

Carers Week
8th – 14th June 2026

Cardiff Bay

RPB Newsletter

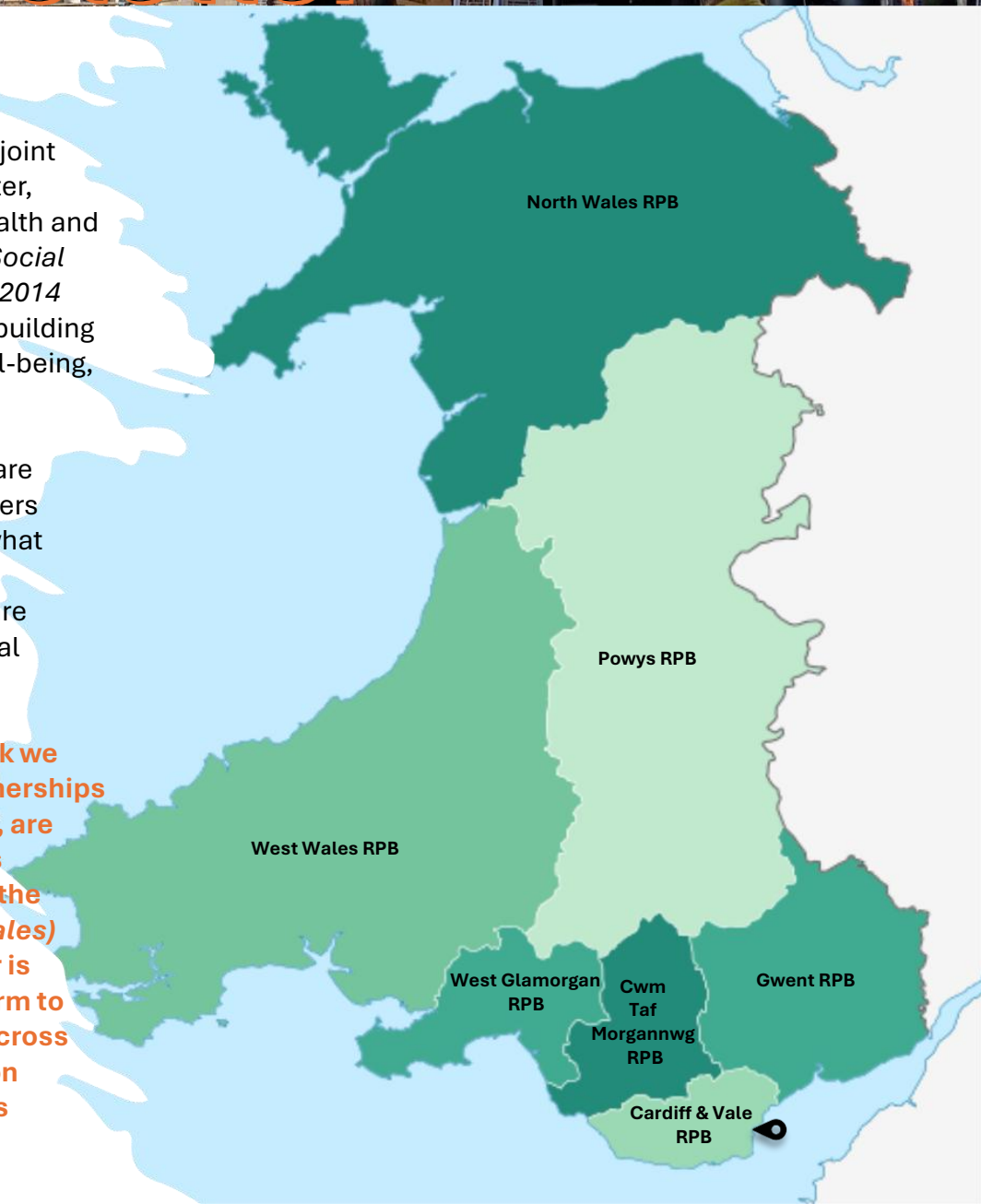
Issue: 4

Date: 08/06/2026

Welcome to the fourth edition of the joint Regional Partnership Board Newsletter, highlighting the transformation of health and social care in Wales. Guided by the *Social Services and Well-being (Wales) Act 2014* and *A Healthier Wales*, partners are building a system focused on prevention, well-being, and seamless integration.

Regional Partnership Boards (RPBs) are central to this change, bringing partners together to design services around what matters most to people. Through collaboration and innovation, RPBs are driving improvements that make a real difference locally.

In this issue, as part of Carers Week we are showcasing how regional partnerships and new models of integrated care, are supporting people across Wales as well as delivering the principles of the *Social Services and Well-being (Wales) Act 2014*. However, this newsletter is more than an update – it is a platform to share learning and good practice across RPBs and Wales, helping us build on successes and accelerate progress together.





BWRDD PARTNERIAETH RHANBARTHOL CAERDYDD A'R FRO CARDIFF & VALE REGIONAL PARTNERSHIP BOARD

Cardiff and Vale Regional Partnership Board (RPB) brings together Cardiff Council, Vale of Glamorgan Council, Cardiff and Vale University Health Board, third-sector partners and people with lived experience to drive improvements for unpaid carers across the region. Through its Unpaid Carers Board, the partnership coordinates regional funding, strengthens local practice, and ensures alignment with the Social Services and Well-being (Wales) Act 2014.

The Cardiff and Vale Unpaid Carers Charter, launched in 2023, reflects a shared commitment to recognising and supporting unpaid carers of all ages. The Charter has played a significant role in improving local awareness, encouraging earlier identification and promoting a more consistent approach across services. This work already aligns strongly with the priorities outlined in the draft National Strategy.

Regional activity has delivered positive outcomes. In 2024/25, the Carers Information Service supported almost 2,000 unpaid carers, including 690 newly identified, and delivered regular drop-ins and engagement panels. The Short Breaks Programme enabled over 1,200 carers to access flexible respite. Carer awareness has been strengthened through the Carer Friendly and Young Carers in Schools programmes, with more than 280 education staff trained regionally. Engagement programmes supporting people affected by dementia have also improved understanding of carer needs and access pathways.

One of the projects supported by the Regional Partnership Board is the delivery of Young Carers and Young Carers in School programme. Over the year, young people supported by the service have provided feedback about their experience.

Highlighting the fantastic work of the service, key themes arising from this included feeling emotionally and practically supported, a sense of belongingness, building trusting relationships and feeling less alone.



In April, an event was held to celebrate young carers across Cardiff and the Vale of Glamorgan. The event was organised by local partners including Cardiff Council, Vale of Glamorgan Council, TuVida and the YMCA, funded by the Regional Partnership Board. The event recognised the vital role young carers - children and young people who support family members with illness, disability or other challenges - play in their daily lives. Held at St Cyres School, and with over 163 young carers in attendance, the day provided a well-deserved break with a wide range of fun activities, from a disco and crafts to outdoor games and circus entertainment, alongside spaces to relax. Young carers also received certificates and vouchers in recognition of their contributions.

Feedback from young carers highlighted the importance of having the space to connect with peers who understand their experiences, making the day both enjoyable and meaningful for all involved.



BWRDD PARTNERIAETH RHANBARTHOL CAERDYDD A'R FRO CARDIFF & VALE REGIONAL PARTNERSHIP BOARD

We recognise that for many unpaid carers, supporting their own mental wellbeing can be a challenge, so during Carers Week 2026, Cardiff and Vale RPB will be launching a new carers wellbeing resource. The resource has been coproduced with partners and unpaid carers to create a short guide with an accompanying website which will provide carers with practical information, advice and signposting. The hope is that this resource will be a tool for unpaid carers in supporting their wellbeing and their role as a carer.



A Short Guide

What is an Unpaid Carer?

An unpaid Carer is anyone who cares, unpaid, for a friend or family member who would not cope without their support?

What is Mental Wellbeing?

Mental wellbeing is about how we feel, how we cope with daily life, and what feels possible for us right now. It doesn't mean being happy all the time or free from difficulties



**Building
Carer Friendly
Communities**



Carers Week Celebration and Information Fayre

Thursday 11 June - 11:00 - 13:30

Penarth Leisure Centre, Andrew Rd, CF64 2NS

♥ Info, advice & wellbeing support

♥ Meet local organisations

♥ Free afternoon tea

For more information email:
valecarersh@tuvia.org or
carediff@cardiff.gov.uk
For help to register call 02920 873419



Scan to register



To mark carers week, residents across Cardiff and the Vale of Glamorgan are invited to attend a special Carers Week Celebration and Information Fayre.

The free event, has been organised as part of the Building Carer Friendly Communities programme and aims to bring together carers, support organisations and local services in one welcoming space to access information, advice and wellbeing support, meet local organisations and community groups, and enjoy a free afternoon tea while connecting with others.

The event is delivered in partnership by Cardiff Council, Vale of Glamorgan Council and TüVida, recognising the vital contribution unpaid carers make within our communities every day.



Cwm Taf Morgannwg

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Carer's experience helps shape improvements in support for unpaid carers

A powerful story shared by a community member in Cwm Taf Morgannwg has helped drive meaningful improvements in how unpaid carers are recognised and supported across the region.

Tracey and her husband Brian were enjoying an active life together, regularly travelling, attending bike rallies and visiting places such as Porthcawl and Builth Wells. Everything changed suddenly when on holiday Tracey returned home from a quick trip to the supermarket and recognised the signs that Brian was having a stroke. Having supported him through strokes before, she knew exactly what to look for.



Stock image

"I only nipped to Morrisons, and I came back and I could see his face had drooped," Tracey explained. ***"I said to him, 'smile for me,' and then I took him straight to the hospital."***

Brian's condition quickly deteriorated, and Tracey described the following months as overwhelming and frightening, particularly when he was discharged home after six months in hospital.

The emotional pressure of becoming a carer was significant, as she took on responsibilities such as managing medication, feeding equipment and making difficult decisions while coping with her own emotions.

"He was my carer before this," she said. "Suddenly all this equipment was coming into the house and I was panicking thinking, 'How am I going to cope?"

"But two weeks in, I had a proper meltdown...I was thinking, 'am I doing enough? Am I doing things right?' It was really scary in the beginning."

Following discussions with the stroke team, the patient experience team at Cwm Taf Morgannwg University Health Board (CTM UHB) met with Tracey to hear her story and worked closely with her to ensure her voice and perspective were fully heard. Her experience highlighted the importance of providing timely information about support for carers, both during hospital stays and after discharge, as well as the financial pressures and isolation carers can face.



Tracey and Brian

"The Stroke Association have been marvellous since he's come home," Tracey said.

"But while I was in hospital with him, nobody told me what support was out there for me. I didn't know there were phone lines or people who had been through the same thing... Brian had full support in hospital. I can't fault that. But you feel alone. You feel out there and you're alone."

In response, David Watkins, Corporate Carers Lead at CTM UHB - a role funded through the Regional Integration Fund - has collaborated with staff and a senior nurse in the ward to lead improvements to how carers are supported during and after hospital stays.



Cwm Taf Morgannwg

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David said:

“Tracey and Brian’s story has reinforced the importance of recognising carers as partners in care and ensuring they feel informed, supported and involved throughout the patient journey.”

“While Tracey’s experience highlighted areas where improvements were needed, it has also become a powerful example of how listening to carers’ voices can directly shape service improvement and strengthen support for unpaid carers across the region.”

Improvements are now being implemented across the region, including the pilot of a Carers Passport, better identification of carers at admission, and improved access to support and information. Work is also underway to strengthen support from the point of diagnosis and to establish carers’ cafés within hospital settings.

A positive outcome from this experience has been Tracey’s continued involvement in supporting others. This includes attending a carers’ café in the hospital where she shared her and Brian’s story and learnings with patients and carers. Tracey now works with The Stroke Association, offering telephone support to patients and carers facing similar situations.

Although the experience was challenging, Tracey found sharing her story helpful and cathartic, particularly knowing it could support others.

Tracey said:

“If I can help one person get through it, it’s worthwhile. What you’re feeling is normal. There is no right, there is no wrong. Take a day at a time, and if you can’t do that, take an hour at a time. And you’ll get through it.”



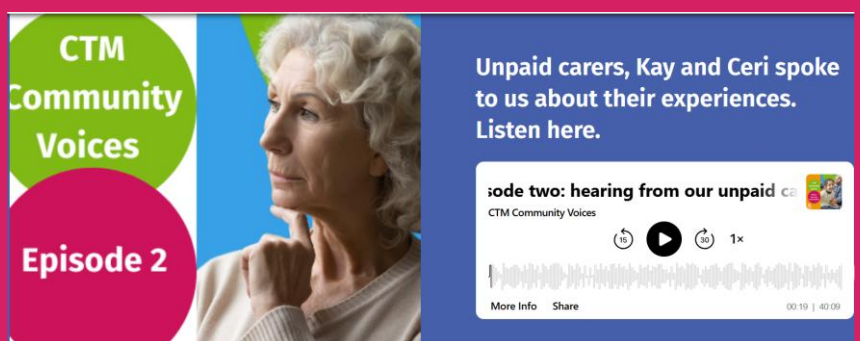
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As a region, we capture the stories and experiences of our carers in multiple ways.

Why not check out our website to hear: ‘Enough’, a powerful song written with carers at one of our **hack-a-thons** ran in partnership with Rhondda Cynon Taf Council and Episode 2 of our podcast.



‘Enough’ by Tobias Robertson and the communities of CTM



RIF Gateway 3 Review

In preparation for the conclusion of Regional Integration Funding (RIF), Senior Leaders across Health and Social Care in West Wales agreed in Autumn 2025 to undertake a comprehensive gateway review of the RIF portfolio. This work is helping to shape future funding decisions and inform budget planning for Autumn 2026.

Initially, RIF projects were reviewed against Welsh Government guidance, providing a clear foundation for future investment. The RPB team then focused on strengthening alignment with regional priorities, ensuring services are well-integrated and appropriately scaled to meet population needs. Encouragingly, the majority of RIF projects reviewed through the gateway process are progressing to the next stage and will help develop a strong and sustainable portfolio of priority projects. This will support the region in making the most of available funding opportunities from 2027–2028 onwards.

Dementia Experience Bus

The West Wales Dementia Experience Bus events, held during Dementia Action Week in May 2026, were well received by both unpaid carers and professionals. The immersive sessions helped participants better understand the lived experience of dementia, offering practical tips to improve support in everyday settings. Alongside the bus, Admiral Nurse presentations and local organisation showcases provided valuable information, advice, and support. Overall, the events were a positive and impactful learning opportunity, strengthening awareness and support for people living with dementia and those who support them.

Reviewing our Engagement Channels in West Wales

There is growing interest from people with lived experience, third sector, and private organisations in engaging with the WWRPB. The Citizen and Third Sector Board has been running for two years and has over 100 members, and we are now reviewing how people can be more involved. Plans include themed meetings linked with our engagement drop-in (with over 260 members), enabling open discussion with service leads and early involvement in service design. This is an exciting development with strong engagement across West Wales.

Clynfyw Trip

On 29 April, members of the WWRPB network with lived experience and from third sector, public and private organisations visited **Clynfyw Care Farm** in Pembrokeshire. We heard the farm's journey, challenges faced, and how community-based care can be delivered differently. We look forward to further conversations to support others to achieve similar outcomes.



Check out our case study on Clynfyw which highlights how the Capital team supported them to secure Housing with Care funding:

**Clynfyw Care
Farm Final**



Pembrokeshire Regional Working Conference

The Pembrokeshire Relational Working Conference brought together professionals, practitioners and leaders from across health, social care and partner organisations to explore how relational working can strengthen services and improve outcomes for people and communities. The event created space for shared learning, reflection and collaboration.

The programme featured a range of national and regional voices, including RPB Chair and CAVO CEO Hazel Lloyd Lubran, Nick Andrews (Swansea University), Emyr Williams (Social Care Wales) and Mark Smith (Manchester Metropolitan University). Contributions from Rhoda Emlyn-Jones and SBCC mentors highlighted how strengths-based collaborative communication is being applied in practice. Additional insights were shared by Jessie Buchanan, alongside Joe Badman and Megan Davies (Basis), who supported reflection and embedding learning throughout the day.

A central message was that relationships should be the foundation of good practice, supported by whole-system alignment across leadership, governance and commissioning. The conference emphasised that embedding relational working consistently can strengthen trust, reduce fragmentation and create more responsive, person-centred services.

Looking ahead, there is a clear regional focus on building momentum from the conference, continuing to embed relational approaches, align systems and translate learning into coordinated action across Pembrokeshire and the wider region to deliver more connected, compassionate and effective support.





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Morgannwg**

**West
Glamorgan
Regional
Partnership**

A Strategy Shaped by Unpaid Carers

First launched in 2023, West Glamorgan's Carers' Strategy is now being refreshed and engagement with unpaid carers is helping to inform the next steps.

When West Glamorgan launched its regional Carers' Strategy in 2023, it set out a shared commitment to better recognise and support unpaid carers across Swansea and Neath Port Talbot. Now, as the Strategy is undergoing a refresh, engagement is playing a central role in making sure the updated priorities reflect the realities of caring today.

Through a varied programme of engagement across the autumn and winter of 2025-26, unpaid carers have been sharing their experiences, helping to identify where gaps remain and influence the direction of the refreshed Strategy. In-person workshops with the Swansea Parent Carer Forum, Neath Port Talbot Carers' Group and the African Community Centre, alongside an online survey, have highlighted clear and consistent messages about what unpaid carers need most.

Conversations have pointed to familiar but urgent priorities, including:

- ❖ earlier identification of unpaid carers,
- ❖ better access to information and support,
- ❖ more joined-up services,
- ❖ stronger wellbeing support (including respite),
- ❖ and greater recognition of the financial pressures many unpaid carers face.

A particularly strong message has been the need for clear, accessible information, especially at key transition points when unpaid carers are sometimes left trying to navigate complex systems.

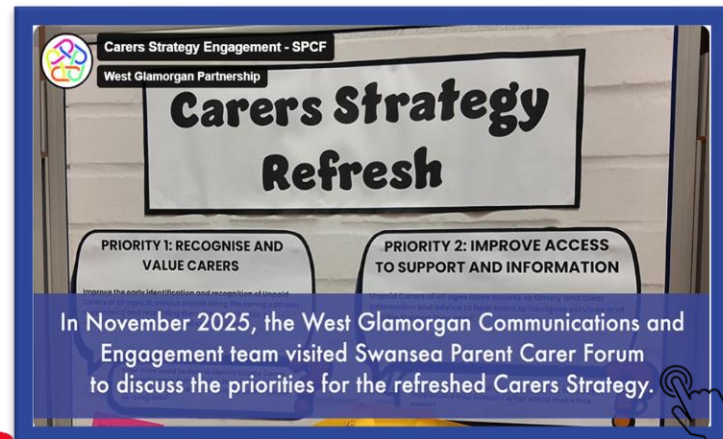
The evidence gathered is now feeding directly into the refreshed Strategy, which will set out the priorities and commitments for the next phase of regional work to better recognise, value and support unpaid carers.

The following video provides an insight into one of the interactive workshop sessions delivered by the West Glamorgan Communications and Engagement Team.

To view, visit:

<https://vimeo.com/1162174689/c863e53496?fl=tl&fe=ec>

or click on the image below.



Are you an unpaid carer?

Do you look after a family member, neighbour or friend who relies on you and needs your support?

If you provide emotional, physical, or practical support, whatever your age and whoever you look after, this could mean that you're an unpaid carer.

If you are a young carer looking for support click [here](#).





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SortedSupported

A valuable emotional and mental wellbeing resource for all Swansea, Neath and Port Talbot residents is SortedSupported -

www.sortedsupported.org.uk 

The site, which is funded via the West Glamorgan Regional Partnership, includes a detailed section dedicated to groups and services supporting unpaid carers within our region -

www.sortedsupported.org.uk/carers 



Sorted Supported

By shaping the refreshed Strategy through real experiences and raising awareness, West Glamorgan is working to ensure unpaid carers feel better recognised, informed and supported.

To mark Carers Week 2026 the page features a calendar of events and activities for carers hosted by groups and organisations across the region



MENS MEAL AND DRINK

BLANCOS RESTAURANT

GREEN PARK STREET
PORT TALBOT
SA12 6NT

THIS EVENT IS FOR OUR
REGISTERED MALE CARERS

Join us for a relaxed afternoon of good food,
great company and a well deserved break

**THURSDAY
11TH JUNE
12.00PM - 2.30PM**

SPACES ARE LIMITED

To book your place please
contact us on
Tel: 01639 642277
Email: information@nptcarers.org.uk

**SHORT BREAKS
WALES**

Provided short breaks for unpaid carers

CARERS WEEK 2026
8 - 14 JUNE 2026

Swansea Carers Centre
Swansea Carers Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8  Carers Marketplace 10am - 12pm Open to all Carers	9  Parent Carer Cofees Morning 10am - 12pm	10  Dementia Conference Swansea Carers Centre "Invite Only"	11  Councilors visiting Swansea Carers Centre TBC	12  Lunch at Bereavement Support Group 10am - 12pm
 Lunch for Carers 1pm - 2pm	 Repair Cafe for Great Big Green Week 9.30am - 3pm Open to all Carers	 Family Carers Information Fair @ Village Hotel 9.30am - 3pm	 Dementia Drop In 1pm - 3pm	
 Launch of our new website!		 Young Adult Carer Drop In 6pm - 8pm		

**Come and meet
Age Alliance Wales (AAW)**

A group of 26 national voluntary organisations working
together to improve the lives of older people in Wales.



Please join us at:

Tuesday 9th
June 2026

10.30-2pm

Rooftop,
Swansea Grand Theatre,
Singleton Street,
Swansea SA1 3QJ





www.agealliancewales.org.uk WORKING TOGETHER TO SUPPORT OLDER PEOPLE IN WALES



BWRDD PARTNERIAETH RHANBARTHOL

GOGLEDD CYMRU

NORTH WALES

REGIONAL PARTNERSHIP BOARD

North Wales Regional Partnership Board brings £45m into the region to support the most vulnerable people

The North Wales Regional Partnership Board (NWRPB) has helped secure more than £45 million of capital investment to improve health, social care and housing services across the region, supporting some of the most vulnerable people in North Wales.

Working with partners across North Wales this programme has delivered projects that help people live healthier, more independent lives while strengthening services for vulnerable groups such as older people, children with complex needs, people with learning disabilities and those living with dementia. A key part of this work is developing community hubs where health, care and support services are delivered in one place, making it easier for people to access help and reducing pressure on hospitals and other services. Canolfan Glanhwyfa in Anglesey has been transformed into a vibrant community hub providing support for older people, dementia services, and activities for families and young people. The development brings multiple services under one roof and offers a welcoming space at the heart of the community, and demonstrates the impact this funding has had.

Other major projects in North Wales include:

- ❖ Bwthyn y Ddôl Children's Assessment Centre, providing specialist support for children with complex needs
- ❖ Tŷ Croes Atti, a 56-bed residential care facility offering high-quality accommodation and specialist dementia support delivered by local authorities and Betsi Cadwaladr University Health Board
- ❖ Coed y Ddraig in Flintshire, a purpose-built community hub supporting adults with learning disabilities, autism and mental health needs

Funding has also supported family centres, children's homes, respite services and supported living schemes across North Wales.

The projects are funded through a combination of Welsh Government capital programmes, including the Integration and Rebalancing Capital Fund (IRCF) and Health and Care Fund (HCF), alongside local authority and partnership investment.

Dilwyn Morgan, Chair of the North Wales Regional Partnership Board said:

"The Welsh Government capital investment funding through the IRCF and HCF capital programmes, has allowed us to work with partners across the region to develop facilities that truly reflect local need. From integrated community hubs to specialist provision for people with learning disabilities and dementia, this capital investment is strengthening services and supporting some of our most vulnerable residents to live healthier, more independent lives."

The NWRPB brings together the six local authorities in North Wales, Betsi Cadwaladr University Health Board (BCUHB), and public and voluntary sector partners to improve wellbeing and ensure services meet local needs. Through its capital programme, the Board has worked with partners across the region to deliver modern, community-focused facilities that help people live healthier, more independent lives.

For more information, visit the North Wales Regional Partnership Board website:

<https://www.northwalescollaborative.wales/capital/>



Bwthyn y Ddôl

Supporting life alongside caring in Powys

Across Powys, partners through the Regional Partnership Board (RPB) are working to ensure carers are not only recognised but meaningfully supported. Central to this is improving access to respite and short breaks - giving carers the space they need to pause, recharge and continue in their vital role.

When there is no room to pause

As Wales marks Carers Week, it is an opportunity to recognise and celebrate the extraordinary contribution unpaid carers make every day - supporting family members, friends and neighbours with commitment, compassion and resilience.

As a large, rural county with a dispersed population, **Powys presents unique challenges for unpaid carers.** These realities make flexible, creative and locally responsive approaches to respite particularly important in ensuring carers can access the right support at the right time.

Across Powys, partners through the Regional Partnership Board (RPB) are working to respond to these challenges by strengthening how carers are recognised and supported. Central to this is **improving access to meaningful respite and short breaks** - giving carers the space they need to pause, recharge and continue in their vital role. Carers Week provides a powerful reminder that supporting carers to care sustainably is essential to the wellbeing of individuals, families and communities across Wales.



A creative and personalised approach

In Powys, this **learning has shaped a more flexible and creative approach to respite**, recognising that no two caring roles are the same.

Support has included creative respite options and flexible self-directed breaks and personalised grants, thereby enabling carers to design support that works for them, and community, wellbeing and nature-based activities. Valuing carers means listening to them and designing support around what matters most in their lives.

Creative respite in action: partnership working in Machynlleth

In Machynlleth, a strong example of integrated working demonstrates how creative approaches can unlock meaningful support for carers and families

Through **collaboration between the Integrated Disability Team and CREDU** (local carers charity), a family was supported to access respite in a way that worked for them. Rather than offering a standard package, professionals worked together to explore what would make the biggest difference. This led to a flexible solution through the Creative Respite Project, enabling the family to access a short break vouchers. Sustainable, longer-term support is thus strengthened through the connections carers build with others across Powys and beyond.

The impact of this approach is reflected in the experience of a young adult carer, aged 17, who is part of a family where several members have caring responsibilities. They described what this support meant to them:

"It meant so much to be able to support my family to have the only break we could manage. We've had such a difficult couple of years, and we just needed a little help to make this happen."



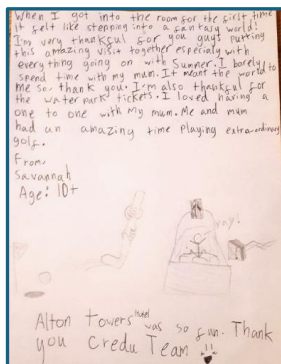
This example highlights how creative, person-centred solutions can provide more than rest - they offer families the opportunity to reconnect, recover and spend meaningful time together in ways that would not otherwise be possible.

It also demonstrates the value of partnership working, where listening, flexibility and shared problem-solving can lead to support that is both practical and transformative. This approach provided more than rest - it gave the **family choice, flexibility and dignity**, allowing them to step away from daily pressures on their own terms. It also illustrates how partnership working and creative thinking can create opportunities that may not otherwise exist, leading to more personalised and effective support.

Reducing stress, creating positive experiences

Over 1,100 carers Powys accessed breaks shaped around their lives.

What makes the difference is the wraparound support - help with planning, transport and reassurance - ensuring that carers can take part without additional stress. For families managing anxiety or complex needs, this can transform what might feel overwhelming into something positive and achievable. As one parent described after a supported day out, it was **“one of the least stressful days we’ve ever had out,”** highlighting the impact of the right support at the right time. Being a single mum and carer can be intense and overwhelming. A meaningful break can enable a carer to have a good life alongside caring:



“WOW, just wow. It has meant so much to us both, it was such an AMAZING escape for myself and Savannah. I really can't tell you how much of a difference it made, to smile together feeling care-free, we truly benefitted from it in so many ways we couldn't imagine, special times for sure. We have missed what this felt like, and we feel so lucky that you were able to support and fund this.”

Young carers: building confidence and connection

For young carers, meaningful breaks and respite events offer much-needed time away from responsibility and the chance to connect with others who share similar experiences.

Through activity days and group opportunities, young carers have been able to relax, build confidence and develop friendships. For many, this reduces feelings of isolation and creates a sense of belonging. One parent shared, the difference was clear: **“She has friends now. She doesn't feel like the only one anymore.”**

When a break means rest

Carers have also told us that **rest is just as important as activity**. Many prefer quieter, wellbeing-focused breaks that give them time to relax and focus on themselves. These opportunities provide space to step away from the demands of caring without pressure or expectation. Feedback shows that carers often feel more relaxed, energised and valued afterwards - outcomes that are essential to sustaining their wellbeing in the longer term.

More than a break: building resilience

One of the strongest messages from this work is that **a short break can be more than a one-off intervention**. It can act as a gateway into wider support, helping carers feel more confident to seek help and strengthening resilience for both carers and their families. This reflects the preventative approach at the heart of RPB work - supporting carers early, not just at the point of crisis.

See the impact: carers' stories in their own words

The impact of creative respite is brought to life through **carers' own experiences**, which highlight how flexible, creative support can reduce stress, reconnect families and create positive memories.

CREDU and the Short Breaks Scheme video can be found here

Looking ahead

As Powys continues to develop its approach, partners remain committed to ensuring carers are recognised, valued and supported in practical and meaningful ways.

Carers Week provides both a moment of reflection and a call to action - to continue building a system where carers are supported to live well alongside their caring responsibilities.

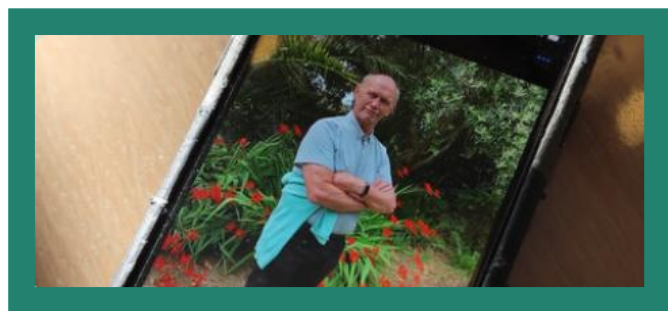
The work in Powys highlights a simple but powerful message: **when carers are supported, everything works better - for families, communities and the wider system**. Creative breaks and respite give carers the space to breathe, time to reconnect, and the resilience to continue caring. That is something truly worth celebrating.





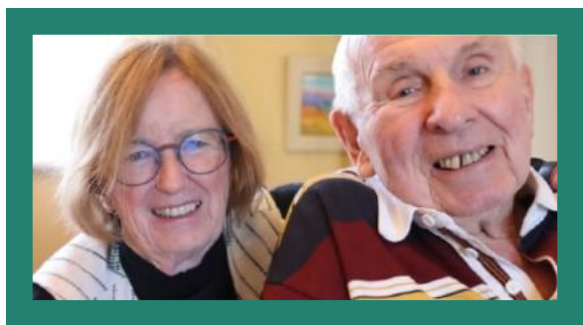
Bwrdd Partneriaeth Rhanbarthol Gwent Gwent Regional Partnership Board

BRIDGING THE GAP GWENT



Bridging the Gap Gwent (BTGG) operates as a voucher system, giving eligible carers £400 to spend over six months with approved providers. This gives carers flexibility and choice in arranging respite care and wellbeing activities. Carers receive a short break from their caring role, supporting wellbeing and positive caring relationships. It focuses on “supporting life alongside caring” while also “identifying and valuing carers”. The award-winning model delivered by North East Wales Carers Information Service was introduced to Gwent in 2023 and has been established across the 5 Gwent local authorities.

“Bridging the gap has been a lifesaver for me, it's helped me so much. I don't know what I'd do without it now.”



BTGG allows carers to define what a short break means to them and choose from 74 active providers, including those they identify themselves. Break options can include a break with or without the person they care for. Short breaks include wellbeing activities such as massages or leisure and wellbeing activities, or replacement care to allow carers to partake in hobbies such as gardening. The variety of choice remains a key strength, enabling carers to select a break that reflects their interests and needs with a total of 1,121 carers supported in 2025/26. BTGG is offered to eligible carers as an identified outcome following a carers needs assessment.

Carers who may not meet statutory thresholds are now able to receive meaningful short breaks. The model is now fully embedded across the region, enhancing the consistency and reliability of the short breaks offer so carers can expect the same level of support regardless of where they live. The funding supports engagement with small and microproviders, expanding the local care economy and increasing diversity of services.

Carers describe the experience as “life-changing” and feel valued and respected by having genuine choice. Carers report improved wellbeing, reduced isolation and a greater ability to sustain their caring role. Satisfaction is consistently high, with 100% (192 carers) reporting they were satisfied with the support received, reflecting the success of the flexible, carer-led approach.

**The full Bridging the
Gap video can be
found here**



Visit our website at www.gwentrpwb.wales





Bwrdd Partneriaeth Rhanbarthol Gwent Gwent Regional Partnership Board



The **Young Carers in Schools Programme (YCiSP)** delivered through Adferiad works with schools across Gwent to help better identify and support young carers. Recognising that many young carers can be hidden in plain sight and that schools play a vital role in identifying and responding to their needs the Young Carers in Schools Programme supports school staff to ensure young carers are understood, supported, and able to thrive both academically and emotionally.



Schools taking part receive tailored information, advice and guidance. Support includes staff and governor training on identifying young carers, assembly resources to raise awareness, and practical help to work through the Young Carers in Schools Programme framework.

Schools are also supported to gather evidence, build their Young Carers in Schools Programme portfolio, and achieve recognition through the programme's award stages.

Importantly, there are no referral requirements, making it easy for schools to get involved. By raising awareness and strengthening school systems, the programme helps young carers feel less isolated, better supported, and reassured that they are not alone.



The **Gwent Carers Hub** in Pontypool offers a welcoming, safe space for unpaid carers to talk about themselves and their caring role. Working together, they help carers understand what support is available, explore their options, and feel more confident and supported in their caring role.

The Carers Hub offers a wide range of support, including:

- ❖ Advice and information for unpaid carers
- ❖ Signposting to local services and specialist support
- ❖ Referrals for carers assessments and to local authorities
- ❖ One-to-one support, in person or by phone
- ❖ Help applying to the small grants scheme
- ❖ Carers groups and events
- ❖ Outreach support for carers unable to attend the Hub
- ❖ Support with physical, mental and emotional wellbeing
- ❖ Guidance on financial wellbeing
- ❖ Referrals

All unpaid carers in Gwent are eligible to access the service. Referrals are open and include self-referrals, making it easy to get support when you need it.



RPB's Website



If you have a story you'd like to highlight in the next issue of the newsletter,
please send your stories to:



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