



Cwm Taf Morgannwg  
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board

## UNPAID CARERS PRIORITY AREAS:

# Having Fun

### Supporting carers to have 'me time'.

We want to ensure carers can access social, leisure, culture and fun activities, wherever they live, or whatever their circumstance.

Through this work, we hope to:

- Increase the choice and availability of short-term breaks available to carers.
- Increase the reach of a 'safe space' scheme to communities across the region; providing places for carers to build friendships.

### WHAT IS IMPORTANT TO UNPAID CARERS?

Being a carer can often feel lonely, and there isn't much time to do anything else but care for a loved one.

Carers would like a bit of time to enjoy hobbies, relationships and friendships outside of their caring role.

This will help them to 'remember who they are', and gain emotional support and respite from caring.

Having breaks will help them to maintain the emotional strength needed to care for the person they love.

### WHAT WE WILL DO TOGETHER:

- Develop robust plans for the use of short breaks funding.

### WHAT DIFFERENCE WILL THIS MAKE?

- Increase opportunities for carers to access activities in the community.



### PEOPLE SAID

I had to give up on my life so she could have hers."

"When she was ill it felt like the world stopped. I had no time for my own education, I had to look after my brother and sister. I nearly got expelled, thankfully some teachers knew my situation and understood why I was absent so frequently."