

KNOW YOUR RIGHTS!

Welcome to our Autumn Issue

As the seasons change and the nights grow colder, we hope the magazine (with a cuppa) can offer some respite and help keep you informed, inspired and well!

The Carers team who help make this magazine possible has grown to include more Adult Carers and now a brilliant Young Carers team has formed. These talented Carers remain emphatic that we need to continue to 'Carry on Caring' and to lean on one another to remain motivated in what are otherwise very testing times.

Thus, this magazine has grown to include even more helpful tips, winter-proof recipes, stories of caring, beautiful poems and wellbeing articles by Young and Adult Carers.

A very exciting addition to this issue is the Carers' Wall in the magazine. The Wall is a montage of inspiring quotes and photos submitted by Carers about what helps them to stay well and 'Carry on Caring'. We hope that the positivity that resonates from the Carers' Wall will in some small way help you carry on caring!

With the pandemic still enduring, it can be difficult to sometimes stay positive and we are continuously inspired by all Carers who contribute to this magazine and the Carers' movement in general.



SPECIAL FEATURES

- What's On for Carers
- Walk in My Shoes
- Comforting Winter Recipes
- Carers Wall – Inspiring us to Carry on Caring!
- Know Your Rights
- A Healthy Body means a Healthy Mind
- Projects supporting Carers



This year, Carers' Rights Day is happening on the 26th of November.

This is an important day on the calendar as it strives to ensure that Carers are aware of their rights, know where to get help and how to go about getting support.

The theme for Carers' Rights Day 2020 is 'Know Your Rights'. In this Carers' Rights Edition, we have included an insightful overview of what you need to know.



What's On

We are running a variety of events and events to support Young and Adult Carers, including: cuppa and chat groups, ASD groups, wellbeing webinars, Carer Champion training and more...

Whilst we can't meet in person at the moment, Carers continue to connect and support one another more than ever online.

Our events and groups are updated on our online calendar. Simply click on a group or event that interests you and follow the info/link to join: Visit www.credu.cymru/events to see and register for our upcoming events.

We can also email you info of upcoming groups and events if you sign up for our weekly email here: <https://tinyurl.com/yyg3kfst>



Some other useful links:

Facebook: CREDU Connecting Carers
<https://www.facebook.com/creducarers>

YouTube: On Being A Carer –
A collection of stories by Young & Adult Carers
<https://tinyurl.com/ycmhsxqn>

If you have any questions or enquiries, please call
01597 823800 / email: carers@credu.cymru

ARE YOU STRUGGLING TO GET ONLINE?

Are you struggling to get online?
Not sure how to use a computer or tablet?
You can't afford a mobile phone tablet, laptop or get WIFI?
Accessibility Powys' digital project can help you.



We are working with Accessibility Powys to help Carers get connected. They have various devices and connectivity options that can be loaned as part of the project for an initial 3 months to see how you get on with it. They can work with you to try out solutions to suit individual needs.

They preload information for you including library services like Borrow Box, online learning, emails, online grocery shopping, Zoom and online shopping. Support can be offered remotely.



Would you like to join a virtual/ online group - a craft group, wellbeing session, Mid and North Powys Mind course or activity, an online quiz, a Dementia Matters in Powys online meeting or keep in touch with family and friends online or via Facebook? The team can help you with any access needs. If you need a grant to help you fund a device or connectivity beyond the loan period, CREDU with work with AP - Accessibility Powys to help find funding.



Accessibility Powys
Contact: 07498833883
or info@accessibilitypowys.org.uk



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CREDU Connecting Carers

Do you look after someone with a health condition and/or disability? Then you matter too!



CREDU supports Young and Adult Carers.

How CREDU supports depends upon what would work for you and how (telephone / internet / in person according to the most current Covid-19 safety guidelines). Here are just some ways:

- Practical information (e.g. services for the person you look after / respite / financial benefits)
- Emotional support / counselling
- Listen to enable you to work through challenges and find ways forward that work for you
- Young and Adult Carers Groups
- Courses (e.g. first aid / manual handling / stress less / sleep easy)

ALSO – We have emergency grants to support Young and Adult Carers through winter 2020/21 with things like food / fuel / access to the internet / wellbeing.

Just get in touch and you will get a warm welcome:

Call: 01597 823800

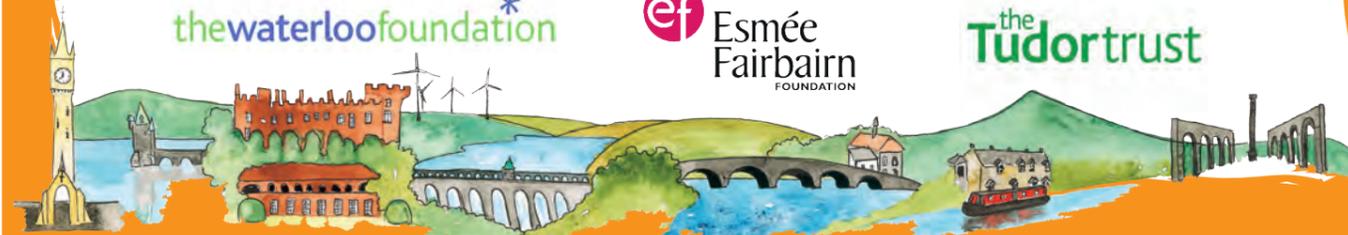
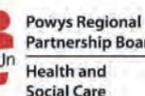
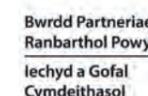
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If you want to help Young / Adult Carers we welcome volunteers and donations!



What do you picture as being part of the Credu Festival?

Carers Festival 2021

Together, we can plan an amazing event!

What better way to celebrate Carers Week next year than with an action packed Carers Festival for Powys? It will be a day to look forward to and help raise awareness of caring.

Keep an eye on our social media channels and website for updates and opportunities to get involved!



SHOUT OUT TO KAREN EMERY!
 ...who has diligently saved up her 5p's for Young Carers in Montgomeryshire as well as adding to it her Christmas card money and donated a massive £104 !!
THANK YOU SO MUCH KAREN

iCare Card – Valuable ID for Young and Adult Carers



As we head into winter and Covid restrictions seem likely to continue in some form, you may find it useful to carry a form of ID and recognition of your caring role.

This ID might support you when carrying out your caring duties, travelling and shopping for your Cared For.

If the iCare Card would help you, please get in touch on carers@credu.cymru or 01597 823800 for more info!



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Walk in My Shoes..

Mothering Different

Tara Morgan
Parent Carer from Brecon



When you were pregnant did you daydream of all the plans you had for your child?

Did you dream of all the firsts?

First steps, first words, first day of school?

Did you wonder what they would do?

Did you wonder who they would be?

...I did.

Were all those dreams and plans wrong? Mine were.

When the day came for me to meet my twins at 25 weeks I knew. And at that time it broke me into a million pieces. I knew for the rest of our lives our dreams and plans would never look the same as anyone else's. But you know what? We picked up the pieces. We had new dreams and we made new plans.

That's the beautiful thing about dreams. They are ever-changing and so unique to you.

We no longer dreamt of the firsts. Each night, we dreamt my twins would still be alive the next morning. Every second, every minute, every hour counted was a blessing with them being in this world.

Every day we would wonder if they would make it through that day for months on end from different hospitals to different surgeries. Having seen them have a cardiac arrest and come back to life countless times. Watching them have countless blood transfusions, desats and bradys. Having to learn the medical language.

When we would be able to hold them for the first time. When we could dress them for the first time. When we could even bath them for the first time. I dreamt of living life outside of hospital walls at home with my babies.

We dreamt of the little milestones my babies might meet and we celebrated them, because even though it's not a big milestone to you, it's a mountain to us. I dreamt of seeing my babies smile and they did!

We dreamt that one day this whole nightmare would end but we adapted and we started watching our new dreams come true, one at a time, slowly but surely. And if they don't? That's okay too. We keep dreaming anyway.

Mothering Different. It's all I know now.

I know how to change a stoma, how to recycle from the stoma back in the body and give tube feeds, how to check the pH level in the stomach, how to give CPR on a baby, how to do physical therapy, how to do a range of different things, how to draw up and administer medications through the feeding tube.

I know how to put a brave face on when my child is being wheeled back for yet another surgery as this time they could die.

I know how to comfort my child during hard times.

I know how to react during emergencies because my boys' lives depends on it.

I know how to speak my boys' silent language.

I know how to be an advocate because I need to be my children's voice.

I know how to find joy and miracles in the little things that are often overlooked.

But most importantly, I know how to love two special little boys with my whole heart and give them the life full of adventure they deserve.

I know how to love different, how to embrace different, how to see all the different and know that it is beautiful.

THAT is Mothering Different. And it's an honour.

It's been hard I'm not denying that after having them and suffering with postnatal depression and PTSD YES PTSD FROM A TRAUMATIC CHILD BIRTH IS REAL it breaks you and you will never be the same person again.

I know this will hit hard to some people because you've been through the same and this is just to let you know you are doing an amazing job and keep going!

These two are my absolute world and I don't know what I'd do without them.



Hidden Disabilities and Me

by Grace Bristowe

The noise is loud, my anxiety is heavy
no one was getting me so I was unsteady
the cloud was high, I wanted to scream
I wish I could say what I wanted to say
many years people think I was misbehaving
but in the end it was not my filter
I don't get why I was different
that's my autism what does that
I been through many challenges with an unsteady gate
sometimes
I wish that gate would shut
I have meltdown in town
People stare
I wish I could tell them what I wanted to get out some days
It just gets too much and I just kick and scream as I am not
trying to be mean
Sometimes small things can feel big
I just want to get out but I am not feeling mean all I want is
people to like me
I just get the opposite of this
The sunflower lanyard helps me get out that I have hidden
disabilities, my mum does not have to explain anymore
it's absence of it all my life has been worth it all just for people
to understand
and I can be big and tall instead of being very small
My life is a journey on a boat and I don't know what I would be
without my life boat
The life boat is my family and that's the important thing
Take care or you know you are going
to sink
Seek help before you break and I will be your life jacket one day



Happy Is by Zhi, Finley and Taylor

Happy is the smile of your mother,
Happy is a tiring family day out.
Sunny weather that makes you want to skip,
Seeing the river swim along.

The sound of hummingbirds,
The joy of people you love.
Happy is laughing until you cry.

Happy is capturing a sunset.
Happy is the togetherness of friends,
Snowy winters and frosty air,
Seeing someone feel proud of themselves,
It is found in cheeky, contagious laughs.

Happy is picnics on a blue-sky day,
Or building forts with blankets when it rains,
Finding something you loved but lost.

Happiness is in all of us.
Happy is the biggest sprinkled ice-cream,
Or making a recipe from your cooking book,

Happy is a goodnight kiss,
Or best of all, it is found in hugs.
Happiness is something better shared,
And sometimes it's just the adventure.
Reaching for a star will still take you high,
Happiness won't pass you by.



What Matters Most An Ethnographic Poem crafted from the feedback at Progressing Respite Matters.

Is what matters most
Well resourced, trustful
A toast to the simple
And yet, bespoke
Mutual, timely
A thoughtful space
Easy to access
A meaningful place
Where I can be me
Tailored freely
Time to enjoy & feel safe, why?
Because it's not just ME
It's us & I
Kind compassion
Time alone
Sleep, rest, play
Holiday from home
True understanding
Listen, take heed
A sense of our Self
Is all that we need
A carer who cares
But not just for me
For carers and cared for
Equally, so that we can be
Who we are
What matters most
Is sometimes lost
Tailor my care
Regardless of Cost
Looking forward
Based on our truth
Innovative, appropriate
And future proof
Be different, be thoughtful
Be creative, be brave
From bird watching to painting
Whatever we crave
TO recharge, to exercise
To be more than enough
TO respect, less alone
But most of all LOVE.



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A 7 YEAR OLD CARER IN 1948

We had moved from my grandparents' house after my mother had suffered a heart attack and a nervous breakdown. My dad went to work at seven in the morning, then I would make myself and Mum breakfast after cleaning her false teeth, then I would go to school which meant catching two buses.

One morning I was boiling the kettle on the open fire where I had to stand on the large brass fender to reach it when it boiled.

As I reached upward to take it off the fire it slipped out of my hand and spilled all over my legs. Mum was lying in the bed behind me and I sat next to her. She tried to blow on my legs but could not continue as she was breathless having just had a heart attack. Mum said 'you will have to go to the doctors surgery on your own' and having just moved into the area I did not know my way around, so she told me which way to go. I walked for about a mile to get there and just keep in mind that I did not speak the language and did not know anyone. By now my legs were stinging and painful.

Doctor Barry was horrified when she saw the state of me. She tended to my legs and told me to sit in her waiting room while she finished her surgery then she took me home in her car. Mum had written our address on a piece of paper.

A few days later - Saturday - she called in, sat me down at the table and taught me how to administer all of Mum's tablets, (I remember one of them was phenobarbitone). Explaining to me the seriousness of the work I had to do.

My aunts - (the 3 wives of Mum's brothers) took it in turns to come on Saturdays to teach me to do housework. I learned how to scrub the flagstone floor with a scrubbing brush, a bucket of water and a folded sack under my knees.

Then I learned to brasso the fender, blacklead the fireplace and oven which was a part of it, clear the ashes from the fireplace, take them outside and riddle (sieve) them and then put them in a bucket ready for banking the fire overnight.

I washed the dishes in a bowl on the table with lux flakes as did everyone else (Fairy Liquid had not been invented). We had no washing machine and on Saturdays I stripped the bedclothes and packed them into a case to take them to my grandmothers' by catching two buses. She was lucky as she was with the first to have a washing machine.

My aunts taught me to iron the clothes: firstly a thick cloth or blanket was put on the table and then two irons were put on the open fire to heat up. When they were ready the first iron was taken off the fire and rubbed on a piece of cloth to clean it. When that iron cooled it was swapped over with the iron that had been left on the fire, and so it went on. I still have one of those irons - they are very heavy.

It was decided that I needed to cook and the first lesson was with my Aunt Meg making 'cawl' which is broth (Welsh). It was Winter 1948 .

And my dad just like everyone else grew everything in the garden - veg, fruit, salads etc. Remember Britain was still in a mess after the war and we were still living off our ration books. Butter allowance was some 6 ounces a week and cheese 4 ounces a week (this part could go on and on).

However, all we needed to buy was the meat and that too was on ration. Talk about being self-sufficient. I still grow all my own veg etc.

My aunts still kept coming to teach me everything about housekeeping. I learned to make lovely pastry for apple - rhubarb tart and made bread in the little black oven next to the fire. To make bread the fire needed to be just so and at a certain temperature - there was an art to it - guesswork if you like. Everything was cooked or baked in that little black oven.

Everyone had their own brick and in the early evening they were put in the oven to heat up and then in about an hour or so before going to bed the bricks would be wrapped in paper - any paper would do - newspaper or brown paper as it retained heat. Then it was wrapped in a small blanket or cloth of some kind.

My grandmother taught me to knit a little bag for my brick. The bricks were put at the top end of the bed and moved down to the bottom when the person went to bed. Those bricks were still warm in the morning. Our young people of today have no idea just how cold it was way back in the 1940s. All doors had gaps, especially at the bottom, where a little rug (usually sheepskin) was put against it to keep out the draughts.

Meiriona Davies
Adult Carer from Ystradgynlais



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Comforting Winter Recipes



Squidgy Chocolate Pear Pudding

This hot, gooey chocolate pudding, with dark chocolate and canned or windfall pears, is a favourite in our house! It can also be frozen if you have a glut of pears from your garden!

Ingredients

200g butter, plus extra for greasing
300g golden caster sugar
4 large eggs
75g plain flour
50g cocoa powder
410g can pear halves in juice, drained/fresh but soft pears peeled and halved
100g plain dark chocolate (70% cocoa solids)

Method

Step 1

Heat oven to 190C/170C fan/gas 5. Lightly grease a roughly 20 x 30cm shallow ovenproof dish. Put the butter in a large saucepan and place over a low heat until just melted. Remove the butter from the heat and stir in the sugar until well combined.

Step 2

Whisk the eggs together in a large bowl. Gradually add the eggs to the butter and sugar, beating well with a wooden spoon in between each addition. Sift the flour and cocoa powder on top of the egg mixture, then beat hard with a wooden spoon until thoroughly combined.

Step 3

Pour into the prepared tin or dish and nestle the pears into the chocolate batter. Put the chocolate on a board and cut into chunky pieces roughly 1.5cm with a large knife. Scatter the chocolate pieces over the batter and sprinkle with almonds, if you like. Can be frozen at this stage.

Step 4

Bake in the centre of the oven for 30 mins or until the mixture is crusty on the surface and lightly cooked inside. Do not allow to overcook, as the cake will become spongy rather than gooey in the center. Serve warm with cream or ice cream or both!!



Vegetable Soup

When it's cold outside, treat yourself to a healthy homemade vegetable soup, packed with immunity-supporting vitamin C and four of your 5-a-day

Ingredients

85g dried red lentils
2 carrots, quartered lengthways then diced
3 sticks celery, sliced
2 small leeks, sliced
2 tbsp tomato purée
1 tbsp fresh thyme leaves/1 tsp dried thyme
3 large garlic cloves, chopped
1 vegetable stock cube
1 heaped tsp ground coriander

Method

Step 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water and stock cube, then stir well.

Step 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Step 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

Maple Syrup Cinnamon Bread

1. Blend 2 or 3 eggs.
2. Dip bread in like for eggy bread
3. Melt butter into pan
4. Add cinnamon to taste
5. Fry bread until golden
6. Place slices like 2 square cushions plumped up together
7. Drizzle the precious maple syrup and breathe in the magic aromas!



Spiced Apple Chutney

Ever thought of making your own chutney but thought it might be too difficult? This is a delicious yet simple recipe for you to try!

This recipe is also ideal to make if you have any excess apples left clinging to your trees!

Ingredients

225g/8oz onions, chopped
900g/2lb apples, cored and chopped
110g/4oz sultanas, raisins or chopped dates
15g/½oz ground coriander
15g/½oz paprika
15g/½oz mixed spice
15g/½oz salt
340g/12oz granulated sugar
425ml/¾ pints malt vinegar

Cornflake Chicken Kiev

Ingredients

1 x pack of diced Chicken Breast (500g)
250g Salted Butter
20g Parsley, chopped
20g Garlic Puree
100g Plain Flour
20g Garlic Granules
3 Eggs
500g Cornflakes, blitzed in blender



Method

1. Warm the butter in a pan over a low heat with the garlic puree.
2. When melted add the chicken and parsley and continue to poach the chicken in the garlic butter for 8-10 minutes.
3. Strain off the cooked chicken pieces.
4. Whisk the 3 eggs with a splash of milk.
5. Add the garlic granules and salt and pepper to the flour.
6. Dust the poached chicken pieces with the garlic flour.
7. Drop the coated chicken into the egg and milk mixture.
8. Remove the chicken from the egg mixture and put it into the broken cornflakes and coat thoroughly.
9. Deep fry the chicken at 180°C for 3-4 minutes until golden brown OR oven bake the chicken at 180°C for 6-8 minutes until golden brown.

Serve with a Garlic and Herb Mayonnaise.



Credit for the recipes to:

Jayne Griffiths MBE
- Carers Champion

Rainbow - Carer

Karen Birkenhead
- Outreach Worker



Method

Put all the ingredients into a preserving pan. Slowly bring to the boil until the sugar has dissolved.

Simmer for 1½-2 hours, stirring from time to time to stop the chutney sticking to the pan.

When it is very thick and you can draw a wooden spoon across the base of the pan so that it leaves a channel behind it that does not immediately fill with liquid, the chutney is ready.

Turn into sterilised jars, seal and cool.

Store in a cool, dark cupboard for two to three months before eating.

These make ideal Christmas present for the cheese lovers in your family!

Creative Crafts for Wellness

The Carers Craft Group has proved to be a wonderful way for Carers and families to stay connected and enjoy their craft hobbies online. It now brings Carers together from across Powys and Ceredigion.

Each week is a new craft project giving Adult Carers across Ceredigion and Powys an opportunity to meet up and be creative.

All are welcome!

When: Every Friday 2:00 - 3:00pm

This is an online craft group run by Sue, Mandy and Kathryn of Ceredu.

Get in touch for the link to join on Zoom: carers@credu.cymru / 01597 823800



Welcome to our Decluttering Corner

My name is Ami and I'm a Family Outreach Worker in Machynlleth but before I joined Ceredu, I was self-employed as a Professional Declutterer. Most people are really interested when they discover this about me as clutter and disorganisation is something that most people can relate to at some point in their lives. The next thing that happens is that I get bombarded with questions and told all about the state of their garage or attic!



I ran some sessions for staff about decluttering and got really good feedback so thought it might be a helpful section to have in each Carers Chat issue. I will cover a different theme each time but please also feel free to contact us with any particular questions or issues you have and I can respond to them for you, anonymously if you prefer. ...Like an Agony Aunt for decluttering!

So, for this issue, I'll cover the bare basics...

- Allow time – little and often is better than dragging everything out and getting overwhelmed. Just focus on one drawer/shelf/box at a time, complete it and then move on if you have more time and energy.
- Start with impersonal items – making decisions about what stays and goes can be really hard, more so with sentimental things
- Start with things like the bathroom or the medicine cabinet - obvious things that are expired will be easier to get you started.

- Separate – as you go through things you'll likely find a combination of things that are broken, too small etc. Have a pile, bag or box for the categories of Rubbish/Recycle/Donate.
- Donate - try to donate what you can - someone else might really love it. Remember though to only donate things that are in good, clean condition.
- Have an exit route – don't let piles build up. When you're done, take rubbish to the bin and donations to the car or by the front door to take when next out. Completion is crucial.



*I hope it's helpful,
Ami*



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A Healthy Body Means A Healthy Mind

Nick's Home Exercises

Hi Everyone!

During lockdown it's been important for me, and I'm sure many others, to keep an exercise routine of some sort. Although challenging to motivate oneself to exercise at home, it's created a new type of discipline and a sense of stability, one that has had a ripple effect across other areas of life.

Following on from this summer's Carers Chat, I wanted to share a mixture of exercises as well as some static stretches with you. Static stretching is as it states in the name - they are done whilst standing on the spot or whilst seated as opposed to whilst moving.

STATIC STRETCHING

Static stretching is just as important as the exercises themselves and can include the following benefits:

- Reducing the risk of injury
- Improving flexibility
- Reducing tightness in your muscles

A key thing to remember about static stretching is that it can actually prohibit performance if you do them before exercise, so they are best done at the end of your workout.

Before taking part in exercise, it's important to understanding the following:

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

- Pain or discomfort in your chest, neck, jaw or arms at rest or during physical activity
- Dizziness, light-headedness, or fainting after exercise or exertion
- Shortness of breath after 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.

Nick's Home Exercises

SEATED AND STANDING STRETCHES

These stretches are generally held for 10-30 seconds. If you wanted to do a total of 30 seconds per stretch, you could break this down into three 10 second sections.

Trapezius Stretch

Target area: Trapezius (upper back)

How to:

- Clasp your hands in front of your body.
- Elbows slightly bent, push through the shoulders
- Drop your head slightly to maximise the stretch



Seated Hip Stretch

Target areas: Hips and Glutes (buttocks)

How to:

- Start seated with a straight back and with your feet flat on the floor
- Cross one leg over the other (ankle over knee)
- Lean your upper body forward
- When you feel resistance, hold it there



Gentle Backbend Stretch

Target areas: Neck, Spine and Chest

How to:

- Begin seated, feet flat on the floor with a straight back
- Bring your hands to your lower back, fingers facing down
- Wrap your thumbs around your hips, towards the front of the body
- Inhale, and as you exhale, gently arch your spine, leading with your head
- Do not let your head go back too much, just wherever is comfortable



Seated Side Stretch

Target areas: Core (abdomen), Back

How to:

- Whilst seated, raise your one arm over your head while gripping the chair with your other arm (for stability)
- Whichever arm you raised, you move your arm and torso to the opposite side.
- Right arm means torso to the left side etc. (Imagine you're trying to make a C shape)



Nick's Home Exercises

Seated Hamstring Stretch

Target area: Hamstrings
(at the rear of your upper leg)

How to:

- Grab two chairs and place them facing one another
- Sit on one chair and raise your leg to rest on the vacant chair
- Lean forward until you feel a stretch in your hamstring



Quads Stretch

Target areas: Quadriceps
(at the front of your upper leg)

How to:

- Using a chair for support, lift your leg and pull it towards your glutes
- Focus on the stretch of the quadriceps as opposed to how much you raise your leg
- Keep your legs in line with each other if you can



SEATED AND STANDING EXERCISES

For every exercise shown below, complete 8-12 repetitions, rest for as long as you need and repeat the 8-12 repetitions 2-3 times (more if you feel comfortable)

Spine twists

Target areas: Spine and Obliques
(either side of your abdomen)

How to:

- Standing up straight, raise your arms to shoulder height and intertwine your fingers
- Turn your torso to the side whilst keeping your legs facing forwards
- Twist to wherever is comfortable
- Repeat on the other side



Arm raises

Target areas: Arms and Shoulders

How to:

- Begin standing with your arms at your sides
- With a slight bend at the elbow, raise your arms above your head
- Choose to hold your arms above your head for a few seconds if you want to.



Nick's Home Exercises

Hands up

Target areas: Arms, Shoulders and some muscles in your back

How to:

- Stand up straight, hands by your side
- Lift your hands to about midway between your hips and shoulders
- Face the palms of your hands downwards
- Pull your hands back towards you so they end up either of your head
- Hold this position for a couple of seconds and repeat



Box squats

Target areas: Quadriceps, Glutes and Hamstrings

How to:

- Stand up straight - your feet should be spread shoulder-width apart.
- Lower your body by pushing back your hips and bending your knees until your butt touches the box or bench. Reach your arms out in front of your chest for balance.
- Pause, and then return to a standing position without leaning forward



Seated leg raises

Target areas: Hips and upper leg

How to:

- Seated on a chair or bench, take hold of either side for stability
- With bent legs, raise one leg at a time
- Raise until your foot is about a fist's distance from the ground
- Hold it there for a few seconds and repeat



Bent over rows

Target areas: Back and Biceps

How to:

- Stand with roughly a shoulder-width stance.
- Pick a weight of your choice (could be a tin of baked beans for example)
- Bending your knees slightly, lower your back slightly (maximum of 45 degree angle but lowering yourself less than this is fine)
- Keep a straight back
- Pull the weight up towards your lower chest, keeping your elbows as close to your sides as possible.
- At the top of the rep, squeeze your shoulder blades together, lower the weight and repeat.



For information and to contact CREDU

Call: 01597 823 800 · Email: carers@credu.cymru · Website: www.credu.cymru

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

Carers Wall

Inspiring us to

Carry on Caring!



Diana: 'Turkish Delight! Great-grandchildren, granddaughter and son' 'Setting your mind to something - even just a goal that is something simple. Remember, you can, you will...and you did.'



Ketty: 'Look beyond the present - look also towards the future.' ...and lots of chocolate! 'Photography helps me carry on caring...' 'I take time to appreciate nature.' 'The local shops doing deliveries - they pulled out all the stops.' 'The online groups help as it's so hard to get out as a parent carer - makes it more possible.'

Anne

'Having two dogs who are always up for fun. I'm enjoying Creadu Zoom crafts for all. We've shared the fun of paper crafts, knitting, crochet and most recently rag rugging.'



Kim:



Carer from Machynlleth:

'I always make time for myself each day either reading a chapter of my book (immersing myself in another century) or I plan my garden reading the seed catalogue. I'm still me under everything.'



Dux:

'Three hours spent in an open room of the woodlands of North Powys. Young carers said: "That was so good... I've had a really nice time... thank you.'

Owen:

'Life is like a box of chocolates - you never know what you'll get! Appreciate nature and taking notice of the things around me.'



Riz:

'Nature and animals, birds in the garden. Finding small treasures.'



Mandy:

'This is our child minder Ebony. She goes above and beyond to help Polly and our family. She sees our struggles with Polly and is always helping us see outside the box and other ways to include all our family. She is one of many people that help us keep going. 'The kindness people offer in times of darkness.'

Steve:

'Japa Meditation is my core practice together with gardening. My motto: never underestimate the healing power of a quiet moment in the garden.'



Mary:

'you can't do anything about it whether you agree or not - it's just about making someone laugh - and watching comedies.'



Channie:

'I tell myself each morning to focus on the things I can still do and give thanks for that, instead of focusing on the stuff I can no longer do. Top of the list though has to be my Daisy - dogs are so tuned into our needs and I'd be lost without her by my side every day.'

Nick:

'A feeling of togetherness. Connecting with people who have had the same experiences or have a passion for caring helps to show me that I'm not alone.'

KNOW YOUR RIGHTS!

Carers Rights Day 26 November 2020!

The theme for Carers Rights Day is 'knowing your rights' so here is a super short overview of your rights in the workplace, with education, with health and social care services and with Carers Allowance with links for more information.

However if you are interested in Carers Rights for whatever reason (e.g. if yours are not being met / you want to understand more / you want to campaign for better rights please do get in touch!)



Carers Rights in the Workplace:

You have the right to request flexible working, time off in emergencies and after 12 months of employment, the right to parental leave. The Equalities Act 2010 also means that you are protected against discrimination for looking after someone who has a disability or is old. It is worth checking out the Carers Wales Website and ACAS for more information.

Your Right to Wellbeing in Wales:

Since 2016, you have the same rights as people who are cared for. According to the Welsh Government, you have the following rights:

The Right to Information and Support

In Powys, the local Authority commission Credu to do this work. You can contact us by phone on 01597 823800, via e-mail on carers@credu.cymru or through Facebook at www.facebook.com/creducarers.



The Right to Carers Allowance if you meet the following Conditions

- you look after someone who gets a qualifying disability benefit
- you look after that person for at least 35 hours a week
- you are aged 16 or over and you are not in full-time education
- you don't earn over £128 a week (after deductions)

You may be eligible for other benefits too. Credu can help you look into this and link you with benefits advisors or with Citizens Advice, or you can go directly to them.

Sources of Information and Support on your Rights:

Credu are here for Carers, but there are other specialist organisations that can help too:

Dewis Advocacy Service: www.dewiscil.org.uk/advocacy-powys / Telephone 01597 821333

Carers Wales: www.carersuk.org/wales / 0808 808 7777 from Monday to Friday, 9am – 6pm / advice@carersuk.org

Age Cymru Powys: www.ageuk.org.uk/cymru/powys/ 01597 825908 / Email: enquiries@acpowys.org.uk

Citizens Advice Powys: www.powyscitizensadvice.org.uk/ 0345 6018421

Council Social Services: 0345 602 7050

If you are experiencing challenges to your rights, this resource has been used and recommended by Carers in Powys: <https://cerebra.org.uk/download/accessing-public-services-toolkit/>

For a deeper study of Carers Rights in Wales, this website is extremely interesting: www.lukeclements.co.uk/rhydian-social-welfare-law-in-wales/

Can you spot all these birds?

A Fun Outdoor Activity for the Whole Family!

Please observe the Government Covid Guidelines.



House Sparrow



Song Thrush



Collared Dove



Jackdaw



Great Tit



Goldfinch



Siskin



Chaffinch



Bullfinch



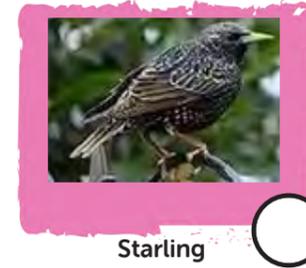
Wood Pigeon



Carrion Crow



Magpie



Starling



Long Tailed Tit



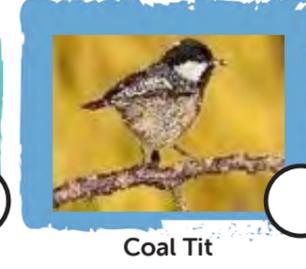
Wren



Goldcrest



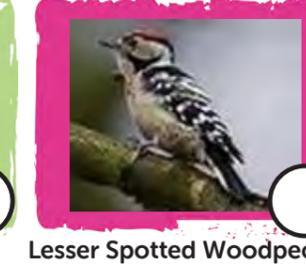
Nuthatch



Coal Tit



Blue Tit



Lesser Spotted Woodpecker



Blackbird



Dunnock



Greenfinch



Robin

Young Carers

Every child and young person has rights thanks to the United Nations Convention on the Rights of the Child. These include the right to:

- Learn and have an education
- Meet with friends and join groups and clubs
- Relax and play
- Privacy
- To say what you think should happen and be listened to

Young Carers, if you want support with these things, please do call Credu.

Credit to Cllr. Pete Roberts, Llandrindod Wells South Ward.

Projects Supporting Carers Connected Generation

'Partners' 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, advice and information, connect people to others, activities and services and influence change.

RVS continue to recruit new volunteer 'Community Companions' and match them with people that would like this kind of support –

If you are interested in the RVS Community Companions contact:

Hayley Beavan: 07468 716180
hayley.beavan@royalvoluntaryservice.org.uk
www.royalvoluntaryservice.org.uk

Thank you to the Companion – Sam – this support has made a real difference to Jane living in her own home in a local community – something she has never achieved before.

The difference good advice can make – Request for Motability information led to unknown benefit entitlement.

Older Carer helps look after his parents. He was feeling cut off from his local community as he couldn't get out and about easily due to his own poor mobility.

He wanted information about buying a second-hand mobility scooter. Although he qualifies for the Motability vehicle scheme he didn't want to use his disability benefit for just a scooter. In the course of the conversation we identified that he qualified for another benefit he hadn't known about; Employment and Support Allowance, based on your National Insurance record. Some people qualify if they have stopped work recently.

He made a claim and has since been able to buy a mobility scooter with the money he received. He said this has improved his independence.

Citizen Advice Powys (CAP) are very busy with lots of enquiries about benefits, money issues, employment and other matters.

If you need advice you can talk to the Credu and Age Cymru Powys Outreach Workers and they may be able to help or refer you to the specialist Adviser at CAP.

In October CG hosted a series of workshops for interested local community members on the digital platform, ZOOM. Further sessions are to be planned.

The first session was on international Older People's Day. The panel included the Age Well Lead, Older People's Commissioner who provided an overview of their recent report 'Leave No-one Behind: Action for an age-friendly recovery' from Covid-19. It can be found on their website with other publications: www.olderpeoplewales.com

Attendance Allowance - 6 myths about claiming

Some people miss out on Attendance Allowance because they mistakenly believe they don't qualify or are put off by the claims' process. Do any of these apply to you?

1. 'My claim was turned down'

Your circumstances may have changed since the last time you applied, especially if it was a while ago. If your care needs have increased, you may find you're now eligible.

2. 'My income's too high'

It is assessed purely on your disability or health condition and your care or supervision needs. It isn't means-tested so it doesn't matter what you earn or how much you have in savings.

3. 'I can get by without it'

You've paid into the tax system all your life. Now it's time to get something back. Think about what support or equipment might help you to carry on living independently at home for longer.

4. 'I don't want a carer coming in'

You don't have to spend Attendance Allowance on a carer. Many older people spend it on other types of help in the home, or equipment to help them stay independent.

5. 'I don't have a carer'

You don't need to have a carer or someone looking after you. You qualify based on the help you need, not the help you actually get.

6. 'The claim form's too long'

You can get support to assist with filling in the form.

Source: Age Cymru Powys



Free Home Energy Check

Do you need help keeping warm in the winter months?
We can offer a free service. For more information, call **01597 825908** or visit www.agecymru.org.uk/powys



What does 'having a break' mean to you?

Families finding ways to get respite

You may remember from previous newsletters that thanks to Carers sharing their voices at forums and events, the Regional Partnership Board have given us funding to work with Carers to find creative respite solutions, so people don't get to crisis before getting a break. Here are just some stories of how people are finding ways to get a break and keep their caring role manageable. If this 'Respite Project' would make a difference to you, please do get in touch...



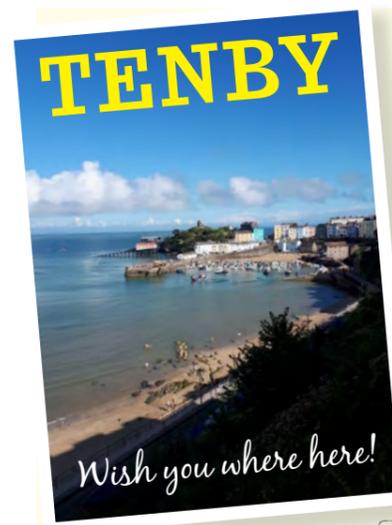
Mum inspires community to create a place of fun and support for families that includes those with children with disabilities.

Local mum, Mandy Hughes, is passionate about Llanwrtyd and Bwlth Wells being able to include people of all ages with disabilities. Mandy's vision has inspired a group of dedicated volunteers to work on creating a place of fun and support for locals and visitors with disabilities and their families; a place where people can drop in, relax, access support, enjoy a range of indoor activities such as crafts and games as well as get support to organise accessible outdoor fun.

Mandy is mum to four year old Polly who lives with cerebral palsy as well as Polly's two brothers Jonathan and Archie.

Mandy says 'I want Polly to be part of the community and accepted for who she is, everyone has something to give; she can interact with the amazing people in the town and they can be part of her journey.

Marie Davies from Credu says 'It's amazing to see what can happen by listening to people's ideas on what they would like to get involved in and supporting them to have the confidence to make it happen.'



A trip to Tenby for a family was a welcome break in lockdown

Sometimes it can be something really small and short-term – time for a walk, a bubble bath, a book.

Sometimes it's come in the form of connections with others: friends, family and other Carers.

During Covid, some of these have been on the phone or on a tablet or computer.

Sometimes it's keeping the cared for person or other dependents entertained for some time. (see Train Tracks and music story)

Sometimes it's enjoying an activity perhaps just for themselves or with their loved ones together. (gardening for example)

Sometimes it's a piece of equipment that can last for years

Sometimes it's learning something new

Sometimes it's having someone to help out with tasks to lighten the load.

Sometimes it has been booking a break or holiday, something to look forward to.

Every time it's something that works for you.

Be imaginative – it's about what would make a difference to you and your family to have a life alongside caring. We want to make the most of the time left and funds available to make a difference!

If you need a little help to get the support to Carry on Caring, that's where the Respite Project, funded by the Powys Regional Partnership's Carers Steering Group has come in, funding Credu to help either with information, contacts or some money from the Respite Fund. The support is available to Carers of all ages: Young Carers, Adult Carers & Parent Carers across Powys, as well as for individual families, groups and creating pilot services for Carers.

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.

So have a think or give us a call if you're not sure where to start on 01597 823800 or email carers@credu.cymru

Raising Awareness of Young and Adult Carers Across Powys

Many of you campaigned for more awareness to be raised of Young and Adult Carers because all too often people find out what support they can get when it is too late. Furthermore, so many carers have been saying that if teachers/ employers / social workers / fellow community members knew what it is to be a Young or Adult Carer, it would make the world of difference.

It would make carers feel more understood, recognised and valued. The need for a understanding and flexibility in everyday life would go a long way.

To this end, Powys Regional Partnership Board have given Welsh Government funding to CREDU to collaborate with Carers to raise awareness throughout Powys. Covid-19 has forced us to adapt to more on-line approaches and working through the media. However, we have a growing movement of amazing Carers Champions throughout Powys.

You too can join this campaign!
All you need to do is to get in touch.



Case in Point Jayne Griffiths MBE of Tesco - Carers Champion in Powys

Role: Lead Community Champion
Reach: 23 Stores

We partnered with Tesco as it is strategically situated throughout Powys and attracts shoppers from smaller villages and towns. Jayne Griffiths, a community support worker at Tesco, is also an active Carers Champion supporting us to reach more working Carers. Jayne actively contributes to our Carers Chat Magazine and has helped us run hamper competitions across the county and increase the reach of our networks within retail and other third sector organisations. Jayne also supports us to formulate our messaging more effectively to reach Carers who are also balancing a job in retail. Jayne herself has been a Carer for her family members.

On having worked with Carers on the Carers Chat Magazine during Covid: 'I targeted people who I knew were in that situation and they found it interesting. I think it's really important to do what you're doing and keep up the good work – I'm 100% behind you! I feel there's a big bond and I know the reasons behind it. How brilliant you were when Covid started, how passionate you were with booklets that helped people.'

The Carers Chat Magazine was interesting and something that people could relate to but also good information and you listened to get colours (and images) right.'

'I'm passionate about everyone I support and it comes through.'

'My personal realisation of my own caring role. I never realised I was a Carer' – this was linked to Jayne being a Carer Champion in retail and discovering how many workers may not be aware they themselves are Carers.

'My own role has changed as I can't go out into the community any more so I'm finding new ways and people appreciate being given that time. In my role (and partnership with CREDU), I now see myself as a kind of Carer for the community.'

Jayne Griffiths MBE - Carers Champion in Powys



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Case in Point

Kev Martin

- Young Carer Champion

Role: Owner of KDM Newsagents and KDM Local Gaming Hub

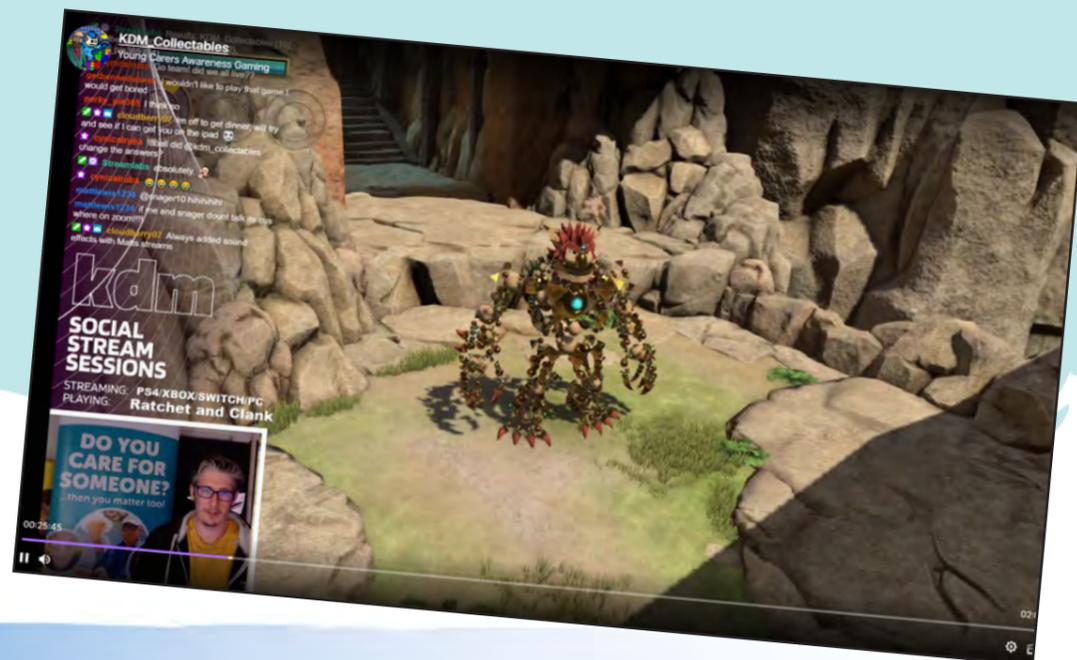
'We initially started our streaming initiative at the start of the Covid-19 lockdown. Our site use was made up of myriad users but the one cross-over we got was the medium of gaming was a fantastic way to encourage socialising in the community. This was a driving force for the expansion of our evening, community led gaming sessions. From Magic: The Gathering Board Games and other TCG games through to computer or console gaming. It became a place for people to just come, hang, play a game and enjoy a refreshment together around like-minded people with similar interests and passions.

A massive factor for KDM was having a sustainable business-model, which helped fund the evening events to make them affordable to the key demographics who'd be using them. "Retail space by day. Community gaming hub by night!" became our mantra.

At the start of lockdown we suddenly found these friendship and support groups were potentially at risk of losing each other, and were worried of the mental and psychological impacts this might have. So, we set about kitting out the Gaming Hub with a streaming set-up to keep our user-groups connected mostly via Twitch and Discord. Again, this was funded by the retail side of KDM. Having been introduced to Credu's Kev and various other members of the team in subsequent weeks, the partnership from our perspective has been fantastic, with the Credu team undertaking so much of the work to promote the stream, Young Carers and as a side note KDM. It's been fantastic and we have enjoyed every minute ourselves, too.

It's a partnership we'd love to grow, as it ticks every box for us and our business mantra of giving back to our community. We have very strong ties with Sony Playstation through our retail side - they have funded in-store events and provided free gaming items, so somewhere down the line a Sony / Young Carers link-up is feasible and massively interesting to us.

Thank you from the KDM Team for everything Credu do.'



Kev's thoughts on the Young Carers Awareness Gaming Social...

It's proved wildly popular. In a very short space of time the Young Carer Awareness videos are gaining hundreds of views, and several dozen people frequent the live streams and engage.

The average stream has around 25 unique viewers live, and several hundred messages. The videos are viewed post stream too, by people who can't join in live and our analytics show some of these videos have reached many hundreds of people.

The streams are prepped by the KDM team, and hosted on our Twitch channel, with a member of staff on-site should any issues arise.

After spending a few weeks training Matt of Credu to man and run the stream, he now fully partakes in his session without the need of KDM support, merely the need of the KDM infrastructure.

Kev Martin –
Owner of KDM Local Gaming Hub, Powys



WHEN?

Every Thursday
4.30pm - 6.30pm

Join the Thursday Twitch stream on
www.twitch.tv/kdm_collectables

It's family-friendly and a great way to raise awareness of Young Carers.

This is what some families had to say about the online gaming social...

"Your Twitch stream has become a regular part of his week now and he has loved every Zoom activity you have provided. I wanted to thank you for these as it has meant he has been able to interact outside of our household. Thank you"

"D looking forward to it as always, it always puts a big smile on his face"

"He's looking forward massively to Thursday!"

"My son T REALLY enjoyed it!"

"I meant what I said the other day mate that you guys have been and are a true lifeline for M. The interaction on Twitch and in the Zoom meets are amazing and his new friendship with J is also amazing. J seems to be as eager to call M as M is to call him. We have always had to push M into making friends but this is all him and J."



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We partnered with MacMillan and Powys County Council in the formative stages of the Improving Cancer Journey.

Lessons from Scotland had indicated that raising awareness for the support need for Carers looking after someone with cancer was a vital learning point.



As such, we were fortunate to be able to support the launch of this project in Powys and raise awareness of caring with cancer.

Caring with Cancer



Ry has used her voice to help improve the journey for those who care with cancer. Ry had supported her husband through his terminal diagnosis of cancer. She remains determined to shed light on this often taboo subject with the hope that her voice, experience and learnings may support other Carers in a similar role. During the launch, Ry provided her insights into caring with cancer:

1. What is important for people to understand about Carers when they are 'treating and supporting' people with cancer?

How stressful, challenging and draining it is physically and mentally. Carers are walking on glass, quietly advocating when necessary but mostly watching from the side lines, keeping the show on the road – transport to appointments, meals and shopping, calmly running the home and liaising with medical professionals making sure all necessary treatment/medication is available and also planning pleasant distractions when appropriate. Desperately trying to say and do the right thing for the person you are caring for.

My family observed that I had no capacity to do anything else – I was totally focused on Paul and his needs – I felt very protective of him. I knew because of his terminal diagnosis that he should only pursue treatment that did not destroy his quality of life in the short time he had left. He just had radiotherapy.

2. Was there anything that you or someone did to make yours and your husband's experience better?

My five children and their partners started a WhatsApp group that I was not part of – and they discussed everything that was going on there away from me which I appreciated. Usually one or more of them came along to medical appointments and would update the group – so I didn't have to do any of that.

Our MacMillan nurse Sally Hilton provided Paul with a source of straight talking which he really appreciated – he always looked forward to her visits.

I contacted all Paul's friends and told them what was happening to him. During treatment I encouraged him to do a little quirky email newsletter update to them all – to which he got loads of replies which he absolutely loved!

Ry shared her journey in an interview. You can see the full interview here: <https://tinyurl.com/ybm76um6/>

Carer Support Groups on Facebook

Whilst my husband was ill with cancer I was pretty desperate to connect with other carers in my position – particularly those looking after terminal patients. On Facebook I found groups where I could get inside information and learn of what was to come.

Carers posted about their daily experiences, information about treatment and drugs and their side effects and discussed their daily challenges. Lots, like me, were looking after their lifetime partner and commenting on the changes in their relationship that cancer had brought. It was tremendously useful and reassuring to know that others out there were going through the same challenges. Their posts were tremendously moving and at a time when you don't have much 'spare time' I could just check in with them and read their experiences and ask questions.

I am 74 so not that social media savvy but there are probably many more ways to connect with other Carers on the internet.

Ry Coffman
Adult Carer from Ystradgynlais

Ry has put together a list of local, town, county, national and international Facebook Groups, Websites and Resources that you can access at this link: <https://credu.cymru/caring-with-cancer/>.



Volunteering

You can make a difference to Young and Adult Carers in a way that suits YOU!

Whether you want to support Young / Adult Carers informally as part of your volunteering with another group or organisation or whether you want to become a volunteer with Credu, there are a huge range of exciting small and big ways you can do your bit to support Young and Adult Carers in your community!

Examples of roles include: telephone support for Carers, helping out at groups, setting up homework clubs, staffing charity shops, writing in the Carers Chat magazine and much more. We are interested in getting to know YOU: your hobbies, your skills, your passions, your ideas and your life experiences. We believe that every person has a unique outlook and skill set that is valuable to others. We are committed to enabling you to flourish in the role we create together.

Volunteer roles within the organisation are flexible, allowing you almost complete control over your own hours and workload. We value every second of your time, and you will not be pressured into doing more than you want. Whether you would prefer to provide personalised support or lead large groups, or if you simply want to invite guest speakers to your local group to raise awareness of Carers, Credu can give you any information / training / support to do so.

Supporting Carers as a volunteer for Credu isn't always easy, but is always rewarding. I don't feel I do very much, talking with or listening to the Carers I support, but I do feel an enormous sense of privilege at being the one that a Carer will choose to share their thoughts, feelings and challenges with. I admire the Carers I support greatly and if my Credu calls help them even just a little bit, then that's reward enough for me." – John Raftree, Credu Volunteer

Credu is laying the groundwork to welcome new volunteers and aid them in their personal and professional journeys. The Wales Council for Voluntary Action has allocated 6 months of funding to Credu, enabling us to recruit, train and support more people to support Carers of all ages through the Covid-19 pandemic and beyond. We want people with their own skills and experience to find their individual foothold within the organisation, generating their own ideas and working within their own communities. Anyone with a plan and passion to see it through is welcomed with open arms and given and given full support and training.

All sessions are free and Credu actively works to make them accessible for all. For more information, contact Sally Duckers on 07940 254957 or sally@credu.cymru



Come and join the Machynlleth Shop Team

We are recruiting new Volunteers for our Charity Shop. We have installed a Covid compliant one way system and Perspex shield to keep our staff and customers safe. We will continue to follow the Government guidelines and advice. Pop into the shop when we are next open and introduce yourself! Or call our office with your expression of interest.



Expression of Interest to Volunteer with Credu

We work with Adult Carers in Ceredigion, Adult and Young Carers in Powys and Young Carers in Wrexham, Conwy & Denbighshire. Credu are interested in a diverse range of Volunteers supporting Carers in our Communities.

We are interested in your interests, talents and strengths as well as the areas you would like to enrich or learn more about through Volunteering.

Full Name:

Contact details:

What is your preferred way to communicate?

Are there any particular times/days that are preferable?

Do you need anything additional put in place?

Thanking volunteers and finding a way of supporting a carers exchange

We want to show our appreciation of our volunteers more; we know everyone has something to give and everyone should be recognised for what they contribute. We depend more and more on volunteers to be able to give support to Carers in tough times.

One of the small but exciting ways we can show our appreciation is by giving 'time-credits' for every hour people give of their time. We have 'time credits' from Tempo which are like vouchers to either exchange with each other or use to access a range of leisure / wellbeing. Also – they don't impact on state benefits either!

So how does it work?

For every hour someone volunteers, they get one 'time credit'.

Time Credits can be used to:

1. Access a leisure / learning / fun opportunity.
2. Exchange with others – a way of thanking someone who helps you by mowing the lawn/ baking a cake/ baby-sitting etc.

Time Credits have been incredibly successful in lots of parts of the UK, but we are not sure they will work in our context. However we can try it out and see what we learn.

Fingers crossed it will be a great way of thanking Carers and enabling Carers to exchange with others.

Time Credits earned do not affect your benefits - the DWP states, 'No money changes hands in Timebanking and for benefit purposes claimants are not considered to be in remunerative work, however, claimants must still be able to meet the other conditions of entitlement such as being available or actively seeking work.'



Information for Carers

Nevill Hall Hospital is changing: What does it mean for me?



Know your healthcare options when Nevill Hall Hospital changes on 17 November 2020.

CALL 999 or go to your nearest A&E



if you or your child have a life-threatening illness or serious injury. Make sure you know where your nearest A&E department will be from 17 November 2020.

My nearest A&E is: _____ Tel: _____

CALL 111 or go to a MINOR INJURY UNIT



if you or your child have a minor injury.

- For children under 2 with a minor injury, please go to A&E
- For adults and children over 2 years old with a minor injury, please go to a Minor Injury Unit

My nearest MIU is: _____ Tel: _____



Contact YOUR GP

if you or your child have an illness or concern that is not immediately life-threatening.



Talk to your POWYS MIDWIFE

about your birth options. Your Powys midwife can be contacted in an emergency on 01874 622443.



Call NHS 111 or visit www.111.wales.nhs.uk

if you or your child is unwell, unsure what to do and need help. You can also call 111 for urgent GP care when your own surgery is closed.



Treat AT HOME or contact YOUR PHARMACIST

if you or your child have a minor illness or ailment such as a sore throat, cough, skin irritation or common mild illness.

To find your nearest A&E or MIU please see page 20. For more information, visit www.pthb.nhs.wales/nevill-hall

Follow us to keep up to date:

@PTHBhealth www.facebook.com/PTHBhealth

From 17 November, services at Nevill Hall Hospital are changing. These changes will affect you if Nevill Hall is your nearest District General Hospital. These changes are happening earlier than expected.

Click here to read the changes to health services due to the above changes: <https://tinyurl.com/y5y5jotl> (an info page on the Credu website)



It's Good to Keep in Touch

For information and to contact Credu

Call: 01597 823 800 · Email: carers@credu.cymru · Website: www.credu.cymru

Find us on facebook: Credu Connecting Carers · Follow us on Twitter: @CreduCarers · By post: FREEPOST CREDU



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A Message for Carers

from Powys County Council

Gofalydd

Er gwaith di-orffen deil gwenu - er baich
 Ti yw'r balm sy'n lleddfu;
 Er unig, caredig cry'
 Yn wyrthiol dy aberthu.

Regardless of unending work, some people manage to smile; regardless of their burden, some people support and soothe; regardless of being alone, some kind and strong people are miraculous in their sacrifice.

At a time of intense pressures for everyone due to the pandemic and the incredibly challenging time in which we live, Powys County Council wishes to recognise the tireless, kind and unending work that unpaid carers undertake. Only the recipients of such care can truly appreciate the impact of their carers' dedication.

We have learnt that we yearn for normality, not the exceptional. Beauty, contentment and enjoyment lie in everyday things and it is very difficult indeed not being able to access our usual activities in our communities. These are acknowledged universal truths, but carers must often be alert and aware for others as well as themselves, often for 24 hours of every day.

The chorus of the Welsh national anthem refers to "Tra môr yn fur i'r bur hoff bau..." [As long as the sea serves as a wall for this pure, dear land...]. The word "pau" can seem archaic sounding to the modern Welsh speaker. It derives from the Latin "pagus", which means land or region.

It is the same "pau" that gives the French name for Wales, "Pays de Galles". The original Latin also provided the English language with words like 'peasant' and 'pagan'. Welsh regions' names are usually named after the names of the tribes who lived in that area. Morgannwg (Morgan), Dyfed, Gwynedd, etc. However, Powys (and the original Kingdom of Powys) is named differently and, it seems, derives from 'pau', suggesting that the name refers to the land of the people.

If ever there was a time to recognise carers, the people of Powys, the people who are caring and kind and who give of themselves to support their loved ones, it is now.

Diolch i chi i gyd.



Gofalydd

Er gwaith di-orffen deil gwenu - er baich
 Ti yw'r balm sy'n lleddfu;
 Er unig, caredig cry'
 Yn wyrthiol dy aberthu.

Yn ystod cyfnod o bwysau sylweddol ar bawb oherwydd y pandemig a'r amseroedd heriol yr ydym yn byw ynddynt, dymuna Cyngor Sir Powys gydnabod y gwaith diflino a charedig y mae gofawyr di-dâl yn ei wneud. Dim ond derbynwyr y fath ofal all wirioneddol werthfawrogi effaith eu hymrwymiad.

Rydym wedi dysgu ein bod yn ysu am y cyffredin, nid yr eithriadol. Mae harddwch, dedwyddwch a mwynhad yn bodoli ym mhethau pob dydd ac mae'n anodd iawn methu cymryd rhan yn ein gweithgarwch cymunedol arferol. Gwirioneddau cyfferdinol a gydnabyddir yw'r rhain, ond mae'n rhaid i ofalwyr fod yn effro i anghenion eraill yn ogystal â hwy eu hunain, yn aml am 24 awr o bob dydd.

Cyfeiria cytgan ein hanthem genedlaethol at "Tra môr yn fur i'r bur hoff bau...". Gall y gair "pau" swnio'n go anarferol a hen i ni heddiw. Daw o'r Lladin, "pagus", a'i ystyr oedd tir neu ardal. Yr un "pau" rydd yr enw Ffrangeg ar Gymru, "Pays de Galles". Y Lladin gwreiddiol hefyd roddodd geiriau fel 'peasant' a 'pagan' i'r iaith Saesneg.

Enwid rhanbarthau Cymru fel rheol ar ôl y llwythi fu'n byw yn yr ardal honno. Morgannwg (Morgan), Dyfed, Gwynedd, ac ati. Ond daw Powys (a Theyrnas Powys gynt) o seiliau gwahanol, mae'n debyg, a deillia o'r gair 'pau', sy'n awgrymu fod yr enw yn cyfeirio at wlad y bobl. Os fu erioed amser i gydnabod gofawyr, y pobl ym Mhowys, y pobl sydd yn gofalu ac yn garedig ac sy'n rhoi o'u hunain i gefnogi eu hannwyliaid, nawr yw'r amser hwnnw.

Thank you all.

Huw Dylan Owen

Head of Social Services
 Commissioning
 Powys County Council



Nick's Word Search



Autumn

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

Acorn Blustery Bonfire Breezy Chestnuts Cider Colourful Conkers Cosy Crisp
 Equinox Fall Festivity Flannel Foraging Halloween Harvest Hibernate Jumpers
 Leaves Libra Moon Nippy Orange Pine cones Pretty Pumpkin Rake Red Russet
 Rustle Sagittarius Scarecrow Scenic Scorpio Season Spooky Trick or treat Vibrant
 Yellow








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the incredubles



Nick's Word Search Answers

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

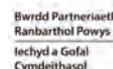
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