



Are you an Unpaid Carer?

Do you look after a family member, neighbour or friend who relies on you and needs your support?

If you provide emotional, physical, or practical support, whatever your age and whoever you look after, this could mean that you're an unpaid carer.

As an unpaid carer, you have a right to information, advice and assistance to help you in your caring role. There is support available to you.

Support for Unpaid Carers across the region includes the following:

- Assistance with applying for Carers Assessments.*
- Advice on accessing Direct Payments* and respite services depending on your personal circumstances (subject to assessment).
- Access to short breaks from your caring role.
- Access to grants which can support you in your caring role.
- Specialist support dedicated to unpaid young carers, male carers, parent carers, and carers of people living with dementia.
- Providing welfare benefit advice.
- Counselling services.
- Wellbeing services.
- Activities and support groups (in your community).

* For more information on Carers Assessments and Direct Payments and how you can be supported in your unpaid caring role, please contact your local Council.

It is important to identify yourself as an unpaid carer in your local GP surgery, at school, at your workplace and with your local health professionals.

Partneriaeth Ranbarthol Gorllewin Morgannwg | West Glamorgan Regional Partnership

Further information for unpaid carers can be found by scanning the QR code

For further information, please contact:

Neath Port Talbot Carers Service

01639 642277

information@nptcarers.org.uk

www.nptcarers.co.uk

Swansea Carers Centre

01792 653344

admin@swanseacarerscentre.org.uk

www.swanseacarerscentre.org.uk

Neath Port Talbot Council Single Point of Contact (SPOC)

01639 686802

spoc@npt.gov.uk

www.npt.gov.uk/adult-social-care/get-social-care-help/adult-s-and-children-s-single-point-of-contact

Swansea Council Common Access Point (CAP)

01792 636519

CAP@swansea.gov.uk

www.swansea.gov.uk/commonaccesspoint

For young unpaid carers, please contact:

Neath Port Talbot Youth Service incl. Transition Service (16-25 years old)

01639 686803

spoc@npt.gov.uk

www.npt.gov.uk/children-and-families/npt-young-people/npt-young-carers/young-carers

YMCA Swansea - Young Carers

01792 652032

egija@ymcaswansea.org.uk

www.ymcaswansea.org.uk

National resources:

CARERS TRUST

Carers Trust

www.carers.org

carers WALES

Carers Wales

www.carersuk.org

Information around mental health and wellbeing can be found at:

Sorted Supported

www.sortedsupported.org.uk
(for adults).

tidyMinds

www.tidyminds.org.uk
(for children and young people).