CYNGOR SIR CEREDIGION COUNTY COUNCIL

Report to: Healthier Communities Overview & Scrutiny Committee

Date of meeting: 11/03/24

<u>Title:</u> Ceredigion Carers Unit Annual Report 2022-2023

Purpose of the report: To report on the achievements of the Ceredigion Carers

and Community Support Team and progress against their agreed targets and objectives during the year 2022-

2023.

Reason Scrutiny have requested the information: For Information

Background

The Carers and Community Support Team bring together our Carers Development Officers, Community Connectors and Ageing Well Officer to work in a single team focussing on providing information advice and assistance to unpaid carers and supporting community members in Ceredigion.

A Carer is defined as 'Anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction, cannot cope without their support'.

Carers have a right to a life beyond their caring role and to do so, need both effective services to support the people they care for and for them as Carers in their own right.

Welsh Government refers to a "Carer Friendly Wales", noting that unpaid Carers of all ages are a valued and valuable part of society. The 2021 census revealed that there were approximately 310,000 unpaid carers in Wales which equates to 10.5% of the over 5 population of the country. The census also showed that there were 7,246 people in Ceredigion providing unpaid care. Of this number 3,664 were providing more than 20 hours of unpaid care a week. A report written jointly by Carers UK and the University of Sheffield shoes that unpaid carers in England and Wales contributes £162 billion per year to the economy. Furthermore, Carers make a positive difference by holding families together, enabling loved ones to get the most out of life whilst making an enormous contribution to society.

Welsh Government have set out their expectation under the Social Services and Wellbeing Act (Wales 2014) that health, local authorities and the third sector will work in partnership to support Carers under the Act. In 2021, The Welsh Government under their Strategy for Unpaid Carers, set out 4 priorities:

Identifying and valuing Carers

- Providing information, advice and assistance
- Supporting life alongside caring
- Supporting Unpaid Carers in Education and the Workplace.

Provision of information via the DEWIS and Family Information Service platforms continues to be a priority for the Carers and Community Support Team.

Current Situation

SOCIAL SERVICES AND WELLBEING ACT (WALES) 2014

Ceredigion County Council remain committed to providing the best possible outcomesfocused service to enhance the lives of Carers, and to continuously improve support, services and recognition of Carers in Ceredigion. The Act provides a definition of a **Carer** as "a person who provides or intends to provide care for an adult or disabled child". This removed the requirement that carers must be providing "a substantial amount of care on a regular basis".

Wellbeing of Future Generations:

Has an Integrated Impact Assessment been completed? If, not, please state why. No, not required as the report does not involve the implementation of a new policy.

Summary of Integrated Impact Assessment:

Long term: INSERT TEXT
Collaboration: INSERT TEXT
Involvement: INSERT TEXT
Prevention: INSERT TEXT
Integration: INSERT TEXT

Recommendation(s):

That Healthier Communities Scrutiny Committee, consider and if agreed, accept the Carers and Community Support Team Annual Report

Reasons for decision:

INSERT TEXT

Contact Name: Iwan Davies

Designation: Corporate Manager Early Intervention

Date of Report: 11/03/24

Acronyms:







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MEET THE TEAM



TEAM MANAGER - Sara Humphreys



CARERS AND COMMUNITY SUPPORT COORDINATOR (North Ceredigion) -Mel Walters



CARERS AND COMMUNITY SUPPORT COORDINATOR (South Ceredigion) -Bethan James



CARERS DEVELOPMENT OFFICER - Susan Kidd



COMMUNITY CONNECTOR -Enfys James



AGEING WELL DEVELOPMENT OFFICER - Paul Lewis



COMMUNITY CONNECTOR - Carys Owens



COMMUNITY CONNECTOR -Sarah Kendali



COMMUNITY CONNECTOR -Sian Salcombe



COMMUNITY CONNECTOR -Sam Henly



DIGITAL CONNECTOR -Lucy Steere



COMMUNITY CONNECTOR -Diane Williams



APPRENTICE BUSINESS
ADMINISTRATOR - Sophie Richards



DIGITAL CONNECTOR -Fraya Grattan

INTRODUCTION



A MESSAGE FROM CORPORATE MANAGER - EARLY INTERVENTION, IWAN DAVIES

I am delighted to present the Carers and Community Support annual report. The report reflects the breadth of the work undertaken by the Carers and Community Support Team and it's commissioned partner Gofalwyr Ceredigion Carers along with the positive impact on those receiving services.

At the centre of the team's work is the provision of high-quality information to users of the service and it is encouraging to see that the numbers of unpaid carers registered on the Carers Information Service and Young Carers Information Service has increased, meaning that more of the county's unpaid carers have access to information such as the Carers Magazine.

The team has also been pro-active in engaging with Ceredigion communities organising events, drop ins with our Community Connectors and have supported the Warm Spaces initiatives, again providing up to date information to those attending.

I would therefore very much like to thank the team and partner organisations for their continued hard work and commitment over the past year and we very much look forward to developing and introducing new areas of work in 2023-2024.

Iwan Davies



BUSINESS OBJECTIVES

EMBED THROUGH AGE WELLBEING STRATEGY ACTION PLAN AND HYBRID WORKING INTO THE TEAM

What did we do?

Rebranding the team

Created a new team logo and contact details, updated our leaflets:







Team work

As a team we have got back into the swing of being out and about engaging with a range of groups and individuals.

Age Friendly Communities

- · Ageing Well Officer appointed.
- Engagements at local supermarkets to coincide with International Older Persons Day.
- Work began on contacting and visiting local groups to gather feedback on 8 domains:
- Outdoor spaces and buildings
- 2 Transport
- 3 Housing
- 4 Social participation
- (5) Respect and social inclusion
- 6 Civic participation and employment
- Communication and information
- Community support and health services

The feedback will form the foundation of the Age Friendly Communities Self-assessment, which the council will submitted to the World Health Organisation in early 2024. The aim is for Ceredigion to become a recognised Age-Friendly Community.

PROVIDE INFORMATION ADVICE AND ASSISTANCE

What did we do?



Increased
Carers
Information
Service
membership by

14%



Increased
Young Carers
Information
Service
membership by

144%

Printed and distributed

4250

Carers Magazines across Ceredigion.



Charter for Unpaid Carers



Welsh Government's Charter for Unpaid Carers distributed to

100%

of the Carers Information Service. 3000

Information for Young Carers booklets distributed to schools across the county.





Worked with Gofalwyr Ceredigion Carers to support

158

young carers to have a life outside their caring role.



607
referrals
received by
Community
Connectors

unpaid carers contacted the Community Connectors for support

unpaid carers were referred on to Porth Gofal for a carers needs assessment

The top 3 reasons people contacted the Community Connecters were:



Loneliness and isolation



Blue Badge applications



Cost of living

Of the **137** clients who requested support due to loneliness and isolation **117** did not have any family members or friends who they could rely on for support.



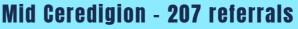


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South Ceredigion - 210 referrals



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49

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3U



Supported Gofalwyr Ceredigion Carers to deliver information and advice to

805 carers, and provide

2016

hours of replacement care to give them a break from their caring role.



Supporting carers in your workforce

A manager's handbook



employersforcarers.or in an employer membership service provided by Coren I 39

members of staff, including managers, supported through carer training and information events.



Gofalwyr Ceredigion Carers Young Carer Service recommissioned and rolled out.

In April 2022 we were pleased to announce that Gofalwyr Ceredigion Carers (GCC) successfully won the tender to deliver the Young Carers Support Service in Ceredigion. Throughout the year, **357** carers have engaged with the service since it commenced. GCC have supported young carers and their families through the provision of 1:1 support and a range of activities.





"I was worried I'd be the oldest here and wasn't sure whether to come to be honest. I've actually had a really nice time, I wasn't sure what to expect but I definitely want to come back next

year."

Young carers get soaked at pantomime!

At the end of January, Gofalwyr Ceredigion Carers (GCC) invited young carers from all over Ceredigion to see Mother Goose at Aberystwyth Arts Centre.

The show was enjoyed by young carers of all ages, alongside a full-capacity crowd at Theatr Y Werin. The hilarious performance was full of festive fun, complete with catchy songs, slapstick comedy and the lots of booing and hissing!!

At one point the cast, equipped with water guns, ran from the stage, up the steps and right through the seats soaking the audience. It was the perfect opportunity for the young carers to let loose and enjoy, which they did. Their cheers were the loudest of all!!

The trip was organised by Jamie, GCC's Young Carer and Family Outreach Worker. In the last 12 months Jamie has organised lots of fun trips and activities for young carers, including laser tag and paddleboarding.

Excerpt from Carers Magazine (March 2023)





Carers resilience and wellbeing training

The team developed an online resource for unpaid carers which aims to support unpaid carers to:

- Lower stress levels
- Balance wellbeing
- Build emotional resilience

The online toolkit can be accessed, for free, by anyone on Ceredigion County Council's website.

Dewis Cymru

All Community Connectors are trained Dewis editors. They can now support businesses and groups in getting their information published on Dewis. Administration staff can also provide support at renewal and with content.



Service inductions

We delivered service induction presentations to **91** members of council staff, 3rd sector staff and health professionals. This includes:

- Social Workers and Social Work Assistants
- Agency Social Workers
- Bronglais Hospital's Occupational Therapists
- Hywel Dda Community Outreach
 Team
- Hywel Dda Social Prescribers
- DDAS
- CAMHS
- CMHT
- Older People's Care Forum



DEVELOP WORK WITH GROUPS, BUSINESSES AND 3RD SECTOR TO BUILD COMMUNITY RESILIENCE

What did we do?

Employers for Carers

Ceredigion County Council continues to honour and participate as a regional member of Carers Wales 'Employers for Carers' scheme. As part of the council's commitment to support unpaid carers within our own workforce, the Carers and Community Support Team have provided two tiers of advice and support through a programme of sessions for managers and staff.

- staff carer newsletters distributed through monthly staff Newyddion
- carer drop-in sessions
- 'Carers know your rights' sessions delivered
- 'Managers supporting the care conversation' information sessions



Harm reduction

- All staff trained as Alzheimer's Society
 Dementia Friends and two team members
 became Dementia Ambassadors. Dementia

 Ambassadors can deliver the friends training.
- · Alcohol and older person training
- Women and gambling
- Benefits training



Identifying gaps - befriending and transport

As in previous years, the top two gaps we have identified are in the provision of transport and befriending services. The following case study is an example of how we identify gaps like these and how we approach addressing them.



Community Connector, Sarah Kendall, noticed a growing need for befriending services and transport support to facilitate social activities and daily tasks in Aberystwyth. After researching available services, she discovered Hafan Y Waun Day Centre's plan to start a new social club open to the community, offering various activities. Sarah supported a carer and her spouse with dementia to attend the club, which they found enjoyable and fulfilling. Impressed by the positive impact, Sarah recommended the club to others but identified transportation challenges. Upon discussing this with the Day Centre Manager, Sarah learned that they had received a grant for an electric minibus, enabling them to offer transport for attendees. The Day Centre expanded its services by initiating a fortnightly shopping service. Sarah maintained close communication with the Day Centre, assisting them in accessing Warm Hub Grants, resulting in the club becoming a Warm Hub during winter and introducing a popular lunch club at various locations in Aberystwyth.



OUTCOMES:

- Referred clients now have a social network and regularly attend activities
- Hafan Y Waun successfully applied for funding to become a Warm Hub and is now a safe space for people in the community
- Identified a shopping service and transport for clients who are socially isolated to attend activities



It has been a real pleasure for me to see my client enjoying going to Tuesday Club and seeing my client making new friends.

I have also enjoyed working closely with the Manager and keeping her informed of any potential grants that may support the projects further.

I now regularly inform clients about the Tuesday Club, Lunch Club and the fortnightly shopping trips.

Sarah Kendall -Community Connector

Addressing the cost of living crisis

To address the cost of living crisis, the team collaborated with various partners and teams within the local authority to deliver events and disseminate information leaflets. These efforts were focused on delivering crucial information and support, aiming to educate and assist the community in managing the financial challenges of the crisis. Our collaborative approach significantly enhanced the reach and impact of these initiatives.

Special carers' newsletter -'Cost of Living' edition January 2023



Have you applied for

DEVELOP SUSTAINABLE BREAKS FOR CARERS

What did we do?

Ceredigion Carer Card

Issued

189

new adult carer cards, an increase of **136%** from the previous year

A total of

394

unpaid carers in Ceredigion are using a Ceredigion Carer Card to access free leisure facilities in the county.

Issued

55

new young carer cards, a **500%** increase



TEAM HIGHLIGHTS

£500 UNPAID CARER SUPPORT PAYMENT

The team worked with Finance and Procurement to process and pay applications for the Welsh Government's £500 support payment which was available for unpaid carers to apply for between May and September 2022. The team was instrumental in advising unpaid carers of their entitlement. Which we disseminated through social media and by post. Thanks to our efforts, Ceredigion achieved one of the highest proportions of claims, in Wales, received from carers who were eligible for the payment.

66

"Please accept my thanks for all your support and hard work on this scheme. Take up is currently 77.5% which is an excellent outcome and I know the Deputy Minister for Social Services is very pleased with this figure and would wish to join me in conveying her thanks to everyone involved. To date, nearly 44,000 unpaid carers have benefitted from this payment."

Message of thanks from Duncan Hall, Corporate Lead Officer, Finance & Procurement

703
eligible
applicants
received £500

A total of

£351,000

paid



Register with us for the **unpaid carers** £500 payment, **before 15 July 2022**.



If you were receiving Carer's Allowance on 31 March 2022, you may be entitled to an extra £500 from the Welsh Government.

Registration open now.



CEREDIGION CARERS FUND

Carers applied for up to £150 to improve their health and wellbeing.

WHAT DID CARERS SPEND THE MONEY ON?

Top 5 requests

- Short breaks (179)
- Therapies and treatments (84)
- Sports, fitness and outdoor activities (67)
- Clothing (56)
- Technology (52)

CARERS SAID...

"I just wanted to thank you so very much for this, I am so excited to book a holiday very soon. I'm so grateful to you all."

£116,197
awarded

"I have now used the fund to great effect and purchased the music keyboard I've had my eye on for a long time - thanks to you I no longer have to window

shop."

591individual and family applications processed

776 carers benefitted

"Thank you so much, this has made a huge difference to my mental state of mind. It's a great cause."

"Thank you so so much. I was so pleased it made me cry... this is going to make so much difference to me."

"Thank you so much for this, my daughter is extremely excited, she's been wanting a new Harry Potter game.... Thank you again she's over the moon." Ceredigion
Carers Fund
Do you look after someone?
You can apply for the Ceredigion Carers Fund if you or the person you look after lives in Ceredigion

You can apply for up to
E150
to spend on something to improve your health and wellbeing

www.ceredigion.gov.uk/carersfund

Comparison

Compari

WARM WELCOME SPACES

Throughout winter 2022/23, Ceredigion's team of Community Connectors worked with CAVO and community groups across the county to set up Warm Welcome Spaces.

Warm Welcome Spaces are safe warm places that are free and welcoming to all ages, some of them also provide hot drinks, snacks and activities.

Cafes, churches, community centres, village halls, libraries and book shops across the county opened their doors and welcomed people of all ages.

The Warm Welcome Spaces provided a social meeting place for people to come together, and build friendships.



Community Connector case study

During a team meeting, we discussed the Warm

Welcome Spaces project and agreed that involving Community Connectors would be instrumental in disseminating information about the available funding across Ceredigion. It was unanimously decided to proactively reach out to all communities in the region.

In my role, I received valuable input from my Team Manager, who promptly shared details on how to apply for the funding. Without hesitation, I distributed this information to various community hubs, including Borth Community Hub, Local Churches, Cletwr Community Café, Hafan Y Waun, and Community Halls.

Moreover, I made a personal visit to the recently established Coffee Morning at Rhydypennau Hall to tell them about the new funding opportunity. The response from the Rhydypennau Hall Committee was overwhelmingly positive, and they promptly applied for the grant on the same day. I was delighted that they successfully obtained the grant, which supported their Warm Welcome Coffee Morning initiative.

I was equally pleased that due to our proactive outreach efforts, several other community spaces, namely Borth Community Hub, Cletwr Café, Hafan Y Waun, Llanbadarn Fawr Church, The Iron Rooms in Eglwysfach, Talybont Hall, and Rhydypennau Hall in Bow Street Hall, accessed Warm Spaces funding for their activities.

The response from these community groups has been highly positive, and they expressed their gratitude for the prompt and effective delivery of information concerning the funding available for the Warm Welcome Spaces project.

Due to the strong, positive relationships the team have been able to foster with organisations while developing the Warm Welcome Spaces, we will continue to build on this work in 2022-23.



The Community Connectors handed out:

Belle To A No.	nanaea out.	
150	radiator refectors	İIII ,
300	draught excluders	<u></u>
50	blankets	
60	lightbulbs	- 🖫 -

WORKING WITH HEALTH - SOCIAL PRESCRIBING

Borth Multi Agency Team (MAT)*

The Carers and Community Support Team have established good contacts and created strong working relationships amongst the MAT members who have been extremely approachable when further support has been required. We have got to know the surgery team well and from a learning perspective we now understand the roles of professionals such as Admiral Nurses, District Nurses, and other Allied Health Professionals. We also have a clearer idea of their involvement in a person's care, where that person is in their journey both physically and mentally and it informs us in our work to ensure the best positive outcomes. Any pre-existing barriers between our team and health colleagues have now been removed through participating in this project.

MEDDYGFA BORTH SURGERY

Watch the video to view information about Borth MAT





bit.ly/BorthMAT

150

patients seen by Borth and Tregaron MAT





Expanding social prescribing in Ceredigion

In January 2023, following the widespread recognition of the Borth MAT accomplishments, the GP surgery in Tregaron was invited to join. We hold a positive outlook regarding the potential advantages it will offer to the patients and the community of Tregaron throughout 2023 - 2024.

*Please note: MAT (Multi Agency Team) was previously referred to as MDT (Multi-Disciplinary Team) up to February 2023

Patient outcomes

- 11 supported to join social groups in local area
- 4 referred to commissioned carer support service for in depth support
- 3 supported to access mental health services
- 2 were supported to access practical support at home from Red Cross and Age Cymru
- 2 supported to access Citizens Advice Bureau surgeries
- 1 supported to access Country Cars for help with transport

A YEAR FULL OF ACTIVITIES



"I wasn't sure about coming as I have so much going on. My husband encouraged me to come today and I'm so glad I did as I really enjoyed."













GIG Burst to Hymel Did University

CEREDICION













"It was absolutely fabulous to put faces to people that I've spoken to on the phone. Everyone was friendly and informative. Looking forward to the next event!"





"It was really helpful, everyone was so friendly, we have plenty to read up on. A very productive day out, thank you."





Carers drop-in
The last Thursday of every month, next

Thursday, 23 February 2pm - 3pm on Teams: <u>bit.ly/3dlbxnD</u>

Drop-in to ask the Carers and Community Support Team and HR for advice on your caring role and chat with other carers at any time between 2pm and 3pm.

"I Enjoyed the chance to speak with other carers."

"This was a great opportunity to reach vulnerable customers facing energy and cost of living crisis. But equally useful for reaching partners and dispatching marketing to frontline workers. Thank you/Diolch!"



VIRTUAL DEMENTIA TOUR
FOR UNPAID CARERS

• Tuesday, 7 March Aberystwyth

• Wednesday, 8 March -

Wednesday, 8 March –
 Aberaeron

DEMENTIA BUS

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"I was advised of different groups to attend but getting there is difficult due to lack of transport."









WHAT DO WE NEED TO DO NEXT?

BUSINESS OBJECTIVES - 2023/24

- Proactively provide quality information advice and assistance to a range of groups across Ceredigion
- Develop work to build community resilience across Ceredigion
- Develop a range of sustainable short breaks for carers

