

Care'Diff News

The latest news for unpaid carers in Cardiff

Edition 9 - Spring 2025



Caring Friends



Support and friendship for people
with caring responsibilities

Caring Friends is a Cardiff Council-run, volunteer-led, befriending service for unpaid carers. The scheme connects carers with volunteers to offer support, friendship and community outside of their normal caring responsibilities.



How to get in touch

Our inbox and phone line are monitored **Monday-Friday, 9am-5pm**

02920 234 234

CarersBefriending@cardiff.gov.uk



Welcome...



to the Spring 2025 edition of the Care'diff news!

December saw the second meeting of the Adult Services Transformation and Innovation Forum (Section 16). The forum aims to involve more unpaid carer in the improvement and development of services. The structure of the forum was agreed, the first subgroup formed.

If you are interested in being involved in shaping future council services as an Unpaid Carers Champion on the forum please complete the online form by scanning the QR Code or call 02920 873419.



The team visited local GP surgeries during the quieter Christmas period to talk to reception teams. It was brilliant to meet the staff who are Carers Champions in the surgeries, many of whom are also unpaid carers. It was great to be able to support them with information and signposting resources.

January saw the start of a new project locally led by Moss Rose Cottage CIC. The project is aiming to produce a 'If I wasn't Here Guide' for unpaid carers to help them develop contingency plans for the future if they are caring for someone with a lifelong condition. Council officers engaged in the first meeting to provide guidance and information on council services and show support for the community led project.



For more information
email admin@mossrosecottage.co.uk
call 07716183313
or visit
[https://mossrosecottage.co.uk/about/
our-projects/](https://mossrosecottage.co.uk/about/our-projects/)

February started with the team delivering a talk on support services to Canton Mothers Union. If you are part of a community group and would like information that can support unpaid carers please email carediff@cardiff.gov.uk or call 02920 873419.



10th of February saw Cardiff Council host Carers Wales All Wales Carers Assembly at County Hall. Cllr Ash Lister (pictured) cabinet member for Childrens Services, Tackling Poverty and Supporting Young People welcomed attendees with an opening speech and Cllr Leonora Thomson cabinet member for Adult Services and Public Health and Equality took part in a strategic panel.

In the afternoon Cllr Thomson launched Caring Friends alongside Esther Alemawor (pictured) who is a volunteer befriender. Caring Friends is a new support service for unpaid carers. The Volunteers provide support and friendship to Unpaid Carers. If you would like to participate in the scheme or know anyone who would like to volunteer email carersbefriending@cardiff.gov.uk or phone 07977 708888.



Thank you to the unpaid carers who have worked with us on producing a new advice leaflet for unpaid carers. These will be printed shortly and be available in Hubs and Libraries.

Finally, if you would like to share your story of being an unpaid carer or are an organisation who wants to promote their services that support unpaid carers in the spring edition of the Care'diff news, please reach out to us via email carediff@cardiff.gov.uk or call 02920 873419. Thank you, Craig Jacob, Project Manager Unpaid Carers



PedalPower

the cycling charity for all
yr elusen seiclo i bawb

What do PedalPower do?

PedalPower have a simple mission; "To encourage and enable people of all ages and abilities to experience the benefits of cycling." The charity began life as a small project at Ely Hospital in 1996, establishing itself as a charity in 2000. In 2007 they moved into their current location at Pontcanna Caravan Park in the heart of the city with support from the Council and the Big Lottery fund.

How Can PedalPower help you as an unpaid carer?

PedalPower aim to be a home away from home for unpaid carers. They recognise that caring especially over a long period of time can be isolating. They want all unpaid carers to know that their Café is a safe space for you where you can come and chat with volunteers and staff or just sit and have a bit of time for yourself.



Alongside this unpaid carers (and employed carers or personal assistants) can cycle for free if the person they care for joins PedalPower as a member.

There are also opportunities through PedalPowers 'Better by Bike' programme to get education and training on safe cycling and the rules of the road with an opportunity to purchase a bike and safety equipment at a heavily discounted rate if you qualify!

The team were invited to visit PedalPower over the winter by Rhys Holmes and we met with trustees and staff onsite. We're very grateful to Rhys for the invite and he has generously shared his story.

Email PedalPower at - bookings@cardiffpedalpower.org.uk

Call PedalPower on - 02920 390713

Visit <https://www.cardiffpedalpower.org/>

You can find PedalPower on What3Words via:

///rich.lost.caked for the Pontcanna site

///august.found.enjoy for the Cardiff Bay site

Rediscovering the enjoyment of cycling and much more!

By Rhys Holmes

In 2015, aged 25, everything changed for me when I began to experience symptoms of a rare condition of the brain called superficial siderosis. It affects my hearing, balance, eyesight and many other things.

Cycling was a huge hobby of mine, but now I am unable to balance on two wheels. Thankfully though, I found PedalPower, a cycling charity in Cardiff that's mission is to make cycling accessible for all.

It was at PedalPower I found my lost joy of cycling when I tried a recumbent trike, and realised I was able to do something I loved, but on three wheels rather than two.



PedalPower is much more than just cycling though, it's a friendly community and I've made some great friends too. Both my physical and mental health has improved, my confidence boosted, and I've also lost two stone which is a bonus!

Whether it be the lovely café that hosts various events, the group cycle rides, the amazing soup, the scenery of the parks at Pontcanna or the sea view at Cardiff Bay, I can't thank PedalPower enough for what it has done for me.

Rhys encourages everyone who's looking for support with their own recovery or with a lifelong condition to reach out to PedalPower to see how they can help you!

SCOPE Community Engagement Group @ Pedal Power

= Equality for disabled people

In February we met up with one of the groups that Pedal Power hosts – Scope's Community Engagement Group. The group is for anyone with a disability and their unpaid carers.

They meet monthly on the 1st Wednesday of every month from 11:00 – 13:00 at the Pedal Power Café.

The group is a chance to meet new people, try out new hobbies or activities and discuss ways that Cardiff can become a better place for disabled people and their unpaid carers. Its also not just a once a month meet up, there is a facebook group and group chat to bridge the gap between monthly meetings.

We spoke to the group before their session in February and members shared a variety of benefits they get from the group including the exercise, the social aspect and the community that has built up around the group.



Paul (closest to the camera on the right side of the table) benefits from the group as one of his support needs is around his vision. He uses a side-by-side bike usually with Jodie, who leads the group for Scope, he claims to enjoy the exercise but also admits he lets Jodie do most of the pushing up hill.

If you are interested in joining the group you can email Jodie in advance at: Jodie.gallagher-smith@scope.org.uk or complete the online form here:

Disability Pride: July 2025!

Many unpaid carers must advocate for the person they care for to get the support they need. Some unpaid carers will also be caring alongside their own disabilities. Disability Pride month is a chance to celebrate for yourself and with the person you care for.

Scope and Pedal Power teamed up last July to bring back Disability Pride to Wales for the first time in 12 years. During July 2024 they hosted a Disability Pride Mass Cycle Ride through the city. Disability Pride is about celebrating diversity and challenging the status quo to shape a more inclusive world.



For 2025 they want to go bigger and have set up a Committee to organise events for the month which the Scope Community Engagement Group are a vital part of alongside other partners including Pedal Power and Cardiff Council's Wellbeing Support Service. (email carediff@cardiff.gov.uk if you want to be involved and we will pass your details on)

So far, they have organised 3 events to celebrate the month:

- 2nd of July at the Senedd Disability Pride event hosted by Mark Usherwood MS (Due to being hosted at the Senedd this event is invitation only)
- 12th of July a Community Event at the V21 Sbectrwm Centre in Fairwater, more details to be announce, but it will be suitable for all ages and disabilities and have workshops and performances.
- And finally on the 19th of July the second Disability Pride Mass Cycle Ride!!! Starting and finishing at Pedal Power with more details including timing to announced.

Look out for more information in the coming months and we look forward to seeing you and the people you support at events as part of the celebrations!

carers **Postcard Art Project** **WALES**

2025 marks 60 years of Carers UK, and they are celebrating with a year of special events across the UK. 

As part of this milestone, Carers Wales invites you to take part in their Postcard Art Initiative—a creative project raising awareness of the experiences of unpaid carers in Wales inspired by unpaid carer and artist Jocelyn Prosser.



They want to capture the daily realities of being an unpaid carer—its challenges, joys, and everything in between.



Later in the year, Carers Wales and Cardiff Council will team up to hosting an in-person Art Exhibition in Cardiff Central Library Hub to showcase selected entries. You've got plenty of time to get involved with entries closing in September.

If you'd like to take part or find out more, please scan to QR code or use the link:



<https://www.carersuk.org/wales/get-involved/postcard-exhibition>

ART WORKSHOPS

Join us for a series of free online art workshops for unpaid carers.

Have a chat or sit back and enjoy getting crafty. The sessions are informal and we'll send you materials and a blank postcard to decorate.



Thursday 20 March -13:00-14:00pm: Watercolour Paints

Wednesday 9 April, 1.30-2.30pm: Neurographic Art

Wednesday 30 April - 11:00-12:00pm: Fine liner drawing

Thursday 8 May 1.30- 2.30pm: Tangles Art



Register at:
www.carersuk.org/wales/onlinesupport

Support from:

CYMRU VERSUS ARTHRITIS

Cymru Versus Arthritis can support you with arthritis or can support the person you are caring for if they have arthritis or similar musculoskeletal (MSK) conditions. Versus Arthritis would like to extend an invite to anyone locally living with arthritis to join them at their local support group!

We would like to welcome you to our free Tai Chi sessions on the fourth Wednesday of each month (March 26th, April 30th etc) between 1pm - 3pm at Llanishen Baptist Church, Fidlas Rd, Llanishen, Cardiff CF14 5LZ where you will receive a warm welcome from John and Ann. We also provide refreshments! For any further information please contact me (John!) directly at J.heard@versusarthritis.org.



If you can't make the face-to-face group Versus Arthritis have other support to offer Cardiff's unpaid carers and the people you support!

Their next online session in March is Arthritis and Stress on
Wednesday **26th of March.**

Versus Arthritis want to support you whenever you are available
and have a **free helpline available Monday–Friday, 9am–6pm.**
To access call 0800 5200 520. If you prefer to email you can get
support via helpline@versusarthritis.org.

If you are inspired by the support Versus Arthritis are offering and
want to be part of that in future, if you are passionate about
helping people with arthritis, please consider volunteering with
Versus Arthritis.

See <https://www.versusarthritis.org/get-involved/volunteering/>
for further information.

ONLINE INFORMATION SESSION: **ARTHRITIS AND STRESS**

**JOIN VERSUS ARTHRITIS AND OUR
HOST SALLY GREEN, OF CARDIFF
AND VALE UNIVERSITY HEALTH
BOARD, TO DISCUSS HOW STRESS
AFFECTS ARTHRITIS, AND IS THERE
ANYTHING WE CAN DO ABOUT IT?**



**THERE WILL BE AN
OPPORTUNITY FOR QUESTIONS,
EVERYONE WELCOME!**

**CYMRU
VERSUS
ARTHRITIS**

**ONLINE VIA
MICROSOFT
TEAMS**



**WEDNESDAY 26TH MARCH
2:30PM - 3:30PM**



Llywodraeth Cymru
Welsh Government

DISCOUNT CARDS

and other schemes to support unpaid carers!

At the recent Carer Wales All Wales Assembly at County Hall in Cardiff an unpaid carer asked the strategic panel “why unpaid carers don’t get access to blue light (discount) cards that can give access to discounts at participating businesses.”

In support of this we’ve put together a quick exploration of some of the discount schemes similar to Blue Light Cards currently available to unpaid carers.



Blue Light Card is operated by a private company and has no formal partnership with the NHS or any of the other government bodies.

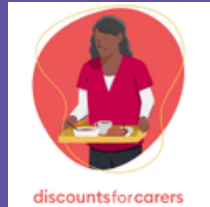
The scheme requires those eligible to pay a **£4.99 fee for 2 years access** and provide proof of ID or a payslip to show they work in a service the scheme is targeted at. **This scheme is restricted to limited occupations.**

What is available for unpaid carers?

There are similar schemes to the Blue Light Card which are available to unpaid carers. Some have fees to join, some are free and others are linked to a membership for the person you look after.

Discounts for Carers is a free to join discount scheme that is open to both unpaid carers and care workers.

They describe themselves as a family that includes Teacher, Health workers and Charity worker discounts. The offers are online only, and no physical ID card is provided.



Scan to visit Discounts for Carers website:

CARERSMART

benefits discounts offers

CarerSmart is a free scheme offered by **Carers Trust**. The scheme is available to unpaid carers and care workers. It includes a variety of discounts and cash back schemes and lots of offers for services that might help you as an unpaid carer get a break from your caring responsibilities.

**CARERS
TRUST**
WALES



Scan to visit the Carer Smart Website

National Carers Card, Carers Card UK and Carer Friendly Card, are similar schemes:

- They all have a cost to join as a member for a limited time.
- They either require evidence of a caring related benefit or a self-certification to apply.
- They can provide a physical ID card alongside discounts, offers and other online services.



There is a discount on the sign up fee for **Carer Card UK** via **Voices/Adfocad** a local Carers charity for those living in Cardiff and the Vale of Glamorgan for a free digital version of the card by using the code 'CVFREE' at checkout.



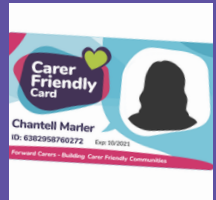
Scan to visit Carers Card UK



Scan to visit the Voices/Adfocad offer for Carers Card UK



Scan to visit National Carers Card



Scan to visit Carer Friendly Card

There are also the **CEA Card** and **HYNT Card**'s. These are schemes aimed at supporting the person you care for to access the Cinema UK wide or Theatres/Art Centres in Wales. The card is for the person with a care and support need so only their ticket needs to be paid for and anyone with them to support them, either an unpaid carer or care worker, can attend for free. Both schemes have eligibility criteria that apply to the person with a care or support need.



Scan to visit



Scan to visit



Finally, many public attractions offer free access to carers, some with advance requests and some on the day. The **National Trust** have a 'Essential Companions Card' scheme and **CADW, English Heritage** and **Historic Scotland** offer a free companion with a Disabled Persons Membership or concessionary entry.



The **Merlin Group** (Lego Land, Alton Towers etc) offer a free carer companion with any annual or day passes but will ask to see some form of eligibility document. It is worth checking in advance when attending any public attraction as many will offer free places for unpaid carers but may want proof of the cared for persons having receiving an eligible benefit.

CAER Carers Club (Peer-support group for any unpaid carer)

Meetings every Tuesday at the CAER Heritage Centre from 10:00 – 12:00 details here: <https://www.caerheritage.org/whats-happening>

Autism Support Group (for carers of people with Neurodivergence) @ Glenwood Church and Wellbeing Centre

Call 02920 337880 text 07498 299343 or email info@glenwoodchurch.org for more information.

Please contact before attending.

Butetown Carers Club (Butetown Community Centre)

The Unpaid Carers Arts and Crafts group is every Friday 13:00-15:00

For more details of their other groups contact 029 2048 7658 or email Butetowncommunitycentre@gmail.com or follow their facebook page: facebook.com/butetowncom/

Adferiad Carers Support Group (for carers of people with mental health issues or addiction issues)

Chapter Arts Centre, 3rd Thursday 11:00 – 13:00 call 07974 175189 or 07958 163343 for more details.

Alzheimer's UK Carers Support Group (for carers of people living with dementia)

2nd Tuesday of the month 11:15 – 12:45, Grange Pavillion, CF11 7LJ

SOLACE Carers Support (for carers of older people with age related mental health issues including dementia)

Groups and times vary across Cardiff and the Vale

Call 029 2183 2562 / 2565 - 9am - 5pm Monday to Friday

Answer phone facility will be operating during busy periods

Recovery Cymru (for carers of those with addiction issues)

Online group Thursday 12:30 - 13:30, Face to face groups Sundays

18:00 - 19:00 - Call 02920 227 019 or email

familyandfriends@recoverycymru.org.uk for more details.

Marie Curie Carers' Café and Wellbeing and Support Hub (for carers of someone with a terminal diagnosis)

Variety of support from peer-support groups to targeted bereavement or dementia support groups.

Call 02920 426 046 or email

wellbeingandsupporthub@mariecurie.org.uk to join a group or find out more about the support available.

Home Instead Memory and Movement café, Whitchurch (for those living with Dementia, Parkinsons, MS, Stroke and their family/unpaid carers)

Ararat Baptist Church, First Wednesday of the Month 11:15 - 12:45

call Chrissy to register interest 02920 569483

Please reach out to the project team if you are a member or coordinate a group for unpaid carers so we can support you.

Email carediff@cardiff.gov.uk or call 02920 873419

Unpaid Carer Advice and Support Drop-ins

If you need information, advice or signposting as an unpaid carer or to request a carers needs assessment please visit us or call 02920 234 234 Option 2 for the Carers Gateway.



There is a regular **monthly drop in on the second Wednesday of the month at Butetown Hub**, Plas Iona, CF10 5UW.



Date	Time	Location
07/04/25	13:30 - 15:30	Maes Y Coed Community Centre, Jubilee Gardens, CF14 4PP
08/04/25	09:30 - 12:30	Tesco Western Avenue, Excelsior Road, CF14 3AT
09/04/25	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW

Date	Time	Location
07/05/25	09:30 - 12:30	Llanishen Leisure Centre, Ty-Glas Avenue, Cardiff, CF14 5EB
14/05/25	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW
30/05/25	13:00 - 14:00	Ely and Caerau Hub, Cowbridge Road East, CF5 5BQ

Date	Time	Location
04/06/25	10:00 - 12:00	Conway Road 50+ Group, Conway Road Methodist Church, Conway Road, CF11 9NT
11/06/25	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW

Gwasanaethau Byw'n Annibynnol

