

## Powys Parents and Carers Forum

The Powys Parents' and Carers' Forum is the voice of parents and informal carers of people with learning disabilities.

The Forum works to give you the opportunity to be heard, for you to have a say about the services that are being planned and for you to have a say in how to improve services already available.

The Forum is run by parents and carers, for parents and carers. So, if you are a parent or carer of a person with learning disabilities please be in touch.

Joanna Nair - Powys Regional Development Officer for the All Wales Forum of Parents and Carers of People with Learning Disabilities

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# Help make carers voices count!

**Carers UK has just launched Equal Partners to help carers to make their voice heard and improve local services. Equal Partners gives you the facts, skills and backup to achieve change locally; you'll provide Carers UK with the evidence to strengthen our campaigns. Together we'll make a difference.**

Carers make a huge contribution to the way local services are run – sitting on forums and committees, taking part in consultations and campaigning for extra breaks, opportunities and greater recognition to improve carers' lives. However getting involved in services and challenging decisions can be frustrating, intimidating and isolating.

Equal Partners provides carers from all parts of the UK with information and support to boost your skills, confidence and effectiveness by:

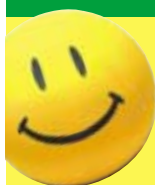
- Giving you the facts: practical

information about the latest changes affecting carers

- Giving you the skills: opportunities to take parting policy seminars and training sessions to help you negotiate your way around the decision making process and help bring about change in local services;
- Giving you the back-up: access to a network of thousands of carers to enable you to pool knowledge and share learning about what works best.

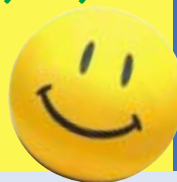
Equal Partners is FREE for carers and carers groups.

**For more information, visit [www.carersuk.org/equalpartners](http://www.carersuk.org/equalpartners), call Carers Wales on 02920 811 370, email [equalpartners@carersuk.org](mailto:equalpartners@carersuk.org) or contact Powys Carers Service's main office on 01597 823800 (further contact details are on the back page).**



*What do sheep do on a sunny day?*

*Have a baa baa cue!*



## Carers of Powys Carers Service newsletter,

my short stories are in great detail, she has advised me to set up my own website.

Brecon & Radnor Express had information with the United Press Ltd, London, who requested entries in a competition writing about your home town, it was free to enter, and first prize was a thousand pounds!

I entered into the competition and I was surprised they picked my poem, and although I did not win, the butterfly buzz inside was fluttering with delight. United Press Ltd have published a poetry book, 'My Small World', and they chose my poem, it's a great achievement.

**LOCAL POEM by Liz Reville**

**Merthyr Tydfil is a place on earth,  
The history of Merthyr is all around,**

**Cyfarthya Castle old and strong.**

**The 'Hoovers' factory standing still,  
It used to be noisy, and the atmosphere used to fill.**

**My childhood memories good and bad.**

**In the rain, the pavement shines like silver,**

**The trees are like strangers, casting off leaves they gracefully drop,**

**A colourful spectrum from green through to beige.**

**When the nightfalls, and the world is alive,**

**You hear the sounds of kids playing outside.**

**They spin around to watch the multitude of stars glistening down.**

**Twenty years later.....**

**I'm now living under the shadows of Brecon,**

**5 years on mother and wife, in my life I'm no longer alone,**

**There are children who touch my life.**

**My heart will always lie with the land that I know.**

**When I die, and laid to rest, I'll be at peace, which I love best...**

Shortly I will be setting up my own website and my readers will be able to read my short stories. I hope one day I will be a successful children's author.

Thank you Powys Carers Service for giving me the opportunity to challenge myself, with the BYS creative writing course, and I hope there are many carers out there who will follow the path of knowledge.

**Liz Reville**