

Could you be a carer? A carer is anyone, including children and adults, who looks after someone who needs help because of their illness, frailty, or disability, and cannot cope without their support. The care they give is unpaid.

Many carers don't realise or see themselves as carers and it takes them a while to acknowledge their role as a carer. If you think you may be carer [please inform us!](#)

There are around **7 million unpaid carers** in the UK; that's one in ten people. You could be a carer for someone with:

- A Dementia diagnosis
- Frailty or elderly
- A physical disability
- A Veteran
- A young carer for an ill parent or relative
- Someone with addiction or mental health problem

The practice has a **Carer's Champion Julie** who is eager to listen and offer care and support. She can assist you in obtaining useful, up-to-date information about the various organisations that can help both you and the person you care for.

Carers packs are also available at the desk, please ask.



Ollie's story

16 year old Ollie from Bridgend, has been caring for his younger brother Leo (14).



Leo has multiple conditions including ASD, Combined ADHD and PANS. Ollie helps with household tasks, helps to deal with his brother's challenging behaviour.

He said: "I found it hard to fit in with my peers since the beginning of school and have always felt out of sync with them.

They don't understand the severity of my brother's conditions, what that means for me, or how that impacts my life."

Ollie is well supported by his local Carer's Centre, who hold groups and a wide variety of events and activities.

[For more Carers Stories, visit www.carers.org](http://www.carers.org)

CARERS WEEK 10th–16th June



'Putting carers on the map'

is the theme for this year, where we want to make sure that the voices of unpaid carers are heard. We want caring to be made more visible, ensuring that carers feel seen and respected and that they can access the services and support that they need.

Each day will have a specific focus too:

- Monday: **Launching our latest Carers Week research**
- Tuesday: **Health and social care**
- Wednesday: **Work and employment**
- Thursday: **Younger carers**
- Friday: **Older carers**
- Saturday: **Mental health and well-being**
- Sunday: **Reflections on Carers Week**

And there will be plenty of ways to get involved in the lead up to Carers Week - or by participating in the hundreds of events and activities that will be promoted throughout the UK and online during the week itself.

More information can be found on our website www.thepracticeofhealth.nhs.wales

What organisations are there for support and advice for carers?

CARERS WALES

www.carersuk.org/wales

02920 811370



CARERS TRUST

www.carers.org

0300 772 9702

ALZHEIMERS SOCIETY

www.alzheimers.org.uk

0333 150 3456



FAMILIES FIRST

www.cardiffamilies.co.uk

0800 0327322

DEWIS WALES

www.dewis.wales

01443 827930



MIND in the Vale

www.mindinthevale.org.uk



01446 730792

MeTime Sessions—There are regular online support sessions available for carers, which are designed to keep you informed, support your wellbeing, and give you a short break from caring. Don't forget to look after you too.

With sessions ranging from book clubs and crafty catch ups, to deep dives into rights and finances, there's something for everyone!



Visit carersuk.org/wales/onlinesupport to book your space.