

Dear Parents/ Carers,

On Tuesday 24<sup>th</sup> March, Cardiff and Vale Carers Gateway launched a new service for carers of all ages in Cardiff and the Vale . The service will be offering telephone and email support to carers across the region until they are able to meet with people face to face.

**The Cardiff and Vale Carers Gateway** provides information and support to unpaid carers in Cardiff and the Vale of Glamorgan. The aim of the service is to improve the quality of life for carers, and the cared for, in Cardiff and the Vale, helping carers to make the most of their life alongside their caring role and maintain their independence.

The team work with carers and professionals across the region to help carers with things like:

- Understanding what support is available for carers across the region
- Supporting people to access local services
- Identifying new services that are needed to help carers
- Raising awareness of who carers are and the issues they may face
- Providing training and development opportunities for carers

The service works with partner organisations across Cardiff and the Vale of Glamorgan to ensure carers in local areas get the best possible support. Please see attached the poster for contact details.

Kind Regards,  
Cardiff and Vale Carers Gateway