

Newport Carers Network

Information Bulletin

September 2021

For support in your caring role contact 01633 656656 or visit www.newport.gov.uk/carers for lots of helpful resources

If you have received this email from a third party and would like to receive regular carer information from us, please email community.connectors@newport.gov.uk and ask to join the Carers Network



News...

Our Carers Directory has been updated

Visit www.newport.gov.uk/carers to view the latest Carers Directory, which includes social groups, support groups, local and national support services.

If you know of any other groups and services that can be added, let us know.

The Carers Café is coming

The Carers Café is an opportunity to chat to other unpaid carers for peer support and professionals for information.

We are really looking forward to getting back into the community and are busy planning how we can safely meet with you.

If you would like to register your interest in attending the Carers Café, email community.connectors@newport.gov.uk

Carers Wales Training

Being a Carer Representative: Introductory Training 12th October

Are you interested in having a voice to influence decisions for unpaid carers? Have you recently become involved in an organisation where you speak on behalf of other unpaid carers?

This training will give you the skills and knowledge to get started.

[Being a Carer Representative: Introductory Training Tickets, Tue 12 Oct 2021 at 17:30 | Eventbrite](#)

Carer Representative Advanced Training also available [Advanced Carer Representation Training Tickets, Wed 13 Oct 2021 at 17:30 | Eventbrite](#)

Carers Rights and Self-Advocacy Training

Helping you to understand your rights as a carer, the system, and consider ways to negotiate with professionals in a positive way.

[Carers Rights and how to advocate for yourself Tickets, Multiple Dates | Eventbrite](#)



Older People's Commissioner for Wales

The Commissioner provides an independent voice and champion for older people across Wales. She provides help and support directly to older people through her casework team and works to empower older people and ensure that their voices are heard and acted upon.

www.olderpeoplewales.com

Have Your Say

Join the Older People's Commissioner for Wales for a live online Q&A / discussion session with a cross-party panel of politicians at the launch of her latest State of the Nation report.

Don't miss your chance to make your voice heard as they explore the action needed to ensure that no-one is left behind as we transition through the next phase of the pandemic.

Register here: <https://tocyn.cymru/event/0de4c35c-1154-4dbd-9808-8a683f4b2168/s>

Herbert Protocol

Caring for vulnerable people, including those with dementia or Alzheimer's Disease, can be challenging.

There is a risk that at some point someone with dementia may start to 'walk about'. This may only be into the garden or street for a short time, but some people can get lost and go missing.

The Herbert Protocol is a simple form that lists information to help the police to locate them, including:

- medication required
- mobile numbers
- places previously located
- a recent photograph

Keeping a completed form handy reduces time and stress if the police need to be contacted to help find someone.

<https://www.gwent.police.uk/notices/af/herbert-protocol/>

Reconnections Project

If you are an older person (aged 65 and over) who receives support at home from paid care workers or family carers, or if you are an informal carer, researchers at the Centre for Innovative Ageing need your help.

The Covid 19 pandemic has brought the issue of loneliness and social isolation into sharp focus, with a million more people reporting being often or always lonely.

Researchers want to develop research in this important area with the hope of improving the ways in which older people and carers can be supported to build and maintain social connections.

If you are interested in helping develop research projects around this under-researched area please contact Dr Deborah Morgan d.j.morgan@swansea.ac.uk or telephone 07485 529201 by the **15th September 2021**.

If you would like us to promote your carers service please email your article to community.connectors@newport.gov.uk