

Are you a carer?

Do you look after someone?

Do you worry about leaving that person on their own?

Do you never have enough time for yourself?

Does someone need your help with personal care, washing and dressing?

Do you help them with shopping, cleaning or cooking?

Are you concerned about the mental health and wellbeing of someone?

If you answer yes to any of these questions, you are a carer!



Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

**WE ARE
MACMILLAN.
CANCER SUPPORT**



This leaflet can also be made available in Welsh.

March 2015



For further information

01656 658479

enquiries@bridgendcarers.co.uk

www.carers.org/local-centre/

bridgend



Bridgend Carers Centre

87 Park Street

Bridgend CF31 4AZ

Registered Charity Number 1125921

BRIDGEND **CARERS** CENTRE

01656 658479

We support people caring for family members, partners, friends or neighbours.

We can help with information, support and social events.



Drop in Services

Bridgend

Carers Centre
87 Park Street Bridgend
CF31 4AZ

Monday 10am-12pm
Wednesday 1pm - 3pm

Porthcawl

Appointments only

Maesteg

Appointments only

Hospital Outreach Service at the Princess of Wales Hospital

Coity Clinic

Fortnightly Wednesday 6pm-8pm

**For details of venues
please ring**

01656 658479

Carers Support Service & Macmillan Family Support and Information Service

- One to one support
- Information
- Emotional support & listening
- Getting your views heard
- Signposting for services
- Emergency Card
- Knowing your rights as a carer
- Macmillan service is for people caring for those affected by cancer or other life limiting illnesses

Carers Wellbeing Service

- Social events
- Days out
- Health and Wellbeing Sessions
- Training
- Pampering sessions
- Community Café for Carer and Cared For

Groups and Activities

- Young Adult Carers
- Parent Carers
- Bereavement Support
- Reading Group
- Coffee Morning
- REVIVE - Mental Health and Substance Misuse Carers
- Welfare Benefits Advice
- Weekly Exercise
- Monthly Walks
- Legal Surgery
- Training and Workshops
- Volunteering Opportunities
- Community Voice - Giving a voice to Young Adult Carers

Free Newsletter

If you want to become involved in the development and decision making of the centre you can also become a member