

Bridgend Carers Wellbeing

Supporting **unpaid carers** in Bridgend
Cefnogi **gofalwyr di-dâl** ym Mhen-y-bont

The TuVida Bridgend Carers Wellbeing service supports unpaid carers in Bridgend. Our friendly team can help carers with things like:

- Advice about caring
- Access to carers breaks
- Support groups
- Free training
- Carers grants
- Health and wellbeing advice
- Free and reduced memberships

AM I A CARER?
YDW I'N OFALWR?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

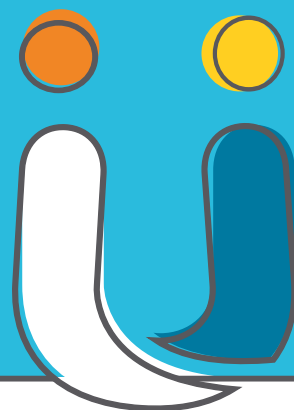
Anyone could be a carer – a 15-year-old girl looking after a parent with an alcohol problem, a 40-year-old man caring for his partner who has terminal cancer, or an 80-year-old woman looking after her husband who has Alzheimer's disease.

GET IN TOUCH / CYSYLLTU A NI

If you need help or advice about your care role, or more information about the Bridgend Carers Wellbeing service:

E: bridgend@tuvida.org

T: 01656 360 268



Bridgend
Carers
Wellbeing
Service



TuVida
Supporting your life