

MS Carers Network Wales



Multiple Sclerosis Society

Do you provide care for a family member or friend with MS?

MS Carers Network Wales is a new service aimed at carers of people with MS. A carer who contacts the service will be put in contact with another carer who has been trained to offer support and a 'listening ear'.

MS Carers Network Wales is a telephone or email based service, recognising that many carers feel unable to leave the home. You can choose to be linked to someone by phone, or if you prefer, by email.

HERE'S HOW IT WORKS

Once you make contact, the

Project Coordinator will ask you a few questions to help match you with someone suitable. All the information you give is confidential, and will not be passed on to anyone else.

If we are able to match you with one of our volunteers, who are carers or past carers, we will provide them with your first name and telephone number or email address, depending on how you wish to be contacted. Your other personal details remain private.

He or she will contact you at the time you have chosen, each week. Contact lasts for about an hour but is flexible.

For more information, contact the Project Coordinator on 07778 834837 or email mscarers-wales@mssociety.org.uk. Please leave your name and contact number, with a preferred time of day to be contacted.

Bringing up a child/ren on your own? Need a holiday?

Why not contact Holiday Endeavour for Lone Parents (H.E.L.P) and join in the world of fund and enjoyment that H.E.L.P can open up for you.

We have holidays available at 80+ centres in UK & Spain with weeks available from March through to December.

For more information call 01302 728791 or email Janice@help.fslife.co.uk

MANY THANKS go out to Rhodri and Liz for their contributions to this newsletter! We have awarded Liz with the luxurious hamper and Rhodri with the paragliding flight! We welcome all contributions to the newsletter (space permitting!), please email them to info@powyscarersservice.org.uk or post to **FREEPOST POWYS CARERS SERVICE!** Photos and pictures are especially welcome.

TOWER ART GROUP

This group provides the teaching of all aspects of art by a qualified tutor, Mr David Jones BA. Although open to all we especially cater for those who are disabled, carers or over 50 years of age.

Our venue, Brecon Leisure Centre is accessible, we obtain grants in order to keep our costs as low as possible and to provide art materials, books and videos for members to use or borrow.

We take people who have no experience and those who have art qualifications and anything in between. All types of media are encouraged.

We are able to accommodate about 12 people at a time, so to ensure a place please contact us as soon as possible.

We meet for 36 weeks a year in three terms of 12 weeks each. The cost is £36 per term and we meet on Fridays between 2pm and 4pm.

Those of us who attend find the group really friendly, therapeutic and great fun.

If you'd like more information please contact:
Mrs Enid Morris, 107 Cradoc Close, Brecon. LD3 9UE.

Dear parents and c

I would like to start by saying a big 'thank you' for the replies and support you have given me.

In this newsletter I want to share with you my journey in the world of creative writing. I have found sources of inspiration for my writing, and the difference between the ways of writing novels, short stories and poems.

My characters breathe life into my writing and I make it come alive and give it depth and substance, and they are the main ingredients in my creative concoction. When I write short stories, I want my readers to get to know my characters slowly, and the relationships with them can grow and change over time.

My creative writing diploma is working well, and my tutor has expressed how my inventiveness has come alive, and