

CARERS TRUST

Crossroads
West Wales



CARERS NEWSLETTER

Summer 2025



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



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If you have any news items, information on carer groups or support services that you would like to include in the next edition of Carers News, or if you are a carer and would like to share your stories, poems etc. with us – please email us at: **info@ctcww.org.uk**



Disclaimer:

Every care has been taken when producing this newsletter to ensure its accuracy. We reserve the right to edit articles received. The information in this magazine is intended as guidance and opinions expressed may not be those of Carers Trust Crossroads West Wales. Neither are any articles or products given as recommendations, but are reported for the reader to consider and form a personal opinion. All sources/ references are credited wherever they have been provided/ made available. Thanks are further expressed to sources of information, which by being passed on through this magazine are beneficial to Carers in West Wales.

Carers Newsletter Summer 2025

Dear Valued Carers,

Thank You

Thank you for the quiet strength you show each day, for the countless hours you give without expecting anything in return. Your compassion, patience, and selflessness often go unseen—but they are never without impact.

You are the backbone of care in our communities, supporting loved ones through illness, disability, and aging with unwavering love. Your sacrifices—both big and small—make a profound difference in someone's life, even if it's not always acknowledged.

Please know that you are valued. Your care matters. You matter.

In this edition, you'll find:

- **New Carers Card Launch in Carmarthenshire**
- **Changes to the Carer Recognition Card in Pembrokeshire**
- **New Carers Emergency Card & Scheme Launch in Pembrokeshire**
- **Carers Week Information & Wellbeing Events plus lots more...**

We understand that caring can be a demanding journey, often filled with both rewarding and challenging moments. Our goal with this newsletter is to provide you with valuable information, and useful resources to help you navigate your caring journey.



www.ctcww.org.uk



0300 0200 002



info@ctcww.org.uk

**Carers Trust Crossroads West Wales,
Unit 3, The Palms, 96 Queen Victoria Road,
Llanelli, Carmarthenshire, SA15 2TH**



Short breaks

What is a short break? The Welsh Government says that a short break is: ‘Any break, which strengthens and/or sustains informal caring relationships and enhances the wellbeing of carers and the people they support. This may be achieved through a service, an activity or an item.’ A short break doesn’t have to be a holiday. It can be anything that gives you a chance to recharge - whether it’s pursuing a hobby, going for a walk, spending time with friends, or even just enjoying a hot cup of tea in peace.

As well as receiving funding from Welsh Government’s Amser fund, Carers Trust Crossroads West Wales are pleased to be working in partnership with Pembrokeshire County Council and Carmarthenshire County Council to deliver their Short Breaks Programme to support unpaid carers to access flexible short breaks to support their wellbeing.

Celebrating Carers Week with a Focus on Short Breaks

As part of this year’s Carers Week celebrations, we’re excited to welcome Caroline, our new Short Breaks Carer Officer, to HaverHub on Friday 13th June. Caroline will be on hand throughout the event to talk to unpaid carers about the short breaks support available through the Carers Support Pembrokeshire service.

Caroline’s role will focus on developing a comprehensive list of short break opportunities across the county, including securing discounts for unpaid carers with local businesses.

In the coming months, we’ll also be launching a consultation to find out what types of breaks or offers carers in Pembrokeshire would most value. A survey will be sent out to carers registered with our service, and the findings will help shape the future of short breaks in Pembrokeshire. We’ll follow up with a consultation coffee morning in Milford Haven, giving carers a chance to share their views face-to-face. A key priority for Caroline will be targeting areas of the county with low grant uptake last year, ensuring that carers in every part of Pembrokeshire are aware of, and able to access, the support available to them.



Make sure to come along, meet Caroline, and have your say in shaping the future of short breaks for carers within the community! To find out more about short breaks in Carmarthenshire and Pembrokeshire visit **Time Together Project – Carers Trust Crossroads West Wales** or call: **0300 0200 002**



Llywodraeth Cymru
Welsh Government

Welsh Government announces extra support for unpaid carers. The Welsh Government has extended funding for unpaid carers, providing £5.25m for 2025-2026.

This includes support for short breaks through the Short Breaks Scheme. It also provides financial help for low-income carers with essential costs like food and bills through the Carers Support Fund. This funding aims to make life easier for carers by providing essential support and giving them the chance to take a well-deserved break.

Carer Story

- A Break That Brought Back Joy



In 2023, a single mother of two young daughters faced a life-changing diagnosis that placed unexpected challenges on their family. As she began treatment for an aggressive illness, her daughters, then just 6 and 8, naturally stepped into caring roles at home. Though not carers in the traditional sense, they supported their mum emotionally and practically, navigating responsibilities well beyond their years. By 2025, after a long and difficult period, the family was finally able to take a well-deserved break thanks to a grant from Carers Trust, which provided a voucher through lastminute.com. The trip gave them a rare chance to spend quality time together away from hospitals and routines—just a mother and her daughters enjoying each other's company, laughing, shopping, and creating happy memories.

"It was the first time in a long while that the only word on our minds was 'fun,'" the mum shared. "We laughed, bonded, and made memories that will last forever. I could see how much my daughters needed this—not just a holiday, but a moment to feel like children again."

The impact of the break has been deeply felt, not just by the children, but by the whole family. The mum credits the experience with lifting their spirits and supporting their emotional well-being. "This voucher gave us hope," she said. "We're truly grateful—for the time away, the chance to smile again, and the reminder that brighter days lie ahead."



Government Plans to Reform Welfare Benefits

Carers UK share their concerns regarding the Government's plans to reform the welfare system stating "We are extremely concerned by the proposed changes and the devastating impact they will have on unpaid carers and their families. The Government's plans to tighten eligibility criteria for PIP will mean 150,000 unpaid carers will lose their benefits entitlements by the end of the decade, as PIP is a key 'gateway' benefit for many claiming Carer's Allowance. Families who no longer receive both benefits face losing over £8,000 a year from November 2026".

Carers UK are calling on the Government to immediately reconsider the proposals they have set out and are urging organisations to sign their **open letter** today and join them in calling on the Government to reconsider these proposals and protect carers' incomes! Carers Trust Crossroads West Wales will be joining Carers Trust and Carers UK to lobby for change to protect benefits for carers.

Benefits Enquiries

- To claim Benefits – 0800 055 6688
- Primary Benefits & Signing Off – 0800 169 0310
- Universal Credit Service Centre – 0800 328 5644
- Budgeting Loans – 0800 169 0104
- Debt Management – 0800 916 0647
- Discretionary Assistance Fund – 0800 859 5924
- (*Cheap rate for mobile phones*) – 0300 101 5000
- Maternity Allowance – 0800 055 6688
- Bereavement Service Helpline – 0800 151 2012
- Carers Allowance – 0800 731 0297
- Disability Living Allowance – 0800 121 4600
- Attendance Allowance – 0800 731 0122
- Report Benefit Fraud – 0800 854 440

Other Services

- ACAS – 0300 123 1100
- (*Pay and work rights helpline and complaints*)
- Tax Credits – 0345 300 3900
- Child Benefit – 0300 200 3100
- Pension Service – 0800 731 0469
- Healthy Start – 0345 607 6823
- National Insurance Enquiries – 0300 200 3500
- Post Office Card Helpline – 0345 722 3344
- Council Tax / Housing Benefit – 01970 633 253
- NHS Health Costs (HC1) – 0345 603 1108

Wales

- PIP – New Claims – 0800 917 2222
- PIP – General Enquiries – 0800 121 4433



A big 'THANK YOU' to Llanelli Wetlands Centre!



Empowering Young Minds:

The Transformative Power of Nature and Photography tells the inspiring story of a young carer who, seeking a creative and peaceful escape from their responsibilities, proposed a visit to a local wildlife wetland to pursue their passion for photography. Recognising the value of this idea, the Wetland Centre gifted Carers Trust Crossroads West Wales's Young Carers Service an annual pass for groups of young carers to visit the centre, including access to canoe safaris, enabling ongoing nature-based activities.

This initiative not only offers fun but also supports the carers' mental and emotional well-being, promoting creativity, stress relief, and personal growth. It has reignited the young carer's passion for photography while demonstrating the profound impact of community support. The story celebrates resilience, the healing influence of nature, and how simple ideas can lead to transformative change for young people.

If you are a Young Carer or Young Adult Carer (aged 5-25) and would like to access support including peer support and activities why not register with the Young Carers Service today

- **Carmarthenshire:** ctcww.org.uk/services/young-carers
- **Pembrokeshire:** service.actionforchildren.org.uk/west-wales-support-services/our-projects/pembrokeshire-young-carers

Carers Support Fund / Money Matters

What is the Carers Support Fund? This fund via Money Matters is run by Carers Trust Crossroads West Wales and offers emergency financial support for low-income carers, covering essentials like food, bills, and household items.



The service also offers support with money saving advice, budget planning, grants, discounts and concessions as well as giving benefit advice and practical help to access benefits.

To find out more about Money Matters in Carmarthenshire, Pembrokeshire and Ceredigion visit **Money Matters – Carers Trust Crossroads West Wales** or call **0300 0200 002**.

Carers Week™

**YMDDIRIEDOLAETH
GOFALWYR**
Croesffyrdd
Gorllewin Cymru

**CARERS
TRUST**
Crossroads
West Wales

 **connecting
carmarthenshire**

CARERS WEEK WELLBEING AND INFORMATION DAY

Living Well Centre, Carmarthen, SA31 3HB



The event will include information stands from
local organisations from 10am in the chapel



Free

Refreshments



11am

PSU Choir *in
the chapel*



12:15 - 1pm

Walk for
Wellbeing



1 - 2pm

Arts/Crafts
with PSU



2 - 3pm

Lindy Hop
Dance
session

in the Living Well Centre

**ALL
WELCOME!**
No booking
required

Carmarthenshire:

Tuesday 10th June 2025 10am – 3pm

The Chapel & Living Well Centre, Parc Dewi Sant, Carmarthen, SA31 3HB

Further information 0300 0200 002 email: info@ctcww.org.uk

Carers Week 9th - 16th June

An annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year we are excited to invite you to one (or both!) of our Carers Wellbeing and Information Days offering a welcoming and inclusive space for carers to come together, access information and support and enjoy workshops and wellbeing activities.

**YMDDIRIEDOLAETH
GOFALWYR**
Croesffyrdd
Gorllewin Cymru

**CARERS
TRUST**
Crossroads
West Wales

**YMDDIRIEDOLAETH
GOFALWYR**
CYMRU

**CARERS
TRUST**
WALES

CARERS WEEK WELLBEING AND INFORMATION DAY

HaverHUB: The old Post Office, SA61 1BG



The event will include information stands from local organisations from 11am and

			
Free	11:30am	12:30 - 3:00pm	Plus
Refreshments	Money Matters Talk	Complementary Therapy Tasters	VR Manual Handling Sessions

**ALL
WELCOME!**
No booking
required

Pembrokeshire:

Friday 13th June 2025 11am – 3pm
The Haverhub, Quay Street, Haverfordwest, SA61 1BG

Further information 0300 0200 002 email: carerssupportpems@ctcww.org.uk

Caban

Traeth Pentwyn
Pendine Sands

FREE Unpaid Carers Breaks Offer

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.

Carmarthenshire County Council in partnership with Y Caban are 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 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!



MeTime sessions for carers

Prioritise your wellbeing
with FREE online activities
designed just for you.

Every month, Carers Wales offers a variety of sessions to help you relax, learn and connect with others. Enjoy sessions on: Carers' rights and practical advice, mindfulness and other relaxing ways to take a break, creative activities like crafting and cooking. New activities each week – all at no cost to you!

Find out what's on and sign up today: bit.ly/MeTimecw





Hygiene Waste Collections

****IMPORTANT INFORMATION****

If you care for someone on hygiene waste collections, please help us to make sure only hygiene waste goes into the purple bags. It's important no other waste is included, as the items are processed and recycled into a range of products from notice boards to material for paving more durable roads!

The bags should be used for the following items only:

- **Disposable bed pans & liners, incontinence pads, bed and chair pads.**
- **Colostomy/stoma bags, catheter bags and urine bottles.**
- **Plastic gloves & disposable aprons.**
- **Nappies including any bags & wipes.**
- **Feeding tubes.**

Wherever possible, any items should be emptied, before being bagged. Clinical waste should not be included, this includes items like soiled bandages or swabs. The NHS collect this type of waste via their contractor Natural UK.



Our hygiene collections are fortnightly, and residents can sign up for the service or order more bags via our website:

www.carmarthenshire.gov.wales/assisted-waste-collection

For all queries, please contact the waste team at:

ENVHygieneWaste@carmarthenshire.gov.uk



Carer Cards

Carmarthenshire

Carers Trust Crossroads West Wales, in partnership with Carmarthenshire County Council, is launching a new Carers Card and Carers Discount Scheme on Monday 9th June 2025, to coincide with National Carers Week.

Unpaid carers in Carmarthenshire can apply for the new card, which comes with two options:



Option A: Carers Identification Card

Provides access to discounts and concessions at participating local businesses.



Option B: Carers ID + Emergency Card

Includes the same discounts plus an emergency response feature that activates a contingency plan through Social Services if the carer is suddenly unable to provide care.



Participating businesses will display a "Carers ID Card Accepted Here" sticker, and discount details can be accessed via a QR code on the card.

To apply, contact Delta Wellbeing at **0300 333 2222** or attend the Carers Week event at The Living Well Centre, Carmarthen on Monday 10th June 2025, from 10am to 3pm.

Note: Existing Carers Cards remain valid until their expiry date.



Carer Emergency Cards

Pembrokeshire

Carers Support Pembrokeshire are pleased to launch a NEW Carers Emergency Card and Carers Emergency Back-Up Scheme.



A carer's emergency card is a card that identifies you as a carer and provides emergency contact information. It helps ensure that the person you care for receives support if you are unable to care for them in the case of an accident, unplanned event or family crisis.

If you would like to apply for an emergency card please contact Carers Support Pembrokeshire on **0300 0200 002** or email carerssupportpembs@ctcww.org.uk

****IMPORTANT**** Please note that all older Carers Emergency Cards (issued before June 2025) are no longer valid. Please contact Carers Support Pembrokeshire on **0300 0200 002** (option 3) or email carerssupportpembs@ctcww.org.uk to renew your details and receive your new Carer Emergency Card.

Carer Recognition Cards

Pembrokeshire



A Carers Recognition Card is an identification card issued to unpaid carers to acknowledge your caring role and help you to access support and services more easily.

It confirms that the card holder is a carer and provides access to local benefits such as; priority access at certain times (e.g., vaccinations, healthcare), discounts and concessions in a number of local businesses as well as a **FREE Pembrokeshire Leisure pass**.

To apply for your Carer Recognition Card please contact Carers Support Pembrokeshire on **0300 0200 002** (option 3) or email carerssupportpembs@ctcww.org.uk



People Speak Up Elevenes Groups

Are you caring for someone on their dementia journey?

In partnership with Dementia Friendly Communities, Elevenes offers a creative time to meet new friends, share stories, smile and remember. It is for those who live with Dementia as well as carers / family members to come together and connect through sharing stories, art, music, movement, chatting and a cuppa!



Elevenes in Llanelli

People Speak Up,
Park Street,
Llanelli,
SA15 3YE
Every Friday 11am-1pm

Elevenes in Carmarthen

Carmarthenshire Living Well Centre,
Parc Dewi Sant,
Carmarthen,
SA31 3HB
Every Thursday - 1pm-2.30pm

Drop in or for further information: info@peoplespeakup.com / 01554 292393

cymdeithas

Strôc | **Stroke**
association

- Are you an unpaid carer of a stroke survivor?
- Would you like to meet others who also care for their loved one affected by stroke?

We currently support two groups, one in Carmarthen and one in Llanelli. For more information contact:

Carla Williams on 0754055593
or email Carla.Williams@stroke.org.uk

"Meeting others makes you realise that you are not alone, hearing someone else say what you may be thinking is like a weight being lifted"

"It's just a short time away to feel normal with people who have gone through and are still going through similar things"



MS Society

Community Connections Project

This new initiative aims to make life easier for those with MS, their families, friends, and unpaid carers.

How we can help

- **Practical guidance on finances, the cost of living, energy efficiency, and more**
- **Support with referrals to MS Society services, Citizens Advice, and local health or care providers**
- **Wellbeing advice through connections to benefits, activities, and other expert organisations**
- **Free Carbon Monoxide and PSR (Priority Services Register) awareness information sessions**
- **Personalised help from our team, who will take the time to understand your needs and match you with the right resources**



How to access our services

Email us at MSconnections@mssociety.org.uk or call our MS Helpline at **0808 800 8000**

CYMRU
VERSUS
ARTHRITIS



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Versus Arthritis Support Group

Haverfordwest (1.15pm–3.15pm)
Merlin's Bridge Village Hall, Pembroke Road,
Haverfordwest SA61 1JW
Last Friday of every month

Our support group meetings are free & open to all adults with an arthritis or MSK condition. Share experiences & tips, make new friends & try activities. All welcome!

Contact: walessupport@versusarthritis.org



HDUHB Digital Inclusion Webinar

Session: Digital Accessibility

Digital tools should be for everyone.

Sensory loss and Disabilities should never stop someone from engaging with digital or stop them from enjoying something online. Sadly, this isn't the case for so many. **7% of adults in Wales are digitally excluded**, and a proportion of these 220,000 people will be because of lack of accessibility.

We want to make sure that digital content and resources are accessible to everyone, and systems are created with accessibility in mind from the outset. Join us for a session with **Digital Communities Wales** to explore resources and the amazing accessibility tools built into devices along with apps that can empower individuals with:

- **Hearing loss**
- **Vision loss**
- **Speech challenges**

Let's make being online a better experience for everyone, equally.

Sign up here
to join us from
10-11:30am on 12th June



Smart Tech for Dementia:

Simple Tools, Lasting Impact!

Join the **HDUHB Digital Inclusion Team** for another insightful session in collaboration with **Digital Communities Wales**, where we explore the transformative role of digital technology in supporting individuals living with dementia.

From smart speakers that offer reminders and companionship, to accessibility features designed to make everyday tasks easier, we'll showcase practical and user-friendly digital tools that can foster independence, improve communication, and enhance overall quality of life.

Whether you're a caregiver, family member, or someone interested in how technology can empower those with dementia, this session is a valuable opportunity to discover innovative solutions and learn how small digital changes can make a big difference.

Come along and be part of the conversation - **helping build a more connected, accessible world** through smart technology.

Sign up here
to join us from
10-11:30am on 19th June





Are you 18+ and an unpaid carer?

- Registered as an unpaid carer?
- Do you have your carer recognition card?

As an unpaid carer you could be eligible for a FREE 3 month membership. This would entitle you to use all of Actif Sport and Leisure facilities. **Don't miss out – limited memberships available!**

The membership includes individual use of:

- Gym
- Fitness classes
- Swimming (during public or lane sessions)
- Health suite
- Health checks
- Exercise programmes

To be eligible for a free 3 month membership, you just need to;

- Have a 'carer recognition card'. Please email a photograph of your card to actif@cararthenshire.gov.uk
- Don't have a carer recognition card? You can register for a card from the Delta wellbeing team by contacting 0300 333 2222 or e-mail info@deltawellbeing.org.uk

actif.wales



Pembrokeshire Directory of Micro Care & Support Services



Find support including:
Home Help
Companionship
Personal care

An online directory of 'micro care & support services' – small, independent services (most are self-employed) that support people to live independently and enjoy life. These services have been supported by 'Catalysts for Care' – a not-for-profit project – to set up legally and professionally.

Browse the directory, make an enquiry, and find out more:

planed.org.uk/projects/catalysts-for-care/

Contact Lee James on:

lee.james@planed.org.uk / 07535 810003



Catalysts for Care
MIND INTERFACES WELSH WILLS



Nacro

connecting | carmarthenshire

Your places to get all the help and support you need:

- **Llandysul - Neuadd Tysul Hall:**
1st Thursday of the Month
- **Pencader - Pencader Family Centre:**
Alternate 3rd Thursday of the Month
- **Newcastle Emlyn - Our Lady Queen of Peace RC Church Hall:**
2nd Wednesday of the Month
- **Llandovery - Llandovery Youth & Community Centre:**
3rd Monday of the Month
- **St Clears - Y Gat & Whitland Memorial Hall:**
Alternate Last Friday of the Month
- **Llandeilo - Civic Hall:**
3rd Tuesday of the Month

Free Help
Free Advice
Free Support

No Appointment Required - 11am to 1pm

Email: communityhub@nacro.org.uk | Phone: 0800 917 6255





Carers Assessment

In Wales, an unpaid carer's assessment is a legal entitlement under the Social Services and Well-being (Wales) Act 2014. It provides carers with the opportunity to discuss their needs and access support to help them in their caring role.

What is a Carer's Assessment?

A carer's assessment is a conversation with your local authority to understand:

- **The impact of your caring responsibilities on your life.**
- **The support you need to maintain your own well-being.**
- **Your goals regarding work, education, and leisure activities.**
- **Any assistance required to continue caring or to take a break from caring.**

This assessment is separate from the needs assessment for the person you care for and can be conducted independently or simultaneously, depending on your preference.

Who is Eligible?

Any unpaid carer in Wales who appears to have needs for support is entitled to an assessment. This includes carers of any age, regardless of the amount or type of care provided.

How to Request an Assessment

To request a carer's assessment, contact the adult social services department of your local council.

- **Carmarthenshire - Carers UK Carmarthenshire County Council | Call: 0300 0200 002**
- **Pembrokeshire - Call: 0300 0200 002 | Email: carerssupportpembs@ctcww.org.uk**

What Support Might Be Offered?

Depending on the assessment, you may be offered information and advice on local support services.

- **Access to respite care to give you a break from caring duties.**
- **Support to help you engage in work, education, or leisure activities.**
- **Financial support or assistance with benefits.**
- **The goal is to ensure you have the necessary support to maintain your well-being while fulfilling your caring responsibilities.**

If you need assistance contacting your local authority or have further questions about the assessment process, feel free to ask Carers Trust Crossroads West Wales on **0300 0200 002** or email **info@ctcww.org.uk**





Unpaid Carers Support

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 (Carmarthenshire & Ceredigion).
- **Young Carers Support Service** – one-to-one support, workshops, training, group peer support, clubs, and activities for carers age 5 – 25 years (Carmarthenshire).
- **Financial Wellbeing Support Service** – Welfare Benefits Advice Service, checks, form filling and Appeal Tribunal Representation and income maximisation (Carmarthenshire).
- **Carers Support Pembrokeshire** – information, advice and one-to-one support to help you manage your caring role and work towards improved wellbeing, inc. Carer Recognition Cards and Carer Emergency Cards.
- **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 (Carmarthenshire).
- **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 (Carmarthenshire).
- **Money Matters Service** – help to maximise income, improve budgeting skills, access to workshops, access to carer grants, discounts, and concessions (Carmarthenshire, Pembrokeshire & Ceredigion).
- **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 (Carmarthenshire, Pembrokeshire & Ceredigion).
- **Time Together Project** – offering a range of short break options for carers along with wellbeing activities for carers and the person they care for (Carmarthenshire & Pembrokeshire).
- **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. (Carmarthenshire & Pembrokeshire).



To register for a quarterly e-bulletin update or for further information on any of the above services contact us on **0300 0200 002** or email **info@ctcww.org.uk** | **www.ctcww.org.uk**

Carers Week



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Carers Week Event

Supported by
The Camomile Club

Wednesday 11th June 2025
2-4pm
Crug Glas Country House
SA62 6XX

Tea & Refreshments as well as Live
Music from Jade Hughes with songs
from the 60s, 70s & 80s!

Tickets £10 Per Person
Contact Gill on 07497 182280



Please join the Community Clinic Nurses to
celebrate the annual Legs Matter Awareness
Week & our 1st birthday in the Cleddau
Community Clinics Unit.

Pop in for cake, coffee, a chat and a chance
to meet clinicians and organisations that can
help you keep well and improve your health and
wellbeing. We would love to see you.

ALL WELCOME
Plenty of prizes to be won!

Wednesday 11th June 2025

**Cleddau Community Clinics, South
Pembrokeshire Hospital
Drop in anytime between 10am - 3pm**



**Carers Support
West Wales**
CARING FOR CARERS



Information for unpaid carers



@carerssupportww



carerssupportwestwales.org



Managing Better

If you live with dementia, sensory loss or have had a stroke, we can help.

Care & Repair
Gofal a Thrwsio

Our dedicated and trusted caseworkers can visit you and provide free advice and practical support to help you live as independently as possible. Managing Better is a free home visiting service offering advice and practical help for people over the age of 50. It is for those who have sight or hearing loss, for Deaf people, people living with dementia and people who have survived a stroke.



How we can help you:

- A free Healthy Home Check for your home
- Help you reduce risk of falls and injury at home
- Help to assist you to live independently and safely
- Check what benefits you're entitled to and help you apply for them
- Help you access useful services and connect you with our partner agencies
- Advise on technology to increase your independence, reduce loneliness and boost your confidence

We're here to help you Manage Better.

Call us on 0300 111 3333 or email managingbetter@careandrepair.org.uk

Managing Better is a collaboration between Care & Repair Cymru, RNIB Cymru, RNID, the Alzheimer's Society Cymru and the Stroke Association.

www.careandrepair.org.uk

Do you want support to find work?

If you have Autism or a learning disability, Local Supported Employment can help find the right job for you and support you as you start work.

Contact us on:

getinvolved@pembrokeshire.gov.uk | 01437 776609


Department
for Work &
Pensions



Useful Numbers

Carers Trust Crossroads West Wales	0300 0200 002
West Wales Action for Mental Health	01267 245572
Stroke Association	0303 3033 100
Age Cymru Dyfed	03333 447 874
Alzheimer's Society	0333 150 3456
Care & Repair	01554 744300 / 01437 766 717
Mencap	community.partners@mencap.org.uk
Adferiad Recovery – Carers Information Service	0333 1211 332
Delta Wellbeing	0300 333 2222
Carers Support West Wales	carerssupportwestwales.org
Advocacy West Wales	01267 223197
Connecting Carmarthenshire	0800 917 6255
Carers UK Helpline	0808 808 7777
Citizens Advice Bureaux	Pembrokeshire - 01437 806070 Carmarthen - 01267 234488 Carmarthen - 01269 569267 Llanelli - 01554 759 626

Mental Health & Emotional Wellbeing Helplines

CALL Mental Health Helpline for Wales 24-hour helpline 0800 132 737
Or text help to 81066

- Age Cymru Mental Health Support Telephone: 08000 223444
- Mind Info Line 0300 123 3393
- Samaritans 116 123
- Iawn - www.iawn.wales.nhs.uk

**YMDDIRIEDOLAETH
GOFALWYR**

Croesffyrdd
Gorllewin Cymru

**CARERS
TRUST**

Crossroads
West Wales

Tel: 0300 0200 002

Email: info@ctcww.org.uk