

## Knowing your rights

Make sure your voice is heard so you are able to clearly explain how you feel about things, what you need, or why you feel something should be changed.

## University and Further Education

Talk about balancing caring with education and discuss your options. Our outreach staff can come to you.

## Work and employment

Explore options and make decisions about whether to remain in or change your employment, request flexible working or give up work to care for someone, and balance working, your caring role and your own wellbeing.

## Self-medicating and substance misuse

If you find that you lean on alcohol or drugs to cope, talk to us in confidence. We don't judge but will help you explore the avenues open to you.

## Meet other Carers in your area

Local Carers groups offer you the opportunity to connect with other Carers in your area. Take some time out from your caring responsibilities, enjoy new experiences and make memories by taking part in activities and trips, with other people who understand how complicated your life can be.

**GROUPS  
AND TRIPS**

**Our Carers groups are for Carers (18+).**

## Your voice

We make the link between Carers, service providers and policy makers locally and nationally, by feeding back your thoughts and experiences in order to shape policy and legislation, and improve services for Carers and the people they support.

If you are an employer, or part of a community group, some of your staff or members are Carers. We can help you to support them effectively.

Are you a social services, housing or healthcare professional? We can help you support the Carers you work with, particularly with the implementation of the Social Services and Wellbeing (Wales) Act.

## How you can get involved:

- tell other Carers •
  - fundraise or donate some money •
  - volunteer with us •
- we have all sorts of interesting ways you can help*
- become a corporate sponsor •



Gofalwyr Ceredigion Carers is a consortium made up of three Carers Trust Network Partners; CREDU, Carers Trust Crossroads Sir Gar & Carers Trust North Wales.

We work together supporting Carers to get the most out of life.

We are jointly commissioned by Ceredigion County Council and Hywel Dda University Health Board



@GofalwyrC



Gofalwyr Ceredigion Carers

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# Gofalwyr Ceredigion Carers

Supporting Carers in Ceredigion

# Do you look after someone in your family or a friend?

...then **YOU** matter too



- Information and support
- Connect with others
- Break / respite
- Free and confidential

Just get in touch on 03330 14 33 77  
[www.gofalwyrceredigioncarers.cymru](http://www.gofalwyrceredigioncarers.cymru)  
[ceredigion@credu.cymru](mailto:ceredigion@credu.cymru)

If you look after someone who is ill, frail, disabled, has mental health problems or substance misuse issues, and cannot manage without your help and you do this unpaid alongside everyday responsibilities like family, work or education...

# THEN YOU MATTER TOO

**Caring is the kindest thing you can do for another; it can be rewarding but it can also be difficult to juggle all the practical and emotional duties and responsibilities...  
At Gofalwyr Ceredigion Carers, we support people who Care for someone**

## We offer support to

### Adult Carers

With bespoke support for adults of any age. Whether you need a little information, one to one support or to be connected with others.

**This leaflet gives you a flavour of the kinds of support we offer, however we will treat you as an individual and focus on what matters to you.**

## SUPPORT TO CARE

### Dealing with specific illnesses or conditions

Information and guidance to understand particular illnesses or disabilities, and what this means for you as the Carer.



### Accessing funding

We will research sources of funding with you, for respite and breaks, assistive technology, transport and training.

### Other organisations

We connect you with local organisations and services that may also be of help including Ceredigion County Council Carers Unit.

### Advocacy and relationships with professionals

We can support you when dealing with professionals - like social services, health or housing - by attending meetings with you, and making sure you can express your views and wishes. This is also known as advocacy.

## SUPPORT FOR YOU

### Confidential information, advice and support

Speak to someone who understands the demands of providing unpaid care and support. Our team offers you support tailored to your individual needs, so you can make informed choices which are right for you.

### Wellbeing

Access our tool to explore the impact of your caring responsibilities on your life, to help you balance your own needs with your caring role.

### Support with breaks and respite

There are different ways of making sure that you get the breaks you need, we can help you work out the best approach for you. We work with two highly reputable Carers Trust Crossroads organisations to provide short-term respite / replacement care.

### Reaching for your life goals

Explore a life outside of caring and think through your options for the future. What are your goals and aspirations, and how can you move closer towards them while balancing your caring role?

### Learning new skills

Speak to us about training opportunities: for your caring role, for the future, or just for interest; as well as funding options and respite to attend training.

### Benefits and financial support

Is your family receiving all the financial support available to you? We can support you to explore Carers and disability benefits, allowances and payments, pensions and housing, educational benefits, taxes and credits.

### Transport and mobility

Help with arranging and possibly funding transport, for example to and from appointments or hospital, to work, or to Carers groups.



Funded by



Bwrdd Iechyd Prifysgol  
Hywel Dda  
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