

# CARERS CONTACT

*Support service  
for carers*



# What is a Carer?



*“Carers are people who look after relatives or friends who cannot manage at home without help. This might be because they have a disability or an illness or because they are elderly”.*

Caring can happen very gradually without you realising how much you do, or suddenly when it can be taken for granted that you will be a carer. The things carers do for the person they care for can range from cooking, cleaning and shopping, to helping them with taking medication, washing or with getting out and about, to 24-hour care.

Caring can be rewarding, but it can also affect your home life, work life, free time and relationships, including your relationship with the person you care for.

The impact of caring can be both physically and emotionally stressful. Carers can, because of their own disability or failing health, have needs of their own.

# Carers Contact



Carers Contact is a service provided by Newport City Council and Gwent Association of Voluntary Organisations with the aid of Carers Grant funding from the Welsh Assembly.

Two paid workers and a team of volunteers run the centre. You can call in to see us during our opening hours. There is no need to make an appointment. The team is willing to help with any problem that is important to you as a Carer or involves your caring role. This could be in the form of information or a listening ear.

We provide information and support to the Carers of Newport on a wide variety of subjects, for example:

- Carers Services
- Carers Assessments
- Benefits
- Health
- Housing
- Respite
- Pensions
- Aids/Adaptations
- Social Work Services
- Support

# Also at Carers Contact...



## **WE NETWORK...**

- with other professionals and agencies that work with, or are in contact with carers

## **WE RUN...**

- our own Carers Contact Support Group which has regular monthly meetings
- advice surgeries in GP Practices across Newport
- events at the centre on a monthly basis with guests from other agencies

## **WE MANAGE...**

- events around Newport on Carers Week and Carers Rights Day

## **WE PROVIDE...**

- a range of free information leaflets about caring

## **IF YOU ARE...**

- Over 18 years
- Living in Newport City
- Caring or, helping to care for someone

...THEN WE CAN HELP!



*“Carers do an invaluable job. Without the help provided, many vulnerable people would be unable to continue to live in the community”.*

# Where to Find Us...



## **Carers Contact**

Newport Market  
High Street  
Newport  
NP20 1DD

## **Opening Hours**

Monday – Friday 10am – 4pm

Telephone: **01633 258376**

Email: **[carers.contact@newport.gov.uk](mailto:carers.contact@newport.gov.uk)**

For further information about Carers and the Carers Contact, visit:

**[www.newport.gov.uk/carers](http://www.newport.gov.uk/carers)**

**If you would like this information provided in another language or format, please contact the Social Wellbeing & Housing Public Information Officer by telephoning 01633 656 656 or email [swhinfo@newport.gov.uk](mailto:swhinfo@newport.gov.uk)**



Gwent  
Association of  
Voluntary  
Organisations