



**The Carers' Centre**  
Cardiff & Vale of Glamorgan

## ***Free, Confidential Advice for Family Carers***



**Tel: (029) 2056 6171**

### ***What is A Carer?***

Carers provide unpaid care by looking after an ill, frail, or disabled family member, friend or partner.

### ***What does The Carers' Centre do?***

#### ***We offer:***

- Support
- Advice
- Advocacy

#### ***We can help with:***

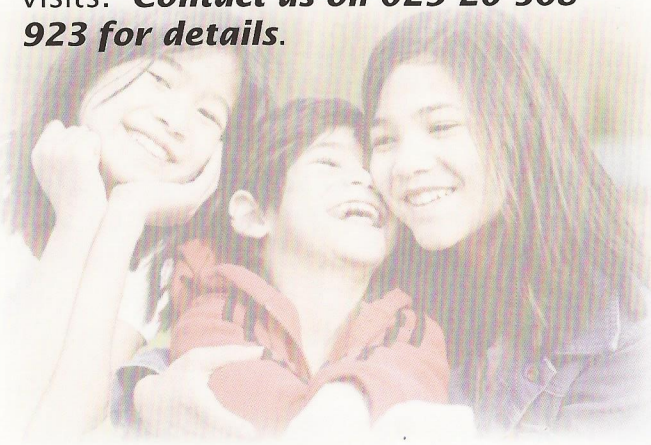
- Completing forms, e.g., Disability Living Allowance, Carer's Allowance, Council Tax Benefit etc
- Accessing Carers' Assessments
- Links to other organisations

**Our opening times are:**

**Monday to Friday 9am to 4pm**

### ***Minority Communities Support***

Information, advice, support and advocacy for carers from Cardiff's minority communities. Our support workers speak five languages between them. Support is available at our Centre in Fairwater, at the Upna Centre, at the Loudon Square Flats in Butetown on Tuesdays between 10 am – 12 noon, via the telephone, or home visits. **Contact us on 029 20 568 923 for details.**



#### ***Upna Centre***

The word 'Upna' means 'Ours' in several Asian languages. The Upna Centre is a support service for carers from Cardiff's minority communities. It is an opportunity for carers to meet other carers, join in gentle exercise, have lunch together, and discuss their caring role and issues with our support workers. **Please contact us on 029 20 568 923 to check dates and times.**



**For further information and advice, please contact us:**

*Am ragor o wybodaeth a  
chyngor cysylltwch â*

*যোগাযোগ করুন আমাদের সাথে হ্রী  
এবং গোপনীয় পরামর্শের জন্য।*

*تمام مشورے مفت اور مکمل رازداری کے ساتھ۔ ہماری ہلپ لائن پر فون کریں۔*

*Haddaad u baahan tahay talo  
iyo tusaale. Fadlan nala  
soo xidhiidh*

**029 20 566 171/ 029 20 568 923**

**Email: [reception@cvacarers.co.uk](mailto:reception@cvacarers.co.uk)**

**Website: [www.cvacarers.co.uk](http://www.cvacarers.co.uk)**

**Monday to Friday 9 am – 4 pm**

**Where are we?**

**Norbury House,  
Norbury Road  
Fairwater,  
Cardiff, CF5 3AS.**



**Lloyds TSB Foundation  
for England and Wales**

The Carers' Centre for Cardiff & The Vale of Glamorgan is a registered charity in England and Wales (1143749) and a company limited by guarantee in England and Wales (7754021)

### **Vale of Glamorgan Advice & Advocacy Service**

A free, confidential, advice, information and advocacy service for carers living in the Vale of Glamorgan. Support is available via telephone, home visits, at our Centre in Fairwater, or a fortnightly drop-in session at Ty Jenner, Gladstone Road, Barry. **Please call 029 20 566 171 for details.**

### **Macmillan Cancer Support**

Attached to The Carers' Centre is a Macmillan Counsellor, able to offer emotional support, guidance and advice to all those who have been affected by cancer (either themselves or those for whom they care). The service is non time-limited and free of charge. **For an appointment call: 029 20 566 171.**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

*The Carers' Centre is happy to  
give talks/presentations to other  
organisations and professionals.*

### **Carers' Post Assessment Support**

This Project offers ongoing support to carers who have received a Carer's Assessment from Cardiff Council.

### **Coffee Morning**

Join us on Thursdays between 11 am – 2 pm, and meet other carers. Our group is an informal one and all are welcome. Trips and social activities form part of our programme of events.



### **Newsletter**

To receive a copy of our newsletter, by post or email, please contact us, or look online at **[www.cvacarers.co.uk](http://www.cvacarers.co.uk)**.