

Carers

New Beginnings

Chat

The Hope Edition

Spring 2021

Welcome to our **Spring** Issue



Carers have shared inspiring stories, recipes, information, creative art and photos to add a little joy and humour to your day. Our team of Carers and Carer Champions who shape this magazine wanted to share messages of positivity, colour, inspiration and connection.

It's hard to beat the fresh and optimistic air of Spring and the signs of new beginnings and sorely missed sunshine!

However, Spring 2021 signifies much more than just the familiar feelings of change and newness. The rapid rollout of the vaccine programme means we have an even greater reason to feel optimistic! We are experiencing the early signs of recovery from this awful pandemic. Perhaps we can even begin to plan our lives with a little more confidence?

Whilst the spirit of this issue is a hopeful one, we still acknowledge that this has been an incredibly challenging year – especially for Carers. You have played an immeasurable role in supporting the most vulnerable in our communities. It can be a challenge juggling it all, so we have included useful information about support available.

There is also mention of the new CREDU website, which hosts all our upcoming events and groups that you may like to join.

You are truly inspiring and we hope this issue gives you a little inspiration too.

Special Features

- What's On for Carers
- Walk in My Shoes
- Stunning Spring Recipes
- Inspiring Carer Snaps
- Nick's Home Exercises
- Projects Supporting Carers



New Bee-ginnings



Get in touch for a warm welcome

Phone: 01597 823800

Email: carers@credu.cymru

Website: www.credu.cymru

What's on

Events

Cuppa and Chat for Adult Carers: Mondays @2pm
 ASD Event for those supporting: Every other Monday @1pm
 DeafCom One: Mondays @5pm
 Activity Hour: Tuesdays - Fridays @2pm
 Among Us Zoom: Tuesdays @4.30pm
 ASD Event for those on the Spectrum: every other Tuesday @4.30pm
 Parent Carer Support and Chat Group: Wednesdays @10am
 Talking Sketchbook: Wednesdays @11am
 Grŵp Gofalwyr Cymraeg: bob yn ail ddydd
 Mercher am 2yp / every other Wednesday @2pm
 Online Homework Space: Wednesdays @5pm
 Twitch Gaming Streams: Wednesdays - Sundays @4pm and Thursdays @6pm
 Young Carers Awareness Gaming Social: Thursdays @4.30pm
 Adult Carers Craft Group: Fridays @2pm
 Sketchbook Hang Out: Fridays @4pm

Check out www.carers.cymru/creduevents for an up to date listing of all our events.

How many hidden Easter Eggs can you find in this issue?

Answer on the back



If you'd like to take part in an online event but getting online is tricky, please let us know and we'll do our best to help.



New Website goes live!!!



We've been busy working with Mogwai Media on our new Credu Website. Feel free to explore

www.cedu.cymru

We've loved working on it in partnership with Young and Adult Carers and we can't wait to continue developing it alongside you all too.

Let us know what you think!



Credu has a very welcoming central support team who are the first point of contact for all that get in touch.

We are here to support and provide information, whether you're needing some info on events, grants we offer or just want a chat... you'll get a warm welcome!

You can reach us on carers@cedu.cymru / 01597 823800

9am - 5pm Monday to Friday

There is also a 'contact us' form on our website

Look forward to saying 'hello' soon!

Walk in my Shoes

Orpheus and Eurydice

As they ascended from the darkness the light appeared friendlier and friendlier,

Warm smells struck the nostrils from the street vendors carts,

The loud clamour of the city streets drove out the over-arching silence of the underworld.

Safe at last among the familiar sights we could relax.

- Keith

Poem of the Seasons



And here it comes

Time,

short days,

the best days



squashing all the best things in.

A perfect snowflake,

You fall as delicate as a sigh



Buds begin to ripen

as the days begin to lengthen

and create a vast potential

for a future yet to come.



Shorts and bulges,

Muffin tops and goosebumps.

Welshpool High Street in summer.

- Jane/Rose/Dux/Steve

Spring

Returns -

unabated energies / hidden since leaf fall / waiting patiently for surge & here it comes
tiny tender tendrils tease and test the truth

and trust that time is passing as it always has and will
the passions of fauna come alive as lambs bounce and frolic
hedgerows burst in colour and enthusiastic chatter as
buds begin to ripen as the days begin to lengthen.

- Dux

She comes ashore

In the dog days of August

Parcels of fish shine on the rocks

Football lazy

Heat crazy

Doors yawn open into the night.

Along the field

In the heat of the sun

The biting assault begins again

Once -in -a -while

The water is cool enough

To throw off everything - and dive in.

Shorts and bulges

Muffin tops and goosebumps

Welshpool High Street in summer.

- Steve

- Lisa



Moonlight

The moon was high in the sky and it lit the street with elongated shadows.

"Whose idea was this?", asked Mark.

Pavements were still slick from the overnight rain. They tried not to slip as they walked on around the corner.

"Stop moaning", replied Dave "you always were the whiny one".

"This is it", said Mark.

He jumped, scrambled up over the fence in the moonlit darkness.

Then Dave thought he heard a scream like a fox in the night. "Mark", "Mark", he called but there was no answer in that moment.

Only moonlit darkness.

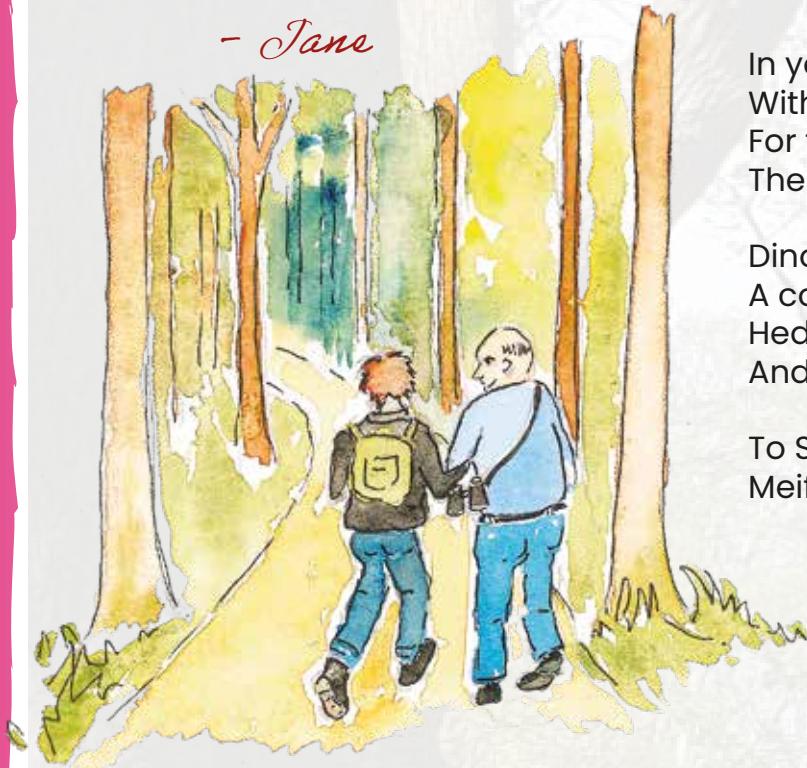
- Rose



My Winter Poem

Cold, cold crisp days – wake you up days.
Bracingly sharp with energy, vitality.
Bright, piercingly bright
with a backdrop of twiggy tree silhouettes.
Heat, real heat, heating the house heat
a heavier heat like no other.
Warm, proper warm, layers of warm.
Time, short days, the best days
squashing all the good things in
before it's hibernation time,
deep into the dark, still night...

- Jane



Wanderer

These fields will remember your name.
Your silent presence, your ruddy face.
Eyes alight for the slightest change.
You shed your pounds and gained the world.
The only stones that trouble you now
are the ones the Vyrnwy ripples over.

In your coat of leaves you crouched,
With every fibre strained, you hoped –
For the kingfisher's flash, the otter's splash.
The ripples you learnt before the salmon.

Dinosaur heron hung, soaring buzzard called.
A countryside of birds not afraid in their song.
Hedgerow, river, meadow and wood knew you.
And through them all you knew yourself.

To Scott, for walking the year round in the
Meifod Valley.

- Steve Gladwin

Activity Hour

These poems were written during online creative writing sessions in Credu's 'Activity Hour'.

Activity Hour is a Zoom event run every weekday at 2pm – 3pm, with different themes each day.

The Thursday theme is currently creative writing and all are welcome to come along and get involved!

For more info,
please visit: www.carers.cymru/creduevents
or get in touch with us!



A New Mourning

Edwin walked to the tree every day. Sometimes he would leave a posy of flowers from the garden; a poor account of his love maybe, but she would have understood.

Mostly, he loved to be close to these trees, as if in some way here he could recapture the essence of her, his hands smooth on the beech bark, the air a cooling mint balm. This grove seemed to have its own micro-climate – something he had particularly noticed with groups of birch trees.

It was late September now and he had known this grove through all of her seasons. In everyone, he had felt her loss slice into him; a reminder of how early it was for the wound to heal and for him not to feel the aching pull of her. The yearning to be reunited with the part of himself he'd lost.



No-one ever came up here, apart from the occasional dog off the lead romping eager tongued ahead of its owner. That was just as well because this was the only place Edwin felt able to grieve.

He had never understood what made it so impossible for him to do it in the house they had shared for thirty years, why the rare tears- if they did come, came only on this odd little mound with its group of trees like cocktail sticks upended in half an orange.

As he placed his hands with such care on to the silver smooth of her favourite beech, he planned his evening, the same as hundreds of identical ones since her death. Open a tin, (usually baked beans), keep freshening the teapot and either slob out in front of the telly or go to bed early with a trashy novel.

It was an uneasy sleep that night, shuttered behind the dirty curtains which had become a paradise for spiders and their webs and young. Among so many things he had let slide; the streaked toilet bowl, the food encrusted floor, the sink piled high with pots. All the sort of things which Connie would have found intolerable.

He was awoken by a tapping sound which seemed to come from downstairs. After the third time he dragged on his faded dressing gown and slippers with the toes gone through and crept down the stairs. Some instinct, if not fear, prevented him from snapping on the hall light as he would normally have done.

A huge, pale bird filled the kitchen window, backlit by the full moon or else he would not have been able to see it so brightly. It was keeping itself in flight by beating its wings in fury, but every so often a trailing tip caught the window. This was the source of the tapping. Even with his limited knowledge of birds Edwin knew that this was a barn owl, it's body squat and powerful, but with that huge face and staring eyes.

"Flower Face", he muttered without knowing why. He stared at the huge bird until it left.

Daylight came early and Edwin awoke with it, something urging him to rise hours before he normally did. Usually, it would be nine or later before he'd freed himself of the tumble of dirty sheets and memories. Usually, it would be a stumble half awake into the kitchen to stab on the gas. Usually, it was just a trial to be alive.

The memory of the owl had changed all that. What had seemed like a dream in his first waking, now just as clearly was not and he felt the excitement catch in his throat such as he had not felt in years. Even though it had been present for only a minute or, so it had somehow been enough.

In the next few hours, he knew what had to do. He was lucky in having no neighbour nearby, for they would surely have objected to the spluttering racket of the old Hoover at 5.00 in the morning.

During the next few hours before the local bus left the end of the lane Edwin did what he should have done years ago, and in doing so understood why it had to be done. He brought out the things which Connie had kept under the sink and stairs, and washed, rubbed scrubbed, scoured and polished anything that didn't move fast enough. He cleared a huge backlog of washing up and cast one or two things into bin liners that were beyond the pale. He scraped and chiseled food from floor and counter and rubbed away stains which believed they had taken up residence. He beat the carpets until he had to stop because of the choking dust. He even got the old Hoover to work for long enough to give everything a thorough going over.

Shortly after nine he sat down sweating and spattered and sipped a cup of tea while he ran a bath. Despite his near exhaustion and the sense that he might have overdone it, he felt an unfamiliar sense of satisfaction.

On the bus into town, he made a mental checklist of all the fresh and organic food which would be replacing his diet of ready meals and baked beans. Later that day, he ate some of them at the scarred oak table, while around him, the evidence of his change of lifestyle filled cupboards and strained the poor fridge to bursting. Every taste felt different; fresh, sweet or crunchy.



Edwin went to bed early, having fallen asleep over the crossword which he had resumed for the first time in years. His sleep was fitful, alert for the beating and tapping which was bound to come. Tense with the anticipation. Nothing came. Just a disappointed sleep, broken by the noises which never sounded and the ghost owl that never came.

It was all too easy to resume former habits. To sleep way past nine and slouch downstairs to plan the easy meal of beans on toast again. He might even haul his stained old mug out of one of the bin liners outside. After all it seemed unfair to reward it like that for all those years of diligent service. Edwin felt the comfortable flap of his holey old slippers; the squeaky- clean tartan replacements left unattended at the foot of the bed.

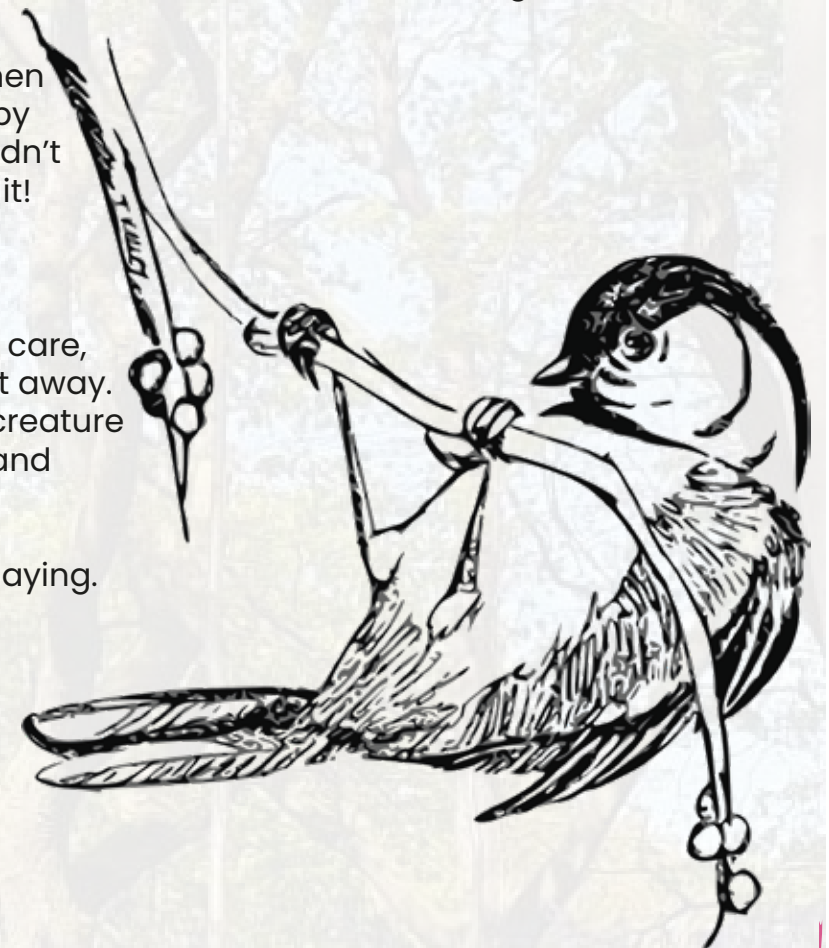
Was he going mad or was that another kind of tapping he could hear at the window? Hardly a tap at all after the heroic noise of the owl, but it was something.

There was a wren perched on the kitchen windowsill. Edwin recognised the dumpy little creature immediately, for all he didn't know about birds. He hadn't imagined it! It was there, tapping on the window. The newly clean window,

He opened it with almost exaggerated care, convinced that even this might scare it away. Instead, to his astonishment, the little creature hopped on to the steel rim of the sink and looked at him.

"Edwin - win - win", it appeared to be saying. "Did you really think I'd leave you?"

"No", he replied, uncertain whether he was replying to the bird itself or to a more familiar voice in his head. "I never thought you would".



A New Mourning
Copyright Stephen J. W. Gladwin October 2015
for 'The Raven's Call' 2016'.



Get in touch for a warm welcome
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Website: www.credu.cymru

A 7 YEAR OLD CARER IN 1948



So there I was, having moved to a different house, a different village and a different language. There was an Aunt living 3 doors away who, having found out that we had moved there, invited me to come over on Saturday morning to see her new baby grandson having his bath. I was allowed to take him out in his high carriage pram.



The local children then became interested in me. I started to pick up the English language and I was learning it at school as well. Another Aunt found out that we were there and she and my Uncle would take me to the cinema every Saturday to the first performance, then put me on the 'bus to my Gran's for the night. My Grandad would take me to Sunday School (Temperance Hall), then it was back home on Sunday night with the clean bedclothes and crying all the way home in the 'bus.

Summer came and Mum was well enough to go for a short walk around the village. Mum was seeing to her own medication by now, but I was still doing the housework. The toilet was outside as were all toilets at that time and I had to empty the chamber pots and wash them under the outside tap before washing them inside again. They were very heavy being made of porcelain/china. Ever since I arrived at this new place I had begun to cry wanting to go back to my old home but never showed it.

Dr. Barry was still on the scene and calling in from time to time. The summer holidays came and we moved house again.

I started my new school in September and had a new set of friends. I was put in the Welsh stream but Miss Jones the teacher was tough and cruel. If someone did not know the answer to something she would smack or cane them; she put one girl in the waste paper basket for punishment then carried her up and down the rows of desks – the poor girl was looking terrified. The beatings and canings were commonplace. I did not know the answer to something one day: she looked at me, then I saw her coming towards me – my heart was beating very fast by now. She stopped at my desk, swung her arm right back and dealt me an almighty blow across my head which sent me flying across the room and into the radiator. I had a large carbuncle or boil in my ear at the time and it burst and bled when I came into contact with the radiator. Someone must have told my father because he went to see the headmaster.

“I became very unhappy and started to hum to myself the same tune over and over (I think it was ‘Buttons and Bows’). I did not want to hear what was going on in the classroom - that song was there again - I could hear it over and over.”

Then one day she asked me a question and I did not know the answer so she slapped my face, caught hold of my hair, lifted me up from the seat and shook me back and forth then threw me back down again saying “you’re a beauty aren’t you” – she always said that if someone could not answer correctly.

At home Dad was trying to get Mum to go out for a walk but she would not leave the house. I was doing all the shopping by now and was almost 8 years old which means that Britain was still on the ration books, which in turn meant that every household had to declare to the government who (which trader) they dealt with and the name of that trader was stamped on the front of the ration book, which meant that you could only buy your food from your declared trader. We dealt with the Co-op.

Dr. Barry was still calling – she was from Ireland. She would come in her 2-seater open top car. Waaw no one had cars in those days (only traders) and some of them had a horse and cart. She would take me with her on her rounds and as we were travelling one day she took out a tissue paper from a box and said “look! A new invention – it will stop the spread of germs”. It was probably a Kleenex. She would ask me how was school – did I have friends etc.? I told her how I loved being with the animals on the farm.

Mum kept on refusing to go out: we would get dressed ready to go somewhere, walk to the 'bus stop then I would hear the 'bus coming slowly up the long hill and then Mam would panic and we had to turn around and go home. This went on for years but she overcame it in the end – by the time I was about 18 or 19 she could travel on a 'bus. By the time I was 22 I was married with a new baby son who was born with multiple heart problems called a Fallott's Tetralogy. So, my caring role carried on and I have been caring for many people to this day. It still goes on and I am so grateful for Credu and that it exists and all the kind and caring people that I have met through them.

So my final word is to say CARRY ON CARING. Maybe one day I WILL get that film done.



Meiriona Davies
Adult Carer from Ystradgynlais



Apollo

The Ancient Greeks put one god, Apollo, in charge of both medicine and music.

Today's doctors tell us that music can enhance the function of neural networks, slow the heart rate, lower blood pressure, reduce levels of stress hormones and inflammatory cytokines and provide some relief to patients undergoing surgery, as well as heart attack and stroke victims. But, these biological explanations and clinical observations may not do full justice to the effect music has on man and his world. Fortunately, poets and philosophers can fill in the gaps. And, in the days when Apollo reigned, Plato explained that "Music is a moral law. It gives soul to the universe, wings to the imagination and charm and gaiety to life and to everything else."

As an erstwhile pianist and teacher, I suffered an acquired brain injury when I was hit with meningitis, septicaemia and a stroke all at once. That was back in 2003 and the effects are still very much with me today: they are compounded by the frustrations that arise from being unable to play much and being unable to teach others (other than my son). You might think that the pressures and deprivation would lead to despair and I confess that, at times, that has been the trajectory of my life. Yet, still I listen to music and it always moves me; still I listen to the great artists of today and I am transported to that other world that Plato so accurately describes.

No single composer or musical genre has a monopoly on this ability to transform my patterns of thought and emotion. If readers would like me to share my experiences with different composers, I would be happy to contribute occasional articles. Let me end this brief overview with a note of encouragement: even though I felt useless as a teacher and musician, my son came to me at age 12 to ask if he could learn to play a piece for the school Eisteddfod. He had never played before but said that he would like to learn Beethoven's "Für Elise": he had three weeks to get it together. The results can be seen on a short video that he put together and uploaded to YouTube (please see https://www.youtube.com/watch?v=wC-OCRlly4Y&ab_channel=BillAtkins).

You may sometimes think that your purpose in life has disappeared: I know I did. But, Bill's achievements will last a lifetime and I have been able – despite my disabilities – to help provide a foundation for his future.

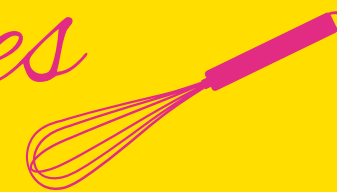


Who knows what you might achieve, either for yourself or for others?

Mike Atkins
(Rhayader)



Spring Recipes



No Bake Mini Egg Cheesecake

This has to be the easiest ever No Bake Easter Mini Egg Cheesecake! A crumbly, buttery biscuit base, topped with whipped cream and cream cheese and packed and topped with delicious Easter treats!!

Ingredients

280g Digestive Chocolate Biscuits
140g melted unsalted butter
360g Mini Cadbury's Mini Eggs plus extra if you want to decorate the top
550ml Double cream
140g Icing Sugar, sifted
2 x 280g Tubs of Cream Cheese Full/Low Fat Juice of half a lemon

Method

Crush the biscuits until they look like lumpy sand (I did mine in a food processor because I'm very lazy...).
Mix with the melted butter and press into a 7" tin.
Chop the 360g of Mini Eggs in half.
Combine the whipped cream, icing sugar, cream cheese, lemon juice and chopped Mini Eggs.
Fold in gently until fully combined.
Smooth on top of the biscuit base and flatten the top with the back of a spoon or a palette knife if you have one.
Chill for 2 hours or even better, overnight.
Use the tip of a knife to remove the cheesecake from the tin.
Decorate the top with more eggs or swirls of leftover cream.
Share and enjoy!

(To make this a gluten free recipe just replace the digestive biscuits with a gluten free version – everything else in the recipe is gluten free – even the Mini Eggs (Cadbury's)!!!!!!)



Karen Birkenhead

MD Health Corner



20 foods that contain no or few calories:

Apples	Celery	Kale	Raspberries
Apricots	Cucumber	Leeks	Strawberries
Beetroot	Garlic	Lemons	Swede
Broccoli	Grapefruit	Lettuce	Watercress
Cauliflower	Green beans	Onions	Watermelon

Do NOT live by these foods alone as the body needs nutrients.

– Meiriona Davies

CAWL MAMGU

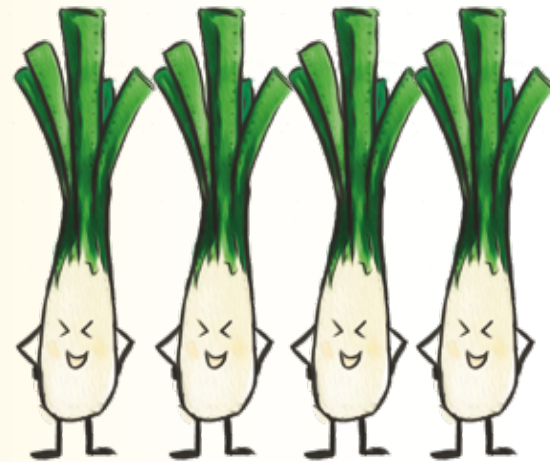
Wrth ystyried amser yma o'r flwyddyn, meddyliais y byddai'n addas i gael rysê't i weddu. Felly ffwrdd â fi.

Cawl Mamgu – rysê't sy'n unigryw i Gymru, ac wedi bod ers marwolaeth ei Nawddsant, Dewi, yn 589C. Mae'r Cymry yn bwyta'r pryd traddodiadol yma ar Ddydd Gŵyl Dewi (Mawrth 1af) tra hefyd yn gwisgo cenhinen neu genhinen Bedr ar eu dillad i ddathlu'r Wyl.

Mae'r ffermwyr Cymreig yn cymryd gofal mawr o'r borfa / gwair a'r ŵyn i gael y cig gorau bosibl. Mae'n nhw'n gweithio mewn tywydd garw iawn ar y mynyddoedd. Mae'r llysiau a ddefnyddir yn y rysê't yma yn rai sy'n tyfu'n naturiol yng Nghymru yr amser yma o'r flwyddyn.

Cynhwysion

2 llwy fwrdd o olew blodyn haul
1.5 pwys o gig oen wedi ei dorri i ddarnau 2"
4 cenhin
2 ninonyn maint canolig (coch neu gwyn)
4 moronen mawr wedi eu plicio a'u torri
3 panas wedi eu plicio a'u torri
1 pwys o datws wedi eu plicio a'u torri'n ddarnau mawr
3 cwpanaid o stoc cyw iâr / llysiau
Hanner llwy dê o halen
Chwarter llwy dê o bupur
2 dusw o bersli



Dull

Rhowch yr olew mewn sosban fawr ar wres canolig.
Ychwanegwch y cig oen a'i goginio nes ei fod yn frown a'i roi o'r neilltu.
Ychwanegwch hanner y stoc, cennin, moron a'r panas.
Coginiwch a'i droi nes bod y llysiau wedi meddalw (tua 10 munud ar wres canolig).
Ychwanegwch y tatws, y cig oen, gweddill y stoc, halen, pupur a'r persli.
Goferwch am 15 munud neu nes bod popeth wedi coginio'n llawn.
Gweiniwch mewn dysgl fawr gyda darnau mawr o fara neu fara menyn (gwyn neu brown).

Mwynhewch!

A dweud y gwir, gallwch roi unrhyw faint o unrhyw gynhwysyn yn y cawl – mae rhai bobol yn rhoi seleri y dyddiau yma. Dim angen bod yn ffyslyd!

- Meiriona Davies

CAWL MAMGU

Taking into account the time of year, I thought it would be appropriate to have a recipe to suit, so here goes.

Cawl Mamgu – which means Grandma's broth, a recipe which is unique to Wales and has been since the death of our patron saint, David, in 589 AD. The Welsh eat this traditional dish on Saint David's Day (1st March), when they also wear a leek or daffodil on their clothes to celebrate this holiday.

The Welsh farmers take great care of the pasture/grass and their lambs to get the best meat possible. They work in very harsh weather on the mountains. The vegetables used in this cawl are what grow naturally in Wales at this time of year.

Ingredients

2 tbsp sunflower oil
1.5lb lamb cut into 2" pieces
4 leeks
2 medium onions (red or white)
4 large carrots, peeled and chopped
3 parsnips, peeled and chopped
1lb potatoes, peeled and cut into large chunks
3 cups chicken/vegetable stock
Half tsp salt
Quarter tsp pepper
2 bunches parsley



Method

In a LARGE pan add the veg oil over a medium heat.
Add the lamb and cook until browned. Remove and set aside.
Add half the stock and the leeks, carrots and parsnips.
Stir and cook until the veg is softened (about 10 minutes on medium heat).
Add the potatoes, the lamb, the rest of the stock, salt, pepper and parsley.
Simmer for 15 minutes or until everything is cooked completely.
Serve in a large dish with chunks of bread or bread and butter (white or brown).

Enjoy!

Really speaking you can put any amount of any ingredient into cawl – some people put celery these days. No need to be fussy!

- Meiriona Davies



Vegan Pastry

I have found a great recipe for vegan pastry which readers could keep as a main recipe for any kind of pie e.g. apple, gooseberry, rhubarb etc.etc.

Ingredients

2 and a half cups flour
– 310g and extra for dusting
1tbsp sugar (organic)
1tbsp kosher salt
1 cup vegan butter (225g),
cubed and chilled
6 tbsp ice water



Method

1. Mix the flour, sugar and salt together.
2. Add the cubed butter a little at a time and use a fork until it breaks down to 5p sized pieces.
3. Gradually add the ice water and mix just until the dough can be pressed together.
4. Divide the dough in half and shape into 2 discs.
Wrap each piece of dough in plastic and chill in the fridge for 1 hour.
5. Roll out each piece of pastry – and now you can put any filling you fancy.
6. Pre-heat your oven at 350F (180C).
Cut 4 vents in the top crust and bake for 1 hour until the crust turns golden brown.

- Meiriona Davies

You Made it!!!

A huge well done to Kirsty
who tried the Apple Chutney Recipe in our Autumn edition!



**We apple-laud
your
efforts!!!**



Joke of the day:

What do you get if you
cross a shellfish with an
apple?

A Crab Apple!!!

Spring Clean



Decluttering Corner

Many households are feeling that they have too much stuff. Particularly now that we have all been at home at lot more this last year – it's impossible to ignore it when it surrounds you.

We have overflowing garages and sheds outside. We have things up in the loft that have been there for years. Our wardrobes are full of clothes that barely get worn but for some reason we keep them anyway. We buy extra storage furniture when our existing drawers and cupboards get full. Most homes with children have toys everywhere. How many of you can Hoover underneath your bed easily without having to remove things first? When houses get to that situation, it hasn't happened overnight. It has taken years and is an accumulation of lots of small decisions. It is overwhelming, it can cause daily stress and most people struggle to know where to start. When we clear spaces, it's the same process but in reverse. It needs lots of small decisions on a regular basis and it will take time. I gave some tips in the last issue to get you motivated and hopefully started. Things like: starting small, focusing on impersonal items and planning your exit route. It's also really helpful (and good for your bank balance!) to spend some time thinking about what comes into your home. Shopping online is now so quick and simple for us – we get next day delivery and it can lead to impulsive purchases. We then need to store those items and the whole cycle continues.

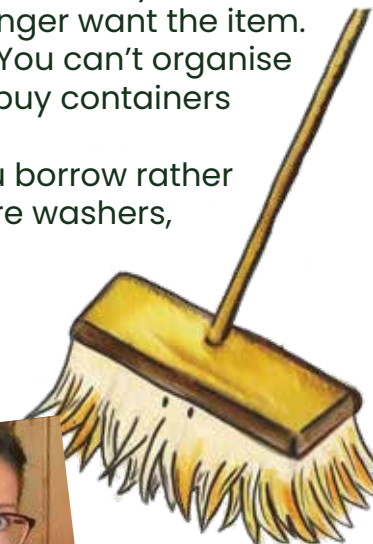
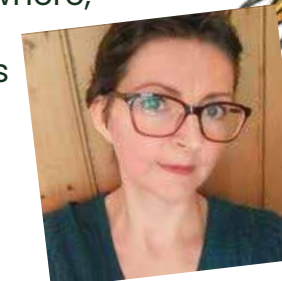
Here are some tips that I give to clients to help tackle impulsive shopping...

- Look back through bank statements for 3 months and add up all your non-essential purchases – you may be surprised by how much it adds up to.
- If you're an Amazon shopper, consider creating a Wish List. When you are about to buy something you get a Dopamine hit in your brain but this soon fades. Put the item onto your Wish List and then leave it a day or two. When you return to your Wish List to view it, that feeling will have gone and you may find you no longer want the item.
- Avoid buying lots of nice storage containers when you start. You can't organise clutter. Go through the process, see what you're left with and buy containers specifically for those items.
- Look to your community and circle of family/friends. Can you borrow rather than buy? This works well for items used less often like pressure washers, ladders and doughnut makers.
- Always consider the environmental impact of buying new. Everything that's made uses resources.

Everything that's made continues to exist somewhere, even after you don't have it anymore. We all have a responsibility to use less resources where possible and use what we have already.

Hope it's helpful,

Ami



Nick's Home Exercises

Hi Everyone!

It's great to be back with another edition! Although I've captured the majority of these exercises and stretches whilst standing, they remain low impact and most can actually be done seated and as comfortable as possible.

If you're reading this section for the first time, make sure to follow the guidance below before attempting exercise.



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 program 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, light-headedness, 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 similar information on the NHS website.

Static Stretching

Static stretching can include the following benefits:
Reducing the risk of injury
Improving flexibility
Reducing tightness in your muscles

However, this does not make it suitable if you are experiencing any pain in the area you want to stretch - it's beyond my practice to advise that.



Stretches

Generally, hold each stretch for 10-30 seconds, up to 60 if you want to. You could break this down into sets of 10 seconds each, rest in between.

Delt stretch

Target areas: Shoulders and Arms

How to:

- Whilst either seated or standing, bring your first arm straight across your chest at around shoulder height
- Wrap your other arm around it, just above or just below the elbow
- Pull your arm towards your body to maximise the stretch



Kneeling Hip Flexor Stretch

Target area: Hip flexors (front of your hip)

How to:

- Lunge and lower your back leg to the floor (leave a cushion here to rest your knee on, protecting your knee)
- Keep your front knee directly over your front foot
- Lean your body forward whilst keeping your back upright



Standing calf stretch

Target area: Calves

(at the back of the bottom of your leg)

How to:

- Take a large step forward
- Keep your rear leg straight and your front leg bent
- Make sure your knee does not pass over in front of your ankle, keep them in line
- Keep your feet facing forwards, lean forward slightly
- You should feel the stretch in your rear leg



Lat Stretch

Target areas: Lats

(largest back muscles)

How to:

- Stand up straight, feet shoulder width apart
- With a slight bend at the knee, shift your weight over your heels, bending at the hip
- Place your hands on a table whilst keeping your arm straight
- Straighten your legs whilst leaning back into your hips



Chest stretch

Target areas: Chest and Arms

How to:

- Clasp your hands behind your back
- Squeeze your shoulder blades together
- For an additional stretch, lift your hands up and away from your body



Side tilt

Target area: Neck

How to:

- Whilst standing up straight, gently tilt your head down towards your shoulder
- Stop and hold it there when you feel the stretch
- Repeat on the other side



Shoulder blade squeeze

Target areas: Upper back

How to:

- Sit or stand up, (up to you) arms out to your sides
- Keep your shoulders relaxed, not elevated
- Squeeze your shoulder blades together
- Hold for up to 6 seconds
- Repeat 6-8 times, rest and repeat



Sit to stands

Target area: Legs

How to:

- Whilst seated, with your hands on your legs just above the knee, push down through your hands as you raise yourself to stand
- Stand up partially or fully (as shown), whatever feels most comfortable
- As you lower yourself make sure your hands are back by your sides



Exercises

Perform 8-12 repetitions for each exercise, rest as long as you need and repeat those reps for 2-3 more sets.

Arm crossovers

Target areas: Upper back, Chest and Shoulders

How to:

- Stand up straight, feet shoulder width apart
- Raise your arms out to your sides at or just below shoulder level
- Bring your arms out in front of you (keeping them straight) and cross them over, tensing your chest
- Bring them back out to your sides once more, this time squeezing your shoulder blades together



Box step ups

I have used a step for these, the bottom step on the stairs works fine!

Target area: Legs How to:

- Stand up straight, feet shoulder width apart
- Place your right (lead) foot on the step, pushing through that foot, bring your left foot up onto the step also
- Lower each foot gently back to the floor Repeat, leading with your right foot 8 times, then your left foot 8 times



Clock reach

Target areas: Core, Arms, Shoulders

How to:

- Begin standing and hold a chair with your left hand
- Raise your right leg
- Imagine a clock with the 12 being in front of you, the 3 to your side and the 6 behind you
- Bring your arm to 12, 3 then 6 o'clock if comfortable
- Repeat with the other side



Curl and press

Target areas: Shoulders, Biceps and Triceps

How to:

- Begin with or without weights, whatever's comfortable, with your hands by your sides
- Curl the weight towards your shoulders, with the palms of your hands facing you, as shown
- Rotate your hands so your palms are facing forwards and away from your body
- Press the weight above your head until your arms are straight, but not overextended thus allowing a slight bend at the elbow

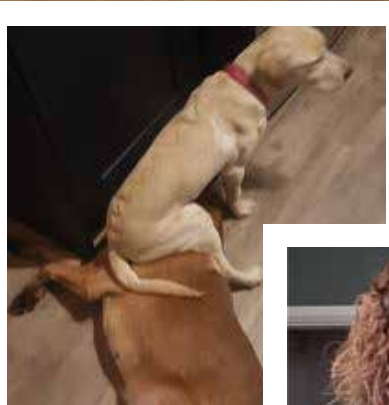
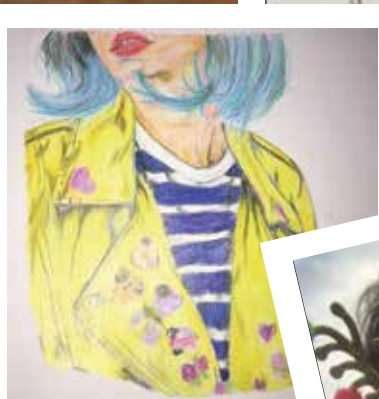
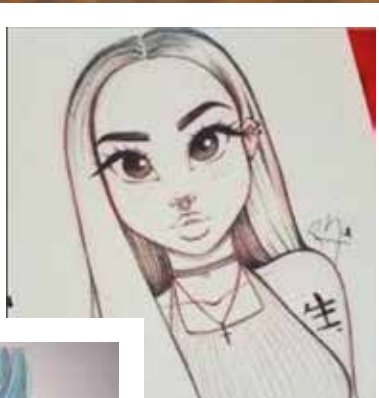


References:

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

Carers Coffee Break

inspiring us to
Carry on Caring!



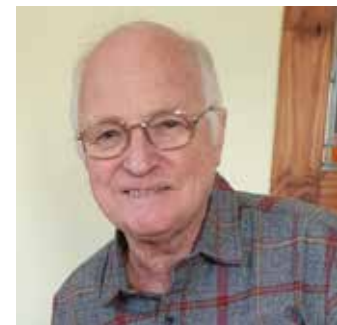
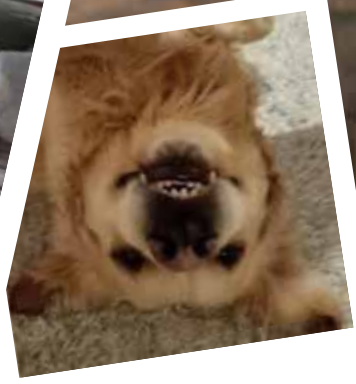
Felix



Kim



Mandy



Owen



Olwen

Daw eto haul ar fryn. (The sun will shine again.)

Cofiwch mai dim ond 60 munud ydy'ch awr dywyllaf ac mae 'fory ar ei ffordd.
(Remember that your darkest hour is only 60 minutes long and tomorrow's on its way.)

Bydd yfory yn ddiwrnod gwell. (Tomorrow will be a better day.)

Connected Generation



Massive thank you to the Community Fund for investing in people over 50 – across Powys! Over the last three years, hundreds of older people across Powys have been enabled to enjoy a greater sense of wellbeing.

Thanks to the funding, older Carers accessing support from CREDU have been given the time and space to think through and resolve challenges and been able to pull in direct and seamless support from Citizens Advice / RVS / Accessibility Powys and Age Cymru Powys. The project was called Connected Generation.

More Carers than ever are supporting other Carers and some are even getting trained in special support techniques!

More older Carers than ever have connected with community activities, gained a stronger voice in Powys and have been instrumental in successfully instigating and shaping the life changing awareness raising and respite projects that you see reported in this magazine!

We have a long way to go before older people and indeed Carers of all ages are thriving, so we are using the learning from Connected Generation to springboard further action. Would you like to get involved? If so we would LOVE to hear from you!

Please give us a call on 01597 823800 or email us on carers@credu.cymru

Look out on our website and social media for a Connected Generation Impact Report and video clips that will hopefully be released by the time you are reading this!



Creative Respite Project



I am thrilled that the Carers' Steering Group has extended the Creative Respite Project to March 2022!

Please get in touch if you'd like help designing support to help you have or keep a manageable caring role.

As I write to you we have also been awarded an additional £16,000 ICF funding from Powys Regional Partnership Board to meet Carers and Young Carers' visions of what Respite looks like for you, especially in lockdown. Many people have an idea of what Respite means. However, what is common is support to balance life alongside caring and support that makes a difference to the Carer's own wellbeing. *'I've never followed up about Respite as I thought we'd have to be apart'* – Parent Carer
You might find this webpage interesting: <https://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times/>. It lists a range of ideas that might help in lockdown and beyond.

Powys County Council's Respite Policy

At the Powys County Council's Cabinet Meeting on 20th October 2020, the Council's Respite Policy and a briefing about the Creative Respite Project was presented. The meeting was recorded and is available to view publicly on the Council's webpage.

At the meeting, Cllr Myfanwy Alexander, portfolio holder for Adult Services said:

"I'm very very excited about this piece of work – it shows a way of producing work programmes which is very very inclusive. The Carers' Steering Group is one of my favourite meetings in Powys." I think it's worth taking a moment to appreciate what Unpaid Carers do for us in Powys, what they do for us as a community, what they do for the people they love and look after but also what they do for us corporately because they are absolutely key partners for us in keeping vulnerable people, people who need help and support, thriving, happy, well-loved and cherished. It's a challenge to support Carers as much as we would like to and what we've done with this is rather than taking the approach that we know what Carers would like, we've gone to the Carers and asked them what they would like... To promote choice and flexibility so people can have the support that they need, not the support that we think that they need.

"It's been drafted in conjunction with the Carers' Steering Group and the Senior Management Team but also with CREDU, the Powys Carers association and they have been absolutely marvellous." "They have been instrumental in piloting a completely novel approach because until you ask someone what it is that they need, you don't know what it is that they need and you can't deliver that."

We believe that by targeting support for exactly what that Carer needs we can also provide the best value for money because we are giving people the help that they as an individual want rather than what we think Carers as a group want.



Get in touch for a warm welcome

Phone: 01597 823800

Email: carers@credu.cymru

Website: www.credu.cymru

Ali Bulman, Director of Social Services added:

"To echo the Councillor's comments about the invaluable support that informal Carers provide to their family and the support they provide across Powys. In turn, we can deliver the best possible outcomes for the people that they support and support them as Carers as well. We've heard some wonderful stories and experiences of using this more flexible approach."

My thanks to the informal Carers across Powys as Director of Social Services and the Council acknowledges and appreciates the support that they put in place. I'm really excited about this - it gives an opportunity to really try the personalisation approach to meeting people's wellbeing needs across Powys."

"Sometimes having a break is definitely needed and sometimes a bit of micro help makes a difference"

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

"It meant we could spend time together and have some fun - as good as a day out"

If you are interested in joining the Carers' Steering Group or in other ways to represent Carers or Young Carers, please get in touch with Becky Evans (becky@credu.cymru).

The Creative Respite Project would not have been possible without Carers and Young Carers sharing their experiences and officers in Powys County Council and the Powys Regional Partnership Board's Carers' Steering Group listening and funding the project. The story of Co-Producing the Creative Respite and Raising Awareness Projects won 2nd place at the Rural Health and Care Wales Conference held in November 2020.



During the project we have learned that what Respite looks like for Carers can be unique to them and during the Covid lockdown even more so. I feel so lucky that CREDU had resources available which could absolutely respond to what was happening and make a difference to Unpaid Adult Carers and Young Carers during a pandemic.

We have been able to help 240 Carers and their families because they have shared their experiences and ideas of what would help them have a manageable caring role and be able to carry on caring. A massive thank you to everyone who has come alongside CREDU and our team to make this difference together and for the feedback about the learning and the difference it's made. Some of the support will last long-term, such as bikes for exercise and sensory or play equipment. Some will be shared with others, as a result of training and learning skills. Some support has been something for the cared for person or the whole household/family but which has really helped the Unpaid Carer.

We've introduced a new way of getting resources where they need to be as quickly as possible. This has been CREDU's approach for the Welsh Government Emergency Grants too and has helped us to do 'What Matters, When it Matters' as much as possible.

CREDU's commitment going forward

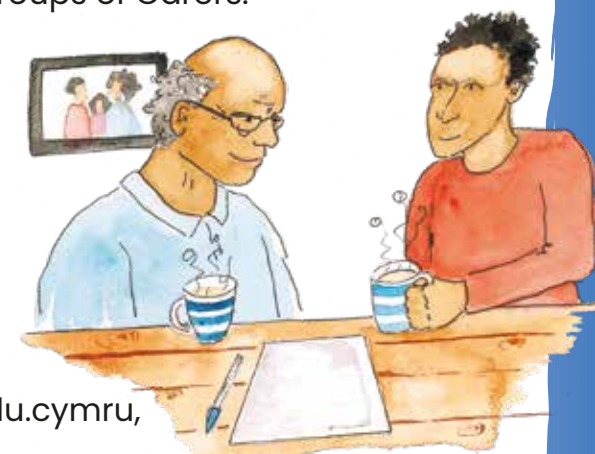
As well as the extension to the Creative Respite Project, CREDU is committed to:

- Sharing the learning as widely as possible
- Information resources to inform and inspire bespoke creative support, based on listening to Adult Carers and Young Carers.
- Working with organisations and services to share our experiences and explore ways together that the approach might work in other services too.
- Continuing with online sessions, such as Activity Hours, gaming sessions etc. as much as possible and as long as it's wanted. If you'd like to volunteer to help keep these going or you have new ideas you'd like to make happen please get in touch!
- Groups, trips and training or workshops face-to-face when it's safe to do so and we are able to. We really miss seeing you and spending time together!
- Keep listening to Adult Carers and Young Carers about what will make a difference, either to individuals and families or to groups of Carers.

Please share your ideas and thoughts: together we hope to make these ideas become reality!

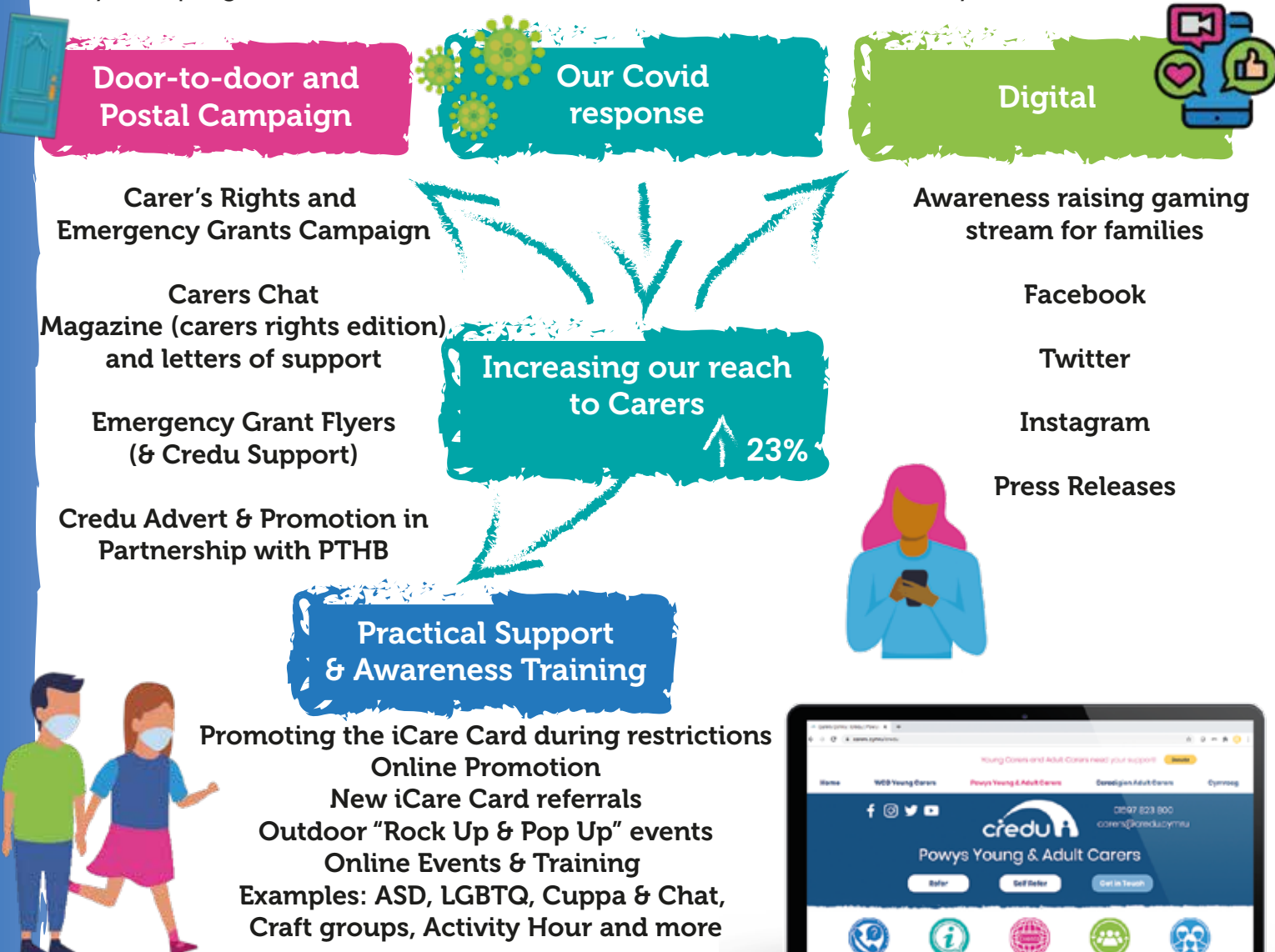
We will do our best to support your ideas - the creativity comes from you! You might feel like your ideas are silly or you're not sure how to make them happen. Let's see what we can do together!

Please share your ideas with us by emailing carers@credu.cymru, writing to FREEPOST CREDU or calling 01597 823800.



Raising Awareness Project

The Raising Awareness Project is ICF funded and aims to raise the platform of caring in ways that reach more hidden Young and Adult Carers in Powys. Carer Champions, Carers and staff have all been instrumental in driving the various awareness raising campaigns. In fact, since the last issue of Carers Chat, we have seen 23% more hidden Carers getting in touch for information and support. Our approach to raising awareness is built on three key campaigns to ensure we reach out to communities across Powys:



Check out:
www.credu.cymru
 PLUS, we are now on
 Instagram!
 Check out:
[@creduconnectingcarers_](https://www.instagram.com/creduconnectingcarers_)

Our online approach will always remain a key part of reaching more Carers and raising the platform of caring. However, not all Carers are online and make use of social media. Given that we had little to no opportunities to meet up, we focused a lot of energy in a postal and door-to-door campaign to reach even more hidden Carers. Over 6600 flyers (highlighting emergency grants available) were posted to various neighbourhoods across Powys by volunteers, Carers and the CREDU team. In partnership with Health, we reached a further 26,000 households through a joint flyer to reach as many Carers as possible.

We finalised a Carers Information Booklet, which has already started being distributed to some vaccination centres as many Carers and cared for will be visiting such centres to get their vaccinations. It is hoped that we will maximise our reach to more vaccination centres in the coming weeks. It can be found on the CREDU website but a copy can be posted to you as well. Please feel free to get in touch to order a copy – 01597 823800 / carers@credu.cymru

Just prior to Christmas, as restrictions eased briefly, we began our 'Pop Up and Rock Up' stalls to make coffee and reach even more Carers in local communities.



In the last few months, we have been making some superb links with professionals through Carer Aware Training – starting at Powys County Council. The online training platforms have allowed us to reach even more professionals across Powys than would normally be possible with face-to-face training events. Armed with up-to-date information and tips, these professionals will now find it easier to identify a caring role and link such Carers to support on offer. In fact, through the training, some professionals were able to identify that they had a caring role themselves!

Looking forward, we are excited to announce that the ICF project funding has been extended for another year. This will mean that we can continue to develop new ways to further improve on our digital, postal and training campaigns! As the lockdown starts to ease, we will be looking forward to getting out and about again with more 'Pop Up and Rock Up' stalls across Powys along with valued partners such as PAVO's Community Connectors. [Watch this space...](#)

LGBTQ+ Caring

Since 1994, February has been Britain's LGBTQ+ History Month. Usually, museums, galleries, libraries and other spaces would be putting on exhibits and events but alas, these are unusual times. CREDU understands that this pandemic may have resulted in a loss of community and self-expression for many people, so we'd like to extend a hand; whether you're a Carer or someone being cared for, we want to let you know that you are valued.

5 key points

1. Be respectful

A person's identity is deeply personal. If someone chooses to tell you their identity, feel honoured and respect what they tell you.

2. Learning process

As more people explore different feelings, they might discover or invent new labels to describe themselves. Language is constantly evolving and it's okay to be confused or unsure about what to say.

3. Not a fad

From Ancient Roman Emperors to anti-slavery campaigners to WW2 fighter pilots, gay and transgender people have existed all around the world throughout history.

4. It's natural

Over 450 species of animal have been discovered to show same-sex attraction, some even raising young together. Animals such as lions, garter snakes and clownfish are also known to blur the lines between the genders, showing that the natural world isn't constrained by gender.

5. Pride!

If you're an ally to the LGBTQ+ community, be loud and proud! If you identify as LGBTQ+, be even prouder! Every time someone is unashamedly unique, kind and open, the world becomes a better place.



Freedom Talks

An LGBTQ+ inclusive group that supports people of different ethnicities, sexualities and gender identifications. We are working towards new creative ways of expression and telling our stories.
www.facebook.com/groups/1170731133361715

- 1951: Roberta Cowell becomes the first British person to undergo sex reassignment surgery
- 1967: Homosexuality is partially decriminalised
- 1969: The Stonewall Riots kick off the modern LGBTQ+ movement
- 1970: London Gay Liberation Front established
- 1971: Same-sex marriage explicitly banned
- 1972: The first British Pride parade
- 1978: The Pride Flag is designed
- 1982: UK's first AIDS charity set up
- 1988: Section 28 bans Local Authorities from "promoting" same-sex relationships
Stonewall UK is formed with the help of actor Sir Ian McKellen
- 1992: The WHO declassifies homosexuality as a mental illness
- 2002: Same-sex couples win equal adoption rights
- 2003: Section 28 repealed
- 2004: Transgender people can fully and legally identify with their chosen gender
- 2014: Same-sex marriage legalised

Fun facts

- The bisexual playwright William Shakespeare invented 1,700 words, including "bump", "moonbeam" and "laughable".
- Bisexual opera singer and professional sword-fighter, Julie d'Aubigny, frequently duelled against men for stealing their girlfriends. She was pardoned by the King of France twice!
- Gay mathematician Alan Turing invented a code-breaking machine that cracked the Nazi Enigma. It is said to have shortened WW2 by two years.
- Sister Rosetta Tharpe, a Black and gay/bisexual church singer, is credited as the "godmother of Rock 'n' Roll". Her swagger and unique guitar playing is said to have inspired the careers of Little Richard, Johnny Cash and Elvis Presley.



Online events

Staying in doesn't have to mean losing out. Eventbrite has a huge collection of online events, from quizzes to panel discussions to book clubs.

A wide range of topics are covered, from religion to disability to embroidery and many events are free!
www.eventbrite.co.uk

Digital company

Youtube: Jessica Kellgrane-Fozard lives with her wife, two dogs, and two chronic illnesses. She makes YouTube videos about vintage fashion, history, and her life.

Comedy: Hannah Gadsby is an autistic lesbian comedian. She has two Netflix specials named "Nanette" and "Douglas".

Music: Genderfluid artist Dorian Electra uses genre-bending music to explore the concept of gender and performance.

TV: The Russell T Davies drama It's a Sin will be available on All 4, while Ryan Murphy's Pose is on Netflix.

Movies: Pride! tells the story of the London LGBTQ+ community banding together to support the South Wales miners' strike in the 1980s.

Volunteering

There is a growing team of Volunteers in Credu! Volunteering in Credu is growing and our skill base with it. We have trained 10 Volunteers from Powys in Collaborative Communication training – a method of communication that puts Carers at the centre of their own world and sees them as the experts in it.

'Thank you so much for inviting me. Really so interesting and lots to practice'

'I feel really enriched and privileged to have been on this training. I will definitely use it going forward'

'Thank you so much everyone. Re-education is the best way as life-long learning opens those doors'

Volunteers have come to us as Outreach Workers' family members who have been swept up by a passion for working with Credu, as Carers with 'lived experience' who are experts in their fields and who want to support their peers at the start of their journey or who are younger than them at school and as motivated individuals looking for some purpose and experience who saw our flyers and posts. We have sought to find out about each one as an individual who can bring their own unique set of skills, interests and availability to our organisation.

Volunteers are offering:

- Mindful meditation sessions
- Creative writing sessions
- An online homework space
- Telephone support to a handful of families with a focus on autism
- Articles and direction for the Carers Chat magazine
- An LGBTQ peer chat group and an LGBTQ forum that is informing health professionals about gaps in provision
- Representation on various boards & forums both local and national
- Support at Carers online peer groups

Our Charity shops have unfortunately been forced to close for the time being but a team of Volunteers awaits their safe re-opening. Although Covid restrictions have limited the way that we can work, the enthusiasm and energy of new members to our team has helped us to open up to new ideas creatively. We are exploring ideas around walk and talk groups when restrictions lift a little, phone support in Welsh language for those who would benefit from this, continuing Blue's Art project beyond her residency and gardening groups. We are still optimistic that we might be able to plan for a Credu Big Weekend this summer with the hope that our most vulnerable are protected with the vaccine. We will be looking for lots of help with this!

If you would like to get involved with Credu as a Volunteer offering as much or as little as you can please get in touch with sally@credu.cymru / 07940 254957 or click on our website (www.credu.cymru) to find the Expression of Interest form under Get Involved and we will get in touch with you.



Credu's Artist in Residence

Hi, My name is Blue!

I have been running 2 group sessions and many 1-2-1 sessions since December last year as CREDU's Artist in Residence.

The ideas I am focusing on are really people's own expression and their passion for creative time. It's not about how perfect your drawing can be or even if you think you can draw – it's about chat and creative time together and overcoming barriers to creative time like not thinking it's important or finding chores to do instead. Art, like everything, has to have time and practice put into it to feel the joy from making a drawing.



Here are some lovely comments from Carers taking part:

"Thanks Blue. I really enjoyed an hour of chat and sketching."

"That was actually really good – I enjoyed that a lot. It's very different for me having to think what to draw as in my art class, I have a set piece to paint so it's challenging to try to use my imagination... the flower on the wrist is my tattoo – I thought I should put it on there as it's part of me – thank you for a lovely session Blue"

"Me too. I love words so that was a good one for me."

"The girls really enjoyed the class. Thanx! See you Friday"

"K really enjoys it thank you so much x – C hasn't stopped drawing since today's session with the girls – thank you – he even took them to school to show everyone there... he's so so proud of them, he's never shown so much interest. In the past he's just said he's no good so wouldn't even try... thank you so much, he's looking forward to the next one."

"No problem, we're very grateful for what you do, M loves it! "

"How lovely to hear that he is doing so well!
Thank you so much for your time!"





Everyone is all ages and skills. It really is about coming together. I have mailed out over 50 sketchbooks, watercolour pencils and other bits and pieces but the important part is that when we spend time together on Zoom, Facebook or text message, whatever contact time it is, it is to focus on being creative, however comes naturally to you, so that you enjoy and focus on what you want to achieve in that hour...

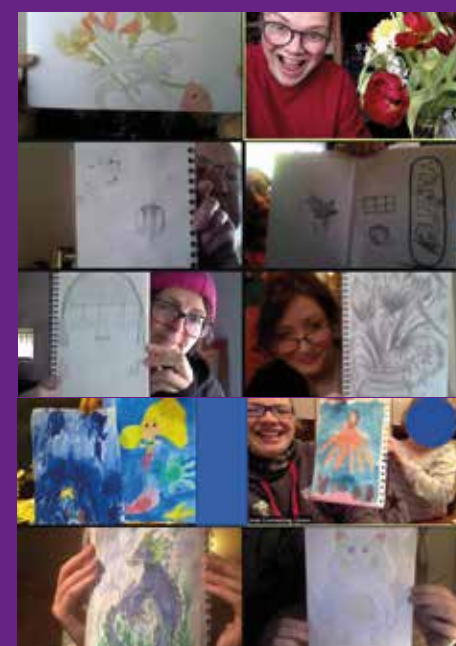


Contact me: blue@credu.cymru
07376 482087
Facebook: Credu Artstudio

ZOOM SESSIONS:

Talking Sketchbook:
Wednesdays 11am - NOON
A relaxed session to chat and draw and paint to create original creative ideas in your sketchbooks so you feel free to be more creative and confident to make art on your own too.
Zoom link:
us02web.zoom.us/j/87887349149

Art Room Hang Out:
Fridays 4pm - 5pm
Anything goes, fun session post school day: families, adults and kids - taking on ideas and also you can express yourself and use the session to get creative - we have done: mash-up-fantasy creatures, graffiti writing / comic drawing and much much more!
Zoom link: us02web.zoom.us/j/84741433995



A Message for Carers

from Powys County Council

Ymson Amser

Roedd yr hen bobl yn arfer adrodd englyn enwog John Jones Llanrwst:

Er arian ac er eiriol, - er wylo
Er alaeth beunyddiol,
Er gwaeddi yn dragwyddol,
Ni ddaw i neb ddoe yn ôl.

Daeth, ac fe aeth y Nadolig eto eleni a hwnnw'n un go wahanol. Gobeithio eich bod i gyd wedi cael amser i ymlacio. Gallaf ddychmygu fod gwaith gofalydd wedi bod yn anoddach nag arfer, hyd yn oed, dros y cyfnod diweddar.

Aeth yr amser fel y gwynt eto, yn gyflymach nag erioed a gwyddom mai troi mae'r cloc. Ond, wrth gwrs, twyllo wnaiff y cloc. Mae'r ychydig funudau o ddarlenn hyn wedi mynd ac mae pawb ohonom ychydig funudau'n hŷn.

Roedd yr hen Gymry'n dathlu, yn dilyn dydd byrraf y flwyddyn, 21 Rhagfyr, fod 2 funud yn fwy o olau dydd yn feunyddiol. Erbyn yr Hen Galan (13 Ionawr), credent fod awr gyfan yn fwy o olau dydd, sef "Awr Fawr Calan".

Ysywaeth, dysgodd Chronos, o Groeg, i ni nad yw amser yn mynd o amgylch, ond llinell ydyw. Llinell aiff yn ei flaen drwy'r amser yn 'gronolegol'. Felly, ai peth artiffisial ydy blwyddyn newydd? Ar ddechrau'r gwanwyn byddem, y Brythoniaid, yn dathlu'r Calan (Mawrth 21) gyda'r 'fam-ddaear', ac mae cyfrifwyr ariannol yn dal i wneud hynny (dechrau Ebrill).

Erbyn heddiw, yn Ionawr y dywedwn "Blwyddyn Newydd Dda", ond oes gwerth yn hynny felly? Mae'r gair "da" mewn "Blwyddyn Newydd Dda" yn gwneud i ansawdd fod yn ganolog. Nid yw'r flwyddyn nac amser yn bwysig, ond mae ansawdd eich amser yn bwysig. Os na "ddaw i neb ddoe yn ôl", mae'r ansawdd yn hollbwysig.

Gyda'r amser yn symud yn ei flaen yn ddi-baid, diolch byth bod cyfle arall. Diolch fod dechrau newydd ac, yn dilyn Gŵyl Fair y Canhwyllau, fod gennym y cyfle i symud eto at oleuni'r gwanwyn obeithiol.

Diolch i chi i gyd am y cyfan yr ydych yn ei wneud. Bu'r flwyddyn a aeth heibio yn un heriol dros ben i bawb ac mae'n dda gwybod fod y gwanwyn am roi cyfle arall i ni i gyd unwaith eto.

Diolch i chi am eich gofal, am eich amynedd, a'ch caredigrwydd.

**I'n byd daw fory'n ddi-ball
I wawrio'n gyfle arall.**



Time Passes



The old people used to recite John Jones Llanrwst's famous englyn:

Regardless of money or advocacy, - regardless of tears
Or daily grief,
Regardless of shouting endlessly,
Yesterday will not return for anyone.

Christmas came and went again this year and it was quite a different one. I hope you have all had some time to relax. I can imagine that the work of Carers has been more difficult than usual over the recent period.

Time has flown like the wind again, faster than ever and we know that the clock turns. But, of course, the clock deceives us. These few minutes of reading have passed and we are all a few minutes older.

The Welsh people of old celebrated, following the shortest day of the year, 21 December, the 2 additional minutes of daylight experienced daily. By the Old New Year (13 January), they believed that there was one whole additional hour of daylight - the "Awr Fawr Calan", or the "Great Hour of New Year".

Sadly, Chronos, of the Greeks, told us that time does not go around, but is a continuous 'chronological' line. Therefore, is the New Year artificial? In early Spring we, the Britons, would celebrate the Calan [New Year] (March 21) with 'mother earth', and financial accountants still do so (early April).

Today, we say in January "Happy New Year" in English. But in Welsh the saying is Blwyddyn Newydd Dda (Good New Year). The word "good" places quality at the centre. The year and time are not important, but the quality of our time is important. If "yesterday shall not return for anyone", then quality is paramount.

With time moving forward relentlessly, thankfully there is another opportunity and a new beginning. Following Candlemas, we have a new chance to move again towards the light of a hopeful Spring.

Thank you all for all that you are doing. The past year has been a very challenging one for everyone and it is good to know that the Spring will provide us all with another chance once again.

Thank you for your care, for your patience and your kindness.

**To our world tomorrow unfailingly comes
To dawn as a new opportunity.**

Huw Dylan Owen

Head of Social Services
Commissioning
Powys County Council



Cancer Hope for Carers

A programme launched last year by Macmillan Cancer Support, Powys Teaching Health Board and Powys County Council is aiming to bring hope and much needed support to families and carers of loved ones who receive a diagnosis of cancer.

The Improving the Cancer Journey in Powys (ICJ) programme funded by Macmillan Cancer Support is a three-year partnership which aims to ensure that Powys residents get the right help and support that they need following a diagnosis. As the county has no district hospital, consultations, scans, diagnosis and treatment take place out of county, at one of 14 hospitals ranging from Swansea to Shrewsbury.

The programme has been listening to people's stories about their cancer journeys and experiences including those of carers and is working with key organisations – including Credu – to develop three pilot projects which will be launched towards Spring. The pilots will offer people the opportunity to complete a checklist of concerns which is then followed up by a conversation, so people get the right support for the things that matter most to them.

Ry, whose husband died from lung cancer in 2018, has volunteered to sit on the Journeying Together Forum. The forum is a small group of carers and people living with cancer who are contributing their views and helping to shape the programme.



Ry said:

"Our cancer journey was like being on a rollercoaster. We felt quite overwhelmed and at times it was both confusing and frightening not knowing what to expect. We did have one excellent source of support via a Macmillan Nurse. My husband and I could talk to Sue about everything: she had a lovely warm personality and a great sense of humour – appreciated by us in what was a terminal diagnosis."

She added: "I am sure that for many carers there is a feeling of being invisible in the clinical setting where the consultant is so focused on your loved one, they sometimes forget to include you in the conversation. Having had the chance to try out what's called an electronic Holistic Needs Assessment, I do feel that it gives ownership back to the person and their family to think more fully about their needs and highlight them in one comprehensive checklist. By being able to discuss these with someone who is empathetic but also resourceful and able to point people in the right direction, I'm confident it will make cancer journeys less traumatic for everyone including carers who are somewhat on the side-lines, watching, hoping, waiting and caring."

Becky Evans, Team Leader at Credu said: "Cancer is well-known as the Big C, but for families of loved ones facing a cancer journey the Big C is about care. At Credu we are proud to be working closely with the ICJ programme and feel hopeful that the three pilot projects will provide the insights we need to develop a county-wide and sustainable community model of care."

Holistic needs assessment

The holistic needs assessment looks at a range of concerns and then offers advice. This could include:

- welfare benefits advice
- support for personal care needs
- pain management
- nutrition and exercise to aid recovery
- help to explain to children or family members what a diagnosis means
- making a will
- how and when to return to work
- financial worries like paying the mortgage or rent
- emotional support to deal with anxiety, loss of confidence or depression
- sourcing local support groups or interest groups (choirs, knitting, reading, arts and craft, history etc).

IMPROVING THE CANCER JOURNEY IN POWYS



If you care for someone in your family who is living with cancer, we'd like to hear from you.

A new programme called "Improving the Cancer Journey" is looking at what support is available in Powys for those who are living with cancer.

Get in touch via
ICJPowys@powys.gov.uk
or call Sue on: 01597 826043
Monday to Friday (9.30am - 5.30pm)



Get in touch for a warm welcome

Phone: 01597 823800

Email: carers@credu.cymru

Website: www.credu.cymru

WILDLIFE, CLIMATE AND US

**Have you heard of Radnorshire Wildlife Trust?
It is great if you have but no worries if you haven't.**

Radnorshire Wildlife Trust is one of 46 Wildlife Trusts working across the UK and one of 5 within Wales. We manage 18 nature reserves, with the invaluable support of volunteers and members. We also work with other landowners and organisations to protect and connect wildlife sites across the county and inspire local communities and young people about where they live. If you want to know more about us you can visit: www.rwtwales.org

Thanks to the National Heritage Lottery players, the Welsh Wildlife Trusts (and therefore Radnorshire Wildlife Trust), have received funding through the Climate Change Fund to carry out a Wales-wide project for the next four years.



This project aims to empower young people (9-24 years old) across Wales to take a lead on tackling climate change and reverse the decline of nature in their own communities.

Through this project we will work with Wales's young people to identify and develop their concerns about climate change, understand their motivations for change-making within their local community and empower them to take action to reduce the carbon footprint of their communities – co-designing and leading on the implementation of local environmental improvement projects and coming together to forge a nation's young voice.

One main part of this project will be the creation of a local Youth Forum where young people can meet, come up with ideas and put together projects focused on how to improve their local areas and help wildlife as well as fight climate change.

For any young people, either through their schools, youth groups, afterschool clubs or as individuals this project offers opportunities to:

- participate in outdoor activities focused on wildlife & climate change
- undertake various projects focused on habitat restoration and/or creation
- co-produce climate change-linked creative material
- explore the principles of sustainable energy generation using locally available resources
- participate in training and workshops
- learn how to organise and deliver events
- carry out practical work
- gain and improve their knowledge and skills

If you would like to get involved you can get in touch by emailing our Community Wildlife Officer, Silvia Cojocaru at silvia@rwtwales.org or if you live in Montgomeryshire you can email Dan Hodgkiss at dan@montwt.co.uk.



**Worried about the continued Covid-19 lockdown?
Concerned about future changes to restrictions and
accessing your community?
Are you looking for support, advice and reassurance?**

PAVO Community Connectors will put you in touch with voluntary organisations and community groups who can support you. We will work with you to access the right local services, information and support to help improve your health and wellbeing.

01597 828649

**Community.Connectors@pavo.org.uk
[@powysconnectors](https://www.powysconnectors.org)**



Credu supports Young and Adult Carers in the ways that matter to them. This can include:

- Practical information
- Emotional Support
- Financial support
- Groups and events
- Courses and training

01597 823800

**carers@credu.cymru
www.credu.cymru**



JUST FOR FUN...

Credú Sudoku

We thought you would enjoy a Sudoku! The usual rules apply but with a twist – instead of 9 numbers, we decided to use a 9-letter word with 9 different letters, which links to the theme of this edition of Carers Chat.

The word is RECOUPING.

P			N	C		U		E
C	R							N
						C		
N					C	E		O
O	E			I	N		R	
		U		E				G
E	P	C			G	N		U
I	N	R	E	O		G		
U		O		N			E	

David's RDD Comics

My name is David and I go to Cyfle Newydd day services for adults with learning disabilities and I have Aspergers.

I do my own Comics called the RDD (Red Dyfi Dragon) Comics and I write stories featuring Superhero characters such as the Red Dyfi Dragon...



The Diary of Dairy

Designed by Malakai

The DIARY OF DAIRY
21/8/16 Episode 1
"Introductions"
Ok, well this is awkward. I've only just learnt to write! This has to be a record.



Alright, time for introductions. My name is Carol Cow, and I am the world's only talking cow aside from Barry next door, but he's not a cow, so... Anyway, I guess I should introduce a few of my friends. Well, the most memorable ones include:



Just to name a few, and trust me. They'll come in handy later on. Shirley Sheep,

Special Thanks

To all the Young Carers and Adult Carers who have made this magazine possible!



Viewing Life From The Top Of A Mountain!

I have a lasting memory of my late mother.

There she was at the top of a mountain, aged 95, in a wheelchair, no longer able to walk, looking at life below through a pair of binoculars! A picnic at our side, including a small bottle of wine – there were beaming smiles all around.

How was this possible? Easy! Creative, person-centred care being delivered by Gareth, Mum's independent P.A., who runs his own micro care company, Dinam Support. It did not matter that Mum was in the final stages of dementia, with all the related problems: she was free, enjoying life in her own way. A wonderful memory.

– Jean Carter

Looking at this photo brings back wonderful memories. Why? To me, it is obvious: it shows care in its simplest form – it is a powerful, liberating, rewarding thing.

Valerie lived a valued life. At 95 she was in the community watching rugby with a pint, going to the theatre, going on outings with friends: she was part of the community and valued by the community in which she lived.

What was the cost of Valerie's care? It amounts to a genuine commitment to sufficient time, imagination, opportunity and a will to live well.

– Gareth Davies (Dinam Support)





CREDU Sudoku Answers

P	O	I	N	C	R	U	G	E
C	R	E	G	U	I	O	P	N
G	U	N	O	P	E	C	I	R
N	I	P	R	G	C	E	U	O
O	E	G	U	I	N	P	R	C
R	C	U	P	E	O	I	N	G
E	P	C	I	R	G	N	O	U
I	N	R	E	O	U	G	C	P
U	G	O	C	N	P	R	E	I

Number of Easter Eggs: 12

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Addysgu Powys
Powys Teaching
Health Board



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Partnership Board
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Get in touch for a warm welcome

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Email: carers@credu.cymru

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