

## Carers Directory

Please note that information is correct at time of collating and it is advisable to contact the telephone numbers of the groups directly to confirm details. While every effort has been made to ascertain the quality of external services, neither Newport City Council nor the Community Connectors are responsible for those services.

Category	Service	Area	Address	Day / Time	Description	Contact
Accessible Holidays	Carers Caravan Holidays (Carers Trust South East Wales)	Porthcawl	Trecco Bay, Porthcawl		Caravan on the Parkdean Holiday Park at Trecco Bay, Porthcawl. The caravan is offered to any of our carers at a massively reduced rate in order to allow you that all important break. The plot where the caravan is situated is ideally located between the beach access points and the central hub of site entertainment and sleeps between 6 to 8 people.	Contact: 01495 769996 Email: info@ctsew.org.uk Website: www.ctsew.org.uk
Accessible Holidays	Sandville Self Help Centre	Bridgend	Sandville Self Help Foundation, Sandville Court, Ton Kenfig, Nr. Bridgend CF33 4PU		Rurally based guest accommodation and activities for people with illness or disability and their Carers.	Contact: 01656 743344 Email: info@sandville.org.uk Website: www.sandville.org.uk
Accessible Holidays	Family Holiday Association	National			Helping families on very low income to enjoy a holiday as an essential break to help them cope with difficult circumstances. Referrals need to come from support agents such as Social Workers, health visitors, voluntary agencies, charities such as Barnardo's and NSPCC, GP's or schools.	Contact: 020 3117 0650 Email: info@fhaonline.org.uk Website: www.familyholidayassociation.org.uk

Accessible Holidays	Altogether Travel	National			This service is suitable for Older People, Families and individuals with learning, physical or sensory disabilities. Simply tell them where you would like to go or use the request form and what support you need and they will provide you with a quote for your holiday and support. They can find suitable accommodation, and offer a multitude of services tailored to ensuring you get a well-deserved holiday anywhere in the world.	Contact: 01236 222006 Website: <a href="http://www.altogethertravel.co.uk">www.altogethertravel.co.uk</a>
Accessible Holidays	Calvert Trust	Various	Various		Challenging Disability Through Outdoor Adventure. Calvert Trust enables people with physical, learning, behavioural and sensory disabilities to experience exciting, challenging and enjoyable outdoor activities. The centres are in Exmoor, Keilder and the Lake District.	Website: <a href="http://www.calvert-trust.org.uk">www.calvert-trust.org.uk</a>
Accessible Holidays	Safehands Holidays	Various	Various		Safe hands has specialised in the delivery of all aspects of care for the past 20 years and is able to offer a range of unique care solutions to all our clients regardless of age or disability. Mayfair Hotel on Blackpool's New South Promenade and the Esplanade Hotel, Llandudno allow a unique holiday experience with a specialist in-house care team capable of offering a complete package of care, ranging from personal care through to social and leisure support.	Contact: 0333 999 8888 Email: <a href="mailto:sales@safehandsholidays.co.uk">sales@safehandsholidays.co.uk</a> Website: <a href="http://www.safehandsholidays.co.uk">www.safehandsholidays.co.uk</a>

Accessible Holidays	Park House Hotel Sandringham	Norfolk	Park House Hotel, Sandringham, King's Lynn, Norfolk, PE35 6EH		Park House Hotel supports disabled guests and their carers or companions to have a holiday or period of respite together in the beautiful Norfolk countryside. <b>Please note the hotel will be closed for refurbishment from January 2020 until December 2020.</b>	Contact: 01485 543000 Email: parkinfo@leonardcheshire.org Website: www.leonardcheshire.org
Accessible Holidays	Bond Hotel Blackpool	Blackpool	Bond Hotel, 120 Bond Street, Blackpool, FY4 1HG.		Holidays and respite breaks for guests with disabilities, their families, friends and carers. Fully accessible holidays for guests who may have a physical disability, learning disability or need mental health support.	Contact: 01253 341218 Email: Sales@bondhotel.co.uk Website: www.bondhotel.co.uk
Acquired Brain Injury	Headway - Counselling	Cardiff and South East Wales	Rookwood Hospital, Fairwater Road, Llandaff, Cardiff, CF5 2YN		If you would benefit from counselling to come to terms and cope with some of the difficulties you are having, our trained and registered counsellors can help. Our counselling service is available to anyone affected by acquired brain injury, including family and carers. There is a waiting list for this service and sessions are priced at an affordable rate.	Contact: 02920 577707 Email: info@headwaycardiff.org.uk Website: www.headwaycardiff.com
Acquired Brain Injury	Brain Injury Identity Card - Headway	National			A simple solution to a tricky conversation. The Headway Brain Injury Identity Card is designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support. The card can also provide brain injury survivors with added confidence in everyday social scenarios. Each card is personalised, helping the card holder to explain the effects of their brain	Helpline: 0808 800 2244 Email: helpline@headway.org.uk Website: www.headway.org.uk

					injury and request any support they may need.	
Acquired Brain Injury	Brain Injury Information Card - Child Brain Injury Trust	National			Suitable for young people aged 11-18, the card can be carried by a young person as they go about daily life, and present it in situations where they need a little help and understanding.	Contact: 01869 341075 Email: learning@cbituk.org Website: www.childbraininjurytrust.org.uk <i>search for</i> Brain Injury Information Cards
Acquired Brain Injury	Headway Family, Friends and Carers Support Group	Cardiff and South East Wales	Ward 6, Rookwood Hospital, Fairwater Road, Llandaff, Cardiff, CF5 2YN	Monthly. Please contact for dates and times.	The family, friends and carers support group gives people a chance to share their experiences and help support each other to cope with the day to day challenges they can face. The group is run by our Information & Outreach Officers and meets on the last Wednesday of every month. Often we have a guest speaker at the group who is a brain injury professional, such as a neuro-psychologist. Once or twice a year we also organise a day trip for family, friends and carers which offers a break away from everyday routine.	Contact: 02920 577707 Email: info@headwaycardiff.org.uk Website: www.headwaycardiff.com
Additional Needs / Disability	Learning Disability Carers Direct	National			An online support helpline run by The Learning Disability Carers Group. It is led by volunteers who are active family carers working with top experts and professionals from the wellness, stress / anxiety management and mental health sectors. We support family carers , particularly those	Contact: info@ldcarersdirect.com Website: www.ldcarersdirect.co.uk

					caring for a loved one with Dementia, a learning disability or PMLD.	
Additional Needs / Disability	TouchBase (Sense)	Caerphilly	Caerphilly Business Park Van Road, Caerphilly CF83 3ED		Our fully accessible TouchBase centres offer something for everyone - be it a space to hire, a place to have a bite to eat or, if you have complex disabilities, day services that meet your needs and support you to achieve your goals and aspirations. Like all our Sense Centres, TouchBase provides accessible day opportunities to learn, develop your communication and living skills, connect with other people, get creative, and enjoy all sorts of fun activities. At TouchBase, you can communicate and express yourself your way, make your own choices, and be part of your local community.	Contact: Tel: 0300 330 9280 Textphone: 0300 330 9282 Email: info@sense.org.uk Website: www.sense.org.uk
Additional Needs / Disability	Touch Trust	Cardiff	Wales Millennium Centre, Bute Place, Cardiff Bay, Cardiff, CF10 5AL		Touch Trusts licensed creative movement programme increases happiness through developing communication and social skills, relaxation techniques, improving health and wellbeing. The programme can be adapted to suit different individuals or groups and no one is turned away because of their complex needs or behaviour. Music, colour, scent and touch are all used in the programme, which involves work with artists and musicians to bring out the potential of our guests. Various sessions are available at a cost to the individual.	Contact: 02920 635 660 Email: claudia.molzahn@touchtrust.co.uk Website: www.touchtrust.co.uk

Additional Needs / Disability	National Star	Pontypool, Cheltenham and Hereford	Various		National Star enables young people with disabilities to realise their potential through education and personalised learning opportunities, and by providing other transition and accommodation services. As a community resource, the national centre is also able to offer short break opportunities, respite and other health and wellbeing services such as activity and therapeutic breaks.	Contact: 01242 527631 Email: enquiries@nationalstar.org Website: www.nationalstar.org
Additional Needs / Disability	Follow Your Dreams	Wales and England			Follow Your Dreams is a national charity operating in England and Wales that inspires children and young people with learning disabilities to follow their dreams. Our vision is for children and young people with learning disabilities to recognise their potential, be ambitious and be provided with the opportunities to follow their dreams. The charity focuses on children's abilities, growing and developing skills through the delivery of creative and interactive events, community groups and workshops.	Contact: 01443 218443 Email: admin@followyourdreams.org.uk Website: www.followyourdreams.org.uk
Additional Needs / Disability	No...SH! (No Sexual Harassment)	Gwent			A peer-led project, developed by Cyfannol Women's Aid and the national charity Volunteering Matters, delivered as part of Cyfannol's Horizon sexual violence services. No...SH! volunteers support women aged 16-35 across Gwent who have learning difficulties or autism, empowering them to	Contact: 020 3780 5870 Email: ellie.beecham@volunteeringmatters.org.uk Website: https://volunteeringmatters.org.uk/project/no-sh/

					recognise sexual harassment and abuse, speak out and access support.	
Additional Needs / Disability	Mencap WISE	Wales Wide			Mencap Wales' Independent Support and Empowerment (WISE) is a Welsh Government funded service available to everyone in Wales. Whether you're a person with a learning disability, a family member or friend, we can give you the information you need to understand the rights of people with a learning disability and support them to access services or challenge decisions.	Contact: 0808 8000 300 Website: <a href="http://www.wales.mencap.org.uk">www.wales.mencap.org.uk</a>
Additional Needs / Disability	All Wales Forum	Wales Wide			The AWF is unique among Learning Disabilities bodies in Wales in that it is the only organisation that represents nationally, collectively and solely the views of Parents and Carers of people with learning disabilities. We are an umbrella body for locally and regionally based organisations and support groups made up of parents and carers.	Contact: 029 2081 1120 Website: <a href="http://www.allwalesforum.org.uk">www.allwalesforum.org.uk</a>
Advice Services	Carers Allowance Helpline	National			A DWP helpline for information and advice.	Contact: 0800 731 0297 Textphone: 0800 731 0317
Advice Services	Citizens Advice Bureau	National	8 Corn Street, Newport, NP20 1DJ	Please contact for times	Advice about a range of topics such as benefits, health, employment, housing and family. Outreach available in various locations around Newport.	Contact: 03444 772 020 Website: <a href="http://newportcab.org.uk">newportcab.org.uk</a>

Advice Services	Civil Legal Advice (CLA)	National			Some people may be able to get free, confidential advice from Civil Legal Aid as part of legal aid.	Contact: 0345 345 4345 Website: <a href="http://www.gov.uk/civil-legal-advice">www.gov.uk/civil-legal-advice</a>
Advice Services	South Wales Legal and Financial Advice Service	South Wales			Free public appointments where students (with qualified legal supervision) interview and assess clients and provide legal advice within certain legal areas such as employment, housing and family matters. By appointment only.	Contact: 01443 668600
ASD	National Autistic Society Family Support Team	Newport & Monmouth shire	Chepstow Library, Manor Way, Chepstow, Monmouthshire, NP16 5HZ		The Family Support Team provide comprehensive help, support and signposting for anyone affected by Autism and Asperger's Syndrome. You can refer yourself or be referred by a professional. Services include: <ul style="list-style-type: none"> <li>• home visiting for families especially around the time of diagnosis</li> <li>• specific literature and information based on the needs of individual families</li> <li>• joint work with professional colleagues to provide improved support to families</li> <li>• email and telephone support</li> <li>• autism information packs</li> <li>• Rainbow newsletter three times a year</li> <li>• support and visits to local parent groups</li> <li>• a library of books, games and videos that can be borrowed by families and professionals.</li> </ul>	Contact: Alis 07717 207089 Email: <a href="mailto:Alis.Hawkins@nas.org.uk">Alis.Hawkins@nas.org.uk</a>



ASD	Gwent Integrated Autism Service	Gwent wide	Unit 10 & 11 Torfaen Business Centre, Panteg Way, Pontypool, Torfaen, NP4 0LS		A diagnostic, information and support service for autistic adults and children and their families.	Contact: 01633 644143 Email: asdsevice.abb@wales.nhs.uk Website: www.asdinfowales.co.uk
ASD	National Autistic Society	Newport	Various venues	Please contact for dates and times	NAS Newport Branch (formerly known as NAS South Gwent Branch) hold three to four information sharing meetings a year with local, national and international speakers. There is also a website, Facebook group and occasional newsletters.	Email: NASsouthgwentbranch@nas.org.uk Facebook: NAS Newport Branch
ASD	Autism Initiatives	Nationwide			Working positively alongside people with autism, their families and carers providing specialist services tailored to each individual.	Contact: www.autisminitiatives.org
ASD	Autism Spectrum Connections Cymru	South Wales	21 High Street Cardiff CF10 1PT	Drop-in times: Monday: 1.30 – 7pm Tuesday: 1 – 5pm Friday: 2 – 6pm Some Saturday openings – call the office to check dates & times.	The service is primarily delivered for people who have a diagnosis of Asperger syndrome or high functioning autism who are over 16yrs. We can provide 1:1 and group support in the areas of: · Employment · Independent Advocacy · Late Diagnosis · Benefits · Relationships · Signposting to other services · Problem solving · Housing · Transitions · Further/ Higher Education The service is free and open to anyone with	Tel: 02920 228794 E-Mail: info@asc-cymru.org

					a diagnosis of autism who lives in Cardiff, Newport, Caerphilly, RCT, Merthyr Tydfil, Vale of Glamorgan, Blaenau Gwent, Torfaen, Monmouthshire and Bridgend.	
Bereavement	The Childhood Bereavement Network	National			The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK. They provide practical information to help you support a child experiencing bereavement and information for children to access themselves.	Website: <a href="http://www.childhoodbereavementnetwork.org.uk">www.childhoodbereavementnetwork.org.uk</a>
Bereavement	Child Death Helpline	National		Helpline open everyday of the year. Monday to Friday 10am to 1pm Tuesdays 1pm to 4pm Wednesdays 1pm to 4pm Every evening 7pm to 10pm	At Child Death Helpline we're here to listen. We understand that the death of a child is one of the most devastating events that anyone may experience. Sometimes the feelings of grief can be so overwhelming that they make everyday living very difficult – we're here to help. Our dedicated helpline offers support to anyone affected by the death of a child of any age, under any circumstances, however recent or long ago.	Helpline: 0800 282 986 or 0808 800 6019

Bereavement	Cruse Bereavement Care	National		Helpline open Monday & Friday 9.30am -5pm (excluding bank holidays) Tuesday, Wednesday and Thursday 9.30am - 8pm	Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. We offer a range of free confidential support for adults and children. Cruse Bereavement Care is committed to being a diverse and inclusive charity that is accessible to all sections of society. Online information about grief and experiencing loss as well as face to face or email support.	Contact: 01633 251982 Email: gwent@cruse.org.uk Helpline: 0808 808 1677 helpline@cruse.org.uk Website: www.cruse.org.uk
Bereavement	Hope Again	National		Helpline open Monday - Friday 9.30am - 5pm	Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.	FREE helpline: 0808 808 1677 Email: hopeagain@cruse.org.uk Website: www.hopeagain.org.uk
Bereavement	The Compassionate Friends	National			The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. Many people who have suffered the loss of a child feel a bond with others in the same situation and wish to extend the hand of friendship. TCF offers many different kinds of support for bereaved	Helpline: 0345 123 2304 Contact: 0345 120 3785 Email: info@tcf.org.uk Website: www.tcf.org.uk

					families. Whatever the cause of your loss, wherever you are in the UK, and whatever your circumstances – we are here to help.	
Bereavement	Road Peace	National			The aftermath of a road crash is devastating. We help bereaved families cope and build resilience through peer support, our local group network, befriending service and trauma support programmes. We also provide information guides on navigating the justice system and help with seeking fair compensation for bereaved families and seriously injured victims.	Helpline: 0845 4500 355 Email: <a href="mailto:info@roadpeace.org">info@roadpeace.org</a> Website: <a href="http://www.roadpeace.org">www.roadpeace.org</a>
Bereavement	WAY Widowed and Young	National			WAY is the only national charity in the UK for people aged 50 or under when their partner has died. WAY aims to provide peer-to-peer emotional and practical support to young widowed people – married or not, with or without children, whatever their sexual orientation – as they adjust to life after the death of their partner. We have lively social groups that meet up throughout the year – for drinks, meals out, walks and picnics. We organise weekends away for adults and families, go camping, have parties and offer an alternative social life that doesn't revolve around couples. And we have a secure members only website, which offers a safe place for members to meet and chat online.	Website: <a href="http://www.widowedandyoung.org.uk">www.widowedandyoung.org.uk</a>

Bereavement	Sands (Stillbirth and neonatal death charity)	National			Sands supports anyone who has been affected by the death of a baby before, during or shortly after birth. Bereavement support is at the core of everything we do. Some of the services that we offer include a free national helpline and a bereavement support app for parents, families, carers and health professionals; a UK-wide network of support groups with trained befrienders; an online forum enabling bereaved families to connect with each other and a wide range of bereavement support resources available online and in print.	Helpline: 0808 164 3332 Email: <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a> Website: <a href="http://www.sands.org.uk">www.sands.org.uk</a>
Bereavement	Winston's Wish	National		Helpline open Monday - Friday 9am - 5pm	Winston's Wish provides therapeutic support to bereaved children and young people by phone, email and face-to-face, along with online resources and training for professionals.	Helpline: 0808 8020 021 Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> Website: <a href="http://www.winstonswish.org">www.winstonswish.org</a>

Bereavement	St David's Unicorn Service				<p>Helping to make sense of loss for young people. A support available to children and young people who have an important adult in their lives who is a patient of St David's Hospice care. Funding from BBC Children in Need allowed us to originally develop the service to the wider community, to support young people who are struggling to cope with their grief, and continues to fund parts of this service. Although bereavement is a normal feature of growing up sometimes children and young people require additional support to help them cope with the death of someone close to them. Research shows that young people often become lost in their grief; this, for some, can become difficult to manage and lead to problems in later life. By providing appropriate, honest, information in a timely manner, children &amp; young people can start to make sense of what has happened and gain skills to cope with how they feel.</p>	<p>Contact: 01633 851051 Website: <a href="http://www.stdavidshospicecare.org">www.stdavidshospicecare.org</a></p>
Bereavement	St David's Hospice Bereavement Care		St David's Hospice Care Blackett Avenue Newport NP20 6NH		<p>There can be times following bereavement when there is a need to talk to someone other than family and friends. St David's Hospice Care provides bereavement support to families and carers of patients for whom we have cared. Our Bereavement Team can provide confidential support on an individual or a group basis. Regular remembrance services also take</p>	<p>Contact: 01633 851051 Website: <a href="http://www.stdavidshospicecare.org">www.stdavidshospicecare.org</a></p>

					place in all areas that St David's Hospice Care covers.	
Bereavement	2 Wish Upon a Star	Wales Wide	Ground Floor, Unit 7, Magden Park, Llantrisant, CF72 8XT		<p>2 Wish Upon a Star can support:</p> <ul style="list-style-type: none"> <li>•The family of a child or young adult who has died suddenly or unexpectedly — A child is someone under the age of 18 and a young adult is 25 years and under.</li> <li>•Any family member of the child or young adult who has been significantly affected by the loss. They must reside in Wales or the death has occurred in Wales</li> <li>•Anyone who witnesses or is directly involved in the traumatic death of a child or young adult. This support may include professionals involved in traumatic incidents.</li> </ul>	Contact: 01443 853125 Mon-Fri: 9.30am–4.30pm Email: help@2wishuponastar.org Website: www.2wishuponastar.org
Carer Support	Library Services	Newport Wide	Central Library, John Frost Square, Newport		Carers collection of literature including information, self-help support and real stories.	Tel: 01633 656656 Website: www.newport.gov.uk
Carer Support	Carers Café (Newport City Council)	Newport	The Riverfront Café	Last Thursday of the month 10am - 12pm	A chance to speak to a Community Connector or Carer Development Officer for information that may help you in your caring role and to chat with other Carers about your experience of caring.	Contact: 01633 235650 Email: community.connectors@newport.gov.uk

Carer Support	Carers Network (Newport City Council)	Newport		Contact for details	Become part of the network to receive regular updates about local and national carer news and information; carer events; support services and training opportunities. Carers Network meetings are held twice a year and include speakers. Sign up for free with your email address.	Contact: 01633 235650 Email: community.connectors@newport.gov.uk
Carer Support	Carers Cube	Newport	Superbowl, Friars Walk, Newport (café/bar area)	Last Tuesday of the month 6pm - 7pm	A group aimed at unpaid carers and cared for of ethnic minority, though carers from any background are welcome. A chance to get together and discuss carer issues.	Contact: Shabir 07424 094122 Email: carerscube@outlook.com Facebook: Carers Cube
Carer Support	Newport Carers Forum	Newport	Various venues	Various meeting times and activities	An opportunity for carers to socialise, share knowledge and expertise, and develop informal networks. Carers are able to discuss issues affecting them and the forum can represent their views at a local and national level.	Contact: Janet 07999 816773 or Jackie 07561 551733 Email: newportcarersforum@gmail.com Facebook: Newport Carers Forum
Dementia	Herbert Protocol	Gwent			The 'Herbert Protocol' asks carers, family members and friends to complete a form, recording all vital details about their loved one such as medication required, mobile numbers, places previously located, a photograph etc. This information can then be shared quickly with the relevant agencies should their loved one be reported as missing. Please contact your local Community Support Officer if you need assistance to complete the forms.	Contact: 101 (Non-emergency Number) Email: contact@gwent.pnn.police.uk Website: www.gwent.police.uk



Dementia	Alzheimer's Society Helpline	Nationwide		Monday to Wednesday 9am - 8pm Thursday and Friday 9am - 5pm Saturday and Sunday 10am - 4pm	If you have concerns about Alzheimer's disease or about any other form of dementia, Alzheimer's Society National Dementia can provide information, support, guidance and signposting to other appropriate organisations.	Helpline: 0300 222 1122
Dementia	Carer Information and Support Programme (Alzheimer's Society)	Gwent	First floor South, Caerleon House, Mamhilad Park Estate, Pontypool NP4 0HZ	Please contact for dates and times	If you are a carer, family member or friend of someone who has been recently diagnosed with dementia, the Carer Information and Support Programme One can give you the support and advice you need. The programme covers: understanding dementia, legal and money matters, support and care, and coping with dementia day to day.	Contact: 01495 221532 Email: <a href="mailto:gwent@alzheimers.org.uk">gwent@alzheimers.org.uk</a> Website: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Dementia	Alzheimer's Research UK	Nationwide			The UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. They can provide helpful information about diagnosis, symptoms and the different types of dementia, as well as current treatments available.	Helpline: 0300 111 5555 Website: <a href="http://www.alzheimersresearchuk.org">www.alzheimersresearchuk.org</a>
Dementia	Tide (together in dementia everyday)	Nationwide			A UK wide involvement network of carers, former carers and health and care professionals who are working together to build a better future for carers of people living with dementia. Equipping carers with	Website: <a href="http://www.tide.uk.net">www.tide.uk.net</a>

					the tools and confidence to use your knowledge and experience in a positive way so that other carers can benefit from your strength, make your voice heard and bring about real change.	
Dementia	Dementia Life Coach (Age Connects Torfaen)	Gwent	Widdershins Centre East Avenue, Griffithstown Pontypool, NP4 5AB		A Dementia Life Coach provides a bespoke service, tailored to the needs of the carer of an individual with Dementia. Caring for someone with dementia can have a huge effect on a carer and their families life. It can be a lonely, stressful, complex and difficult journey to embark on your own. Respite opportunities can be provided to support carers who wish to meet with a Dementia Life Coach. Other services are available, some of which are open to Newport residents.	Contact: 01495 769264 Website: ageconnectstorfaen.org.uk
Disability	Disability Advice Project	National			A welfare rights service to support disabled people, their families and carers by providing independent specialist advice, help to complete forms and support appeals.	Contact: 01633 485865 Website: www.dapwales.org.uk Facebook: Disability Advice Project
Disability	Scope	National			The disability equality charity in England and Wales who provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society.	Contact: 0808 800 3333 Email: helpline@scope.org.uk Website: www.scope.org.uk

Discounts	Discounts for Carers	National			Discounts For Carers is a dedicated discount service for individuals working or volunteering in the care industry, and for those who care for a family member, friend or other. Free to join, you can get the latest deals emailed to your inbox and save hundreds of pounds on exclusive deals on over 300 big name brands.	Website: <a href="http://www.discountsforcarers.com">www.discountsforcarers.com</a>
Discounts	CEA Card	National			A national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not. Participating chains include Cineworld and Vue Cinemas.	Contact: 01244 526 016 Textphone: 18001 01244 526 016 Email: <a href="mailto:info@ceacard.co.uk">info@ceacard.co.uk</a> Website: <a href="http://www.ceacard.co.uk">www.ceacard.co.uk</a>

Discounts	Hynt Card	Wales Wide			A national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants. If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join hynt. Hynt cardholders are entitled to a ticket free-of-charge for a personal assistant or carer at all the theatres and arts centres participating in the scheme. Venues include The Congress Theatre, Cwmbran and Wales Millenium Centre, Cardiff. Hynt is also a resource for anyone who needs specific access information to plan a trip to the theatre.	Contact: Hynt Applications Helpline: 0344 225 2305 Website: <a href="http://www.hynt.co.uk">www.hynt.co.uk</a>
Discounts	The National Trust Essential Companion Card	National			The Essential Companion card makes it simple to bring one or two carers or companions with you, free of charge. Just show the card when you arrive, and your carer(s) or companion(s) won't need to pay an entry fee. It's in your name so you can bring whomever you like. Even if you don't have an Essential Companion card, you can still bring carers or companions free – the card just makes it quicker and simpler for you. If you're not a National Trust member, you will still need to pay for your own entry.	Contact: 0344 800 1895 Email: <a href="mailto:enquiries@nationaltrust.org.uk">enquiries@nationaltrust.org.uk</a> Website: <a href="http://www.nationaltrust.org.uk">www.nationaltrust.org.uk</a>

Families	Barnardo's Newport Confident and Nurturing Families Service	Newport Wide	Barnardo's 114 Lower Dock Street, Newport, NP20 2AF		A partnership between Barnardo's and Newport Women's Aid, working within the Welsh Government's Anti-Poverty Agenda. A 'Family Centred' approach to supporting families make positive steps in their lives, aiming to: <ul style="list-style-type: none"> <li>•recognise and build on parenting strengths and increase resilience, confidence and nurturing within families.</li> <li>•help resolve family conflicts and encourage healthy relationships and support networks.</li> <li>•support, empower and signpost families to access services and resources within their communities.</li> </ul>	Contact: 01633 251192 Email: barnardosnewportservices@barnardos.org.uk Website: www.barnardos.org.uk
Families	Contact (For Families with Disabled Children)	National			We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed. We support families with the best possible guidance and information, bring families together to support each other and help families to campaign, volunteer and fundraise to improve life for themselves and others.	Contact: Katherine Wyke 07904 672614 or 029 2039 6624 Email: katherine.wyke@contact.org.uk or cymru@contact.org.uk Website: www.contact.org.uk
Families	Working Families	National			Helping parents, carers and their employers find a balance between responsibilities at home and at work.	Helpline: 0300 012 0312 Website: www.workingfamilies.org.uk
Families	Sibs	National			Supporting siblings of all ages who have or are growing up with a brother or sister with any disability, long term chronic illness, or life limiting condition. It also supports	Website: www.sibs.org.uk

					parents to help support siblings with aspects such as giving attention, explaining disability and dealing with siblings' feelings.	
General Information	Jointly App	National			Developed by Carers UK, Jointly is an innovative mobile and online app that is designed by carers for carers. Jointly is an app that makes caring for someone a little easier, less stressful and a lot more organised. It combines group messaging with other useful features including to-do and medication lists, calendar and more! Use it with others or on your own. Visit <a href="http://www.jointlyapp.com">www.jointlyapp.com</a> or download the app for free and access the Jointly video, Jointly user guide and Jointly FAQs in order to find out more about Jointly. Jointly works with circles of care. You can purchase a Jointly circle with an one-off payment of £2.99 either through the Apple or Google Play stores or at <a href="http://www.jointlyapp.com">www.jointlyapp.com</a> .	Contact: <a href="mailto:jointlyappsupport@carersuk.org">jointlyappsupport@carersuk.org</a> Website: <a href="http://www.jointlyapp.com">www.jointlyapp.com</a>
General Information	Newport Support Partnership	Newport Wide			A consortium of services commissioned by Newport City Council offering Advocacy by Dewis CIL, Befriending by Volunteering Matters as well as Community Support and Sitting Services by Pobl.	Contact: 01633 744592 Email: <a href="mailto:info@newportsupportpartnership.co.uk">info@newportsupportpartnership.co.uk</a> Website: <a href="http://www.newportsupportpartnership.co.uk">www.newportsupportpartnership.co.uk</a>
General Information	Dewis Cymru	National			A directory of services that can support wellbeing and independence.	Website: <a href="http://www.dewis.wales">www.dewis.wales</a>

General Information	Gwent Carers Hub	Gwent Wide	Torfaen Carers Hub, 3 Crane Street, Pontypool, Torfaen, NP4 6LY	Monday - Friday 10am - 3pm	The hub offers a free drop-in service for carers to get advice and information on everything from benefits to legal issues. A wide-range of activities run weekly – from social groups to film clubs and mindfulness workshops. The hub provides a comfortable, safe space for carers to take a break from their caring role. Open to Newport residents.	Contact: 01495 367564 Email: info@ctsew.org.uk Website: www.ctsew.org.uk
General Information	Open University Free Courses	National			A number of free courses and resources open to all.	Website: www.open.edu/openlearn
General Information	Carers UK (Carers Wales)	National			A wide range of downloadable factsheets and information about caring.	Contact: Helpline - 0808 808 7777 Carers Wales: 02920 811370 Email: advice@carersuk.org Website: www.carersuk.org/wales
General Information	Carers Trust South East Wales	South East Wales			A range of information and support for carers in the local area. They also offer a chargeable service at their Social Centre in Spring Gardens to allow time out for Carers.	Contact: 01495 769 996 Email: info@ctsew.org.uk Website: www.ctsew.org.uk

General Information	Epp Cymru- Education Programme for Patients	Newport	Various venues	Various times	<p>A range of self-management health and well being courses and workshops for people living with a health conditions or for those who care for someone with a health condition. Titles include:</p> <ul style="list-style-type: none"> <li>•Living with a Long Term Health Condition</li> <li>•Living with Chronic Pain</li> <li>•Living with Diabetes</li> <li>•Cancer - Thriving and Surviving</li> <li>•Caring for Me and You (Carers Course)</li> <li>•Workplace Living with a Long Term Health Condition (run within Organisations for their staff)</li> </ul>	<p>Contact: EPP Co-ordinator, Jules Horton: 01633 247674  Email: jules.horton@gavowales.org.uk  Website: www.gavo.org.uk/epp</p>
General Information	Free Flu Vaccination for Carers - NHS	National			<p>If you care for someone whose health or welfare may be at risk if you fall ill, speak to your GP surgery or community pharmacist about having a flu vaccine. Even if you don't live with the person you care for you may still be eligible for a free vaccine.</p>	<p>Contact: Your GP or local Pharmacist  Website: www.nhsdirect.wales.nhs.uk</p>
General Information	Care and Repair	Newport			<p>Available to homeowners or privately renting tenants, aged over 60, who live in Newport, we provide a range of advice and practical solutions to help you carry out home improvements, repairs, or adaptations to your home. In many instances we can help you gain access to free or low-cost help and support for essential repairs and adaptations to your home. We can also provide a list of reputable contractors, mostly local, who we know have provided our customers with consistently good service</p>	<p>Contact: 01633 233887  Website: www.newportcareandrepair.co.uk</p>



					over a number of years. We use most of these contractors ourselves on a regular basis.	
General Information	South Wales Fire Service	South Wales			Free home safety checks will be carried out by firefighters from your local Fire Station and our Home Safety Team. The visit takes about 30 minutes and we will provide and install free smoke alarms and heat detectors where risk is identified. Alarms for people who are Deaf or hard of hearing are also available.	Contact: freephone 0800 1691234 or text 07756847123 Website: <a href="http://www.southwales-fire.gov.uk">www.southwales-fire.gov.uk</a>
Mental Health	Let's Talk - Dewis Centre for Independent Living	Gwent wide	Remploy Offices, Clarence House, Newport	Third Tuesday of the Month 11am - 1pm	Peer Support Groups for those with a mental health condition and their Carers.	Contact: 01633 288 440 Email: <a href="mailto:laura.lees@dewiscil.org.uk">laura.lees@dewiscil.org.uk</a> Website: <a href="http://www.dewiscil.org.uk/advocacy">www.dewiscil.org.uk/advocacy</a>
Mental Health	Newport Mind	Newport	2nd Floor, 100-101 Commercial Street, Newport NP20 1LU		Various wellbeing groups that help to improve mental health, such as art, photography and singing. Self management courses such as confidence building and understanding anger.	Contact: 01633 258741 Email: <a href="mailto:enquiries@newportmind.org">enquiries@newportmind.org</a> Website: <a href="http://www.newportmind.org">www.newportmind.org</a>
Mental Health	Hafal Carers Cafe	Caerleon	Gate 4, St Cadocs Hospital, Caerleon, Newport	Tuesdays 9.30 - 3pm	Friendly 1-2-1 support, advice, information and guidance for carers of those with mental illness. Open to carers from the community as well as those involved with St Cadocs.	Contact: 01633 264763 Email: <a href="mailto:Newport@hafal.org">Newport@hafal.org</a>

Mental Health	Bipolar UK	National			All services including Support Groups, Support Line, Peer Support calls the eCommunity are accessible to anyone who is a family member or friend of someone with bipolar.	Contact: Peer Support Line 0333 323 3880 Email: info@bipolaruk.org Website: www.bipolaruk.org
Neurological Conditions	MND Association	National			The association can provide information advice and 1-1 support for people with Motor Neurone Disease and their families and carers.	Contact: Carol Smith (Regional Care Development Adviser South Wales) - 03453 751853 MND Connect (National Helpline) - 0808 802 6262 Email: carol.smith@mndassociation.org Website: www.mndassociation.org
Neurological Conditions	Parkinson's UK National Helpline	National		Helpline open Mon, Wed, Fri - 9:am- 8pm , Tues + Thurs 9am- 7pm, Sat 10- 2pm	For information on Parkinson's disease, please phone the Freephone helpline.	National Helpline - 0808 800 0303
Neurological Conditions	Parkinson's Support Group	Newport Branch	Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX	Last Wednesday of the month (except November and December) 2.15pm-4pm	Information, friendship and support to people with Parkinson's, their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.	Branch Secretary, Penny Minton Tel: 07851 423264 Email: pennyminton@outlook.com  Local Advisor, Karen Miles Tel: 0344 225 3789

						Email: adviser4.wales@parkinsons.org.uk
Neurological Conditions	Parkinson's Café	Newport Branch	Maindee Library, 79 Chepstow Road, Newport, NP19 8BY	Second Friday of the Month 2pm - 4pm	Meet others with Parkinson's in a relaxed space.	Branch Secretary, Penny Minton Tel: 07851 423264 Email: pennyminton@outlook.com
Neurological Conditions	Epilepsy Action Helpline	National		Helpline open: Monday - Friday 8.30am - 5.30pm	Talk in confidence to trained advisors. UK calls are free.	National Helpline - 0808 800 5050 Email: helpline@epilepsy.org.uk Text message: 07537 410044 (aim to reply within 24 hours) Website: www.epilepsy.org.uk
Neurological Conditions	Stroke Association	Wales Wide	Unit 8, Green meadow Springs Business Park, Cae Gwyrdd, Tongwynlais, Cardiff, CF15 7AB		Provides information and support for those who have had a stroke, their family and friends.	Contact: Stroke Helpline: 0303 3033100 Email: info.cymru@stroke.org.uk
Neurological Conditions	Stroke Association: A Carer's Guide	Nationwide			The Carers guide outlines some ways you can support a stroke survivor and explains what help and support is available for carers.	Website: www.stroke.org.uk search for <i>A Carer's Guide</i>

Neurological Conditions	Casnewydd Stroke Support Group	St Julian's	St Julian's Methodist Church Hall, St Julian's Avenue, Newport, NP19 7JT	Every Wednesday 10.30am - 12.30pm	A friendly group who provide ongoing support for stroke survivors and their carers. A very informal gathering which encourages people to share experiences, take part in varied activities or maybe just have a chat, which can all help with recovery.	Contact: Kathleen Chorley-Betts kath.betts@talktalk.net 01633 271670 Website: <a href="http://www.stroke.org.uk/finding-support/casnewydd-stroke-support-group">www.stroke.org.uk/finding-support/casnewydd-stroke-support-group</a>
Neurological Conditions	Stroke Recovery Passport	National			A document to record the affects a stroke has had on you and how you would like others to communicate with you. The passport can be carried with you to use when you meet new people or professionals.	Web link: <a href="http://www.stroke.org.uk/sites/default/files/4.stroke_recovery_passport_final_161215.pdf">www.stroke.org.uk/sites/default/files/4.stroke_recovery_passport_final_161215.pdf</a>
Neurological Conditions	Life After Stroke Grant (Stroke Association)	National			The means-tested grant provides a one-off payment of up to £300 to fund vital home or personal equipment, or funding support to help you become active in your community.	Contact: Stroke Helpline: 0303 3033 100 Email: Grants.External@stroke.org.uk (include your name and postcode)
Parent Carers	My Health Passport (Widgit Health)	National			My Health Passport has been designed to support and facilitate effective communication and shared understanding between the Child and Young Person, (CYP) family and professionals who are caring and providing support. My Health Passport uses Widgit symbols and contains three sections: <ul style="list-style-type: none"> <li>• Things you must know about me (Red)</li> <li>• Things important to me (Amber)</li> <li>• My likes and dislikes (Green)</li> </ul> Download for free.	Contact: 01926 333680 Email: <a href="mailto:info@widgit.com">info@widgit.com</a> Website: <a href="http://www.widgit-health.com">www.widgit-health.com</a> <i>search for My Health Passport</i>

Parent Carers	Tech Club	Newport			A project to get young people together to enjoy gaming! Aged 8 and upwards, we meet weekly and enjoy the use of current games consoles like XboxOne through to the retro games consoles of old like the Sega Master System. We have had some very kind donations of games consoles and games and are constantly building the collection!	Contact: techclub.newport@gmail.com
Parent Carers	Bliss (for babies born premature or sick)	National			Having a premature or sick baby in hospital can be incredibly distressing for families. We offer emotional and practical support to empower families and equip them with the knowledge and skills they need to provide the best possible care to their baby, for however long they live and for however long their stay in neonatal care. We provide information about caring for premature and full term sick babies at every stage of their hospital journey, and after they have gone home.	Contact: 020 7378 1122 Email: ask@bliss.org.uk Website: www.bliss.org.uk
Parent Carers	Cerebra: Working Wonders for Children with Brain Conditions	National			Offering advice and guidance to parents of children with brain conditions which can make normal activities such as learning, playing or simply experiencing the world a huge challenge. Through our research we offer solutions and advice to help these children and their families enjoy lives full of hope and discovery.	Contact: 01267 244 200 Email: enquiries@cerebra.org.uk Website: www.cerebra.org.uk

Parent Carers	Afasic	National			A parent-led organisation to help children and young people with speech and language impairments and their families. We provide information and training for parents – and professionals – and produce a range of publications.	Contact: Parents Helpline: 0300 666 9410 Website: <a href="http://www.afasic.org.uk">www.afasic.org.uk</a>
Parent Carers	Shine Cymru	National	Shine Cymru, PO Box 7008, CARDIFF, CF15 5EF		Providing specialist advice and support for spina bifida and hydrocephalus. As a Carer, if you feel alone, we are here to help. Shine's support groups, training, and specialist team of advisers are here to offer guidance, friendship and support along the way.	Contact: 01733 555988 E-mail: <a href="mailto:firstcontact@shinecharity.org.uk">firstcontact@shinecharity.org.uk</a> Website: <a href="http://www.shinecharity.org.uk">www.shinecharity.org.uk</a>
Parent Carers	Wild Wellbeing	Magor	Magor Marsh Reserve, Whitewall road, Magor, NP26 3DD	Contact for details	A group for Parents/Carers with children/young people experiencing mental health issues. A morning of walking, talking, cuppas and cakes. In association with Gwent Wildlife Trust.	Contact: <a href="mailto:bernie.byrne@gavo.org.uk">bernie.byrne@gavo.org.uk</a>
Parent Carers	Newport Grandparents Support Group	Beechwood	Beechwood House, Beechwood Park, Christchurch Road, Newport, NP19 8AJ	First Friday each month 10am - 12pm	Kinship care is an arrangement where a child who cannot be cared for by their parents goes to live with a relative or family friend. The Grandparent and Kinship Carers Support Group offers advice, support, friendship, talks and trips.	Contact: Chair - Leonora Hollington on <a href="mailto:leonora_rowles@hotmail.com">leonora_rowles@hotmail.com</a> or call Bernadette Byrne: 01633 241578 Email: <a href="mailto:bernadette.byrne@gavowales.org.uk">bernadette.byrne@gavowales.org.uk</a>

Parent Carers	Sparkle - Children's Charity	Gwent	Cwrt Camlas, Rogerstone, Newport NP10 9LY	For opening times please contact Sparkle	<p>Sparkle Children's Charity support children and young people who live in Newport, South Monmouthshire or South Torfaen and have a diagnosis or are undergoing diagnosis of a disability or developmental difficulty. The aim of Sparkle is to ensure that children and young people with disabilities and/or developmental difficulties and their families are fully supported and able to participate in valued childhood experiences, with access to the same range of opportunities, life experiences, activities and community services as any other child and their family. There are many different sessions available such as Youth Club, Swimming Lessons and Music Club. Support for parents/carers and families is also available as well as family activity sessions.</p>	<p>Contact: 01633 748092  Email: carla.hopkins@wales.nhs.uk  Website: www.sparkleappeal.org</p>
Parent Carers	Sparkle - Family Liaison	Gwent	Cwrt Camlas, Rogerstone, Newport NP10 9LY		<p>The first point of contact for all families and help with enquiries about the services and leisure activities that children and young people can access both at Serennu and within the local area.</p> <ul style="list-style-type: none"> <li>- To guide and support families to navigate the 'system', signpost to the correct professionals and help to co-ordinate appointments.</li> <li>- To offer support with form filling, such as for Disability Living Allowance.</li> <li>- To ensure that all families are provided</li> </ul>	<p>Contact: Jayne Jones 01633 748013  Email: Family.Liaison.ABB@wales.nhs.uk  Website: www.sparkleappeal.org</p>

					with access to appropriate services at Serennu.	
Parent Carers	Sparkle - Helping Hands	Gwent	Cwrt Camlas, Rogerstone, Newport NP10 9LY	For opening times please contact the service provider	<p>Helping you cope with your own thoughts and feelings about your child's illness including life limiting conditions and/or disability</p> <ul style="list-style-type: none"> <li>- Helping you to answer questions put by your child and those of friends and family.</li> <li>- Negotiating and balancing your parenting role at home, outside of home and in medical settings and meeting the needs of all family members.</li> <li>- Dealing with childhood transitions- e.g. change of schools, adolescence.</li> <li>- Coping with the uncertainty of not having a diagnosis</li> <li>- Gaining confidence in your parenting skills.</li> <li>- Helping siblings to cope with their own thoughts and feelings about their brother or sister having a disability/chronic illness.</li> </ul>	Contact: 01633 748023 Website: www.sparkleappeal.org
Parent Carers	Sparkle - your voice...	Gwent	Serennu Centre, Cwrt Camlas, Rogerstone, Newport NP10 9LY	For opening times please contact the service provider	A friendly group who meet every other month to discuss the Centre and our lives as parents of special children. If you attend Serennu with your child or someone you care for then this group is for you. We support each other and can make a real difference to service provision at Serennu as our views are fed directly to the ISCAN South Board.	Contact: 01633 748092 Website: www.sparkleappeal.org



Parent Carers	T:21 Dragons	Gwent	Serennu Children's Centre, Cwrt Camlas, Rogerstone, Newport NP10 9LY	First Tuesday of every month from 10.30am - 12.30pm	A support group for parents of a child or young person who has Downs Syndrome. We are here to support and help each other over a cup of tea or coffee.	Contact: 01633 748092 Email: bernadette.byrne@gavowales.org.uk Website: www.sparkleappeal.org
Parent Carers	Newport Parents Network	Newport	Various venues	Please contact for dates and times	Supporting parents and carers living in Newport by getting their voices heard to ensure that decisions are made with parents and not for them. All views are taken seriously and listened to.	Contact: 07949 509415 or 01633 241578 Email: bernadette.byrne@gavowales.org.uk
Parent Carers	Whizz-kidz Information Hub	National			A charity that supports young wheelchair users up to the age of 25. Services include funded mobility equipment, wheelchair skills training, youth clubs, employability training, residential camps and volunteering opportunities.	Contact: Jayne - 07867 128154 Website: www.whizz-kidz.org.uk
Parent Carers	Parents for Change	Newport	Various venues	Please contact for dates and times	Supporting parents and carers of disabled children and young adults with a social group for 15-25 year olds called The Meet, every other Wednesday at the Drago Lounge in Newport. They also hold regular events and days out.	Contact: 07737 679824 Email: parentsforchange@hotmail.co.uk or Bernadette Byrne: 01633 241578 Email: bernadette.byrne@gavowales.org.uk

Parent Carers	Chance meeting Wales	Underwood	Please contact for details	Thursdays 6.30pm - 8.30pm	A group of parents and carers with the experience and understanding that sometimes our young individuals experience difficulties with their social and leisure activities. Supporting carers and offering young adults with additional needs a chance to socialise, providing a relaxed and friendly environment with lots to do. £1.50 per session for the young adult only.	Contact: Kerry Bennett 07730 770194 Email: kerrybennett745@hotmail.co.uk Website: www.chancemeetingswales.weebly.com
Parent Carers	ADHD/ASD Family Support Group	Newport	Serennu Centre, Cwrt Camlas, Rogerstone, Newport NP10 9LY	2nd Thursday of the month 10am - 12pm	A support group for families and parents of a child who has ADHD or ASD.	Contact: bernadette.byrne@gavowales.org.uk
Parent Carers	Newport Autism Support Group - Sparkle	Rogerstone	Serennu Centre, Cwrt Camlas, Rogerstone, Newport NP10 9LY	1st Thursday of every month 9.30am - 12pm	A support group for parents, carers and grandparents of children or young people who have ASD in Newport. Speakers are invited to meetings such as Occupational therapists, educational psychologists etc.	Contact: Hilary Leadbeater 07899 906344 Email: newportautismsupportgroup@hotmail.co.uk or Bernadette Byrne: 01633 241578 Email: bernadette.byrne@gavowales.org.uk

Parent Carers	Dyspraxia Foundation Group	South East Wales		Please contact for dates and times	The South East Wales parent support group launched on the 31st January 2016, following a considerable gap in provision in the area. Parent feedback suggested they were looking for peer support and advice and the groups' inaugural parent meeting was held on Wednesday 16th March. The group hold monthly activity sessions / events for children. The group are now pleased to be able to offer an ADULT support group in addition to the Parent support group. For information on meetings and activities for either group please contact Catherine or Sally by phone or email.	Contact: 01633 856176 Email: dyspraxiasew@gmail.com
Physical Conditions	Arthritis Care in Wales	Newport Wide		Monday - Friday 10am - 4pm	The National Rheumatoid Arthritis Society (NRAS) exists to provide information, support, education and advocacy services for those people living with rheumatoid arthritis (RA) in the UK as well as their family, carers and the healthcare professionals who treat them.	Contact: 0808 800 4050
Physical Conditions	Diabetes UK National Helpline	National		Helpline open: Monday - Friday 9am - 7pm	A helpline for all people with diabetes, their friends, family, carers and healthcare professionals.	Care line: 0345 123 2399 Email: careline@diabetes.org.uk
Physical Conditions	ICU Step Newport	Stow Hill	St Woolos Chapel, St Woolos Hospital, Stow Hill, Newport, NP20 4SZ	Meet most months. Contact for dates.	ICUsteps Newport is a support group for ex-ICU patients, their families and friends run by former intensive care patients, relatives and health professionals. It was developed to provide on-going support after discharge	Contact: 0300 30 20 121 (Leave a voicemail and someone will get back to you)

					for patients and relatives who have encountered critical illness.	Website: <a href="http://www.icusteps.org">www.icusteps.org</a> (Contact form on website)
Physical Conditions	Cancer Support Gwent	Gwent Wide			Support and Information to families and friends of those who have been affected by cancer.	Contact: 01495 768633
Practical/ Domiciliary Care	AskSARA	Newport Wide			An online assessment tool to help you find useful information about products to make daily living activities in your home easier. It has been developed by the national charity Disabled Living Foundation (DLF) and has been licensed for use by Newport City Council.	Website: <a href="http://www.asksara.dlf.org.uk">www.asksara.dlf.org.uk</a>
Practical/ Domiciliary Care	Domiciliary Care Providers	Newport Wide			Social Services keep a list of Preferred Providers. These agencies can provide care or support for the person you are caring for, which is chargeable. Newport City Council also publish a booklet of approved care homes, which also gives information about choosing the right care home and paying for a care home.	Contact: 01633 656656 Email: <a href="mailto:info@newport.gov.uk">info@newport.gov.uk</a>
Practical/ Domiciliary Care	Challenging behaviour service (Pobl)	Newport Wide	Pobl, Exchange House, High Street, Newport, NP20 1AA		Supporting someone with learning disabilities and or behaviour that challenges can be very stressful and isolating. Having someone who is able to offer advice and support can make a huge difference.	Contact: Kelly Harris 01633 225111 Email: <a href="mailto:kelly.harris@reach-support.co.uk">kelly.harris@reach-support.co.uk</a>
Practical/ Domiciliary Care	Outreach Service (Pobl)	Newport Wide	Pobl, Exchange House, High Street,		Aimed at getting children, young people and adults out and about within their local or wider community. •We encourage you to control your support.	Natalie Hayes Tel: 01633 225112

			Newport, NP20 1AA		<p>It can be a regular occurrence or as and when you choose. We will work around you and the needs of your family.</p> <ul style="list-style-type: none"> <li>•We give everyone the opportunity to enjoy social activities, take part in hobbies/interests – and sometimes, even discover some new ones!</li> <li>•We work around the person and their needs and go at whatever pace suits.</li> </ul>	Email: natalie.hayes@reach-support.co.uk
Practical/ Domiciliary Care	Older People's Services (Pobl)	Newport Wide	Pobl, Exchange House, High Street, Newport, NP20 1AA		<p>Primarily supporting older people, our staff providing support with tasks such as dressing, washing or food preparation. We work with local authority and health partners to develop the skills of our domiciliary care workforce to provide specialist support to people with dementia.</p>	<p>Andrew Evans Tel: 01633 842434 / 01633 679899 Email: andrew.evans@reach-support.co.uk</p>
Practical/ Domiciliary Care	Intensive support Package service (Pobl)	Newport Wide	Pobl, Exchange House, High Street, Newport, NP20 1AA		<p>Our purpose centres around the people we support. Many people with learning difficulties, complex mental health needs and autistic spectrum conditions want to live independently, but need professional specialist help.</p>	<p>John Glennon Tel: 01633 233889 / 01633 679899 Email: john.glennon@reach-support.co.uk</p>
Substance Misuse	GDAS (Gwent Drug and Alcohol Drug Service) Family and Carers Support	Newport	11 Godfrey Road		<p>GDAS provides support not just for those misusing alcohol and drugs but also for those who are witnessing and dealing with their loved one behaviours and its impact. Group work or support over the phone can be offered.</p>	Contact : 0333 999 3577

Substance Misuse	GDAS (Gwent Drug and Alcohol Drug Service)	Gwent			<p>GDAS believes that the families and loved ones of people who use substances including alcohol need as much support as the substance user themselves. This can include direct family, carers, neighbours, friends, support staff and anyone else in the network around the person affected. We offer comprehensive therapeutic packages to families, friends and carers that include:</p> <ul style="list-style-type: none"> <li>•Brief Advice, advocacy and signposting to other services</li> <li>•Telephone advice and support</li> <li>•Bibliotherapy (self help manuals)</li> <li>•PACT (parent and carer training)</li> <li>•Structured counselling</li> <li>•Peer support and mutual aid</li> <li>•Care co-ordination and case management.</li> </ul>	<p>Contact: 0333 999 3577  Email: <a href="mailto:info@gdas.wales">info@gdas.wales</a>  Website: <a href="http://www.gdas.wales">www.gdas.wales</a></p>
Time Out	Sitting Service (Pobl)	Newport Wide	Pobl, Exchange House, High Street, Newport, NP20 1AA		<p>Our Sitting Service is tailored to you and your child's individual needs. We can provide care and/or support for your child in the comfort of their own home. Our service can offer you with as little or as much support as you need, there is not a set amount of time. This service can be hugely beneficial for you, your family and your child.</p>	<p>Natalie Hayes  Tel: 01633 225112  Email: <a href="mailto:natalie.hayes@reach-support.co.uk">natalie.hayes@reach-support.co.uk</a>  Tel: 01633 679911</p>

Time Out	Time Out Social Centre (Carers Trust South East Wales)	Pillgwenlly	Spring Gardens, Courtybella Terrace (off Mendalgief Road), Newport, NP20 2LD	Saturdays 10am - 4pm	Providing vital support for people with care needs, offering much needed respite for their carers. The day centre gives carers the chance to take a break from their caring role and catch up on things like shopping, appointments, meeting with friends, or simply catching up on some sleep. Regular activities include singing and live music, visits from the therapy dog, games and quizzes. Freshly cooked lunches, coffee, tea and snacks are available. The venue is welcoming, engaging and friendly. This service is chargeable.	Contact: 01495 769996 Email: info@ctsew.org.uk Website: www.ctsew.org.uk
Time Out	Linc Cymru Respite Care Breaks	Wales Wide			Respite to enable carers the opportunity to take a holiday or short break, confident that the person they care for is in a safe and caring environment. Respite breaks are tailored around the person and priced per night according to need.	Contact: 0800 072 0966 Email: linc.care@linc-cymru.co.uk
Time Out	Shared Lives Scheme	Newport Wide			A scheme offering individuals the opportunity to be supported in the homes of approved Carers and local communities. Anyone over the age of eighteen who has been assessed as needing social care support can be referred. Placements are arranged for people with a wide range of support needs, including people with learning disabilities, sensory loss, physical disabilities, mental health needs and older people. The service offered is very flexible and can suit people with different levels of care and support	Contact: 01443 864586 Email: firstcontact.adults@newport.gov.uk Website: www.caerphilly.gov.uk/share dlives

					needs. The Shared Lives Scheme is unable to accept referrals from privately funding people, all of these are required to be referred and financed by Social Services departments.	
Time Out	Urbasba	Cardiff	CAVC City Centre, Campus, Dumballs Road, Cardiff, CF10 5FE		A spa run by industry professionals and students at Cardiff and Vale College, Urbasba offers an innovative range of hair, face and body treatments. Pamper yourself in our contemporary salon or unwind in our tranquil spa. We offer the ultimate relaxation experience to uplift your spirits and indulge your body and soul. The salon and spa are supervised by our highly skilled team of professionals.	Contact: 02920 250 450 Website: <a href="http://www.urbasba.co.uk">www.urbasba.co.uk</a>
Time Out	Coleg Gwent Hair & Beauty Salons	Newport	Urban Indulgence@City of Newport Campus, Nash Road Fusion@Crosskeys Campus,		If you have an hour to de-stress or a whole day to completely unwind, relax in Coleg Gwent's hair, beauty and complementary therapy salons and let our students work their magic. Whether you need a tension-busting massage, want to recreate yourself with a restyle or simply be pampered with a choice of over 30 beauty treatments, our trainee stylists and beauty therapists will make you feel and look fantastic...and you'll emerge feeling refreshed and revitalised.	Contact: City of Newport Campus: 01633 466059 Crosskeys Campus: 01495 333499 Website: <a href="http://www.coleggwent.ac.uk">www.coleggwent.ac.uk</a> <i>search for Salons</i>
Young Carers	Honeypot Pen Y Bryn	Mid Wales			Supporting young carers aged 5 – 12 years old, Honeypot is the only charity in the UK to provide respite breaks and on-going outreach support throughout a child's	Contact: 01686 622773 Email: <a href="mailto:info@honeypot.org.uk">info@honeypot.org.uk</a>



					formative years. Honeypot gives young carers a break from demanding and stressful responsibilities at home and provides a safe, nurturing environment where children at risk can develop their full potential. Pen Y Bryn is located in Mid Wales. Referrals must be made by a professional - please phone in the first instance.	Website: <a href="http://www.honeypot.org.uk">www.honeypot.org.uk</a>
Young Carers	UCAS Advice for Students	National			Advice for students who have caring responsibilities who are thinking of applying for University.	Website: <a href="http://www.ucas.com">www.ucas.com</a> <i>search for</i> Caring Responsibilities
Young Carers	NYAS (National Youth Advocacy Service)	National			We listen to what children and young people want, care about what they say, and empower them to get their voice heard. We ensure their wishes and feelings are expressed and acted on to improve their situation and help them build a better future.	Contact: Helpline: 0808 808 1001 Email: <a href="mailto:help@nyas.net">help@nyas.net</a> Website: <a href="http://www.nyas.net">www.nyas.net</a>