

## Transport and mobility

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

## 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.

## School and education

Talk about balancing caring with school, college or 6th form, and discuss your options if you want to leave home to go to Uni. Our outreach staff can come to you - we have regular drop-in sessions in some Powys schools.

## 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.

**Our Carers groups are for Young Carers (under 16), Young Adult Carers (16-25) and Adult Carers (25+).**

## 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.

**GROUPS AND TRIPS**

# We have been supporting Carers across Powys since 2003, and we currently work with 3,000 Carers across the county



You might know us as Powys Carers Service. Our new name is Creduni, as of 2016

If you are you a teacher, an employer, or part of a community group, some of your pupils, students, 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 which came into force in April 2016.

### How you can get involved:

- tell other Carers •
- donate items to our charity shops •
- fundraise or donate some money •
- volunteer with us •
- become a corporate sponsor •

*we have all sorts of interesting ways you can help*



connecting carers in Powys  
cysylltu gofalwyr ym Mhowys

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# DO YOU CARE FOR SOMEONE?

...then YOU are not alone



**Adult Carers  
Young Adult Carers  
Young Carers**

**Tel: 01597 823 800  
www.creduni.cymru  
carers@creduni.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 school, college or work...

# 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 CREDU, we support people who Care for someone

## We offer support to:

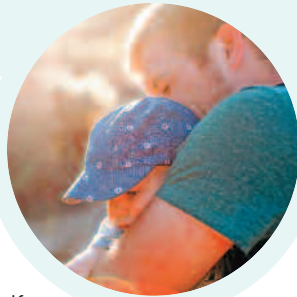
### Young Carers and Young Adult Carers

With one to one support, groups and trips for your age group.

### 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

### Carers Emergency Card

Do you worry about what would happen to the person you look after if you were suddenly taken ill or had an accident? The Carers Emergency Card instructs the finder to ring the emergency telephone number with the relevant details. The emergency staff will know who to contact and what to do based on the instructions you provide on registration. Contact us to set up.

### 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.

### 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

### The iCare Card

Recognition for Carers: offers at selected shops and services across the county.

### 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

When's the last time you had a break? They are a vital way to maintain your wellbeing, by providing you with the time and space to recharge your batteries. You can't look after someone if you're worn out yourself.

## 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.

## Counselling

A Counsellor is available to explore your experiences and situation in a safe, confidential space.

## 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.

