

**GOFAL
CROES
FFYRDD**

yn yr Ystrad
(Henoed Dryslyd)

**CROSS
ROADS
CARE**

in the Vale (EMI)



February 2015



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Patient Information Centre at University Hospital Llandough

The new Information and Support Centre at University Hospital Llandough (UHL) opened on 17th September 2014. Situated just off the main corridor, near to the dining room, the Centre provides information, support and signposting for patients, carers, visitors and staff.

Members of the Patient Experience Team, including the Macmillan Information Facilitator and the Carers Support Facilitator will be on hand to provide advice. The Advocacy and Concerns Team, comprising members of the UHB Concerns Team and Cardiff and Vale Community Health Council will be available on Tuesdays and Thursdays. Carer Support Officer based at UHL, Lizzy Bray, will also be on hand every week. Lizzy will be happy to assist with any queries from people who are unpaid carers for family members or friends, and to arrange Carers' Assessments where needed. Outside organisations will also be attending, including the Alzheimer's Society Cardiff, Vale Crossroads and the Cardiff Institute for the Blind. Opening hours vary, so please check the details on the Health Board website (see link below) or the notice board outside the Centre.

<http://www.cardiffandvaleuhb.wales.nhs.uk/uhl-contact-information>

We welcome your feedback! If you would like to share information with other carers via the newsletter, or tell us what you think of it, please contact Susie on (029) 2070 0057 (option 3). You can also keep up to date with news at Crossroads Care in the Vale on our website: www.crossroads-vale.org.uk

SOCIAL WELFARE TRAINING

New Method to Claim Carers Allowance.

Carers Allowance can now be claimed on line. 125,000 people have done this during a trial period. If claimed on line then a paper form will not need to be signed. As an alternative, the benefit can still be claimed by printing and using form the DS700 form or for pensioners, the DS700(SP)form.



Date: 14th February 2015

*Time: 18.30pm for
7.00pm sit down*



Masonic Ladies night Masquerade Ball

MASONIC HALL,
BROAD ST,
BARRY,
VALE OF GLAMORGAN
CF62 7AT



Registered Charity number is
1034188

His Worshipful Master Bro. J A Woodfin and his wife Emily are hosting the Old Barriars Lodge valentines evening ball. They are raising money for a local charity Atal Y Fro whose work is essential to help end Domestic Violence.

Price: - £28.00 per person
3 course meal, 2 bottles of wine per table
(tables are of 8 people),
An Amazing Live Band, Raffle on the night.



Emily - 07894263973
emilywoodfin061@gmail.co.uk



BARRY CENTRAL LAWN BOWLS CLUB
Gladstone Gardens

Starts Saturday 18th April 2015

New members of all ages and experienced players always welcome.

Learn to play bowls – free coaching throughout April and May, you just turn up in flat shoes, we even supply the bowls!



Come along and meet the members, improve your health and make new friends.

We offer both social and competitive bowling with a good fixture list.

Please call for more information:

Ladies: Mrs J Morgan 01446 412976

WALES DEMENTIA HELPLINE

This helpline offers support, information and agency signposting for anyone caring for a family member or friend with dementia. Freephone: 0808 808 2235



Text HELP followed by your question to 81066



Help Yourself
www.eppwales.org

Free Health and wellbeing sessions for people living with a long term health problems and people caring for a friend or relative.

Learn how to:

- **Cope better with: Pain, Tiredness, Depression, Stress, Loneliness, Sleep, Frustration, Exercise and Healthy Eating**
- **Breathe properly**
- **Relax**
- **Improve pain levels**
- **Solve problems**
- **Plan and succeed**
- **Make lasting healthy changes**

Please see next page for a list of courses running in Cardiff and the Vale of Glamorgan

Free Courses in 2015
NHS EPP Education Programmes for Patients and carers



Bwrdd Iechyd Prifysgol
 Caerdydd a'r Fro
 Cardiff and Vale
 University Health Board

Free Courses in 2015

NHS EPP Education Programmes for Patients and carers

Date and day Course starts	6 week Chronic Disease Self Management Course	Time
13 Jan Tue	Barry Library	10 to 12.30
13 Jan Tue	Canton Uniting Church	10 to 12.30
15 Jan Thur	Cardiff Central Library	1.30 to 4
21 Jan Wed	Trowbridge Community Centre	10.30 to 1pm
23 Feb Mon	Ararat Centre, Whitchurch	1.30 to 4
11 Feb Wed	Terrence Higgins Centre	6 to 8.30pm
21 April Tue	Barry Hospital	10 to 12.30
21 Apr Tue	Canton Uniting Church	10 to 12.30
22 Apr Wed	Cardiff Royal Infirmary	10 to 12.30
3 June Wed	Butetown Community Centre	2 to 4.30pm
4 June Thur	Trinity Church Hall, Penarth	10 to 12.30
4 June Thur	Ararat Centre, Whitchurch	1.30 to 4
17 June Wed	Cardiff Royal Infirmary	6 to 8.30pm
14 July Tue	Cowbridge Health Centre	10 to 12.30

Carers Workshops

For unpaid carers looking after relatives or friends

Date	1: Mental Health and Wellbeing 2: Physical Health and wellbeing	Time
14 Jan Wed	Workshop 2 Barry Library	10.30 - 12
23 April Thurs	Workshop 1 Cardiff Royal Infirmary	10.30 - 12
07 May Thurs	Workshop 2 Cardiff Royal Infirmary	10.30 - 12
06 Aug Thurs	Workshop 1 Barry Hospital	10.30 - 12
18 Aug Thurs	Workshop 2 Barry Hospital	10.30 - 12

To book on a course please email, ring or Text:

Tel: 029 20335403

Email: Carol.Young@wales.nhs.uk

Text: "interested" and your name to 07976050178

Visit our website: www.eppwales.org for more courses

New Art Class for the over 50's

Start the New Year with a new challenge, why not try painting with water colours, acrylic or oils?

Beginning Thursday 8th January 2015 there will be a new art class covering most mediums, starting in Llantwit Major from 1.30pm to 4pm.

Run by Gwendoline Cubbage, an experienced artist taught by professionals, she has been teaching for the past 20 years. Now living in Llantwit Major she is starting a class at the Llantonian Hall every Thursday.



The class welcomes all beginners and experienced painters alike, please pop in and see what we are doing, refreshments provided. Cost of class £3



ARRIVA

From 2nd January 2015, anyone who holds a valid Welsh Government concessionary travel pass can get a fantastic 34% off local fares on the Cardiff and Valleys network, without the need to buy a Rail Card.

This new discount can be applied to tickets for travel any time on or after 09:30 Monday to Friday and any time Saturday, Sunday and Bank Holidays.

For more information on how to get your concessionary travel pass, please visit <http://wales.gov.uk/topics/transport/public/concessionary/?lang=en>

Holders of Valleys Senior Railcards will still be able to enjoy their current benefits until their rail cards expire.



**age connects
cardiff & the vale.**

Bonvilston 2015

Please come and join us every week for a cup of tea, the papers and a bit of stimulation for the body and mind at the Reading Rooms.

Every Tuesday from 10.00am till 12.00pm, all for £2!

DATE	ACTIVITY
Tuesday 3rd February	Goldies
Tuesday 10 th February	Coffee at the Aubrey
Tuesday 17 th February	Julia Champion and the benefits of telecare.
Tuesday 24th February	Air Ambulance talk

DATE	ACTIVITY
Tuesday 3rd March	Extend
Tuesday 10 th March	Coffee at the Aubrey
Tuesday 17 th March	Relaxation with Coral Parry
Tuesday 24 th March	Mahjong or Eluned
Tuesday 31 st March	‘Nightingales at Llanover’ A talk by Helen Forder

For any further information please call:
Jane Platts on 01446 795631 or Mob 07964 974391

There are also scheduled events at the Ewenny Village Hall, Ewenny, please contact Jane Platts for further information.

MOTIVATIONAL QUOTES

Age is not how
old you are,
but how many
years of fun
you've had.

Matt Maldre

meetville.com

Live your life and forget
your AGE

Norman Vincent Peale

Count your age
by friends, not
years. Count your
life by smiles, not
tears.

—John Lennon

Group Meetings for February 2015

PENARTH SOCIAL GROUP

For carers and their dependent relatives.

2pm—3.30pm Monday 16th February

Meeting at Stanwell Road Baptist Church, Penarth

CAMEO PAST CARERS' GROUP

For when the caring role has ended.

12pm Wednesday 18th February

Lunch at the Harvester, Penarth

WESTERN VALE SOCIAL GROUP

For carers and their dependent relatives.

12.15pm Wednesday 25th February

Lunch at the Blacksmiths Arms, Llanmaes

BARRY SUPPORT GROUP

For those currently in a caring role

2pm—3.30pm Monday 23rd February

St David's Methodist Church, Colcot Road, Barry.

EVENING CARERS GROUP

For those currently in a caring role

6.30pm-8pm Thursday 26th February
meeting at

Crossroads Day Centre, St John Bungalow, Breaksea Drive,

**Susie can be contacted Monday to Friday 9am to 4pm
02920 700057 option 3**



OUR APPEAL

You may have heard on the news that all charities are suffering in this time of austerity and this is particularly true for the small charities such as Crossroads in the Vale (Registered Charity No. 1061381).

In addition to the form below, we now have a **DONATE NOW** button on our website **www.crossroads-vale.org.uk** and we would be extremely grateful if you would consider contributing to the work we undertake to support carers and their loved-ones here in the Vale of Glamorgan.

If you would prefer to make a donation by post, please complete your details below and forward with a cheque payable to **Crossroads in the Vale (EMI) Ltd.** to Crossroads Care in the Vale (EMI) Ltd, West House, Stanwell Road, Penarth, Vale of Glamorgan CF64 2YG.

Name: _____ Amount: £ _____

Address: _____

If you are a UK taxpayer and would like to gift aid your donation, please tick here.

☐
