



Cwm Taf People First



MERTHYR TYDFIL
County Borough Council
Cyngor Bwrdeistref Sirol
MERTHYR TUDFUL

Working in Partnership with

Cwm Taff People First were approached by Merthyr Council to help them consult with individuals who attend Day Services to let them know what they think about some changes they are thinking of making to Day Centres

We visited the following day centres

Keir Hardy - 3rd Feb

No of individuals consulted with: 17

Ty Gwyn Newydd - 3rd Feb, 5th Feb

No of individuals consulted with: 15

Cyfartha Castle Gardening Project - 3rd Feb

No of Individuals consulted with: 9

We asked all individuals the following:

What is good about the day centres they attend?

Keir Hardy Individuals told us:

Like being here

Enjoy activities such as

Art & Craft, swimming, gentle exercise

Cooking, writing, colouring, beach session, rebound

Like the food

Enjoy meeting and spending time with friends

Feel part of a group

Enjoy physio

Like the staff

For the women

The Gardening Group told us:

We get to grow things

We enjoy growing things

We have a good laugh

We get to learn how to clean and mop.

Enjoy learning to cook

Like sweeping up

We like to be outdoors

Making Friends

Taking part in the Farmers Market

Selling plants and taking the money

Ty Gwyn Newydd told us:-

Spend time with my friends

Enjoy activities like: cooking, art and craft and music, Drama, dancing, swimming, making cards, inclusive communication, singing, mindfulness, writing, gardening, gym, walking, I also like paid work

Like meeting the boys, friends, chatting with friends, catching the bus, going on the bus and travelling about, have a laugh, it gets me out of the house, it's a break from the house, signing, having my hair and nails done, bowling, football. I like it so much I now come 4 days a week

What would you like to change?

Keir Hardy told us

Have more space

Be able to get out more and go to places like Cardiff

Gardening Group told us:

Take it in turns to do different things not do the same things all the time.

Have a rota

Help each other to do things

Its ok as it is

Need new Wheel Barrows

Ty Gwyn Newydd told us:

No, I like to stick with what I am doing

I am happy with things the way they are

Need more staff

Its good that we are asked what we want to do and what we need to change

Merthyr Council want to know what you think about changing the opening hours of day services?

This could mean opening later

It could mean closing earlier

Or it could mean opening later and closing earlier.

What would worry you about this?

Keir Hardy told us:-

Don't like change

Activities might be able to take place

It would not be a meaningful day if there is less time there

Things like Physio might not happen

Afternoon activities might not happen

Some activities are shared with other services and may not be able to be moved

Staff might leave

Will feel lonely not being able to have enough time in day centre

No continuity of service

Families might not be able to support other family members

Knock on effect with transport as schools close earlier and same transport is used

To much for elderly parents to cope with shorter day centre hours

Routine is important

Wont be worth coming in if day is shorter

Gardening Group told us:

My mam won't be happy. She likes me to come in early

It might clash with other family members that need to be picked up

Mam won't like this she likes me to come in earlier

Mam works this might make it difficult for her

Ty Gwyn Newydd told us:

It means more time in the house and I will be bored at home, I would be lonely and isolated

This is causing me to stress about that you might open later and close earlier

It would cost supported living more money if I have to spend more time at home

My parents would not have enough time to do things in the day

Day Centre gives parents a break

My parents help out with family members and this could cause a problem

Mam looks after grandchildren and it might make it harder for her

Mam is working and this might make it harder for her

Won't get enough time with friends

I catch the bus and I would have to change my bus times and they might not be as good as the ones I have now

Might not be able to do as much in day centre

Would not be able to see my friends as much and would be stuck in the house

Day centre has helped me to get volunteering work in the salvation army. This gets me out of the house more

All 17 individuals at Keir Hardy said that they wanted the hours to remain the same as they are now

8 Individual at the Garden Group said they wanted the hours to remain the same as they are now

1 individual wanted to start later and finish earlier

All 15 Individuals at Keir Hardy said they wanted the hours to remain the same as they are now

We asked the question: What do you think about closing Day Centre for two weeks over Christmas?

All 17 at Keir Hardy said they wanted the Day Centre to stay open during the Christmas period and to keep it the same as it has always been

Gardening group told us

1 individual said they didn't mind if it closed for two weeks

2 said to keep it as it is

4 said it should close for two weeks over Christmas

Ty Gwyn Newydd told us:

2 weeks is much to long

But 24th – 2nd Jan is ok

Trial it and ask us how we felt about it

We asked the question: If the Day Centre closed over Christmas for 2 weeks how will this affect you and your family?

Keir Hardy individuals responses

It will be to long a time off and peoples heath will deteriorate

It will be to long for elderly parents to not have any respite

There is no respite service available in this time

Wont have a physio service

It will be to long to go without care and support

Not all people attending Keir Hardy access community facilities unless come to day centre

The Gardening Group told us

1 said that they did not know how it would affect them or their family

Others said to trial it this year then ask us again next January if we want to continue to close for two weeks

Mam works and this might make it difficult for her

Ty Gwyn Newydd told us:

I would be lonely and bored

I would be sad

I like to get out of the house

We would miss the xmas festivities leading up to xmas

Day Centre is a chance for me to have a break from caring for my parent

I would be bored

I would miss my friends

I don't get to see my friends unless I come to Day Centre

More staff would be needed for supported accommodation

Its respite for my family

Conclusion

Reducing Day Centre Hours

41 individuals consulted with from the 3 learning disability day centres in Merthyr

40 wanted to keep the day centre opening and closing times as they currently are

1 individual wanted to start later and finish earlier

2 week Christmas closure

21 wanted to keep the Centres open over Christmas

4 said they think they should close for 2 weeks

1 didn't mind what happened

15 offer suggestions on maybe only closing for a week, to testing it out this year and asking them how they felt about it after they come back.