



Carers Support Information Leaflet

e-mail: carers@caerphilly.gov.uk

website: www.caerphilly.gov.uk/carers

Tel: 01495 233218 or 01495 233234



Carers Support

This leaflet contains information on the support that is available for carers.

Anyone can become a carer. Carers come from all walks of life, all cultures and can be any age. Many people don't recognise themselves as carers, but they look after people with an illness, disability, mental health issue, learning disability, addiction or are parent carers.

Carers' Mailing List

You can be kept up to date with the carers' newsletter, useful information, advice and notifications on events that are held throughout the year for carers. We can keep in touch by post or email, but we can also provide you with mobile text message updates. Please contact us to let us know your preference.

Carers' Emergency Card Scheme

If you look after someone who needs care, help or support because they have an illness, disability or are elderly and frail, then a carer's emergency card will help to give you peace of mind. The emergency card will enable people to quickly identify you as a carer in an emergency.

Carers should carry the card with them at all times. If you had an accident or emergency, then the card will alert the emergency services that there is someone at home who can't manage without your help or assistance.

They will then contact the number on the back of the card so that someone can help the person you care for.

Carers' Time Out

If your family and friends are unable to support you, carers can access time out to attend medical appointments, health treatments, support groups, funerals, social outings, or carer crisis etc.

There are a number of care agencies that can support your loved ones. Please contact us for more information.

Caerphilly Carers' Website

Why not visit our website at: www.caerphilly.gov.uk/carers to find out more information regarding the following:-

- **Support Groups** – Details of groups for carers throughout the borough.
- **Events** – Carers' events are regularly updated on the website.
- **Carers' Assessment** – This gives you the opportunity to tell us about your situation. How caring affects you, what help you get and what help you think you need.

Young Carers Support

Caerphilly CBC Carers Team are now offering support to young carers.

We can offer:

- One to one support which includes what matters to you as a young carer (known as a carer's assessment)
- Group sessions to chat about your caring role with us and other carers.
- Opportunities for well-being support from Child and Family Psychology.
- Information sessions on things you might like to learn about.
- Fun activities and time out from your caring role. (We're always looking for new things to do, too, so would love for you to tell us what you'd like to do.)
- Free or reduced cost gym memberships from CCBC gyms and leisure centres (this depends on age.)

Keeping in touch

- A closed Facebook group with details of all our activities and events, while being able to access peer support from other young carers. Search for "Caerphilly County Borough Young Carers Group" and ask to join.
- A mailing list that shares relevant information and details of all our activities and events.

More information

- If you want more information, please e-mail us at carers@caerphilly.gov.uk, visit www.caerphilly.gov.uk/carers or call our Information, Advice and Assistance Team on **0808 100 1727**.