

Time for Me

You need to make time to look after yourself. By making time for leisure interests as well as looking after your health, you will feel better in yourself, as an individual and as a carer.

Exhaustion

Tiredness related to your caring role and the lack of quality sleep can have a harmful effect and can lead to feelings of anger and resentment. You should try to ensure that you do not do more than you really need to do. Try to make some time to do the things that you want to do, whether it is watching a favourite television programme, reading a book or pursuing a hobby. A Carer's Needs Assessment (see the leaflet *Help and support available locally*) must take into account your work and leisure needs.

Wellbeing

The Gwynedd Health and Wellbeing Partnership have published a very useful booklet, *Looking after myself*, which is available for free in libraries and surgeries throughout Gwynedd or from Gwynedd Council's website <https://www.gwynedd.llyw.cymru/en/Residents/Documents-Residents/Health-and-social-care-documents/Information-booklet-looking-after-myself.pdf>

Here are a few suggestions of activities and opportunities to help you look after your wellbeing.

Mindfulness

Mindfulness is paying attention to the present moment without getting stuck in the past or worrying about the future. This can change the way you manage and react to stressful situations. A number of carers have found it very helpful. More information can be found on www.bemindful.co.uk and it is possible to follow a course online at www.bemindfulonline.com

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The Mental Health Foundation has a booklet *How to look after your mental health using mindfulness*. It can be downloaded from their website

www.mentalhealth.org.uk/publications

Origami

Origami can help you to relax and increase your mental and emotional health.

Origami Pulse is an organisation which encourages people of all ages to enjoy origami. You can download free resources, including a booklet *Getting Started with Origami* from their website www.origamipulse.com

Holidays

The Carers Trust

The trust has information about holiday for carer on their own or with their family/the person for whom they care. They also have information about possible grants. <https://carers.org/article/holidays>

Carers Outreach Service Caravans

Carers Outreach Service has a caravan is situated just outside Pwllheli. Carers can stay with their dependants, family or friends. The caravan holds up to six people based on a double and two sets of single beds. Supermarket deliveries direct to the caravan can be arranged. Holidays are available for up to a week, and the price includes Privilege tickets to Hafan y Môr.

For more information or to request a booking (between 1st March and 31st October) contact Carers Outreach by e-mail at

caravan@carersoutreach.org.uk or by phoning the office **01248 370797**

Noddfa

Noddfa in Penmaenmawr, Conwy, welcomes carers and offers a chance to relax and enjoy the beauty of the sea and hills. It's possible to go there when here are other carers there or at other times. Noddfa will make every effort to accommodate the dates which suite the carer. The cost (2020) for carers for full board is £50. **01492 623473** noddfapen@aol.com

Revitalise

Revitalise is a national charity providing short breaks and holidays (respite care) for disabled people and carers, aged over 18. They may be able to help

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with funding. Carers can have a break too, but do not have to. They can come with the cared for and have a holiday, whilst Revitalise take over the care. Every year they provide a number of weeks specifically for people with dementia, and their carers.

0303 303 0145 or visit their website <http://revitalise.org.uk>

Cinema and Theatre

Cinema Exhibitors' Association Card (CEA)

The Cinema Exhibitors' Association Card allows free cinema entry to carers accompanying a card holder. The card holder must be in receipt of qualifying disability benefits or be registered blind. It costs £6.00 and is valid for one year. Details as to how to apply can be obtained by 'phoning **01244 526016** or visiting their website www.ceacard.co.uk

Hynt

Hynt is a national access scheme that works with theatres and arts centres in Wales to make sure that there is a consistent offer available for visitors with an impairment or specific access requirement, and their carers. If the person for whom you care needs support or assistance to attend a performance at a theatre or arts centre, then they may be eligible to join Hynt. The card is free and valid for three years, but the card holder must be in receipt of certain benefits or care packages. Information, and application form, is available on their website. <http://www.hynt.co.uk>

Application forms can also be obtained from participating venues, including Galeri, Neuadd Dwyfor, Pontio, Ucheldre Centre, Venue Cymru, Theatr Colwyn and Clwyd Theatr Cymru.

01446 401744 or e-mail applications@hynt.co.uk

Days Out

National Trust Essential Companion card

The Essential Companion card makes it simple for someone to bring one or two carers or companions with them, free of charge. Just show the card on arrival, and the carer(s) or companion(s) won't need to pay an entry fee. It's

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possible to have free entry without the card, but it's quicker and simpler with it. If the person who needs the care is not a National Trust member, they will need to pay their entry fee.

To obtain a card, contact the National Trust by phoning **0344 800 1895** or e-mailing enquiries@nationaltrust.org.uk

Learn something new

Learning new skills can give you a feeling of achievement as well as new confidence. Although it's possible for you to learn skills for working or for your caring role, it's a good idea to consider learning something for pleasure.

Perhaps this is a skill such as learning a new craft, or perhaps something like a new language or a subject which is of interest to you by following an online course or through an app on your mobile phone.

The Open University

OpenLearn is the Open University's website which offers free courses. They are based on material from the Open University's modules. See

<https://www.open.edu/openlearn/>

The Open University has The Carers Scholarships Fund which offers free entry for unpaid carers to the Open University's courses. Information is available on their website

<https://www.open.ac.uk/courses/fees-and-funding/carers-scholarship-fund>

For more information and advice, contact the Open University

<https://help.open.ac.uk/contact>

Future Learn is a website which offers online courses from a number of universities worldwide. They have over 700 courses on a wide range of subject and which are free. See <https://www.futurelearn.com>