



# Carers Support Information Leaflet

**e-mail:** [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk)

**website:** [www.caerphilly.gov.uk/carers](http://www.caerphilly.gov.uk/carers)

**Tel:** 07808 779367



# 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 they 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](http://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** – Carers' Assessment gives you the opportunity to tell us about your situation. How does caring affect you, what help you get and what help you think you need.

# Barnardo's Young Carers Project

Barnardo's Young Carers provides support for young carers who are aged up to 25 years in the Caerphilly Borough.

- Do you help your parents to do the shopping, washing, ironing?
- Do you help to look after your brother or sister?
- Do any of your parents suffer from mental health problems?
- Do your parents misuse drugs or alcohol?
- Do you struggle with your school/college because of your caring responsibilities?
- Do you have any health problems yourself?

If you are experiencing any of these things, Barnardo's Young Carers Project can help. Being a young carer is a very important job and this service is just for people like you.

Telephone number: **01633 612712**

e-mail: [caerservices@barnardos.org.uk](mailto:caerservices@barnardos.org.uk)

website: [www.barnardos.org.uk](http://www.barnardos.org.uk)