



Caring Communities of Change Cymunedau Gofalu o Newid

A journey of co-production
into Respite & Short Breaks



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



All Wales Forum
Fforwm Cymru Gyfan



Caring Communities of Change
Cymunedau Gofalu o Newid

Caring Communities of Change

To enable Learning Disability families and third sector partners in Wales to develop services that secure rights, enhance physical, emotional and economic well-being and support family relationships, all through enabling learning disability family carers to have an active contribution to society.



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum

KATE YOUNG - DIRECTOR, ALL WALES FORUM FOR PARENTS & CARERS

RESPIRE & SHORT BREAKS

THINKING... CAN WE APPLY THESE PRINCIPLES IN A MORE CREATIVE WAY?

MARIE DAVIES CREDU, POWYS CARERS SERVICE

IN POWYS CREATIVE RESPIRE PROJECT

LINKING UP CARERS & FAMILIES WITH HOLIDAYS & RESPIRE

POWYS COUNCIL IS RECOGNISING CARERS KNOW BEST

KERRY DUNAGHY - RESPIRALTH SCOTLAND

WHY THE MODEL WORKS

LOCAL CARERS ORG. ARE PARTNERS

LISA PHILIPS - PARENT CARER FROM POWYS

RESPIRE - THAT SUITS ME AND A TIME WE CHOOSE

WHY IS EXPLORING THESE IDEAS IMPORTANT?

COVID HAS TAUGHT US WE NEED TO DO THINGS DIFFERENTLY

ESSENTIAL FAMILY IS AT THE HEART

THINK OUTSIDE THE BOX...

NICK ANDREWS SWANSEA UNIVERSITY

IMPORTANT MESSAGE -

(IN SCOTLAND) 'EUAN'S GUIDE' LIKE TRIPADVISOR FOR PEOPLE WITH DISABILITIES

WE NEED TO HAVE LINKS WITH THE OFFERS

MANDY PUGS HERE "BRAVE PANTS ON" TO SHARE HERE "SILLY IDEAS" - WHICH THEY NOT!

WHY THE MODEL WORKS

FIVE RAN A PILOT FOR 1ST YEAR - RUN EVER SINCE

17 OF LOCAL 32 AUTHORITY

DIRECT HOUSING RELATIONSHIPS WITH CARERS LOCALLY

AFTERNOON TEAS SPA DAYS

RESPIRE - THAT SUITS ME AND A TIME WE CHOOSE

OTHER MODELS... OUT OF COUNTRY WAS ACTUALLY SHORTER

SCOTLAND: POOL ALLOWANCES BY YOUNG PEOPLE

SAFE WELL CARED FOR MAKE MOST OF THE TIME YOU HAVE

ACCESS RESPIRE FROM THEIR PARENT

SOCIAL TOURISM

BENEFITS

LOCAL & PERSONAL

COULD WE SUPPORT LOCAL SOCIAL ENTERPRISES

LISTENING TO CARERS & PARENTS

TIME AS A FAMILY SUMMER HOLS

IDEAS

THE COUNCIL'S EARS ARE OPEN!

IN SCOTLAND ALL BREAKS ARE OFFERED FREE BUT YOU SHOULD DO WHAT'S RIGHT FOR YOU...

IN USA - ONLY OVERNIGHT STAYS

WE NEED A RESPIRE "MENU" - FLEXIBLE OPTIONS

WE NEED A RESPIRE "MENU" - FLEXIBLE OPTIONS

NEW + BETTER RESPIRE OPTIONS

IM VERY EXCITED THESE CONVERSATIONS ARE TAKING PLACE...

IM VERY EXCITED THESE CONVERSATIONS ARE TAKING PLACE...

SUPPORTS FOUNDATION ECONOMY

MENT ON HOLIDAY WITH THREE FAMILIES

BRIDGING THE GAP

KEEP TALKING SO WE CAN SHARE INFO & STAY IN TOUCH

284 PARTNERS 2222

+£254,000

VALUE OF BREAKS THAT'VE BEEN DONATED

WE SEE THIS AS A JOURNEY

WE SEE THIS AS A JOURNEY

WE SEE THIS AS A JOURNEY

WE SEE THIS AS A JOURNEY

WE SEE THIS AS A JOURNEY

WE SEE THIS AS A JOURNEY

FEEDBACK FROM OUR BREAKOUT ROOM CONVERSATIONS

1. UNDERSTANDING OF 'RESPIRE'?

IT'S NOT ALL ABOUT THE 'FREE' ISSUE

2. OPPORTUNITIES?

CAN CREATE GREATER COMMUNITY COHESION

3. BARRIERS?

ACCESSIBLE HOLIDAYS

4. WHO MIGHT BE MISSING?

TOURISM? PAN SECTOR

5. ACTIONS?

NATIONAL DRIVERS

FANTASTIC MODEL!

PEOPLE WORKING TOGETHER TO POOL 'TIME CREDITS'

'HOLIDAY' WORDING - LOTS OF STRINGS ATTACHED TO D.P.

COVID-FAMILIES ARE FINDING THEIR OWN SOLUTIONS...

FINDING WAYS COMMUNITY COULD COME TOGETHER TO HELP

OTHER WAYS OF TAKING A BREAK... BEFORE BREAK CAN BE TAKEN

LOTS OF OPTIONS

CHANGE OF MINDSET NEEDED...

BUILDING BLOCKS

A STRONG COMMUNITY

TOGETHER

DOESN'T HAVE TO INCLUDE MONEY - PEOPLE AS ASSETS

GIVEN A HAND TO STEP UP...

CREATE & MAINTAIN A DIALOGUE

WE SEE THIS AS A JOURNEY

A CONVERSATION ABOUT SHORT BREAK OPTIONS

RESPIRALTH

"IT'S VERY IMPORTANT WE ALL LOOK AT WHAT IS NOW & COULD BE IN THE FUTURE"

- LISA PHILIPS - PARENT/CARER FROM POWYS

All Wales Forum
Fforwm Cymru Gyfan

Caring Communities of Change
Cymunedau Gofalu o Newid





Caring Communities of Change
Cymunedau Gofalu o Newid

Respite & Short Breaks – Break from the Routine

- A **Staycation Network** was established online where families could share information, ideas and opportunities, creating a shared knowledge pool from carers experiences and growing friendships between families across Wales.
- **Respitivity** pilot work and working has established key learning regarding the feasibility and carer vision for a Respitivity model in Wales.
- **Co-produced a strategy** to develop these project ideas in the future.
- A **National Respite and Shortbreaks Stakeholder** group was established and met bi-annually to discuss opportunities, learning and areas for growth through cross-sector collaboration.



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum





What opportunities do you see here for you and your family?



Caring Communities of Change
Cymunedau Gofalu o Newid

Seibiant Project – Short Breaks Scheme



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum



Caring Communities of Change
Cymunedau Gofalu o Newid

How we were able to provide breaks for families who hadn't had any respite in years, if ever.

Bespoke, Flexible and Responsive



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum



Caring Communities of Change
Cymunedau Gofalu o Newid

The numbers

2023 – 2024 40 Carer Short Breaks – 20 individual 20 part of group break - *Original target of 20*

2024 -2025 – 58 Carer Short Breaks – 36 individual 22 part of group break - *Original target of 32*

2025 – 2026 – 79 Carer Short Breaks – 25 individual 54 part of group break – *Original target of 32*



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum



Caring Communities of Change
Cymunedau Gofalu o Newid

The Carers

**** This message originated OUTSIDE of All Wales Forum ****

Thank you so much, this is amazing, I can't wait. I have cried happy tears over this opportunity.



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum



Caring Communities of Change
Cymunedau Gofalu o Newid

The Learning

Respect, Time and Trust



All Wales Forum
Fforwm Cymru Gyfan



allwalesforum.org.uk



@AllWalesForum