

Carmarthenshire Carers Forum Fforwm Gofalwyr Sir Gaerfyrddin



Welcome to our Summer 2026 Newsletter. **Croeso I'n cylchlythyr Haf 2026**

Inside you will find an update about our recent County Wide Event held at the Burns Centre, Kidwelly in April.

You will also find an invitation to attend Carmarthenshire Carers Forum 'Cream Tea' at Llanelly House on Thursday 18th June 2026

This summer, the national theme for Carer's Week is 'Building Carer Friendly Communities' when communities work together in this way, carers have fairer opportunities and can lead better lives. Organisations in Carmarthenshire have put together a programme of events (see attached) to be held during Carers Week (8th – 14th June)

Carmarthenshire Carers Forum County Wide Event held in April at the John Burns Centre, Kidwelly



Our County Wide Event was held at The John Burns Centre in Kidwelly on 16th April 2026. This was a high-quality venue with excellent hospitality and accessible facilities. We had 64 guests, including 36 unpaid carers, 2 cared for and 26 professionals some of whom are unpaid carers themselves, supporting unpaid carers or ex-carers. Service leaflets were provided by organisations in attendance, including NHS, Dwr Cymru Welsh Water, Communities for Work, Alzheimers Society, Carmarthenshire Libraries, Human Support Wales, Hywel Dda Be Well Service, Mencap, Ataxia, Marie Curie, CASM, Age Cymru Dyfed, Dolen Teifi, On the Go Community Transport, Carers Trust, Adferiad Carmarthenshire Carers Information and Support Service, Advocacy West Wales, Human Support Wales, Angor, Llesiant Delta Well-being and the Skills Hub.

Please note the service leaflets detailed are available in both English and Welsh upon request.

Nodwch fod y taflenni gwasanaeth a nodir hwn ar gael yn Saesneg ac yn Gymraeg ar gais

Guest Speakers - Michelle Hickin Digital Inclusions Manager and Colleagues, Mia Greenway, Catrin Moore and Kirsty Williams Hywel Dda University Health Board

Our Chairperson, Michael Scordellis welcomed carers and professionals to our event, and introduced our first guest speakers Michelle and her colleagues from Hywel Dda UHB. The session provided an overview of Digital Inclusion work across Hywel Dda, and why this matters, and how patient-facing digital projects help people access their health services more confidently. They also introduced the Digital Health Literacy Pilot for the year ahead and shared details of their Digital Divide research with the University of Wales, Trinity St David. Attendees were invited to share their experiences and feedback to the digital team. *If you would like a copy of the presentation slides please let us know*



Get Involved

Digital Access and Inclusion Survey



Survey Purpose and Impact

This is a unique opportunity to shape the future of digital inclusion in our region. By understanding the real barriers and needs, we can ensure that no one is left behind and that everyone can access and use digital tools in ways that truly benefit them.

The insights and recommendations from this work will guide future services and support, helping us create a more inclusive, connected community for all.



- How to use a QR code:
- 1) Open your phone camera.
 - 2) Point at code.
 - 3) A yellow box will appear.
 - 4) Click to open the link.



Afternoon Session at the Burns Centre

There was a fabulous buffet lunch laid on with a wide selection of savoury and sweet items, dietary requirements were also catered for (pre-ordered) opportunities to speak to fellow carers and professionals during the lunch break and before and after event.

After lunch, Michael thanked Connecting Carmarthenshire for the Micro-commissioning Grant which made the event possible. He informed everyone we are currently working toward our bronze award for '**Investors in Carers**' and announced more funding has been agreed for '**Free One Night Stay for Carers**' at **The Cabin**, Pendine to book your stay please telephone 01267 224622. There is also a **Free 3 month Actif gym membership** available, please email a photograph of your carer card to actif@carmarthenshire.gov.uk . **Carers Cards** are available from Adferiad Carmarthenshire Carers Information and Support Service. Tel: 0333 1211 332 or email carersincarms@adferiad.org

Our next Speaker was Vicky Honeybun from Lleisant Delta Well-being promoted their new Delta Direct personal alarm and community response service 24/7 how it can support individuals, unpaid carers and their families. For further details, please Tel: 0300 3332222 or visit www.deltawellbeing.org.uk

John Brennan also spoke about the 'On the Go – Ar Y Ffordd' Community Transport available for adults living with disabilities. To find out more including eligibility tel: 0739 9861341 email communitytransport@agecymrudfyfed.org.uk



To finish, we had a raffle raising £50 and we encouraged carers to complete the carer surveys on the table to capture their feedback.

Feedback from completed surveys

At the event, what carers reportedly liked best were the informative speakers, the wide range of information stands, the excellent hospitality, friendly atmosphere and seeing friends. Carers described in the surveys how the event benefitted them. Key themes identified included; a break from their caring role and a change from everyday life, building friendships, meeting other carers, boosting self-esteem and self-confidence by sharing experiences, reducing isolation and getting brilliant information.



Suggestions on how to improve services for carers

We received some suggestions from carers on how to improve services to benefit the health and well-being of carers in Carmarthenshire these were;

- Carers would like more events for carers and cared for.
- More classes such as craft and sewing sessions
- Information days on carer entitlements.
- More short breaks, events after 5pm for working carers
- Trips out such as Beach Trip or heritage sites.

Taking on board carer suggestions, organisations have put together a programme of events for Carers Week 8th-14th June which you will find attached.

Quotes from Carers who attended the event at the Burns Centre

“Meeting like-minded carers, knowing you are not on your own”

“It felt fantastic to spent time with other people”

“It was great to learn what was available and to find out about the different services”

“Very organised and professional”

“All of what you do is of great benefit, thank you”

Conclusion and Impact

Clearly the feedback demonstrates the positive impact the event had on carers. Although, there were 36 unpaid carers in attendance the impact will be felt further as this newsletter will be shared to our database of over 400 carers.

Incidentally, there were a further 28% of carers who booked but were unable to attend at the last minute for reasons such as, short notice medical appointments, illness of carer and cared for, and no replacement care available. This reflects the barriers faced by carers on a daily basis. By sharing our newsletter, we want carers to know they are not alone and there is information and support available. Thank you once again to Nacro Connecting Carmarthenshire for providing the funding for this important, cost-effective and worthwhile carer event.

Future Carmarthenshire Carers Forum Events.

We are in the process of arranging a number of coffee mornings and events throughout Carmarthenshire, including a Cream Tea at Llanelly House to be held on the afternoon of 18th June and a County Wide Event in September details and venue to be confirmed.



Dear Friends/Colleagues

We are delighted to invite you to
**Carmarthenshire Carers Forum Afternoon 'Cream Tea'
at Llanelly House**



Venue: **The Great Hall, Llanelly House,
Bridge Street, Llanelli SA15 3UF**

Day: **Thursday**

Date: **18th June 2026**

Time: **1.30pm to 3pm**



This will be an Informal event and an opportunity to meet with other carers and enjoy a cup of tea or coffee, with delicious Welsh Cakes, Bara brith and half scones served with cream and jam – buffet style so everyone can help themselves. The Great Hall is situated on the Ground Floor, accessible facilities are on the ground floor too.

Please could you confirm your attendance and any dietary requirements by email Carmarthenshirecarersforum@gmail.com or text/telephone Sarah Isherwood Tel: 07791 862361 or Michael Scordellis Tel: 07866 210119. **Places are limited and all bookings need to be confirmed by Thursday 12th June 2026.** If you book and then are unable to attend, please would you be kind enough to let us know so we will not be charged for your place.

Car parking

Vauxhall Road Car Park - SA15 3BD - 2/3 minute walk

Edgar/Thomas Street Car Park - SA15 3JE - 3/4 minute walk

Murray Street Multistorey - SA15 1BQ - 4/5 minute walk



Other Community Events

Carmarthenshire Carers Forum have collaborated with Adferiad and Nacro to arrange a Dinefwr Well-being Walk and Tour of Newton House on 10th June during Carer's Week (1pm – 4pm) For details and to book contact Adferiad email carersincarms@adferiad.org or Tel: 0333 121 1332 Spaces are limited.

Carmarthenshire Carers Forum will also be attending Llandeilo Civic Hall (11am – 1pm) on 16th June at the Connecting Carmarthenshire Nacro Event.

Please visit Connecting Carmarthenshire website for further details of events in your area

<https://connectingcarmarthenshire.wales/>

You can also visit Carers Support West Wales / Cymorth Gofalwyr Gorllewin Cymru

[Carers Support West Wales | Cymorth Gofalwyr Gorllewin Cymru](#)
[Carers Support West Wales | Facebook](#)

If you would like further information on anything featured in our newsletter or wish to be added to our mailing list, please telephone us on one of the numbers below or email

Carmarthenshirecarersforum@gmail.com

Kindest regards

Sarah Isherwood

On behalf of Carmarthenshire Carers Forum

Tel: 07791 862361

Carers Week | **Building Carer Friendly Communities**

YMDDIRIEDOLAETH GOFALWYR CYMRU | CARERS TRUST WALES



CARERS WEEK

This Carers Week, we celebrate unpaid carers. Join activities across the county, from beach BBQs to digital workshops. Visit our events page for full details.



Beach BBQ



Guided walks



Coffee Mornings



Digital Workshops

Date: Monday 8th June - Friday 12th June

To book onto the different carers week activities Scan the QR code above to see all the information about each event

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













Wythnos Gofalwyr | **Adeiladu Cymunedau sy'n Gyfeillgar i Ofalwyr**

YMDDIRIEDOLAETH GOFALWYR CYMRU | CARERS TRUST WALES



WYTHNOS Y GOFALWYR

Wythnos Gofalwyr hon, rydyn ni'n dathlu gofalwyr di-dâl. Dewch i ymuno â gweithgareddau ledled y sir, o farbeciws ar y traeth i weithdai digidol. Ewch i'n tudalen digwyddiadau am y manylion llawn.



BBQ ar y Traeth



Tethblau corriedd dan ar weiniad



Boreau coffi



Gweithdai Digidol

Dyddiad: Dydd Llun 8 Mehefin - Dydd Gwener 12 Mehefin

I archebu lle ar wahanol weithgareddau Wythnos Gofalwyr, sganio'r cod QR uchod i weld yr holl wybodaeth am bob digwyddiad.

Rhagor o wybodaeth 0300 0200 002
e-bost: info@ctcww.org.uk













YMDDIRIEDOLAETH GOFALWYR CROESFFYND GORLLEWIN CYMRU | CARERS TRUST CROESGAIRDS WEST WALES

Carers Week


National Botanic Gardens

Monday 8th June
11:30am-1:00pm

Enjoy a 45 minute guided tour of the gardens followed by refreshments in foyer of the theatre

Booking essential

Middleton Hall, Carmarthen SA32 8HG
Scan QR code or follow link attached to book your place



YMDDIRIEDOLAETH GOFALWYR CROESFFYND GORLLEWIN CYMRU | CARERS TRUST CROESGAIRDS WEST WALES

Carers Week

BEACH BREAK & BBQ

Enjoy a free informal carers get together, BBQ and fun beach games (optional participation).

St Elli's Bay, Llanelli
Tuesday 9th June
6.00pm - 8.00pm

Booking essential!
Scan the QR code or follow the link attached to book your place

Cyngor Sir Gâr Carmarthenshire County Council



Guided Wellbeing Walk

Dinefwr Park & Newton House

FREE Ranger led guided walk to include the millpond to see dragonflies and tour of Newton House followed by refreshments at the café.

Date: Wed 10th June
Time: 1.00pm - 4.00pm

Book for Dinefwr Park directly with Sean Feldman/ via the office number - 0333 121 1332 or via email - carersincarms@adferiad.org



Caring in a Digital World for Beginners

Digital Coach available to help with your tech questions. Feel free to bring a digital device with you e.g phone / tablet
10:00-12:30

Money Matters Carers MOT

Expert advice on financial support available for carers inc. grants, discounts & welfare benefits
13:00-15:00

Thursday 11th June Ammanford Pensioners Hall
Quay St, Ammanford SA18 3EN

Please feel free to register your interest by scanning the QR code below or feel free to drop in on the day



FREE
REFRESHMENTS

STAND TOGETHER

A Community Event Bringing People Together

Thursday 18th June | 10am - 1:30pm

Ffwrnes Fach, Park Street, Llanelli SA15 3YE
(Outside Zion Chapel - or inside if weather is poor)

LIVE ACTIVITY

"Slapping Skins" with Aaron Mell

Energetic African Drumming Workshop
Interactive • Fun • Open to all ages
Plus: People Speak Up Choir

WHO'S INVOLVED?

- Local Community Groups
- People Speak Up (PSU)

WHY COME ALONG?

- Discover support services for carers
- Learn about volunteering opportunities
- Help promote the LD Charter
- Connect with local organisations

Carmarthenshire Association of Voluntary Services



FREE ENTRY - EVERYONE WELCOME!

GET IN TOUCH Chris Morgan | 07971 969068

CMorgan@carmarthenshire.gov.uk

★ Come along, get involved, and help build a stronger community together! ★

GYD SAFWN

Digwyddiad cymunedol i ddod â phobl ynghyd

Diwrnod 18fed Mehefin | 10am - 1:30pm

Ffwrnes Fach, Stryd y Parc, Llanelli SA15 3YE
(Tu Allan Egtwys Sion - neu tu mewn ar yw'r tywydd yn wael)

GWEITHGAREDDAU BYW

'Tarro Drymiau' yda Aaron Mell

Egniol - Rhyngweithol - Hwyl
Croesawu pob oedran

Hefyd: Cor People Speak Up

PWY SY'N CYFRANOGI?

- Crwpiau Cymunedol Lleol
- People Speak Up (PSU)

Carmarthenshire Association Voluntary Services



MYNDDO YN EILAETH?

- Darganfod gwasanaethau l ofalwyr
- Dysgu a gyfieood gwirfoddotill
- Helpu Eywpuddd Starter LD
- Cyssylltu a sefyddadau lleol

-CROESO I BAWB!

MYNEDIAD AM

Cyssjlltwch Chris Morgan
CMorgan@carmarthenshire.gov.uk

07871.969066



★ Dewch draw, ewch ati, a helpu i adalu cymuned gryfach gydaidd! ★



Building Carer Friendly Communities



8th – 14th
June 2026

Date & Time	ACTIVITY	Booking Instructions	Organisation Leading & Staff Facilitator
Mon 8th June	<ul style="list-style-type: none"> Coffee Morning for Carers in the Holy Trinity Church Community Hall, Church Lane, Newcastle Emllyn – 10.00am – 12.00pm. National Botanic Gardens Guided Tour of the Gardens followed by refreshments – 11.30am – 2.00pm Parkinsons Group Introduction & Orientation session at the Living Well Centre, Carmarthen 2.00pm – 4.00pm Hospital Discharge Carers Officer Stand @ Llandovery Hospital, between 2.30 – 5pm. Main ward entrance (x) 	<p>Drop in - No booking required</p> <p>Booking required – online form Carers Week form Carers Trust Crossroads West Wales or tel: 0300 0200 002</p> <p>Drop in – no booking required</p> <p>Drop in – no booking required</p>	<p>Sean Feldman - Adferiad /Credu Ceredigion</p> <p>Caroline Pedersen - CTCWW</p> <p>Evan Davidge - Parkinsons</p> <p>Helen Lewis - CTCWW</p>
Tues 9th June	<ul style="list-style-type: none"> Beach Break & BBQ at Llanelli St. Elli Bay / North Dock 6.00pm – 8.00pm – enjoy an informal carers get together, BBQ and fun beach games (optional participation). Hospital Dishcarge Service Information Stand @ Glangwili Hospital, outside pharmacy or Main Canteen between 10am and 3pm Botanical Printing Workshop for Carers at the Lantern Centre, Llanelli - 10.00am – 12.00pm 	<p>Booking required – online booking form or tel: 0300 0200 002 Carers Week form Carers Trust Crossroads West Wales</p> <p>Drop in – no booking required</p> <p>Booking required - 0333 121 1332 or via email: carersincarms@adferiad.org</p>	<p>CTCWW – Sam Fidler & Mike Ford CCC – Lisa Murphy</p> <p>Ben Innocent - CTCWW</p> <p>Sean Feldman Adferiad/ Arts Care Gofal Celf</p>
Wed 10th June	<ul style="list-style-type: none"> Dinefwr Park – Ranger led guided walk 1.00pm – 3.00pm to include the millpond to see dragonflies 	<p>Booking required through Adferiad - 0333 121 1332 or via email - carersincarms@adferiad.org</p>	<p>Nacro / Carers Forum / Adferiad Cath Hindman/ Sarah Isherwood / Sean Feldman</p>



Building Carer Friendly Communities



8th – 14th
June 2026

	<p>and tour of Dinefwr House followed by refreshments at the café.</p> <ul style="list-style-type: none"> Hospital Discharge Service Information Stand outside Costa @ Prince Philip Hospital – between 9.30 and 2.30 	No booking required	Tracey Jones-John - CTCWW
Thurs 11th June	<ul style="list-style-type: none"> Caring in a Digital World for Beginners – overview of technology to aid your caring role. Digital Coach available to help with your tech questions – 10.30am – 12.30pm Ammanford Pensioners Hall followed by refreshments. Money Matters Carers MOT Expert advice on financial support available for carers inc. grants, discounts & welfare benefits – 1.0pm – 3.00pm Ammanford Pensioners Hall followed by refreshments Crafty Crusaders at the National Botanic Gardens – get creative with Arts Care Gofal Celf with this fun session – all abilities welcome 1.30pm 	<p>Register interest online or drop-in Carers Week form Carers Trust Crossroads West Wales or tel: 0300 0200 002</p> <p>Register interest online or drop-in Carers Week form Carers Trust Crossroads West Wales or tel: 0300 0200 002</p> <p>Booking required</p>	<p>Michelle Davies - ACD</p> <p>Kayleigh Hiorns- CTCWW</p> <p>Arts Care Gofal Celf – Rachel / Melissa ACGC – 01267 243815</p>
Fri 12th June	<ul style="list-style-type: none"> Carer Coffee Morning & Meet & Greet local Social Work Teams- Llanelli Library – 11.00am – 3.00pm CCISS Information stand at Waterstones – Carmarthen (Weather Permitting) 	<p>Drop in – no booking required</p> <p>Drop in – no booking required</p>	<p>CCC – CMHT, Wellbeing Service Mental Health, Substance Misuse and Recovery Service & CTLD Social Work Teams Adferiad</p>
Thursday 18th June	<p>Stand Together event – outside Zion Chapel, Island Place, Llanelli – PSU Choir, African Drumming, info stands & speakers</p>	<p>Drop in – no booking required</p>	<p>CCC, PSU, CAVS, The Dream team</p>