

Care'Diff News

The latest news for unpaid carers in Cardiff

Edition 14 - Summer 2026

Care'diff Carers Club



2nd Monday of the month

11:30 - 13:30

Arrive or leave as convenient around the support you provide

2026/27 Dates and Venues

8th June - Moss-Rose Cottage
112 Wentloog Road, CF3 3EB

13th July - Rumney Hub
Llanstephan Road, CF3 3JA

10th August - Rumney Hub

14th September - Moss-Rose Cottage

12th October - Moss-Rose Cottage

9th November - Moss-Rose Cottage

14th December - Rumney Hub

2027

11th January - Moss-Rose Cottage

8th February - Moss-Rose Cottage

8th March - Moss-Rose Cottage

- **Free Refreshments**
- **Peer Support**
- **Advice and referrals**
- **Support from Care'diff project manager**

Contact: 02920 873419

carediff@cardiff.gov.uk

Whats Inside

P. 6-8 – Young Carers “Give us a break” event report

P. 11 – EPP Cymru – “Caring for me and you”

P. 13 – Recovery Cymru peer support group





Cardiff Carers Advice Line

Information advice and assistance for unpaid carers
Practical and emotional support to help in your
caring role and request a carers assessment
02920 234 234 – Option 2 contactILS@cardiff.gov.uk

Cardiff Council unpaid carers support



Care'diff Carers Club

Monthly unpaid carers group
2nd Monday, 11:30 - 13:30
Moss Rose Cottage, Wentloog Road, CF3 3EB
(July, August, December - Rumney Hub,
Llanstephan Road, CF3 3JA)
02920 873419 carediff@cardiff.gov.uk

Cardiff Wellbeing Support Service

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

Gwasanaeth
Cymorth
Lles Caerdydd
Cardiff Wellbeing
Support Service



HubsForAll

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



Caring Friends

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

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

Day Opportunities Team

Supports for older adults and
adults living with physical
impairments to connect with
their local community if they
are socially isolated reducing
demand on carer
02920 234272
DayOpportunitiesTeam@cardiff.gov.uk

Cardiff Early Help

Information, advice and
assistance if caring for a
child with a disability
03000 133 133
contactFAS@cardiff.gov.uk



CYMORTH CYNNAR
CAERDYDD - CARDIFF
EARLY HELP

Cardiff Young Carers Project

Support for under 18s who help
look after someone else
03000 133 133
contactFAS@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



MEALS
WHEELS

PRYO
GLŪD



Teleofal Caerdydd
Telecare Cardiff

Meals on Wheels and Telecare

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

Welcome...

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

Spring has gone and a new Senedd has begun— here's a recap of activity over the last few months.

March saw a strong focus on awareness and support. Young Carers Action Day was marked with an evening event at Yorkes Café in St Mellons, bringing together young carers and their families for activities, food and time to connect, with support in place to enable parents with care needs to attend. We also supported a Carers Open Day at Moss Rose Cottage alongside the Cardiff Money Advice Team and Carers Assessment Team, offering a one-stop opportunity to speak to a range of services.



In addition, Carers Wales hosted their All-Wales Assembly in Cardiff, with a strong focus on the then upcoming Senedd elections and their 'Carers Manifesto'. We also worked with Independent Living Services to launch the rebranded Cardiff Carers Advice Line - while attendance was small, feedback was positive, with most attendees accessing new services or advice.





April continued with a range of engagement activity. Work began on refreshing Cardiff Council's Adult Services Ageing Well Strategy, including reviewing commitments to support and value unpaid carers—if you would like to contribute, please get in touch. There was also a Young Carers regional celebration at St Cyrus School (more on that later), alongside engagement events such as Sight Life at St David's Centre, helping more people recognise themselves as unpaid carers and access support.

May has been quieter so far, with many organisations focused on the Senedd election and formation of a new Welsh Government. Carers UK have published a new report, "The tipping point", highlighting how increasing numbers of unpaid carers are leaving employment due to their caring responsibilities. The report reinforces the importance of employment for carers' wellbeing and social connection. If you are finding it difficult to balance work and caring, the Cardiff Carers Advice Line can provide advice on your rights and support options.

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

Join the Care'diff Newsletter and Co-production (research) list

Receive updates from Care'diff including:

- Quarterly newsletters
- Unpaid carers grants
- Unpaid carers Shortbreaks
- New services & service changes
- Co-production and research requests



Email carediff@cardiff.gov.uk
or call 02920 873419 to be added to the contact list.

For regular updates and to see what local partners are up to follow us on Facebook:

<https://www.facebook.com/CareDiffDinasGofal/>

we share updates on council services and services from local or national organisations that can support you.



Cardiff Council Adult Services Innovation and Transformation (Section 16) Forum

Take part in guiding how we commission future services for unpaid carers and the people you support.

Your experiences matter positive and negative and we want to hear from you to help us commission our services differently.

Call or email today to express and interest or discuss the opportunities in more detail – 02920 873419 or unpaidcarerchampions@cardiff.gov.uk

Travel costs covered, support from council and 3rd sector staff and reward and recognition scheme available.

smallgoodstuff

by communitycatalysts®

SmallGoodStuff is the free online directory that helps connect unpaid carers and people with a care or support need to flexible, community-based services across Cardiff (micro-enterprises). Developed in partnership with CommunityCatalysts over the last 3 years, a variety of micro-enterprises now operate across Cardiff.

The directory is designed to connect you with innovative small, independent providers, who can offer tailored services. This could be help at home, support to get out of the house, companionship or creative outlets.

If you are in receipt of direct payments, you can use these to pay for service from providers on the SmallGoodStuff directory.



Completed in 2026

Gwasanaethau Byw'n Annibynnol

Independent Living Services



Most providers have been supported to complete CommunityCatalysts 'Doing It Right' training standards. Look out for the rosette mark for those providers who have completed the 'Doing it Right' standard.

If you are in receipt of a Care and Support package (or care for someone who is) contact Independent Living Services on **02920 234 234** or **contactILS@cardiff.gov.uk** to ask about moving to direct payments.

If you are in receipt of direct payments contact DEWIS Centre for Independent Living on **02922 405060** or **info@dewiscil.org.uk** for more help.

YOUNG CARERS 'GIVE US A BREAK' CELEBRATION



Young carers from across Cardiff and the Vale come together for a special “Give us a Break” Celebration event – a day dedicated to fun, connecting with other young carers and recognising the incredible role they play supporting disabled siblings or adults in their lives who need support to meet their daily living needs.



The event included a huge range of activities (who knew plastic axe throwing was a thing!) and was designed to give the young carers a chance to relax, make new friends and simply enjoy being children without any additional responsibilities for the day.

Two of the young carers have been generous enough to share their experiences;

“The celebration event was honestly the best day ever!

From the moment I got there, there was so much to do and I was busy the whole time. Everything felt magical and exciting.



My favourite things were the photobooth because I got loads of funny pictures with my friends, and the chips were amazing too!

We all ate loads of food together and laughed so much all day. Later, we danced in the disco hall. I felt really happy and excited the whole time, and for once I didn't have any worries at all, everything felt fun and happy.

I wish the day could have lasted forever because I never wanted it to end. It made me feel really special and I will remember it for a long time."



The second young carer who has written for us is new to the project and had a great day making new friends:

"I was really nervous when I first came to the young carers project because I didn't know anyone and I felt very shy. I have only been coming for about a month, so I was worried that I wouldn't make any friends.

But when I went to the celebration event, everyone was really kind to me and I started talking to new people. By the end of the day, I felt much happier and like I belonged there. My favourite part was watching the circus because it was funny and exciting and it made me laugh loads.

I also felt really proud when I got my voucher and certificate at the end of the event. It made me feel special and proud to be a young carer.

I am really excited to come to more events in the future and see all the new friends that I made at the festival again because they made me feel welcome and happy.”

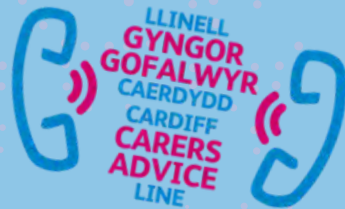


If you are a young person or know a young person who lives with someone with an addiction, illness or disability its likely your or they are a young carer. To find out more contact; 03000 133 133 or contactFAS@cardiff.gov.uk

Unpaid Carers Phonenumber Relaunch

Thank you for joining us!

Thank you to everyone who attended the recent relaunch event for the Cardiff Carers Advice Line. It was fantastic to bring partners, unpaid carers and professionals together to celebrate this important service and highlight the support available.

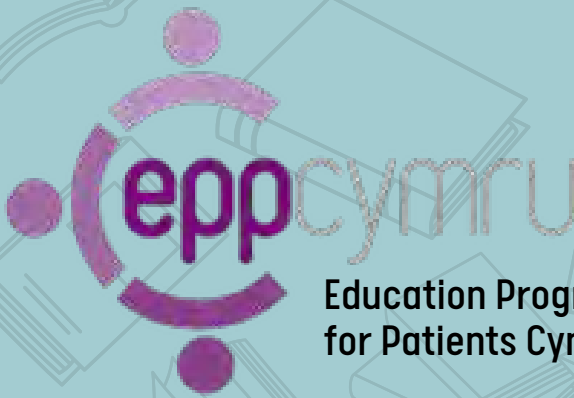


The refreshed phonenumber offers a single, easy point of contact for unpaid carers seeking information, advice, guidance or a friendly understanding professional to offload the issues of the day to.

"I didn't really know what help was available [as a carer] so I came to the event unsure what to expect and I've got so much information and access to services I didn't even know I needed"



If you could not attend, you can still access support by calling **02920 234 234 (Option 2)** or **contactILS@cardiff.gov.uk**



Education Programme for Patients Cymru

EPP Cymru is a national programme providing free Health and Wellbeing Sessions for both those with a long-term health condition and unpaid carers.

They offer a range of courses including general courses around self-management of a long-term condition or pain management to more specific courses related to specific diagnosis like HIV or diabetes.

Alongside this they are currently offering a 6-week course for unpaid carers "Caring for Me and You". The course is one 2.5-hour session each week and is designed support adults who care for someone with a long-term health condition. The course will support you to maintain and improve your quality of life alongside caring with a range of topics including:

- Improving sleep
- Dealing with difficult thoughts and emotions
- Future planning and legal issues

Amongst many others.

Courses are run face-to-face or online and take place across the region. The course offers a chance to share experiences, concerns or problems and network with other unpaid carers locally in a safe and understanding space.

For full information on the range of courses visit www.eppwales.org

To book or for information on local course in Cardiff and the Vale:

epp.info.cav@wales.nhs.uk or

call 02920 335 403 (please leave a voicemail if no answer)

Cardiff Council Care Hubs

Care and Support for Adults Over 60

Cardiff Council has 3 older adult Care Hubs across the city. They provide services for those living with dementia, an age-related condition or a physical disability who require support with daily living and to give you, their unpaid carer, a break.



The service is focused on the person you care for, providing a variety of individual and group activities adapted to the person you care for. Alongside this the Care Hubs can provide personal care if needed.

Access to the service is through a Care and Support needs assessment for the person you care for. This can be accessed by calling **02920 234 234 - Option 1** or emailing **ContactILS@cardiff.gov.uk**

The service can provide transport if required and a 3-course meal, for a small fee, with meals adapted to suit the person you look after's dietary needs.

For more information on whether a care hub might be right for the person you look after, contact your local Care Hub:

Fairwater, CF5 3JU - 02920 536497

Minehead Road, CF3 5TH - 02920 797454

Grand Avenue, CF5 4LE - 02920 788484





• Est. 2010 •

Friends and Family peer support group

Our Family and Friends Programme at Recovery Cymru is a dynamic, peer-driven initiative crafted to support individuals with loved ones navigating the path of recovery.

The programme is rooted in the lived experiences of our peers, ensuring that our support remains relevant, empathetic, and responsive. As we grow together, so does the programme!

Discover the support you've been looking for, and be a part of a peer-led journey towards hope and healing. To learn more or to have your pre-chat before joining our Sunday group, please get in touch. Your well-being matters, and we're here to support you.

Tel: 02920 227 019 or 07944 851 050

Email: familyandfriends@recoverycymru.org.uk

Location: Recovery Cymru, Cardiff Recovery Centre, 218 Cowbridge Rd East, CF5 1GX

Sessions are available in Cardiff and Barry

- Thursdays (1.30pm-3.30pm): Family & Friends: Insight Sessions. Every last Wednesday of the month at the Recovery Centre.
- Sundays (6 pm-7:30pm): Family and Friends Weekly Peer Support Group at the Recovery Centre
- Tuesdays (9am-5pm): Family and Friends Weekly Peer Support Drop-in at the Health Hwb, Barry



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
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
07716 183 313

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)

C&VUHB Patient Experience Team

University Hospital Llandough,
Information Centre, every Wednesday
12:00 - 13:30

Drop-in advice for unpaid carers
pe.cav@wales.nhs.uk
02921 845 692

Promote your carers
group or service here -
Email
carediff@cardiff.gov.uk or
call 02920 873419

Disability Benefit Forms Drop-ins
St Mellons Hub - 3rd June, 10:00 - 3:30
STAR Hub - 1st July 10:00 - 18:00

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 Peer Support Group

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 children with autism or ALN primarily in Llanedeyrn
Please contact before attending
02920 337880 Text: 07498 299343

Alzheimer's Society (Cymru)

Variety of groups locally, email or ask to talk the local Carer Information and Support Programme for carers support and details of a groups local to you
cardiffandvalecrisp@alzheimers.org.uk
Call: 0333 150 3456 (Main helpline)

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

SOLACE - C&VUHB MHSOP

Carers Support Service
Support and education for unpaid carers of older adults with a dementia or mental health diagnosis after the age of 65
Call 02921 832 562/ 02921 832 565
Please leave a answerphone message

Heol Don Care Home Memory Support Café

2nd Thursday monthly, 14:00 - 16:00
A free friendly and inclusive support Café at Heol Don Care Home, CF14 2AU.
For more information or to let them know to expect you call 02920 528 060 or email gemma.lewis@bupa.com

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

June - August 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 about your caring role
- Get tips to maintain your own wellbeing alongside caring

Join the team at:

Date	Time	Location
11/06/2026	11:00 - 13:30	Carers Week Celebration event, Penarth Leisure Centre, Andrew Road, CF64 2NS
17/06/2026	12:00 - 13:30	Patient Information Centre, Llandough Hospital, Penlan Road, CF64 2XX
15/07/2026	12:00 - 13:30	Patient Information Centre, Llandough Hospital, Penlan Road, CF64 2XX
16/07/2026	13:00 - 14:00	Carers Catch-up, Llys Y Goetre, Crickhowell Road, St Mellons, Cardiff. CF3 0FQ
19/08/2026	12:00 - 13:30	Patient Information Centre, Llandough Hospital, Penlan Road, CF64 2XX
25/08/2026	11:00 - 15:00	Cardiff City Football Stadium, Leckwith Rd, Cardiff CF11 8AZ

We're here to support you in the way that works best for you:

Phonelines are open Monday–Thursday; 08:30 – 17:00 and

Friday; 08:30 – 16:30

Cardiff Carers Advice Line on 02920 234 234 -Option 2

E-mail anytime and we will get back to you as soon as possible: contact@cardiff.gov.uk