



Here we are at the beginning of a New Year; an opportunity to reflect on the few months since our last Newsletter and to look ahead to the summer of 2008.

Our Outreach Workers, the mainstay of our service to carers across Powys have experienced a continued growth in the demand for their support. Often they are

able to provide a simple piece (or pieces!) of information, which act as a key to the solution of a problem that you face but that you thought you faced alone.

They are also involved in coordinating or facilitating specific projects with both adult and young carers. These include access at reduced rates to exclusive leisure facilities in Crickhowell and a series of workshops with young carers from across Powys who are exploring how caring for a family member or friend can influence the decisions they make about their lives and telling us how we might best support them. In spring, as a result of feedback from carers, we are providing workshops led by Relate for adult carers.

In addition to an increasing number of themed activities we continue to provide regular activities: relaxation therapies and outings for older and younger carers, many of these are

OUTREACH NEWS

Radnorshire & North Brecknock

Work continues to be hectic, but very enjoyable. After the Christmas celebrations we had quite a long holiday and I was soon bored as all my musical commitments had also closed down for the holiday. However January has brought lots of work, many new referrals and a chance to meet existing carers at the various support groups.

I do try to see all the carers who are coping with particular problems, such as new applications for DLA, Attendance Allowance, Carers' Allowance etc. and – most importantly – difficulties caused by down-grading or termination of allowances. This can mean quite intensive work and several visits to you and it's great when we get the right result. While I would like there to be enough hours in the week to keep on with these regular visits, there are always new carers to see and new problems to address. I hope that, where there are problems of any kind –

mobility, general health, a need of respite or domestic help I can also help to put these in place or help you find someone who knows much more about it than I do.

There are so many reasons for coming along to a support group if you possibly can – it gives me an opportunity to see you all within a short time and it is often the other carers whom you meet that can give you the most help. They all have ways of coping with varying situations and many of them are walking encyclopaedias of information regarding social services, the health board, carers' rights – and much more.

Please feel free to phone me or write to me – 3, Trebarried Court, Llandefalle, Brecon LD3 0NB with any queries, complaints or compliments. I will try to deal with the first two and welcome the third!

With best wishes for a Happy 2008,

Fran Mungovin.



I can personally recommend David & Jan Mould, a married couple with years of experience in tackling all the jobs around the home and garden. They call themselves "Helping Hands" and charge very reasonable hourly rates. They will do:

Housework: Washing, Ironing, Shopping.

Gardening: Grass cutting, Hedge trimming, Leaf sweeping and general tidying.

Decorating: Wallpapering, Painting, Minor repairs.

They can be contacted on 01982 560450 or you can tell me your requirements and I will approach them on your behalf.

Please note that Powys Carers Service itself cannot make specific recommendations!