

## Are YOU a carer?

- Do you look after your husband or wife, or another family member, neighbour or friend who needs help due to a disability, old age or illness?
- Do you give this care for free?

If you answer 'yes' to both of the above questions, you are a carer.

Some people think that because they look after a family member they are not carers.



You can be a husband, wife, mother, father, son or daughter first, and still be a carer and therefore may be entitled to support.

## What does the Newport Carers' Forum do?

- We represent the views and concerns of Newport carers on bodies at a local level so that their experiences are taken into account when formulating policy.
- We lobby on behalf of local carers to ensure that they are provided with the help they need.
- We also represent local carers at a national level.
- We provide carers with opportunities to meet and share knowledge, expertise and coping strategies.
- We bring carers together socially



*Newport Carers' Forum is run by carers for carers. We rely upon you to feed back your experiences to us.*

## Activities

We hold a general meeting on the third Tuesday every three months at Stow Park Church Centre, from 10.30 a.m. to 12.30 p.m., followed by refreshments. Here carers can share experiences and chat informally.

In 2015 we will meet on 17 March, 16 June, 15 September and 15 December.



- We hold social events for carers, such as indoor bowls, tai chi, ten-pin bowling and pamper sessions.
- We work together with other support groups and organisations to consult carers.
- We have invited managers from Council departments such as Housing, Environmental Services and Social Services, and also the Health Board to our meetings to discuss carers' issues.



## MEMBERSHIP

If you are a carer, we would like to invite you to join us. Membership is free

We understand that you may not be able to come along to our meetings because of your caring commitments, but as a member of the forum we can send you information about our activities and minutes of our meetings.

Also, you can give us feedback on your experiences as a carer. This will guide us to help shape the future for carers in Newport. We need to hear your voice.

Please complete the form and send it to Newport Carers' Forum, c/o 45 Bristol Street, Newport NP19 8DL.

## Membership Application

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

POSTCODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*By providing this information you are agreeing to Newport Carers' Forum storing but not sharing your details.*

## Facebook

Newport Carers' Forum has a facebook group where we put news of our events and those organised by others. It's also an opportunity for carers to have their say in matters that effect them.

## Carer drop-in centres

We hold several monthly drop-in sessions for carers in their local communities. This will be an opportunity for carers to obtain information they may need, ask questions and meet other carers over a cup of tea or coffee.



For more information, please contact us by

1. email: [newportcarersforum@gmail.com](mailto:newportcarersforum@gmail.com)
2. telephone: Janet: 07999 816773  
or Jackie: 07561 551733
3. write to: Newport Carers' Forum,  
c/o 45 Bristol Street,  
Newport NP19 8DL.

Do you look after someone  
in Newport?



# Newport Carers' Forum

**Giving carers in Newport a voice**

