this, I could work and it wouldn't affect my pension. I said straight away 'sign me up! Can it be backdated?' 'No' she said.

So, this was the first time I knew that I was a Carer, and being recognised, even though thinking about it I had been a Carer since the age of 12/13 and hadn't realised it.

What have been the challenges and joys of Caring?

One of the many challenges of caring is coming to terms with a completely different way of life. When I was working and caring, it was hard in some ways but easier in others because I had a break from both. When I was very young, my whole life changed and it was a hard time for me and my family, putting food on the table, a roof over our head and heating, often going without. Being a Carer from a young age has built my character and resolve, helping me manage what life has thrown at me. As a Carer I find you have to work differently to be able to manage to get all things you need in life. I have learnt to be patient with hope, and push to have my voice heard and the voice of my family. I think our life would have been different if I hadn't been so

assertive a person and most of the time diplomatic!

This brings me onto the joys of caring. I am proud that I have been able to look after my family and to carry on caring.

Carole and I have been in a relationship for nearly 50 years, and have just celebrated our 45th wedding anniversary, be it in lockdown this year.



We couldn't do much but what we did was look through our wedding album and throughout the day remembered what we were doing at each point. Being together more, since I stopped paid work has enriched our lives even though there have been mountains to climb and sometimes to go around. I chose Carole as she came from a similar background to me, and she knew what it was to care for her own family. We share the same values and this has been so important to us throughout our lives.

What do you hope for in the future?

I have found throughout all my life, it is important to keep healthy and well to be able to carry on caring, looking after, and supporting my own family and others.

I have found it hard to come to terms with asking for help, but when I did, help was readily available. This has enabled me to continue caring. I am getting to an age now where I must slow down, but my interests in life now are increasing, so as well as attending

meetings still, meeting with others and supporting them, I think it is about time that I look back to the interests I had earlier in life and go back to pursuing them. These being fishing, photography and travel (short holidays).

I am aware that I am still a Carer, and we still have a way to go to enable Carole to have a better quality of life,

due to her physical and emotional difficulties.

Personally, I have found that virtual meetings have been a bonus in this time of lockdown. I am now meeting people from all over Wales, and see this as a way as going forward as more carers can participate more and contribute and share information, and be able to do this in a relaxing and comfortable atmosphere, with no travel involved, within our own homes.



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A Poem by Michele A. Willingham – Adult Carer from North Powys

Life being a carer

Life can be such a struggle, when your caring for a loved one, you really want to help them, feed them well, and keep them safe and warm. But then your head gets in a muddle which way to turn and who to trouble.. Life can be such a struggle.

You really can't believe it's the same person who you hold dear, the one you kissed and cuddled and held so near, you sometimes find it hard to be near them and doing all the toil you sometimes want to run away as you start to boil, you have to be strong and carry on for they need us and when we're not there they miss us.

You remember them happy and full of life, you shared all the ups and downs of life , you never really cared or worried about all the things you do now because you shared it all and made new plans whether trouble or strife, you really did feel like a real wife, a lover, a mother a person who was loved above all you loved your life.

Just Breathe 1.2.3. And walk somewhere and feel free, if only for an hour, it's worth it because it brings back your power, and puts you ready to go in and face the shower and be the carer. Make haste your time is through that lonely scared person is waiting for you.

You awaken early mornings listen to the birds singing waking the new day, alone with your thoughts, or reading a book, writing that letter, just sitting looking at your poor garden who needs you today, so you can plant those lovely flowers you bought the other day. Instead you know that today the appointments you must keep the Consultants and Doctors and helpers you must meet so make ready and get yourself neat. Your garden knows it doesn't see you so much but knows you will back but not in a rush...

So make a nice pot of tea and toast and feel free, it's time for you. No shouting, no screaming, no looking for things lost, you really want to help them and stay close but it's hard being a carer, as love lost its lust, the theatre the meals the fun and people don't come to share food and drink as the person now can't think.

So up you get, leave the chair nice and cosy and begin your duties just hoping maybe today will be rosy. You know every day is not the same but deep down you just want them back whole and sane and when the day is over, and all is good sleeping peaceful, warm and fed. It's nearing bedtime so off you trundle to bed, to rest your weary body and try to calm your racing mind, it's not easy being a carer for this you know, but you took your oath many years ago. Deep down you really love them although it's hard to show because the one that was is not the one you know...



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EMILY DID IT!!!

£2,279.50 RAISED SO FAR

IN MEMORY OF MUM,

SARAH BLEAKLEY!!!!!!

You may have seen that Young Carer, Emily was planning to jump out of a plane to raise awareness of Carers of all ages and raise money for CREDU.

'Hi I'm Emily and I'm proud to call myself a young carer. I have cared for my mum and my younger brother Jack who has autism (They are in the photo with me at the bottom of the page).

Unfortunately, my mum died from terminal cancer last year. This has had an enormous impact on my whole family as I'm sure you can appreciate. I wanted to do this crazy skydive in memory of her and to continue her legacy of helping others.'

What an incredible feat of bravery, her first date to sky dive was cancelled due to Storm Ciara but she managed to do it just before 'lockdown' on 14th March. Emily also sits alongside heads of services on the Powys Carers Steering Group representing Young Carers. She is an incredibly calm, collected powerful voice and unwavering in her commitment to promoting the interest of all Young Carers.

We would like to take this opportunity to offer Emily our most sincere 'THANK YOU' for all that she is doing! We are in awe and cannot wait to celebrate with her when 'lockdown' is over!



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Lockdown and beyond – staying well!



It goes without saying that lockdown has presented a new version of reality that has restricted our lives in so many important ways. This is clearly important so that we can overcome the pandemic.

As a Carer, your vital role has certainly not reduced and you may find lockdown particularly challenging. You may find yourself balancing work and caring, your children may now be home 24/7 or you may find it harder to get meaningful breaks.

Carers, Outreach Workers, and community champions have so willingly shared some useful tools to help stay physically and mentally well during lockdown. They have also included some tips and clever hacks to optimise your living space and make the lockdown experience more manageable, which we hope you may benefit from too.

Have a home pamper day!

In Carers Week, we usually host a pamper day at local venues in Powys as well as one hosted at the Metropole



Hotel by the Llandrindod Carers Group. However, given the restrictions in lockdown, we thought why not dedicate a day to pamper yourself at home?

1. You can find facemasks in a packet for £1-1.50 in supermarkets or chemists. These are lovely to do to pamper yourself.
2. A warm relaxing bubble bath is a lovely thing to do before you go to bed.
3. Enjoy a hot cup of tea, coffee or hot chocolate with cream and marshmallows.
4. Read a magazine or a good book.

oil or moisturising cream on your feet, wrap them in cling film and a towel. You'll have lovely relaxed feet.

Creating calm through our breathing...

Mindful breathing can greatly influence our health positively and reduce our stress levels.

When you're feeling anxious, you might notice that your heart rate and breathing get a bit faster.

You may also start to sweat or feel dizzy, so it's important to keep your breathing under control to relax both your mind and body.

Give it a go!



5. Listen to your favourite music.

6. Invite family to a dinner party, get dressed up and enjoy some nice food. You can even do this virtually via Zoom, Facetime or WhatsApp.

Remember, if you've got a foot spa this can be lovely and relaxing. If you haven't got one a washing up bowl will do. Fill it 1/3-1/2 with warm water you can use shower gel or bubble bath. Place a towel under the bowl and soak your feet. Pat dry with towel. You can use some olive

1 Sit in a quiet and comfortable place.

Put one of your hands on your chest and the other on your stomach. Your stomach should move more than your chest when you breathe in deeply.

2 Take a slow and regular breath in through your nose. Watch and sense your hands as you breathe in. The hand on your chest should remain still while the hand on your stomach will move slightly.

3 Breathe out through your mouth slowly.



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Counting your breathing...

- 4 Breathe in slowly through your nose and count to 4.
- 5 Keep your shoulders down and allow your stomach to expand as you breathe in
- 6 Hold your breath for a moment and then breathe out, counting to 7.

The Bumblebee Breath

- 1 Close your throat slightly so that you can hear your breath as you breathe in.
- 2 Cover your ears with your thumbs and your eyes with your fingers, keep your lips closed lightly, your teeth slightly apart and your jaw relaxed.
- 3 Breathe out slowly making a low humming sound. Make your exhalation long and smooth.

Appreciating what's positive...then why not keep a Gratitude Journal!

Keeping a gratitude journal or list may help you stay in the moment and keep a balanced perspective on things during lockdown and beyond! It allows us to think of the positive in spite of all the challenges we may face: Here are some steps:

1. Use an existing notebook or order a new shiny one online.
2. Each day, write down 1-3 things you are grateful for.
3. Also, try and write down why you are



grateful for those things, not just what they are.

4. Feel free to add doodles and your own art to best capture the feelings of gratitude.
5. Try not to repeat the same list of gratitude and think of new things to be grateful for each day.
6. Set aside some time each week to reflect on your gratitude journal to fully appreciate all that is positive, especially handy for when you've had a tough time.

'Hooks to hang your life on'

Lilian Sabien (a Credu Counsellor) shares her tips on staying resilient and lessons she has learned from Carers.

What kept you adapting to lockdown?

Having a basic structure to the day helped enormously – 'hooks to hang your life on!' I was able to continue client work on two days a week, but I really missed meeting them face to face, and being able to do that again, even 2 metres apart can't come soon enough!

It's important for me to say there were days when I just wanted this horrible situation to stop, and I had to remind myself that it's okay to do nothing except nurture myself and wait for the storm to pass.

Having a strong faith with daily practices helped to give consolation, strength and

hope during the darkest times; the spirit of commitment and common purpose in the Credu team and the community at large was a continual encouragement to 'carry on'.

What did you learn?

That managing risk and containing anxiety is a skill that requires constant evaluation and practice. That as much as I enjoy solitude I want and need social interaction with others. A desire to reconnect with distant family, friends and my own community because life has become unpredictable and I might miss the chance.

What have you learned from Carers?

How resourceful they were at keeping in








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touch during their time in isolation, and creating new ways to have 'quality time' at a distance. The introverts did best, mentioning that they felt more comfortable in the slower, quieter world. With the constant round of meetings, assessments, appointments and many 'normal' activities on hold. I think that all enjoyed the rare luxury of time to think and relax more. Several Carers said: 'I think we are all being kind to each other, and I hope this continues when all this is over.'

What are your hopes for the future?

That these difficult and testing times will refocus all of us on 'living in the moment' so that we don't miss what it has to offer and that we will value every person as unique, precious and irreplaceable.

Top Tips...

- Ask yourself: 'What do I need to do to support my mental health today?' Have a list of strategies and make time to do it.
- Be kind to yourself, none of us are perfect and we all make mistakes. Doing your best is good enough.
- Celebrate your achievements no matter how small. On a bad day, a walk in the garden is an achievement!

REMEMBER CAPTAIN TOM!



Make the most of the lockdown by re-using your 5 a day!

Why not regrow your fruit and veg! Fruit and Vegetables to grow from the plant (instead of using seeds).

Strawberries

Carefully cut the outer skin (containing the seeds) off the berry, or extract seeds using tweezers. Place the skin or seeds

in a container with soil, cover with soil, place in a sunny spot and water regularly until sprouts emerge. Transplant the sprouts to a strawberry pot or outside garden in springtime.

Potatoes

Plenty of us have started growing new potatoes by accident-raise your hand if you've ever left a bag for too long, only to find them covered in sprouts. Take a more intentional approach by cutting potatoes into 2-inch pieces and letting them sit on the countertop for a couple of days to dry. Sow directly into the ground in early spring, and enjoy buttery home grown potatoes in early to midsummer.

Tomatoes

Instead of picking out the seeds, use a slice of the tomato and plant it. Simply plant the seeds from your tomato into a small pot, keep well-watered on a windowsill, and wait for a new plant to emerge. Once the plant reaches several inches tall, transplant it to a larger pot or outside once the threat of frost has passed.

Pineapples

Unlike other fruits, pineapples are grown from other pineapples, not seeds. You'll need to take the top off an existing pineapple, dry it out and plant it. (Or pull off some of the leaves at the base of the top and place in a jar of water till it roots). Although it takes years to grow a pineapple, the wait is worth it!

Peppers

Save the seeds from your next bell or hot pepper. Plant them directly into soil, and water them regularly. Once a new plant emerges, transplant it to a larger container or outdoors, where it will thrive best in direct light and warm temperatures.

Basil, Mint, & Other Herbs

A wide range of herbs can also be regrown using plant cuttings/scraps. Simply place a stem of around 10cm/ 4 inches long into a glass of water, making sure that the leaves are well above the water level. Roots will soon begin to grow and as soon as the roots are

growing well, these cuttings can be transplanted into containers or directly into your garden.

Scallions, Onions, Garlic, Leeks and Shallots

All of these members of the allium family are excellent value for money. You can re-grow all of them from the rooting base of the bulb or stem. Simply take a small section of the base of a bulb or stem, with the roots attached, and place it in a shallow dish of water. Fairly quickly, new green material will begin to grow from this base section. These re-sprouting sections can then simply be harvested again. Alternatively, you can plant them out in your garden. Onions and garlic will form new single bulbs, while shallots will divide and form clumps, expanding your harvest each year.

Re-Grow Celery

Celery is one of the easiest plants to re-grow from scraps. You simply have to cut off the bottom of the celery and place it in a shallow container with a little warm water in the bottom. The bowl should be kept in a sunny and relatively warm place. After a week or so, leaves will begin to grow and you can wait and harvest these as required or replant the celery in your garden and allow it to grow into another full-sized plant.

Carrots, Turnips, Radishes, Parsnips, Beets and Other Root Crops

Retaining the tops (where the leaves and stems join onto the root) from carrots, turnips, and other root crops will allow you to regrow them. Place the tops in a container of water and new, green tops should begin to grow in a matter of days. You can simply harvest and use these greens as they grow, or you can allow the roots to continue growing until the plants are ready to be transplanted back into the ground.

Seeds from Lemons, Oranges, Lime, Apples & Pears

Take seeds from the fruits (no need to dry out) and plant in a small pot with compost, cover with clingfilm and place in a sunny spot, once they start to grow



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Lockdown and beyond - from surviving to thriving!

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you will need to transfer to a larger pot.

Seeds from Pumpkins and Squash can be dried out and used as a snack or for planting.

Amazing Green Fingers in Ystradgynlais
Speaking of gardens, Carers in Ystradgynlais have been working wonders at the local hospital garden.

Meiriona Davies and a team of fellow Carers and local champions have created a magical space for all the enjoy and benefit from!

"We had the land at the hospital in June 2018, it was very overgrown with a lot of work needed to be done. The poly tunnels were full of rubbish and there was grass everywhere. The local Wildlife Trust were on the grounds and we worked alongside them. They were so knowledgeable about the little creatures that live there. They are still with our garden even though the Wildlife Trust has left. We have a pond with fish and frogs and little birds nesting in the garden. There is also a hedgehog that lives with us and has cat food and treats given by the hospital staff.

We worked really hard, Mary, Andrea and I clearing the ground and preparing it for plants. The weeds were high above our heads. We planted and made raised beds. The plants began to grow and the garden flourished. I was asked to see the boss of the hospital and he offered us a table next to the shop. We started to sell plants at the table. I stood behind the table with my Credu T shirt on and talked to people and told them that we were there promoting unpaid Carers and we are from a charity called Credu. Once people know it is a charity we get lots of people offering to support us. Wherever we go we wear our T shirts and tell people who we are here for, we are here for unpaid Carers. The money we have made has gone towards Carers but also we have managed to buy a TV for the hospital ward for the patients to be able to watch the Rugby. The patients

from the hospital are brought out by visitors in wheelchairs to see the garden and get some fresh air.

Last year the gardens grew from strength to strength and people in the community got to know us. Our plants are grown with the no dig policy and is all organic. The Young Carers came to

learn all about the plants and vegetables we were growing. It was lovely to work alongside the youngsters. During COVID19 the plants are with different people looking after them waiting for us to all come back together. Till we meet again." Meiriona Davies – Adult Carer and Carers Champion



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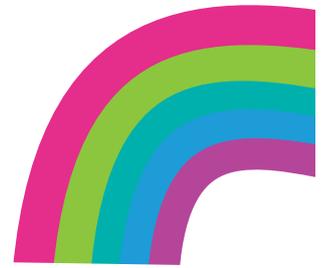
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Creative Crafts for Wellness



With more time being spent at home, spending dedicated time on hobbies and crafts can help temporarily relieve stress from the outside world. Mandy Hughes and Kathryn Jarvis at CREDU decided that lockdown wasn't going to stop craft groups from continuing! So using Zoom and a Facebook Group, the group meets up on Wednesdays at 2pm for crafts and to have a good catch up. Carers have also been able to involve their families and so can make the most of the craft sessions together.

Creative Showcase: Becky Dey, a Parent Carer from Powys

'Joining in with the CREDU craft group has helped me to stay connected with others, learn new things I would probably not have considered on my own. It made me realise just how adaptable and available the resources I have laying about my home and garden can be in crafting!' Becky

A sample of some creative crafts that Becky completed in the CREDU Craft 4 All Facebook Group

Why not have a go?



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Bead making by Sue Lee

You will need:

- Glue
- Old magazine
- Ruler
- Pen
- Skewer

Some easy steps to follow:

Step 1: Mark out paper on the bottom of the paper 1 inch all the way along and draw lines to the top of the page to a point.

Step 2: Cut them out

Step 3: Start wrapping paper around the skewer and glue the end down.

Step 4: Leave to dry and take off skewer
Feel free to join in the fun!

We learn a new skill from a guest crafter and then post photos to be in with the chance of winning a prize!!

Remember, it's also a way of connecting with other Carers and supporting each other through this challenging time. It's also a great opportunity to learn something new or share skills

 @Creducraft4all

 Craft together live on Wednesdays at 2pm

Email mandy.hughes@credu.cymru / kathryn@credu.cymru for more details or give Credu a call 01597 823 800



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Have some fun in the sun for the whole family...



We want you to hide some markers on your daily walk that other people may find. Please use natural materials that will bio-degrade or remember to collect them at the end of the week. Here are some ideas to help you. Keep messages simple. Here are some ideas: 'Thank you Unpaid Carers' 'I am an unpaid Carer' 'I ♥ unpaid carers' Remember to follow lockdown rules

Carved wooden markers with writing on

Bunting in natural materials or cardboard

Potted Flowers with Labels or painted pots

Yarn bombing and info

Painted Stones

Chalk animal print & writing

Please take some pictures of your hidden markers and tell us if you notice anyone noticing them. The more you can hide the more fun people can have finding them.



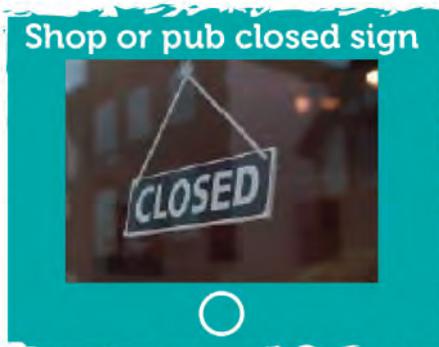
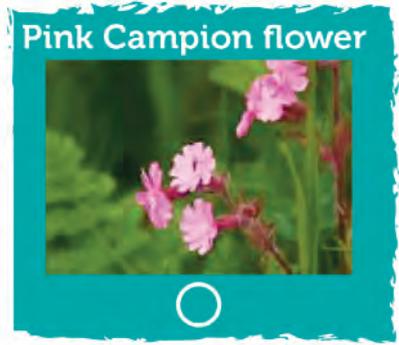
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Find them all?

Please observe the lockdown rules

Caution: please don't touch and/or eat any of the plants you observe as it may be dangerous to do so.



Some of these will be hard to find but just do your best :)

Bwrdd Partneriaeth
Ranbarthol
Iechyd a Gofal
Cymdeithasol Powys
One Powys Yn Un
Powys Health and
Social Care
Regional
Partnership Board



Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

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A Healthy Body Means a Healthy Mind

Nick Cooke,
Young Adult
Carer/Trainee
Personal
Trainer.



"I'm passionate about mental health because of my own struggles with anxiety and depression and the friends and family who have experienced the same. I like to help break the stigma around mental health and encourage us to be happy talking about how we feel and to be supported when doing that.

When I was in a bit of a hole, I didn't really take care of myself, I didn't have the energy or drive to do that. I ate less nutritious foods and didn't exercise and this significantly affected my mood. It took some time for me to realise that my body is a temple (haha, yes I love the phrase) and start working on my mental health. I first took up running, which put me back on the road to good mental health and I started eating at consistent times and eating more of a balanced diet. Over the last year I've continued to do that and I'm now in a routine that works for me and keeps me feeling good about myself now and for my future prospects"

Physical activity can boost mental wellbeing, especially during lockdown. It's hard to stay positive sometimes when there's so much uncertainty and when boredom sets in. Physical activity can offer an escape from that or simply just prove something to focus on, let alone the physical health benefits.

Notable benefits include:

- Better sleep
- A sense of purpose and value
- Learning something new and feeling satisfied by that
- Improved mood
- Improved self-esteem

But before you start, The Mayo Clinic states:

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise programme if any of the following apply:

- You have heart disease.
- You have type 1 or type 2 diabetes.
- You have kidney disease.
- You have arthritis.
- You're being treated for cancer, or you've recently completed cancer treatment.
- You have high blood pressure.

You may also check with your doctor if you have symptoms that may be related to heart, lung or other serious disease such as:

- Pain or discomfort in your chest, neck, jaw or arms at rest or during physical activity
- Dizziness, lightheadedness, or fainting with exercise or exertion
- Shortness of breath with mild exertion, at rest, or when lying down or going to bed
- Ankle swelling, especially at night

- A rapid or pronounced heartbeat
- A heart murmur that your doctor has previously diagnosed
- Lower leg pain when you walk, which goes away with rest

You can find more information on the NHS website.

Chair Workouts

Upper body

Perform all exercises 3 times. Allow 1-2 minutes rest between each set time.

20 chest expansions = 1 set

How to:

- Sit up straight with your feet roughly shoulder width apart.
- With a slight bend in your arms, bring both together so that your palms are touching.
- Bring your arms out to your sides until you feel a slight stretch in your chest and hold this position for 2 seconds.
- The end of the motion is when your palms are once again together.

Target areas: chest, shoulders and upper back.



20 side arm raises

How to:

- Sit up straight with your feet roughly shoulder width apart.
- Bring your arms out to your sides.
- Raise your arms above your head and with your palms facing outwards.



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Hold this position for 2 seconds.

- The end of the motion is when your arms return to your sides.

Adaption: If rotating your arms this way proves difficult, to make this exercise easier, when you raise your arms just bring your palms together as if you were clapping. This just takes the rotation movement from your lower arms but still has the benefits of working your shoulders.

Target areas: chest, shoulders, upper back, arms.



10 front arm raises

How to:

- Sit up straight with your feet roughly shoulder width apart.
- Bring your arms out to your sides.
- With the palm of your hands facing down, bring your arms out in front of you and hold this position for 2 seconds.
- Return your arms to your sides and repeat.

Adaption: Start with your arms resting on your legs and raise them from that position. Once again this just takes the rotation out of the movement, and mixes things up a bit.

Target areas: Primarily your front deltoids (the front part of your shoulder). Upper back.



20 overhead punches (10 each arm)

How to:

- Sit up straight with your feet roughly shoulder width apart.
- With clenched fists, raise each arm above your head, as you bring one down, raise the other.
- The idea is to do these faster to improve your cardiovascular system.

Target areas: Shoulders, triceps (back of your arm), back.



20 straight punches (10 each arm)

How to:

- Sit up straight with your feet roughly shoulder width apart.
- Bring both arms to your head, clench your fists, keep your elbows tucked in.
- Punch straight and keep your resting arm next to your head.
- Again do these fairly quickly, as you bring one arm back bring the other out.

Target areas: shoulders, biceps (front of the arm), triceps, back.



10 raised arm circles

How to:

- Sit up straight with your feet roughly shoulder width apart.
- Bring your arms out to your sides, this time with your palms facing down to the floor.
- Bring your arms backwards, upwards and back down in circular motions.
- Do these slow and controlled.

Target areas: shoulders, back, arms.

Tip: Start with small circles until you get used to it.



Abs, cardio and legs

20 Seated marches

How to:

- Sit up straight with your feet roughly shoulder width apart.
- Raise your left arm as if you're going to touch your ear, and raise your right leg.
- Do the same with the right arm and left leg.

Target areas: core, upper thighs, your



lower leg and your bum.



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A Healthy Body Means a Healthy Mind Continued

10 chair jacks

How to:

- Start position- Sit up straight with your feet roughly shoulder width apart. Bring your arms out to your sides
- Rotate your feet so that your toes are facing away from your body, then lift and straighten your legs.
- Raise your arms above your head.
- Return to start position.
- You can attempt to raise both your arms and legs at the same time if you like or do one at a time.

Target areas: shoulders and arms.
 Quadriceps (front of your upper legs)
 Hamstrings (back of your upper legs)
 Calves. Glutes (buttocks).



Leg raise and twist

How to:

- Start with your hands behind your head and hold them there.
- Raise your left leg (almost straight) out in front of you.

- Twist your upper body to your left.
- Repeat by lifting your right leg and twisting to the right.



Target areas: legs, core (your obliques, which are at the side of your body)

20 leg extensions (10 each leg)

How to:

- Whilst seated, extend your right leg out in front of you but leave a slight bend at the knee. Hold for 2 seconds.
- Return your right leg to rest and repeat with your left leg.

Target areas: Primarily your quadriceps (front of your upper legs).



20 Standing leg curls (10 each leg)

How to:

- Using a chair as support, curl your leg up to a 90 degree angle or just past that if you are able to and hold for 2 seconds.
- Return to a stand and then do the same with your other leg.
- In the photo below my legs aren't in line with each other, I have bad mobility particularly in this leg at the moment so I'm working on it!
- But you want to keep the leg you are lifting in line with your other leg, don't let it go in front.

Target areas: Primarily hamstrings, but also your core (abs) for stability.



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20 Side leg raises (10 each leg)

How to:

- Standing up straight and using a chair as support.
- Raise your leg to the side and hold for 2 seconds.
- Return to standing position and repeat with the other leg.

Target areas: Hips, Legs, Lower back and core (to help balance)



The choice of seated or standing calf raises, 20 of these

How to:

- Begin with feet flat on the floor.
- Raise your heels but keep your toes on the floor, like going on your tip toes.
- Return your feet flat to the floor and repeat.

Target area: Primarily your calves.



References

<https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20047414>



Important Covid 19 information

Would you like to help other carers?

Zoom Forums E check ins

Join the Newsletter Team

Carer Champ Training Skills

Online Training

Help shape our website

Please get in touch...

Call: 01597 823800/ Email: info@credu.cymru

or call your outreach worker



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Projects Supporting Carers

Connected Generation

During this period of COVID 19 lockdown the Connected Generation 'partners' have been busy working from their homes to continue to support older people across Powys. The 'partners'; Age Cymru Powys (ACP), Citizen Advice Powys (CAP), Credu, Royal Voluntary Service (RVS) and Accessibility Powys (AP) are in contact with people to have a chat, provide practical support, and connect people to others, activities and services.

During this time people have been in touch by phone and using Facebook, Zoom to connect with each other. Online activities such as craft groups have been established.

Age Cymru Powys, Citizens Advice Powys, Credu, and the Royal Voluntary Service are working together to support people that are aged 50 and over. The partners can provide

- Support and information
- Connections to activities and groups in your local communities
- Access to advice
- Volunteering opportunities
- Your voice to be heard to shape and influence services
- Community companions

Connected Generation

Connected Generation Project is lottery funded



Lead Organisation Credu. Charity Number 1103712



Connected Generation

Connected Generation Project funded by the Lottery



We need your help to finish our animated film!

Here at Connected Generation we were just about to start work on an animated film about what we do. We were hoping to come and interview people about their experiences.

However, thanks to Covid-19 we need a new plan. And that's where you come in. If you would like to be involved there are four steps.

Step One

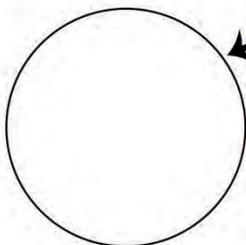
Make a sound recording of yourself answering these questions:

- "Do you feel supported by and connected to your local community?"
- "What and who has made a difference to you?"
- "What is important to you?"

You can record on a phone, a tablet or a computer. If it's easier you can record a video but we will only use the sound.

Step Two

Draw a picture of your face in this circle. Use pencil, pen, paint or anything you like.



Step Three

Please sign here _____ to say you give permission for us to use your voice and drawing in our film.

Step Four

Take a photo of your drawing (and signature) and send it, with your sound recording, to: zandra@credu.cymru or post it on Facebook www.facebook.com/CGpowys/

THANKS

RVS have new volunteers that can provide support – you can find out more from the Credu outreach workers.

Citizen Advice Powys are busy with lots of enquiries about benefits, money issues, employment. If you need advice you can talk to the workers.

Connected Generation is working with a film maker, Jim Elliot, to produce a short piece about what is important to you and your community.

It would be good to hear from you?

What about the years beyond this lockdown period? How can we support each other better than ever?

Please let us know what you think by filling in the survey and enter £50 prize draw!

<https://www.surveymonkey.co.uk/r/XHY3SPN>

What do you feel is working really well and what do you think is needed to support people in Covid 19 Lockdown?

Also, find out more on the [Connected Generation Facebook page](#) or ask Zandra Pitt on 07971637447 or email zandra@credu.cymru



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Co-producing Respite Project

Credu has been awarded funds by the Powys Regional Partnership Board to experiment with new types of Respite for Carers & their families in Powys.

The original plans for the project included activities such as a summer holidays pilot for Parent Carers, Adult Carers Respite Retreat and training sessions. However, due to Coronavirus these have been postponed until it is safe.

As the project is about listening to 'What Matters' to Carers we have been able to respond to lockdown.

We've been able to help some families cope better with being isolated, creating respite in Carer's own homes and gardens.

So now we need your help! We want to make the most of the time left and funds available to make a difference!

Be imaginative – it's about what would make a difference to you and your family to have a life alongside caring.

Please let us know what Credu can do to help with Respite for you & your family for the remainder of project, which is due to finish in March 2021. We don't know yet how much of this will need to be distance or virtual support.

Funding is available to Carers of all ages, Young Carers, Adult Carers & Parent Carers across Powys. For individual families, groups and creating pilot services for Carers.

Our plans at the moment include:

- Relaunching the iCare Card
- Funds for 'Respite First Aid' or 'Respite Boost' – short term funding to buy in services that will give you an immediate break, giving time for Social Services Assessments & packages to be put in place.

- Funds for items for you or the person you care for that would give you a break, for example to enjoy passions or hobbies for you, the person you care for or both!

- Wellbeing workshops with other Carers with Apple a Day and Contact (formerly Contact a Family). Should these be online or wait until after lockdown ends?

- Supporting more people to work in Care & Support, so unpaid Carers can access excellent quality of replacement care services.

- Exploring Favour Exchange and how Time Credits can support Respite in partnership with Tempo.

- Gathering stories and research to show the difference that this approach to Respite makes to Carers. Finding out what is working and what could be better.

For more information about a grant for you or your family please contact your Outreach Worker or 01597 823800 or carers@credu.cymru

If you would like to share your experience of Respite or discuss ideas for new services or activities for groups of Carers please contact Marie Davies, Respite Coordinator - marie@credu.cymru or 07398 553402



The Respite Fund funded three pieces of sensory equipment for my son - all of which had been on my wish list for a while but due to one thing or another hadn't been able to fund myself.

The equipment has helped to meet my son's sensory needs and are also used to try to regulate him when he's struggling. In turn this has benefited the whole household as when he is calm the whole house is! My son is really happy with his new equipment and they are already part of our daily routines.

Thank you again Credu for helping to make a difficult time a little easier



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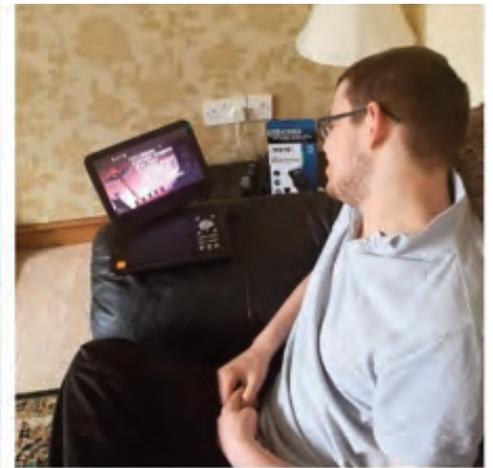
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Co-producing Respite Project

Continued

Fran, a Carer from Llansanffraid, has found caring during lockdown challenging. Fran cares for her son who has cerebral palsy, epilepsy and learning difficulties. Finding ways to keep him busy has been especially tough during this time and her son likes to colour and watch films - even if it only for a short time.

Fran added: 'Credu were able to support me with some funding to source some art products and also a Portable DVD player for my son. This has been a big help and has given me some respite time while he is kept occupied.'



Raising Awareness Project

Late last year, our focus was on training Carers, staff and professionals as Communications Champions. The training was successful and produced some excellent collective action plans. We then began actively engaging with local communities to start identifying potential Champions. Our quest was and remains to recruit local people in rural Powys towns who are able and willing to support their local Carer's movement. In order to respond to the above, we realised that we need to truly engage and understand individual rural communities far better and to work with

local 'movers & shakers' to multiply the numbers of Champions. This process involved partnering with local Outreach Workers so as to ensure that this approach remains realistic and sustainable long after the duration of this project. We also scheduled a series of local Carer Action Forums to bring the locally identified Champions along with Carers to begin a more formalised approach to engaging and planning the subsequent Carer Champion Training events.

In the last few months, we distributed a record number of Carer related promotional materials to strategic points such as GP surgeries, retailers, businesses and community support groups in North, Mid and South Powys. The highlight was engaging with local influencers in the rural towns scoped in the project, whereby we have recruited close to forty potential Carers Champions across the county.

Carer Champions

Raising Awareness for carers in Powys

"We all need to raise awareness of what carers do & who they are so we can be more supportive. As you probably know, children are very good at taking on board the most confusing & complex things life can throw at them!!!" Community Champion in Talgarth

Bwrdd Partneriaeth Ranbarthol Powys
Iechyd a Gofal Cymdeithasol

Powys Regional Partnership Board
Health and Social Care

Llywodraeth Cymru
Welsh Government



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Local movers and shakers in Talgarth: Jan Shivel (Librarian) and Cynthia Ardent (Lunch Group Organiser)



Andy and the team at the Hay-on-Wye library



Building Awareness In Montgomery

Talgarth Carers Group - Organised by Sue Bidmead



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Do you care for someone?

Would you like to get involved to help us raise awareness for Carers.

As part of Carers Week, 8th - 14th June 2020
We are creating short videos to capture your caring story.



If you'd prefer not to be in the video we can capture your story. A local animator will help recreate your story into animation!



Carers Week 2020

Get in touch:

Phone: 01597 823800

Email: carers@credu.cymru

or call your outreach worker



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More dates for online Carers Champion training to follow soon. Watch this space!

If you would like to share your ideas and/or become a Carers Champion in Powys, please get in touch with Kevin Holcroft, Raising Awareness Coordinator – kevin@credu.cymru or 07813 853982

Get connected with Credu!

See our range of virtual meetings coming soon – you can join online

(computer, tablet or smartphone) or over the phone.

Having trouble getting involved?

Please speak to us if you would like to get involved virtually but you're having trouble.

Getting online can open up many other opportunities for you including:

- *connecting with family & friends
- *online information and support

Credu will help you to access support with:

- * Training and one to one support to get online
- * Getting a tablet
- * Getting connected to mobile internet or WiFi



Would you like to be involved in our latest research?

Research under way:

I'm doing some work on the options available to carers and families, for respite & additional caring support.



I'm Noreen & I'm doing research for Credu!



I'm especially interested in PAs, freelancers & tiny businesses providing care. If you have experience of those, I would love to chat!

noreen@copronet.wales
07877 038 084

Please feel free to get in touch with us...



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Some questions and answers raised by Carers during the Coronavirus Pandemic



Can I get Personal Protective Equipment (PPE)? If you, the person you care for or someone in your household are showing symptoms of coronavirus / get tested positively for coronavirus then please get in touch with us to discuss options that may be available.

What about access to shopping from supermarkets, access to medicines from pharmacies and access to transport? And what about when I go out for exercise with the person I care for, but have to take longer / wait on benches? Your iCare Card should be recognised by shops, supermarkets, pharmacies, police and transport companies. We gave these questions to Powys County Council, Powys Association of Voluntary Organisations (PAVO) and a range of other organisations and they all committed to get information out to front line workers within 48 hours, so that they recognise Carers as key workers too. Their support was amazing! If you do not have an iCare Card, please do call us on 01597 823800!

What does the Coronavirus 2020 Act mean for Carers Rights? There could be a relaxation in the rights to get care and support from social services BUT this would have to be a last resort, and Social Services would have to be agreed with Welsh Government. Also, it would have to be for a short period of time only. Local authorities will still be expected to support people in a person-centred manner as far as possible. From what CREDU have seen, there is definitely the will to support and value unpaid Carers within Powys so we are cautiously optimistic.

Will there be less money for support after the pandemic is over? We do not know the answer to this yet. Through the pandemic, Powys County Council has demonstrated its commitment to Carers by meeting with CREDU weekly and finding ways to solve problems that Carers have identified. We get a strong sense of commitment and willingness, but we do not know what funding there will be in future years. We will, however

work with you as Carers, Carers Trust and social and health services to:

- a) Promote person centred support for Carers and their families
- b) Promote recognition and support for Young Carers and Adult Carers in communities.

Can I help? Now, more than ever, supporting Young Carers and Adult Carers with what matters to them is incredibly important; if you want to be part of the Powys movement to promote and support caring, we'd love to hear from you. There are all sorts of ways you can be involved but if you are not sure how, just have a chat with us and together we'll work out a way for you to be involved that fits your time, skills and passion.

If things are difficult for you right now whether its financially, practically or emotionally we do have some resources that might help. Don't hesitate to call.



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You can call CREDU about whatever matters to you.

These are some of the things Carers are calling us about...



For practical support, we do have access to some GRANTS To help in an emergency

Call: 01597 823800/ Email: info@credu.cymru

or call your outreach worker



Nick's Word Search

Traits of a carer

Q K G R A T I T U D E T R S E N S A T I O N A L
 E O I E X P E R I E N C E D R F A I E P U A S R
 V K V T H O U G H T F U L W D E J H U X H C O E
 G L I K I N D C G V X J W L E A A A F R P G Z S
 S H N D E D I C A T E D L K V R F R R I R W R I
 E K G C O P T T I M I S T I C O L F D T N A Z L L
 C A C M E H A P P Y J U S V T E E W Z D C Z E I
 O H O N E S T F V B S A P P E S C O B I T E A E
 N G B M C O N N E C T E D I D S T R L V I M D N
 F E S H F I N T U I T I V E X B I K E I C P E T
 I K E V Z C H W O L O V E Y E Z O I S D A A R Y
 D O R N J O E D A M A Z I N G W N N S U L T P I
 E O V A G U L N K Y I A T G W O A G E A Q H C H
 N C A L M R P D Z H U S A E D C T K D L P E J G
 T N N J Q A F E W L P T L N L O E P R I R T O P
 I R T V O G U R Y B B R E U I M L D E T O I Y A
 C E N A I E L F C Q E O N I N M P V S Y S C F T
 R L R L Z O V U R A A N T N A I O C P O P I U I
 E I O U E U S L U D T G E E S T W B E T E P L E
 A A R E E S B R A V E S D B R T E R C V R Y J N
 T B U D A B U N D A N T F U N E R I T I O C H T
 I L D G P A T L I S T E N E R D F G F P U O I D
 V E P M U T R U S T W O R T H Y U H U I S F K J
 E S U W L D V T C A R I N G C K L T L M W L S N

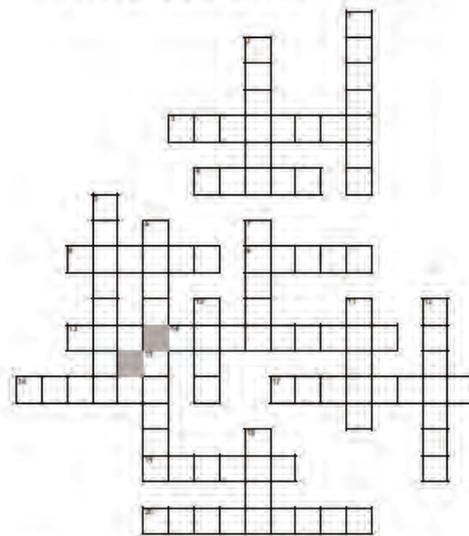
Calm Fearless Individuality Dedicated Fun Intuitive Committed Affectionate Devoted
 Courageous Abundant Amazing Blessed Brave Bright Caring Confident Connected
 Creative Empathetic Experienced Genuine Giving Gratitude Happy Hard working
 Helpful Honest Joyful Kind Leader Listener Love Observant Optimistic Patient
 Powerful Practical Prosperous Reliable Resilient Respectful Sensational Strong
 Talented Thoughtful Trustworthy Upbeat Valued Wonderful

Nick Cooke (Young Adult Carer and Aspire Leader) developed a custom word search dedicated to the inspiring traits of a Carer. We hope you enjoy it...

And wait there's more –

Nick also thought you'd enjoy a crossword too!

The Credu Crossword #1



Across

3. Name the Colonel who raised millions for the nhs by walking laps of his garden
4. Run
8. Brand of lager
9. Allow to enter
13. A month, a name
14. Heavyweight boxer
16. Walk
17. Flower
19. A social media platform
20. No particles can escape from it

Down

1. Welsh county
2. 20th June, 22nd September
5. Willermie!
6. Name the insect found to play a crucial role as a pollinator
7. Bird
10. Watch
11. Welsh Singer, Tom
12. A sport
15. Art
18. Type of music



It's Good to Keep in Touch

For information and to contact Credu

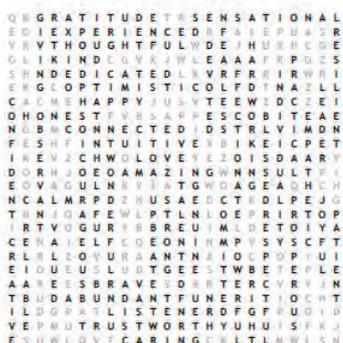
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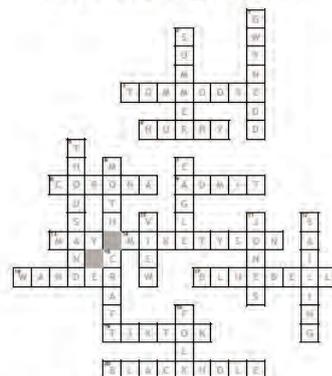
Wordsearch and Crossword answer keys:

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The Credu Crossword #1



- Across**
- Name the Colonel who raised millions for the rhis by walking laps of his garden
 - Brand of lager
 - A month, a name
 - Heavyweight boxer
 - Walk
 - Flower
 - A social media platform
 - No particles can escape from it
- Down**
- Welsh county
 - 20th June, 22nd September
 - Millennium
 - Name the insect found to play a crucial role as a pollinator
 - Bird
 - Watch
 - Welsh Singer, Tom
 - A sport
 - Art
 - Type of music

Keep being Super!



This newsletter was funded by:



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