



Carmarthenshire Carers Information & Support Service Newsletter Spring 2025

As the flowers bloom
 and the days grow
 longer, we are
 delighted to bring you
 our Spring 2025
 Newsletter



Carmarthenshire Carers Information & Support Service

About Us

We are a preventative service offering a wide range of information to adult carers. Our support is person centered & on an individual basis. Advising carers on their rights as an unpaid carer & signposting to other sources of support. Our overall aim is to connect carers with their local community & ensuring that their voice is heard.

Our service is in keeping with the principles of the Social Services & Wellbeing Wales Act 2014, in that we ensure the carers we support have choice and control over their rights for an assessment as well as the individual they care for.

Adult carers may benefit from a flexible appointment with one of our Wellbeing Workers who can offer a wide range of information, advice and support.

- Information & advice
- Information pack & other relevant information
- Help to access a Carers Assessment
- Signposting to other sources of support
- Information about respite opportunities
- Advocacy Support
- Emotional Support
- Carers Groups & Drop-Ins
- Telephone & 1:1 support
- Access to training opportunities
- Carers Recognition Card
- Carers Emergency Card
- Carer and Community Events
- Grants

We accept referrals from professionals, self referrals & from third sector organisations. To make a referral, please contact us.

How to contact us:

Telephone: 0333 121 1332

Email: carersincarms@adferiad.org

Facebook: Adferiad West Wales



Focus on CCISS Recent Events

In January we held a 'Caring for someone with Dementia' Event. This was an afternoon of information & advice with a presentation from the Alzheimer's Society followed by Q & A Session.

Thank you to those who attended.

For further information on Alzheimer's or for a list of resources visit <https://www.alzheimers.org.uk/>



In January we held a Flower Workshop for unpaid carers which was very well attended and everyone enjoyed creating fresh flower arrangements with guidance from Sandi, owner of the Flower Studio, Carmarthen.



Carer Support, Drop Ins & Peer Support In March 2025

To Celebrate St David's Day will be providing Welsh Cakes & Bara Brith at our drop-ins throughout March.

Carmarthen - 3rd, 10th, 17th, 24th, 31st March

Adferiad 16 Queen St, Carmarthen SA16 1JT

Monday 2-4pm

Whitland - 7th March

Whitland Town Hall SA34 0AA

First Friday 10am-12

Newcastle Emlyn - 10th April

CCISS & CREDU Drop In

Holy Trinity Church Hall, 3 Station Road,
Newcastle Emlyn SA38 9BX

Second Monday 10.30am -12 noon

Llanelli - 11th March

The Lantern Centre, Llanelli SA15 3BB

Second Tuesday 10am-12

Tumble - 18th March

Tumble Hall, Tumble SA14 6HR

Third Tuesday 10am-12

Ammanford - 19th March

Ty Amman, Ammanford SA17 2NA

Third Wednesday 10am-12

Llandovery - 27th March

Our Lady Catholic Church Hall, Llandovery
SA20 0BD **Last Thursday 12-2pm**



Carer Support, Drop Ins & Peer Support In April 2025

Carmarthen - 7th, 14th & 28th April

Adferiad 16 Queen St, Carmarthen SA16 1JT
Monday 2-4pm

Whitland - 4th April

Whitland Town Hall SA34 0AA
First Friday 10am-12

Newcastle Emlyn - 14th April

CCISS & CREDU Drop In

Holy Trinity Church Hall, 3 Station Road,
Newcastle Emlyn SA38 9BX

Second Monday 10.30am -12 noon



Llanelli - 8th April

The Lantern Centre, Llanelli SA15 3BB

Second Tuesday 10am-12

Tumble - 15th April

Tumble Hall, Tumble SA14 6HR

Third Tuesday 10am-12

Ammanford - 16th April

Ty Amman, Ammanford SA17 2NA

Third Wednesday 10am-12

Llandovery - 24th April

Our Lady Catholic Church Hall, Llandovery

SA20 0BD **Last Thursday 12-2pm**



Carer Support, Drop Ins & Peer Support In May 2025

Carmarthen - 12th, 19th May

Adferiad 16 Queen St, Carmarthen SA16 1JT
Monday 2-4pm

Whitland - 2nd May

Whitland Town Hall SA34 0AA
First Friday 10am-12

Newcastle Emlyn - 12th May

CCISS & CREDU Drop In

Holy Trinity Church Hall, 3 Station Road,
Newcastle Emlyn SA38 9BX
Second Monday 10.30am -12 noon

Llanelli - 13th May

The Lantern Centre, Llanelli SA15 3BB
Second Tuesday 10am-12

Tumble - 20th May

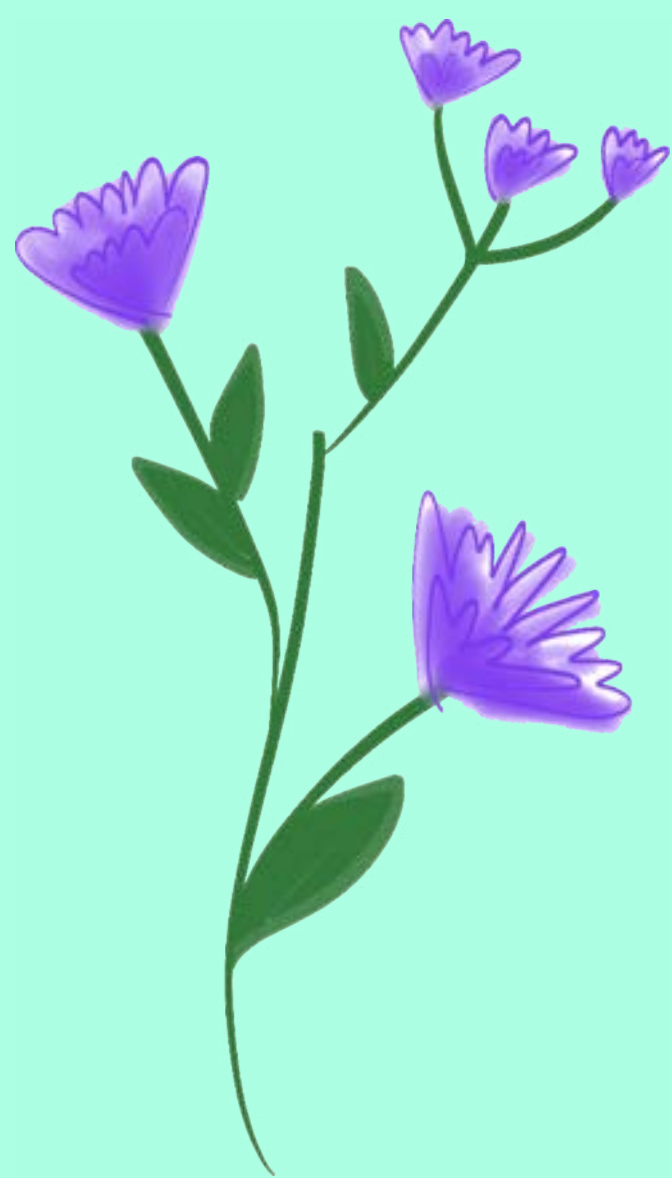
Tumble Hall, Tumble SA14 6HR
Third Tuesday 10am-12

Ammanford - 21st May

Ty Amman, Ammanford SA17 2NA
Third Wednesday 10am-12

Llandovery - 29th May

Our Lady Catholic Church Hall, Llandovery
SA20 0BD **Last Thursday 12-2pm**



Caban

Are you an unpaid Carer?

Fancy a FREE night away?



Cymorth Gofalwyr
Sir Gâr
GOFALU AM OFALWYR



Carers Support
Carmarthenshire
CARING FOR CARERS



Cyngor Sir Gâr
Carmarthenshire
County Council



Calling All Unpaid Carers in Carmarthenshire!



We see the dedication, love, and effort you put into your role every single day. Now it's time to focus on YOU and your care recipient/supported individual

From February to March 15th, we're offering a FREE one-night stay at Caban Pendine, complete with Dinner and Breakfast – our

heartfelt way of saying thank you for everything you do.



Accessible rooms available



Dog-friendly rooms



Family rooms



Call us today on 01267 224622 and quote FREE CARERS STAY to check availability and secure your well-deserved break.



Hurry – spaces are limited, so don't miss this opportunity to recharge and relax!



Carer ID card must be shown upon check-in.

Caban

bwyta | **cysgu** | **darganfod**
eat | sleep | discover

Traeth Pentwyn
Pendine Sands

Exclusive offer for Carmarthenshire County Council Social Care Department in partnership with Outdoor Recreation Service

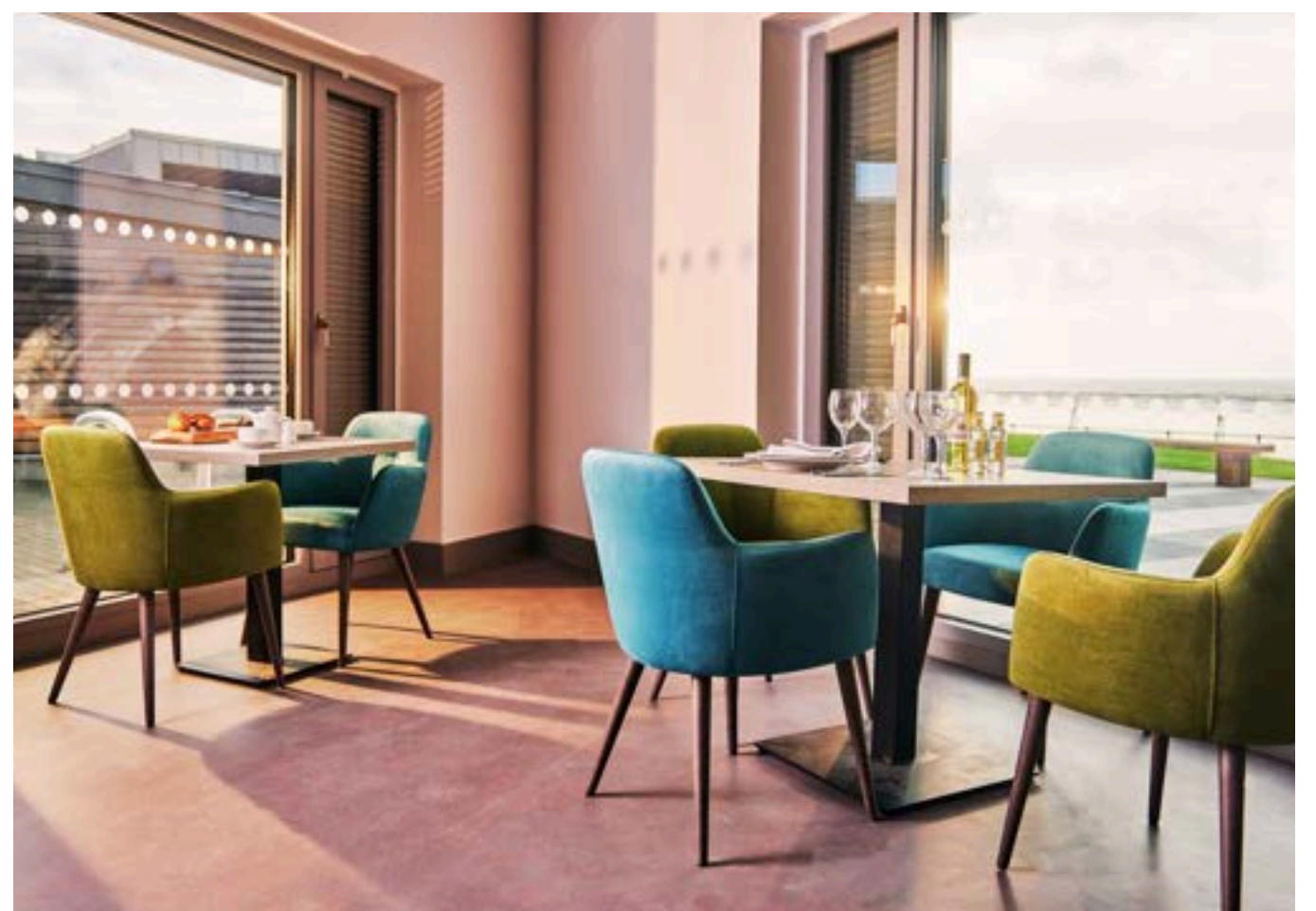
On the seafront of Pendine overlooking its fabulous 7-mile sandy beach. Caban is the perfect space in which to relax, unwind, and discover the local area. Our excellent location affords the guests the luxury of being able to easily access the breath taking beach, coastline, as well as an on-site restaurant.



When you stay at the 4-star Caban, the goal is to make you feel right at home in a relaxing and comfortable setting. Each room is thoughtfully designed for maximum comfort. Our specially adapted sea view accessible rooms feature an adapted bathroom with a walk-in wet room, bathroom handrails, emergency pullcord and lowered mirrors located on the ground floor. Caban is accessible throughout for wheelchair users, whether you're seeking a cosy getaway or simply a restful home-away-from-home.

These accommodations are just perfect for a relaxing getaway! The beautiful surroundings of Carmarthen Bay and Pendine Beach, combined with great value, make this an unbeatable option for a peaceful retreat

Caban Pendine has a fully licensed on-site restaurant and bar located right on the beach, offering beautiful views of Carmarthen Bay. Known for its relaxed seaside ambiance it is convenient and ideal for guests looking to refuel after a day at the beach or exploring the surrounding area. Whether you're there for the views or the fresh local flavours, Caban Pendine delivers a memorable dining experience right by the sea.



Voted "One of the 10 best NEW accommodations in Britain" by The Guardian



Bwrdd Partneriaeth
Rhanbarthol
Gorllewin Cymru

West Wales
Regional Partnership
Board

WEST WALES NEURODIVERGENCE SUPPORT EVENT

Wednesday 26th March 2025

10am - 4pm

**Carmarthenshire Living Well Centre, Building 1,
Parc Dewi Sant, Carmarthen, SA31 3HB**

Free entry for all!

Come and see what support is on offer across West Wales for:

**Autism (ASD),
ADHD,
Dyslexia,
Dyscalculia,
Developmental Language Disorder (DLD),
Sensory Processing Support,
Learning Disabilities,
and
Tourette Syndrome.**

Scan here for more information
on the event and location:

Or email us for more information:

wrrpb@carmarthenshire.gov.uk



**#WWRPB
@PGGCWWCP**

Visit our website
to stay up-to-date:



<https://wrrpb.org.uk>

Further enquiries:



wrrpb@carmarthenshire.gov.uk

Carmarthenshire Hospital Discharge & Community Support Service

**CARERS
TRUST**

Crossroads
West Wales



Hospital Discharge & Community Support Service



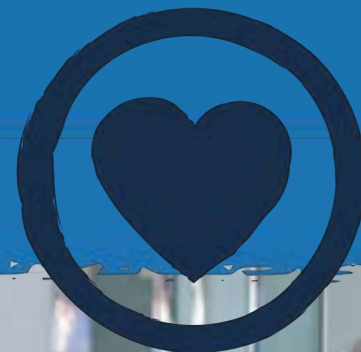
Do you look after someone?

Do you have a relative, neighbour or friend who is in hospital or has recently been discharged from hospital?

Hospital Discharge Support

Carer Officers in Prince Philip, Glangwili, Llandovery & Amman Valley Hospitals offer one-to-one information, advice and support for carers & relatives while the person they care for is in hospital including:

- Liaising with hospital and medical staff, helping with communication and access to information.
- Helping you to be involved in discharge planning arrangements and supporting you at discharge planning meetings.
- Helping you to access carer specific support, including Carers Needs Assessments, etc.
- Referring to other organisations for specialist support.



Community Discharge Support

Our community-based support service can offer information, advice, and one-to-one support to carers after patient discharge as well as helping to plan for a scheduled hospital admission.

- Helping you to make arrangements, including replacement care for planned hospital admissions.
- Follow-up post discharge support and access to community support services.
- Access to carer specific support, including Carers Needs Assessments, carer breaks, support groups, etc. to help maintain your caring role and prevent further hospital admissions.
- Referring to other organisations for specialist support.



For more information contact us on:

 **0300 0200 002 (FREE)**

 **info@ctcww.org.uk**

 **www.ctcww.org.uk**

Useful Websites and Contacts

Connecting Carmarthenshire

A countrywide service providing useful information for you to make positive changes. Building resilience, improving mental health, access to social groups to reduce loneliness, housing & benefit information, carer information.

Website: <https://connectingcarmarthenshire.wales/>

Carers Support West Wales

A one stop shop for carer specific information in the three counties.

Email: info@carerssupportwestwales.org

Website: www.carerssupportwestwales.org

Adferiad Mental Health Preventative Services

Supporting people with their mental health in the Amman, Llanelli & Gwendraeth Area

barbara.cook@adferiad.org

Tel 01269 597 829

kathleen.baynes@adferiad.org

Tel: 07890 543 034

charlotte.smith@adferiad.org

Tel: 07935 001 279

Llesiant Delta Well-being

Is a Gateway for social care support for people living in Carmarthenshire: Assessments of needs (including carers assessment) assistive equipment (including lifeline alarm) Carers Emergency Card.

Tel: 0300 333 2222 www.deltawell-being.org.uk

Age Cymru Dyfed

Information & advice (including money and benefits) befriending, advocacy, social groups and home help for over 50's.

Email: reception@agecymrudyfed.org.uk Tel: 0333 447874

Website: <https://www.ageuk.org.uk/cymru/dyfed/>

Mencap

Free helpline service offers advice and support for people with a learning disability & their families and carers.

Email: Community.partners@mencap.org.uk

Tel: 0808 800 0300 Website <https://wales.mencap.org.uk>

Carers Trust Crossroads

West Wales Support for unpaid carers, young carers, welfare benefits advice, money matters, short breaks

Email: info@ctcww.org.uk Tel 0300 0200 002

Website: <https://ctcww.org.uk>

Catalysts for Care

Directory of Care & Support in Carmarthenshire

An online directory of self-employed & small limited services offering personal care, home help, support to appointments or shopping & befriending

Website: <https://planned.org.uk/>

Carmarthenshire Care and Repair

Helping older people to live independently in warm, safe accessible homes.

Tel: 01554 744300 Email: office@careandrepaircarms.org.uk

<https://careandrepair.org.uk/agencies/care-repair-carmarthenshire/>

The Wallich Community Preventative Team

Providing low-level housing-related support, including advice on housing issues, benefits and more. Our team works in the Gwendraeth area of Llanelli, supporting people who need one-off or short-term support & guidance on housing matters.

Tel: 01554 701800 Email: Cath.Wilson@thewallich.net or

Lisa.price@thewallich.net

Mind Carmarthen Mind Llanelli

Supporting people with mild to moderate anxiety & depression, long term mental health problems and learning difficulties.

Tel: 01554 752 751 info@llanelli-mind.org.uk

The Sanctuary

The Sanctuary is an out of hours service that provides practical, therapeutic, holistic, person-centred support to people at risk of mental health crisis.

The Sanctuary is open every Thursday, Friday, Saturday & Sunday 5pm till 2am

Tel: 0300 0111 010



Upcoming CCISS Events in 2025

Monday, April 14th, 1.30pm-3.30pm.

Carreg Law providing information on Lasting Power of Attorney & Wills.

Spaces are limited so booking is essential.

Venue: Adferiad, 16 Queen Street, Carmarthen, SA31 1JT.

Tel 0333 1211 332

Carmarthenshire Carers Information & Support Service

We are always here to provide you with support. If you have any questions or require information, please feel free to reach out to us.

Email: carersincarms@adferiad.org

Phone: 0333 1211 332

**Wishing you
an enjoyable spring season**