We're here to help

Our local unpaid carers advice lines and Dewis Cymru can connect you to services and groups near you, to support your wellbeing.

Local Information and Advice Lines for unpaid carers

Cardiff Independent Living Services Call:
0292 0234 234

Vale Unpaid Carers Hub Call:
0292 1921 024

Dewis Cymru

Search for support, activities, and local groups.
www.dewis.wales

Financial Wellbeing

Cardiff Money Advice Line - **029 2087 1071 -** AdviceHub@cardiff.gov.uk
Advicelink Cymru **- 0800 702 2020**

If you are struggling with your mental health

- Online resource to improve wellbeing: SilverCloud: nhswales.silvercloudhealth.com
- C.A.L.L Community Advice and Listening Line (24/7) 0800 132 737
- NHS 111 (press 2) for urgent mental health support
- Speak to your GP – for ongoing or worsening concerns
- Call 999 – if someone is at immediate risk
- Call the Samaritans – 116 123 (free, 24/7)

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hapus.wales

An online resource, looking to inspire taking steps to looking after your own wellbeing

Wellbeing for Unpaid Carers

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.

WE ARE CARER FRIENDLY

hapus

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

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Looking after someone is really meaningful and rewarding, but it can also bring stress, tiredness, and emotional strain. We know finding time for yourself can feel impossible, but small moments can make a real difference. **'hapus'** is a national wellbeing programme by Public Health Wales that focuses on simple things, that can help lift your mood, ease stress, and make daily life a bit easier to manage.

We've taken **'hapus'** and tried to offer ideas below to help look after your wellbeing. Some of these you can do at home, or alongside the person you care for. You don't need lots of time, energy, or money, just moments that are for you. However, if you'd like to talk to someone or find groups near you, Dewis Cymru and our local advice lines are here to help.

Connections

- A weekly catch-up with family, friends, and neighbours can be valuable time for yourself and your loved ones.
- Finding time to connect can be difficult — but small moments of contact is important, and can help you feel supported.
- Dewis Cymru and advice lines can help you meet new people.

Learning

- Learning something new or exploring a topic that interests you can boost confidence and give a sense of achievement.
- Your local library or community hub can help you keep your mind active, for example by finding learning opportunities that fit around your caring role.

Physical Health

- Fitting activity into your day doesn't have to be difficult or expensive.
- Finding new ways to be active at home, or enjoying time in a local park with the person you care for, can make a real difference to your physical and mental wellbeing.

Our thoughts and feelings

- Being aware of your thoughts and emotions can help you manage stress and think more clearly.
- A few quiet minutes at the end of the day through mindfulness or simply pausing to breathe, can help you feel calmer and more positive.

History and heritage

- Sharing old stories and discovering your family tree can help you feel connected to your heritage, history and culture.
- If you're interested in exploring your heritage, there are 7 national museums in Wales that you can visit for free when supporting the person you care for to attend.

Creativity

- Taking small moments for creative activities like baking, painting, or music can help you feel refreshed and see things from a new perspective.
- Many local classes and free online tutorials are available, designed with unpaid carers in mind. Our advice lines can help you find options near you.

Hobbies and interests

- Spending even a few minutes a day to enjoy your hobby or interests can really boost your wellbeing.
- Enjoying something you love, whether new or familiar, can help you feel calmer and more energised.
- Include the person you care for, sharing activities and enjoying a break together.

Nature

- Letting yourself be distracted by nature's beauty can help with feeling connected to the world.
- Simple touches at home, like listening to the birds, planting wildflowers, can bring a little wildlife and enjoyment into your day.

Please see contact details on the back.