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**Focus Group Invite**

**Do you look after a relative or friend by helping them with their daily activities and needs?**

**We’d like your views on Cardiff Council’s support for unpaid carers.**

Cardiff Council is working with carers charity Carers Wales, to review and reshape the support that is provided to unpaid carers, including Carers Needs Assessments. Unpaid carers are those who provide unpaid support and care for one or more people because they are ill; have a disability; are vulnerable; have a mental health condition; have an active addiction; or are older.

We are holding the following focus groups and would like to invite unpaid carers to join us and share your feedback:

• 27 June 2023 10:00-12:00 at Cardiff Central Library

• 28 June 2023 10:00-12:00 online via Teams

We’re keen to hear your views on:

• What is accessing support from the council like?

• Did you feel listened to?

• How long did you have to wait for information, advice or support?

• How could support for carers be improved?

• What is your top one concern as an informal carer?

To book your place at these focus groups, please use this EventBrite link: <https://www.eventbrite.co.uk/e/focus-group-views-on-cardiff-councils-support-for-unpaid-carers-tickets-641189323527>

If you can’t make the event, we’d still love to hear your feedback, please email us at [info@carerswales.org](mailto:info@carerswales.org)

**What is a Carers Needs Assessment?**

Getting a carer’s needs assessment could be the first step to gaining vital support. It’s your chance to discuss the help you need as a carer. Find out how it could make life easier for you and the person you care for.

Don’t be put off by the word ‘assessment’ – it’s certainly not a test of your abilities as a carer. It’s a chance to let us know how your caring responsibilities affect you physically and emotionally. We’ll use the assessment to find out what support you need, whether you’re willing or able to carry on caring, what you want to achieve in your daily life and whether you qualify for help.

Most assessments are carried out face to face, although some offer the option to have the assessment online or over the phone. It should be done at a time and place that is convenient for you.

Accessing information, advice and support can be critical for carers in sustaining their caring role and supporting their own health and wellbeing. We want to ensure we do all we can to help carers get the support they need