

Respite care while you attend the course

We can arrange respite care to help you to participate in the course.

It's up to you whether you bring your loved one with you to Canalside where we will care for them, or if you prefer, we will arrange for them to be cared for at home.

If you need respite, please contact **Keith Wheeler, Carers' Support Worker**, at Canalside.

Transport

Transport is available. For more information, please contact **Community Transport** on **01633 874686**.

Refreshments

Tea and coffee is provided free of charge. Lunch can be purchased from the Centre's Bistro.

Like to find out more?

For more information or for an informal discussion about the course, please contact:

Keith Wheeler
Torfaen Social Services
(01633) 648859

Christiane Merz
Torfaen Local Health Board
(01495) 332200

Dave Mynott
Hafal
07779 018105

Pauline O'Reilly
Torfaen Crossroads
(01495) 769996

This leaflet is available in Welsh, Braille, large print, tape and electronic format upon request.

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Do **you** care for someone who is ill, elderly or has a disability?

Is the caring role new to **you**?

**There is help
and guidance available.**

A Support Programme for New Carers

Canalside
Joint Assessment and
Resource Centre
Five Locks Road
Pontnewydd
Cwmbran
Torfaen
NP44 1AP



Why should I attend?

This six week course acts as a one stop shop where you will receive information and advice to support you in your caring role. The course is flexible and responsive to your needs.

Each six week programme will be limited to six to eight carers.

What does the course cover?

WEEK 1 -

Course introduction

- What does CARING mean for me?
- What do I need or want to know?
- Shaping the course to meet the group's needs

WEEK 2 -

Practical support

- Torfaen Customer Care
- Care and Repair
- Age Concern Handyman Scheme
- Torfaen Crossroads
- Red Cross

- Nursing Services for carers
- Looking after yourself as a carer
- Mini health checks available

Week 3 -

Carers' Rights

- Your legal rights as a carer
- Carers' assessments
- Direct Payments

WEEK 4 -

Finances/work, rest and play

- Money matters
- Welfare rights advice
- Education for life
- Employment opportunities
- Leisure activities

WEEK 5 -

Recognising emotions

- Adapting to caring
- Adjusting psychologically to the caring role
- Challenges and resolutions

WEEK 6 -

Ongoing support

- Specialist carer support groups
- Carer training days
- Advocacy

Who will deliver the course?

The six week rolling programme will be delivered by professionals from the health and social care sector, and the voluntary sector. All those involved will be experts in their field and will have experience of working with carers.

Numbers will be limited to six or eight carers per programme to encourage participation in group discussion.

Previous participants will be invited to share their experiences if group members so wish.

Time and place

All six sessions will take place at **Canalside, Joint Assessment and Resource Centre**.

Sessions are every Wednesday and run from **10.30am to 12.30pm**.

New courses start approximately every two months and are **free**.