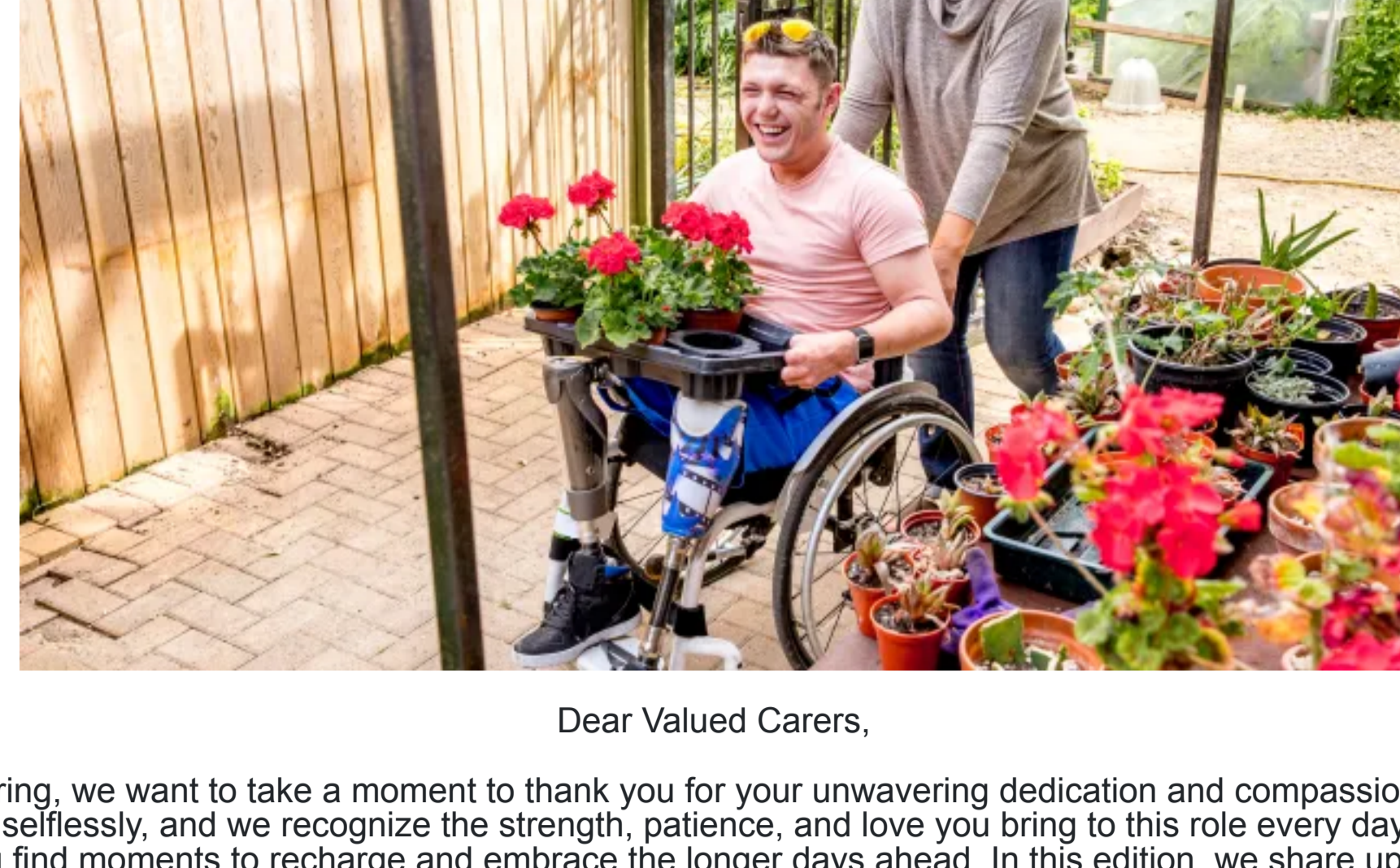


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 Croesffyrdd Gorllewin Cymru | Crossroads West Wales

Spring 2025 – Carers Newsflash – Issue 6



Dear Valued Carers,

As we step into the brighter days of spring, we want to take a moment to thank you for your unwavering dedication and compassion. Caring for a loved one is an incredible act of kindness, often done quietly and selflessly, and we recognize the strength, patience, and love you bring to this role every day. With the new season comes a sense of renewal and hope, and we hope you find moments to recharge and embrace the longer days ahead. In this edition, we share updates, resources, and opportunities to connect, ensuring you feel supported on your caring journey.

Best wishes from all at
 Carer Trust Crossroads West Wales

Carers Trust Crossroads West Wales launch new service for carers in Pembrokeshire

Carers Trust Crossroads West Wales is delighted to be working in partnership with Pembrokeshire County Council and Hywel Dda University Health Board to support unpaid carers living in Pembrokeshire. The Carers Support Pembrokeshire service will offer...

[Read more](#)

Celebrating Electra: A champion for Young Carers

At Carmarthenshire Crossroads Young Carer Service, we are incredibly proud to share the achievements of one of our remarkable young people, Electra. Her journey and dedication have been nothing short of inspiring, and we are thrilled to celebrate her recent accomplishments. Electra recently represented Carers Trust Wales at ...

[Read more](#)

Carers – We welcome your views: Proposed priorities for the next carers strategy for West Wales 2025-2030

Unpaid carers of all ages in West Wales should be visible, feel valued and be supported. These are the proposed priorities that will form the foundation for the next Carers Strategy for West Wales 2025-2030 and are based on the conversations ...

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Collaboration delivers new “living well centre” for Carmarthenshire

Exciting plans in response to public demands for better coordination of services, and a willingness from multiple delivery partners to launch of a Living Well Centre in Carmarthen.

[Read more](#)

Have your say: Creating a Wales that leads the way for older people

A message to older people from Rhian Bowen-Davies, Older People's Commissioner for Wales...

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Council Tax Discount for Carers: How to check if you can pay less

To qualify for this discount, you must meet all these conditions: You care for someone for at least 35 hours a week. You live in the same home as the person you care for. You are not the spouse, partner, or parent (if caring for a child under 18) of the person you care for...

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Supporting the Mental Health of Young Carers, with Coleg Sir Gâr

Being a student brings a host of challenges—financial pressures, moving away from home, managing relationships, and the demands of studying and exams. However, for young carers, these challenges are amplified by the added responsibility of caring for a loved one. Unlike their peers, young carers often...

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Carers Allowance 2025

Rate of Carers Allowance The weekly rate of Carers Allowance will rise from £81.90 to £83.29 per week, from April 2025. Carers Allowance earnings limit From April 2025, people who receive Carers Allowance will be able to earn up to £196 per week before their payments stop. This is an increase from the current limit of £151 per week. In the future, this earnings limit will go up in line with increases in the living wage. Independent review of Carers Allowance overpayments The government will ...

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Are you over State Pension age, or know someone who is? Pension Credit tops up pension income and can help with day to day living costs.

If you are over State Pension Age, you may be eligible to claim Pension Credit, even if you own your home or have savings. People who claim Pension Credit may also be able to get help with...

[Read more](#)

Need a break from caring but can't get out? Would you like to find out how you can take a break in your own home?

The Virtual Breaks project supports unpaid carers, who might struggle to get out and reach physical wellbeing opportunities, to enjoy virtual breaks at home through the use of Virtual Reality Headsets.

[Read more](#)

Carers Trust President, HRH The Princess Royal, met unpaid carers from West Wales

Carers Trust Crossroads West Wales, along with other caring organisations and unpaid carers, attended the conference at the Glamorgan County Cricket Club in Cardiff, organised by Carers Trust Wales. The conference highlighted the impact of the Short Breaks Scheme, which provides...

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New Respite Places available in Pembrokeshire

Do you need to access a short residential care respite place for the person you care for? Pembrokeshire County Council have a new arrangement with a number of care homes and might be able to help.

[Read more](#)

Ring Doorbell: Are you anxious about leaving the person you care for at home?

A Ring Doorbell is a device that combines a doorbell with a high-definition camera and two-way audio. It allows you to see and talk to visitors at your door through a smartphone app, even when you are not home. Installing a Ring...

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Carer Emergency Cards – Pembrokeshire

Carers Support Pembrokeshire will soon be launching a NEW Carers Emergency Card. A carer's emergency card is a card that identifies you as a carer and provides emergency contact information. It helps ensure...

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Self Advocacy for unpaid carers: Are you struggling to get your voice heard?

Learn some key tips and strategies that can support you to get your voice heard when dealing with services, organisations or people involved with you or the person you care for. Topics include...

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FREE Unpaid Carers Breaks Offer – Y Caban, Pendine

☀️ 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...

[Read more](#)

ASD Family Help Workshop

What's on offer from Identifying and Connecting with Autistic Young People in Pembrokeshire...

[Read more](#)

Are you caring for someone on their dementia journey?

Take some time for yourself and join us at our relaxed carers sessions, meet other carers, get advice, discuss plans, get advice, and refreshments and take part in activities while the person you care for also joins a supervised creative activity in the next room...

[Read more](#)

RNIB Cymru: Vision Friends

The Vision Friends project funded by the Welsh Government is to create Vision Friends all over Wales to give staff, carers and family the skills and knowledge to identify, understand and support older people living with sight loss. The training is free until...

[Read more](#)

See differently

How can Carers Trust Crossroads West Wales support unpaid carers?

- Carers Newsflash – quarterly e-bulletin updates
- Crossroads Care – Replacement Care and Regulated Care – providing carers with a break from their caring role.
- Young Carers Support Service – one-to-one support, workshops, training, group peer support, clubs, and activities for carers age 5 – 25 years.
- CATCHUP Welfare Benefits Advice Service – benefit advice, checks, form filling and Appeal Tribunal Representation.
- Hospital Discharge Support Service – help with communication with medical staff when the person you care for is in hospital and support to help carers understand their rights and to be involved in discharge planning.
- Community Discharge Support Service – help with communication with staff when the person you care for is in a community hospital or temporary care facility and follow-up post discharge support for carers and family members to ensure a smooth transition from hospital to home.
- Money Matters Service – help to maximise income, improve budgeting skills, access to workshops, access to carer grants, discounts, and concessions.
- Independent Professional Advocacy as part of the 3CIPA Service – advising carers of their rights, support during assessments and/or care planning reviews, complaints, and safeguarding concerns.
- Time Together Project – offering a range of short break options for carers along with wellbeing activities for carers and the person they care for.
- FREE Legal Advice Surgeries – in partnership with NewLaw Solicitors who offer free confidential advice on issues such as Lasting Power of Attorney, Court of Protection & Deputyship, Will & Trust Funds, Protection of Assets, etc.

[VISIT OUR WEBSITE](#)

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Carers Trust Crossroads West Wales
 The Palms | Unit 3 | 96 Queen Victoria Road | Llanelli | Carmarthenshire | SA15 2TH
 Tel: 0300 0200 002
www.ctcwv.org.uk

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RNIB Cymru: Vision Friends

Our offices

Head office: The Palms Unit 3, 96 Queen Road, Llanelli, SA15 2TH
 Pembrokeshire Office: 34-46 Market Street, Haverfordwest, SA61 1QA
 Carmarthen Office: Living Well Centre, Parc Dewi Saint, Carmarthen, SA31 3HB
 ☎ 0300 0200 002

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