

Do you look after someone who is in hospital?



You could be an unpaid Carer

An unpaid carer is someone, of any age, who provides **unpaid support** to family or friends who **could not manage without this help**. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.



How can we help?

If you or the person you are looking after is going into hospital or is already in hospital, we have dedicated Carer Officers in each hospital who can provide information on your rights as an unpaid Carer and access to other support including community services. The contact details can be found below.

Glangwili Hospital Carer Officer - Ben Innocent
07971 597273 / ben.innocent@ctcww.org.uk

Prince Philip Hospital Carer Officer - Julie Jones
07971597349 / julie.jones@ctcww.org.uk

Carmarthenshire Community Carer Officer - Julie Jones
07971597349 / julie.jones@ctcww.org.uk

Bronglais Hospital Carer Officer - Beth Davies
07984 464977 / beth@credu.cymru

Ceredigion Community Carer Officer - Liz Gunning
07498 965279 / liz@credu.cymru

Withybush Hospital Carer Officer - Susan Novis
07712 658331 / susan.novis@adferiad.org

Pembrokeshire Community Carer Officer - Sophie Maher
07970 436232 / sophie.maher@adferiad.org

Contact details