



# DIRECTOR'S WELCOME

Welcome to our Newsletter, it seems that spring is well and truly sprung and it is time to think about spring cleaning. It is also a time to think about how well we at Powys Carers are supporting carers in Powys and how we

might be able to do it better. We hope to spend some time over the next six months talking to our members about how we might improve our services (and to join all you need to do is to let us know that you are a carer).

This newsletter contains our annual questionnaire, which it would be wonderful if you could complete and return. It has been three years since Powys Carers Service started and whilst we are aware of some of our shortcomings we are also proud of the support we offer in a wide range of different ways to a wide range of different carers across the county. But we can only offer this support when we know that somebody needs it so we are keen to try to encourage more carers to make themselves known to us.

We are relying on those carers who already know us to give us some tips as to how we might help these 'hidden' carers better so let us know what you think - either directly and/or by filling out our questionnaire



## Carers Week 12th - 18th June 2006 **CARERS WEEK AT BRECON**

**Monday 12th (10.30am -2.30pm) -**

**RELATE COURSE ON CHANGES IN RELATIONSHIPS AND LOSS**

At Brecon Cathedral, Diocesan Centre (book your place with Marie 01597 823 800)

**Tuesday 13th (1.45 -3.00pm) - GENTLE EXERCISE WITH LYNNE DAVIES**

at the Carers Group, Guildhall, Brecon

**12th-16th - STAND AND INFORMATION AT TY HENRY VAUGHAN SURGERY,**

our Brecon outreach workers, Sue and Deborah will be there to assist in additional information between 9:30am and 1pm on Tuesday 13th and Thursday 15th June.

## **CARERS WEEK MONTGOMERYSHIRE**

Attention all carers in the Welshpool area! Powys Carers are seeking to promote carers' issues on Monday 12th June from 10am - 3pm.

We have hired the Corn Exchange (part of the Town Hall).

If you have questions about "Direct Payments" - a means of obtaining money to buy in services instead of receiving them from Social Service; Steve Harris, the manager of a Centre for Independent Living, and Andy Warham, a Direct Payments Advisor for this area will be there. They will be glad to help you understand how direct payments could help you.

If you have questions about

pensions Ken Davies will offer a "full benefit entitlement check from the Pension Service". It's important that carers understand their entitlements, for example, it may be possible to obtain credits towards your pension if you are a carer.

If you have any general questions about carers' issues, Lesley Jones, our newly appointed Information and Employment Worker, will be there.

Some of the Welshpool Carers Group that meets monthly will also be there to encourage and help those of you who are carers.

There will be other people to talk

with and it will be possible to have a massage and learn some aspects of art and craft. We are grateful to Lembit Opik MP who will be there from 10.30am - 11.00am to give his support and to highlight not just carers' issues but carers themselves and the important part they play in helping others.

Wednesday 14th June in Machynlleth - If you are shopping in the Co-op, I hope to see you there.

The management of the store has kindly said we can promote Carers Week there. I have to finalise the arrangements but hope it will be from 10am to 2pm.