

reported in this edition. As we go to press we are busy planning activity days for over fifty young carers from all over Powys during the school holidays and in partnership with CARAD. Our support groups for adult carers and clubs for younger carers such as the Chill Club in Newtown and the weekly drop in Brecon Leisure Centre are always happy to welcome new members.

Feedback from the consultation events that we organised last year in partnership with Powys County Council emphasised that carers should be better informed about what services are available to them.

An important link in the chain of information are professionals in health, in the local authority and amongst voluntary organisations and we were told that they too need to be better informed about how to signpost carers to these services.

We are therefore delighted to report the appointment of Lesley Jones to a new post of Employment Outreach and Information Worker (prizes for a better job title!).

Lesley will be helping us to improve our ability to provide relevant, accurate and up to date information to carers and professionals. She will also be providing specific advice to carers and organisations involved with carers on retaining or obtaining employment and training. Her remit will also include the (re)development of our web site and the continuation of the Newsletter.

And finallyA New Year and a new funding system. For the first three years of Powys Carers Service we have had to find a substantial proportion of our funding (80% of which is spent on outreach workers) fundraising and from grants from other charities.

This year the way in which Health & Social Services funds us will change and we hope that this will be an opportunity to reach agreement with Powys County Council and the Local Health Board as to what services they really wish to see for carers over the next three years.

Of course as and when we obtain additional funding from fundraising or grants we will use them to add to these statutory services. The changes will also give us the opportunity to work even more closely with our partners in the voluntary sector to ensure that every penny of funding available to support carers is used in the best possible way.

Here's wishing you a Good New Year

Gyles Palmer

Powys Carers Service

Brecon & Crickhowell

Group Events:

Brecon Carers Group: meets 2nd Tuesday of each Month.

14th Feb 06 Talk by Julie Cannon - "Hafal" on Mental Health Group.

11th Mar 06 Talk by Howard Crabbe - "Crossroads" on what the organisation has to offer.

11th Apr 06 Painting Class run by Vivian Williams - popular lesson!

9th May 06 AGM & Buffet Meal

13th June 06 Get fit! "Gentle Exercises" by Lynne Davies.

All events are held at the Guildhall in Brecon starting at 2pm unless other venues are stated.

Mrs Enid Morris (Chairperson) – 01874 625287

Deborah Wilkie (Carers Support Worker) – 07976906975

Crickhowell Carers Group: meets last Monday of each Month.

27th Feb 06 Talk by Ian Sandison "Powys Local Health Board" explaining the "Expert Patients programme".

27th Mar 06 Social Meeting – Tea & Chat!

24th April 06 Direct Payments – Gyles Palmer, Director Powys Carers Service

29th June 06 Bank Holiday – No meeting!

Deborah Wilkie (Group Organiser & Carers Support Worker) – 07976906975

All Carers are welcome. If you would like any more details please ring Enid or Deborah. If you need support to attend these meetings eg transport, care for the person you care for while you attend or just someone to introduce you to the groups then please give Deborah a call.

Computers !!

Basic Computer lessons are available for Crickhowell Carers supported by the Crickhowell Resource & Information Centre. The course covers topics from switching your computer on to E-mails and word processing. **Get to grips with Modern Technology with Tea and Friends!** There are a few places left, if you are interested then please contact Deborah Wilkie on 07976906975

Christmas Party

A big thank you to Brecon and Hay-on-Wye Community Council for their support in funding the Christmas Dinner at Brecon Cathedral for Carers across Brecon and Hay-on-Wye. It was thoroughly enjoyed by all 60 Carers that attended. A real Christmas treat! Also on behalf of all Carers and Outreach workers a special thank you goes to Carol Caton for her commitment and energy in organising the event.

OUTREACH NEWS

Notice for Carers in Crickhowell Area:

SWIMMING!

The Manor Hotel in Crickhowell would like to support Carers in their immediate local Community and has kindly offered the Carers a very reasonable reduced rate of £2.50 a visit to use their swimming pool to promote Health within the community of Crickhowell Carers. Please ring Deborah Wilkie (Outreach Worker) for more details and to register.

"I would like to take this opportunity to thank the Manor Hotel for their support and I know their offer is extremely appreciated by the Carers. I would also like to take this opportunity to thank the Bear Hotel in Crickhowell for their long standing commitment and support throughout the years in enabling the local carers to hold their monthly meetings in a room in the Hotel. Their hospitality is also much appreciated".
(Deborah Wilkie)

