



Bwrdd Partneriaeth  
Rhanbarthol Gwent  
Gwent Regional  
Partnership Board



**Dewis Cymru**  
Have choice and take control

[www.dewis.wales](http://www.dewis.wales)

Autumn 2020 - Issue 20

# Citizens share their lockdown experiences

**I am registered blind and lockdown could have been a difficult period. I am normally a very social person and out every day doing some form of raising awareness of the challenges faced by people with a vision impairment or fundraising for guide dogs.**

Although the way of doing this has come to a halt I have been involved in many virtual things. A virtual tea party held by Guide Dogs which smashed the world record.

I have also been involved in a community tension call with Gwent police. This has been very interesting as addressed many challenges within the community such as youths congregating, the different religions within our communities and homeless people.



I have also been part of an ethics committee telephone call with Gwent police. One of the things discussed was how the police might deal with the differences in Welsh and English law.

I have had someone doing my shopping for me and also had a superb fruit and veg box delivered. I don't think I have ever eaten so healthily.



# Continued

My daughter and friends check on me regularly. Since the parks have re-opened I have also been able to get to my local park which has been so, so lovely.

I have also mastered social media such as Skype, WhatsApp and Zoom. For someone

These are strange, sad times. We have all been affected in many odd and different ways but we are always mindful that we are in a sea of suffering and loss. We have learned to identify and value the real keyworkers in our society and let's hope this continues post-virus. We have applauded NHS staff and booed the villains – let's hope we remember them too.

As my job is 90% public facing, I was furloughed quite early on. I have kept myself amused and a little bit busy, mainly by digesting the huge amount of information – thank you, Cherie! – that comes my way as Chair of the Gwent Citizen's Panel. We have held one online Panel Meeting which went well and a number of real concerns were raised around hospital discharge, digital inclusion, shielding information. All of these issues were raised with the Regional Partnership Board who welcomed our input from citizens at their first digital meeting. They will also be communicated to the Older People's Commissioner who is gathering information across Wales.

Very personally, I am happy that none of my family have been affected too badly by the virus itself so I can relax and see some of the odder aspects of the situation. My main bugbear at the moment is my hair length – for those of you who have seen the Tiger

who is registered blind this has been quite a challenge.

Take care and keep up the good work. You are doing an amazing job.

**Anon**



King, I look like Joe Exotic (Google him!) – I am so desperate to meet a hairdresser with 2 metre arms! Trivial Pursuit is addictive, jigsaws are really annoying and outdoor darts is risky when it's windy. Shopping at Tescos is like Stalingrad in 1942 but is easing off a bit now (which is a shame really) and, more than anything, I am really missing the seaside. Can't wait for a trip to Porthcawl and fish and chips from Beales\*. (\*other chip shops are available)

I have never experienced anything like it in my life and I just hope that we learn from our experiences, adjust our values and prepare for a very different future for us all. There have been many heroes including those who have simply stayed at home.

**Chris Hodson**  
**Chair, Gwent Citizen's Panel**

# The Police & Crime Commissioner for Gwent is urging residents to learn how to spot the signs of physical, emotional, and financial abuse of older people.

---



World Elder Abuse Awareness Day took place on 15th June, a day that focuses global attention on the growing problem of elder abuse.

Tackling violence against women, domestic abuse and sexual violence is one the key priorities for Commissioner, Jeff Cuthbert. He is working with the VAWDASV Regional Team and Gwent Police to encourage people experiencing domestic abuse and sexual violence to seek help, and for residents to raise safeguarding concerns with professionals.

Jeff Cuthbert said: "Supporting vulnerable people is one of my key priorities and at the heart of my Police and Crime Plan for Gwent. We know that older people are particularly vulnerable to abuse and exploitation, and we fear that opportunities for this to happen have increased due to the increased isolation caused by Covid-19. There will always be people who seek to exploit the vulnerable, so it has never been so important for people to keep an eye out for any signs of abuse.

"We need to ensure all our older residents know what abuse is and that, if they

experience it, they need to report it. We also need to encourage friends, family, professionals, volunteers and neighbours to speak out if they think someone might be being abused.

"Please don't let them suffer in silence. Gwent Police are here for you and they will listen to your concerns"

Chief Constable of Gwent Police, Pam Kelly, said: "If you're giving an elderly family member, friend or neighbour a hand, keep an eye out for any signs of abuse. Gwent Police are here to help so please, if you have any concerns, don't be afraid to contact us."

"If you're a victim of domestic abuse, or know someone who is, take a moment to stop and report it. There are wide range of specialist services available in Gwent that can help you."

Free online training is available to residents to help tackle all forms of VAWDASV. Welsh Government wants anyone who is still in a position to spot potential abuse, such as volunteers, key workers, postal workers and shop staff, to be able to recognise the signs of abuse and know how they can safely help.

**Online training can be accessed via**

<https://learning2.wales.nhs.uk/login/index.php>

**For more information about reporting someone you believe to be vulnerable, go to**

[www.gwentsafeguarding.org.uk](http://www.gwentsafeguarding.org.uk)

# Billy the Superhero

## - Colouring in Sheets

---

**You may recall our co-produced book Billy the Superhero. Published back in 2018 with ABUHB and Petra Publishing the children's picture book celebrates the health and social care sector and supports children to understand the vital role it plays in our society. In light of the pandemic and the public support for care workers and nurse's free colouring in sheets from the book were made available for download.**

**The colouring in sheets remain available (free of charge) from our website:**

<http://www.gwentrbp.wales/gwent-care-career-pathway>



'The Elephant in the Room' a picture book we co-produced in 2019 explores how we can best help children to cope with their feelings of loss and bereavement.



Free copies of this title have been made available to children who have lost a loved one due to the Covid-19 pandemic.

They have been distributed through Anuerin Bevan Health Board. Copies of the book are also available at all local libraries and primary schools across Gwent.

# Bike Gifted to Care Worker

---



**Back in October 2019 we secured funding to supply domiciliary care workers with refurbished second hand bikes in partnership with the Inspire to Achieve Changing Gearz project as one way of addressing the issue of care staff needing a car in order to deliver care.**

Sadly, interest from care workers was not forthcoming however, last week we were contacted by Mellissa, a care worker at Allied care who was looking for a bike to help her complete her care runs in Ebbw Vale. We're pleased to report that we were able to supply a bike and helmet to Melissa free of charge so she can continue to deliver compassionate and skilled care to those citizens who require support across Gwent.

Mellissa said:

"Having a bike gifted from the Changing Gearz and the Gwent Regional Partnership has certainly helped me to provide care across Ebbw Vale. I can't recommend them enough, the Changing Gearz team went above and beyond to help me and I'm so very grateful! I hope that more carers will become involved, to help themselves and support this brilliant scheme!"

**If you would like to know more about the care worker bike scheme please contact Hanna Ross:**

✉ [Hanna.Ross@torfaen.gov.uk](mailto:Hanna.Ross@torfaen.gov.uk)

# Who is a carer ?

**The term 'Carer' refers to people of any age who provide or intend to provide unpaid care and / or support to someone ill/frail / disabled and could include family members, partners, neighbours or friends irrespective of whether/not they live together**

I am so pleased that the Regional Partnership team has been so proactive in becoming Carer Friendly. Becoming the first team in Gwent and recognised as the first non carer specific service in the UK to have achieved this level is a fantastic achievement ! All staff embraced the pledge and are committed to improving the lives of carers. We must all be aware when identifying carers not to confuse carers with paid care workers. Any one of us in our lifetime will know someone whose life has been touched by caring or either has been, is or could become a carer themselves. It is essential that we all recognise how the services we work in and with can identify carers at the earliest opportunity, signpost to carers assessments and support

services and make sure carers are receiving information that they need at the right time. Our commitment to the Carer Friendly accreditation reinforces this in a practical way and I would strongly encourage any service thinking about the Accreditation to 'Just go for it !' - Naheed Ashraf Regional Carers Programme Manager

## The Gwent Regional team

- Received specialist training from Carers Trust South East Wales
- Put together our team portfolio of evidence for Advanced Accreditation which was assessed by panel members including carers
- Involved carers at both strategic and operational levels to ensure that carers are embedded into services that we support

**For more information about the Accreditation scheme, please contact Lisa Yokwe at Carers Trust South East Wales**

✉ [Lisa.yokwe@ctsew.org.uk](mailto:Lisa.yokwe@ctsew.org.uk)

# AskSARA

**The Gwent Regional Partnership Team have been working with the Disabled Living Foundation to expand on a piece of work undertaken in Newport. We are pleased to finally launch the Gwent-wide version of AskSara – an online assessment tool for living aids and equipment.**

The site offers information on a plethora of useful aids from devices to make cooking easier and where to purchase them, to visual aids to make reading easier. The site doesn't require any sign up and is anonymous, but is able to pick up on complex needs with advice to refer to social care.

**For more information on the site, contact**

✉ [Alexandra.jones@torfaen.gov.uk](mailto:Alexandra.jones@torfaen.gov.uk)  
<https://gwent.livingmadeeasy.org.uk/>

***Note:** This newsletter is prepared by the Regional Transformation Team, who are hosted by Torfaen County Borough Council, on behalf of the Gwent Regional Partnership Board. Just a reminder that the Gwent Regional Partnership Board website is now live and can be found at [www.gwentrpwales](http://www.gwentrpwales)*