

Care'Diff News

The latest news for unpaid carers in Cardiff

Edition 13 - Spring 2025

Neurodivergent Friendly School Holiday Group



Caerdydd sy'n Deall
Niwrowahaniaeth

Neurodivergent
Friendly Cardiff



Since summer 2025 the Wellbeing Support Service, in partnership with Thrive Cardiff have been running neurodivergent friendly School Holidays sessions.

For details of opportunities in the Easter break and May half-term, email wellbeingactivities@cardiff.gov.uk or call 02920 871 071 - Option 3

Whats Inside

- P. 2 – Moving and Handling for unpaid carers
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- P. 12 – Unpaid Carer Champions recruitment



Cardiff Council carers support



Care'diff Carers Club

Monthly unpaid carers group
1st Monday, 11:00 - 13:00

Location varies
contact 02920 873419
carediff@cardiff.gov.uk

Gwasanaethau Byw'n Annibynnol

Independent Living Services

Cardiff Carers Advice Line

Call for information, advice and assistance if caring for an adult
02920 234 234 – Option 2

CYMORTH CYNNAR

CAERDYDD - CARDIFF
EARLY HELP

Cardiff Early Help

Call for information, advice and assistance if caring for a child with a disability
03000 133 133



Support for under 18s who help look after someone else
03000 133 133
contactFAS@cardiff.gov.uk

Gwasanaeth
Cymorth
Lles Caerdydd
Cardiff Wellbeing
Support Service

One-to-one mentoring or signposting for community activities
02920 871 071
wellbeingteam@cardiff.gov.uk

Caring Friends

Volunteer befriending service supporting unpaid carers
02920 234 234 – Option 2
CarersBefriending@cardiff.gov.uk

HubsForAll

Community based care and wellbeing service for over 60's supporting carers respite
02920 234 272
hubs4all@cardiff.gov.uk



PRYD GLŪD



Telecare Cardiff

Warden monitoring and response service or hot food deliveries to help the person you care for live independently
02920 537 080
mealsonwheels@cardiff.gov.uk
telecare@cardiff.gov.uk

Cardiff Council Social Care Training and Development Team

Contact us to discuss the care and support you provide and any training you might want. The team will put together an individual training plan to support you

02920 871 111
PartnersSCTD@cardiff.gov.uk



UNPAID CARER - MOVING AND HANDLING WORKSHOPS



Thursday 23rd April 2026

Monday 20th July 2026

Tuesday 29th September 2026



County Hall, Atlantic Wharf, Cardiff, CF10 4UW



09:15– 12:30

Assisting with Standing, Walking, and
Sitting – what are my options?



12:50 - 16:30

Safer Use of Hoists and Bed Mobility



**Social Care
Training and
Development Team**

Inspirational, Flexible and Innovative learning

For booking or more information

02920 871 111



twindels@cardiff.gov.uk



Welcome...

to the Spring 2026 edition of the Care'diff News!

December

One of the most difficult parts of caring is the changes that come expectedly or unexpectedly, including bereavement and we've been working on a new handbook to support unpaid carers experiencing changes for the first time. We sent out a draft in December for co-production and have been working on the many suggested changes. We are aiming to send a new draft for opinions as soon as we can in March – please contact if you want to be involved.

January

The Care'diff Carers Club met on the 5th of January so everyone could get together and offload after what can be a difficult festive period for many caring. We are looking to set up another group in the evening for those carers working who couldn't make a group during normal officer hours.

February

Carers Wales released their latest Track the Act report. Its available online or you can call Carers Wales (02920 811 370) to request a printed copy. Cardiff was highlighted for some good practice although we are aware there are still lots of changes still to be made to improve the service for all.

Upcoming events

It would be great to meet you at an upcoming event we are going to 'relaunch' the unpaid carers phoneline as the recently co-produced "Cardiff Carers Advice Line" at St Mellons Hub on the 26th of March from 13:30 – 15:30 – please save the date, formal invites coming

Please reach out if you would like to share your story, promote your group or service or generally give feedback on the newsletter – call 02920 873419 or email carediff@cardiff.gov.uk. Thank you, Craig Jacob, Project Manager Unpaid Carers



Caring Friends

Caring Friends is a Cardiff Council-run, volunteer-led, befriending service for unpaid carers. We currently have trained and ready volunteers waiting to be matched with carers in Cardiff for support!

Our volunteers provide support by:

- Making friendship phone calls
- Meeting-up at home or in the community
- Help with light household tasks
- Other simple support out of the home



*"It's the highlight of my week that she comes over."
- Unpaid carer with Caring Friends*



Speak with one of our friendly team today to discuss the support you want and see if Caring Friends can help you.



Get in touch today!

02920 234 234 - Option 2

CarersBefriending@cardiff.gov.uk



HUBS FOR ALL

Community Care and Wellbeing

for over 60's

Do you look after someone who is over 60 and needs a bit of extra help due to an age-related illness, the early stages of dementia or social isolation?

Hubs for All can support them and give you a break. Hubs for All provides person centred support alongside low impact physical and mental stimulation activities and a chance to meet new people.

Sessions take place across the city:

Monday – St Mellons Hub – 10:00 – 16:00

Tuesday – Rhiwbina Hub – 10:00 – 16:00

Wednesday – Rumney Partnership Hub – 10:00 – 16:00

Thursday – Grangetown Hub – 10:00 – 16:00

Friday – Llandaff North and Gabalfa Hub – 10:00 – 16:00

Saturday - Llandaff North and Gabalfa Hub – 10:00 – 16:00

Hubs for All can give you a regular break from your caring responsibilities and a chance to do something for you.

The service is free, but there is a £5 per day charge for refreshments.

Call, email or drop in and speak to a member of staff.

02920 234 272

hubs4all@cardiff.gov.uk



Heol Don Care Home

Memory Support Café

We are delighted to invite unpaid carers and the people they look after from across Cardiff to our monthly support Café.

Our monthly Memory Support Café is a friendly and inclusive gathering on the **2nd Thursday each month** from **14:00 to 16:00**.



The Café aims to support individuals with memory challenges and their carers and families, but we can also support anyone who would benefit from a relaxed social environment.

What's on offer:

- Complimentary tea, coffee, and homemade cakes
- Engaging games and activities
- Live entertainment, including singers, performers, and guest speakers
- A warm, welcoming atmosphere where everyone is valued

For more information or to let us know you're coming, please contact:

Gemma Lewis, Activities coordinator supervisor

Phone: 02920528060 Email: gemma.lewis@bupa.com

We look forward to welcoming you soon



Cardiff and Vale University Health Board Unpaid Carers Information Service

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Gwasanaeth Gwybodaeth i Ofalwyr Di-dâl

Cardiff and Vale University Health Board offer information to all unpaid carers through their information centres.

These are located in the University Hospital of Wales, the University Hospital of Llandough and Barry Hospital where both members of staff and volunteers can provide you with information about health conditions, available support and how to access it.



A new addition to the unpaid carers support team was made at the end of 2025, offering further support for carers within the University Hospital of Llandough.

The aim of this new role is to support unpaid carers, especially during hospital discharge, to improve carers experiences of hospital discharge.

If you are visiting the University Hospital of Llandough and would like to talk to the new support worker Maria, **please attend one of her drop-in sessions on Wednesdays 12:00-13:30, in the Information Centre.** (located in the plaza, opposite the art gallery)

You can leave a message for Maria by calling 029 2184 5692, emailing pe.cav@wales.nhs.uk or filling out the service referral form by scanning the QR code below. (physical copies found at the Information Centre within the hospital).



Live Well, Age Well Course

Are you aged 50+ or caring for somebody who is?

Live Well, Age Well is a FREE NHS course which has been co-produced by community members and professionals, to support people to live well as they age. The course is 6-weeks long and participants attend one-hour sessions twice a week (12 sessions in total).

Delivered in community venues, the course will support you to:

- Learn about ways to look after your health and wellbeing
- Take part in exercise to improve your strength and balance
- Reduce your risk of having a fall
- Connect with your local community

The course is open to anybody in Cardiff and the Vale of Glamorgan who would like to improve their health and wellbeing as they age.

“I have felt stronger and more confident since starting this course, feel motivated to do more”



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



*"When I first started the course,
I felt really vulnerable.
I leave today no longer feeling
that way"*

Interested in attending the Live Well, Age Well Course?

Courses are currently held at:

- V21 Sbectrwm Centre, Fairwater, CF5 3EF
- Eastern Leisure Centre, CF3 4DN
- Barry Leisure Centre, CF63 4JJ
- Belle Vue Community Centre, CF63 4JJ

Call 02921836945 or 07815645513
to book your place!

Find out more at

<https://keepingmewell.com/home/live-well-age-well/>
or scan the QR code





S16 Forum Recruitment

Do you look after another adult in Cardiff who, without your help, would not cope?

We need your help to shape the future of adult social care commissioning in Cardiff.

Your experiences matter – whether you're currently caring or have recent experience, we want to hear from you.

Become an Unpaid Carer Champion for Cardiff Councils Adult Services Innovation and Transformation (Section 16) Forum and help change how services for the people you care for are commissioned.

Call or email to express and interest
or to discuss the role in more detail

029 20 873 419

unpaidcarerchampions@cardiff.gov.uk

What is the Section 16 Forum?

The Section 16 Forum is a collaborative space led by Cardiff Council where unpaid carers, Commissioners, and not for profit social care providers, and service users come together to co-design and improve arrangements for adult social care commissioning.

It focuses on innovation, transformation, and ensuring services reflect the real needs of those who rely on them.



What you'll do

- Share your lived experience
- Give you input to meetings and workshops
- Help shape decisions about future care and support commissioning

What you'll get

- Access to a Reward and Recognition Scheme
- Travel costs covered
- Support and guidance from council and
- 3rd sector professionals



Flexible involvement

- Quarterly Forum meetings
- Optional attendance at sub-groups of the forum



IMPACT
Improving Adult Care Together



Cardiff & the Vale Parents Federation

Through free meals, activities and events we provide unpaid carers with welcoming respite opportunities and time for themselves.
02920 565 917 admin@parentsfed.org

CAER Carers Club

Friendship, peer support and refreshments weekly
Every Tuesday 09:30 - 11:30
CAER Heritage Centre, Church Road, Caerau, CF5 5LQ
02920 109976

PedalPower Cardiff

Free cycling sessions, with or without the person you care for, try a range of adapted or powered bikes

cyclingofficer@cardiffpedalpower.co.uk
02920 390 713

Moss Rose Cottage C.I.C.

Regular and one off activities and support for people with 'invisible' barriers and their unpaid carers

admin@mossrosecottage.co.uk
07716183313

Carers Wales

Free membership, information, online activities, book group and campaigning opportunities

info@carerswales.org
02920 811 370

TuVida Cardiff & Vale Carers Financial Wellbeing Service

Benefit Checks, application support and monthly hardship grants for unpaid carers

financialwellbeingservice@tuvida.org
02921 921 024 (Vale Carers Hub)

Disability Benefit Forms Drop-ins
Fairwater Hub - 25th March, 10 - 6
Llandaff North Hub - 29th April, 9 - 5
St Mellons Hub - 3rd June, 10 - 3:30

Money
Advice



You can access the service Monday to Saturday at Central Library Hub or contact your local hub or library to find out when the next drop-in session is. **Contact Cardiff Money Advice:**

Advice Line: 02920 871 071

Website: www.cardiffmoneyadvice.co.uk

Recovery Cymru - Family and Friends Group

Peer support for carers of people with a substance use issue
Sunday 18:00 - 19:30
Recovery Cymru, 218 Cowbridge Road East, Canton, CF5 1GX
02920 227019

Adferiad Carers Support Group

Monthly peer support, for carers of people with mental health issues
3rd Thursday, 11:00 - 13:00
Chapter Arts Centre, Market Road
Canton, CF5 1QE
07974 175189 / 07985 163343

Forget-me-not Chorus

Cardiff North - Tuesday 18:30 - 20:30
Thornhill Church, CF14 9GA
Call Sadie 07581 009 566
Cardiff South & Vale - Thursday 18:30 - 20:30 - URC, CF64 3LX
Call Helen - 07508 010 946

Glenwood Church and Wellbeing Space - Autism Support Group

Support group for carers of those with autism of ALN
Please contact before attending
02920 337880
Text: 07498 299343

Alzheimer's Society (Cymru)

Face-to-face groups, online choir and Carers Information and Support Officers locally
Call: 0333 150 3456
Email: cardiffandvalecrisp@alzheimers.org.uk
Local Facilitator: Jackie Ayres
07484 089 481

Home Instead: Memory and Movement Cafe

Supporting those caring for someone or living with dementia, Parkinson's, MS or effects of a stroke
1st Wednesday, 11:15 - 12:45
Ararat Baptist Church, CF14 1PT
Chrissy - 02920 569483

Promote your group here - Email carediff@cardiff.gov.uk

Are you looking for a simple way to discover what's happening near you? Dewis Cymru can help you find all the groups, services, and support available.

Go Online and visit us at: www.dewis.wales

Search using **#UnpaidcarersCAV** to find our premade list of carer related services.



Dewis Cymru

Health and Wellbeing Directory

CARERS SUPPORT

DROP-INS

**MARCH-MAY
2026**

We understand that phone conversations aren't always ideal, especially when discussing complex issues.

At our drop-in sessions, you can speak face-to-face with an officer from the Adult Services Carers Assessment Team to;

- Get information and advice tailored to your caring role
- Request a Carers Needs Assessment
- Talk about any concerns or worries or about your caring role
- Get tips to maintain your own wellbeing alongside caring

Join the team at:

Date	Time	Location
10/03/2026	09:30 - 11:30	CAER Carers Club, CAER Heritage Centre, Church Road, CF5 5LQ
17/03/2026	11:00 - 14:00	Moss Rose Cottage (booking required email admin@mossrosecottage.co.uk) Rumney, CF3 3EB - Call 02920 871349 for help to book
24/03/2026	12:00 - 14:00	Radyr Hub, Park Road, CF15 8DF
26/03/2026	13:30 - 15:30	Cardiff Carers Advice Line Relaunch Event St Mellons Hub, Crickhowell Road, CF3 0EF
16/04/2026	11:00 - 12:00	Adferiad Carers Support Group, Chapter Arts Centre, Market Road, CF5 1QE
29/04/2026	12:00 - 13:30	Patient Information Centre, Llandough Hospital, Penlan Road, CF64 2XX
17/05/2026	10:00 - 12:00	Central Library Hub, The Hayes, Cardiff, CF10 1FL
27/05/2026	12:00 - 13:30	Patient Information Centre, Llandough Hospital, Penlan Road, CF64 2XX

If you can not attend a drop-in, you can still reach us:

Call: Cardiff Carers Advice Line on 02920 234 234 (Option 2)

Monday–Thursday: 08:30 – 17:00

Friday: 08:30 – 16:30

Email: contactILS@cardiff.gov.uk

Gwasanaethau Byw'n Annibynnol

Independent Living Services

