

***Does someone depend on you for regular care or support? Do you feel caring for your partner leaves you with little time for yourself? Does a parent depend on you for daily tasks? You could be an unpaid carer.***

# **Our one-to-one befriending service supports unpaid carers**

The **Unpaid Carers Befriending Service** can help give you the room to be yourself outside of your caring responsibilities, no matter who you care for.

The new scheme from the Community Volunteering Team, Care'diff and Independent Living Service, connects unpaid carers with volunteers to offer support, friendship and community outside of normal caring responsibilities

**Could you spend one hour per week as a Befriending Volunteer?**

We're looking for chatty, proactive and friendly members of the community to take part by supporting carers either at their home, in the community or over video or voice calls

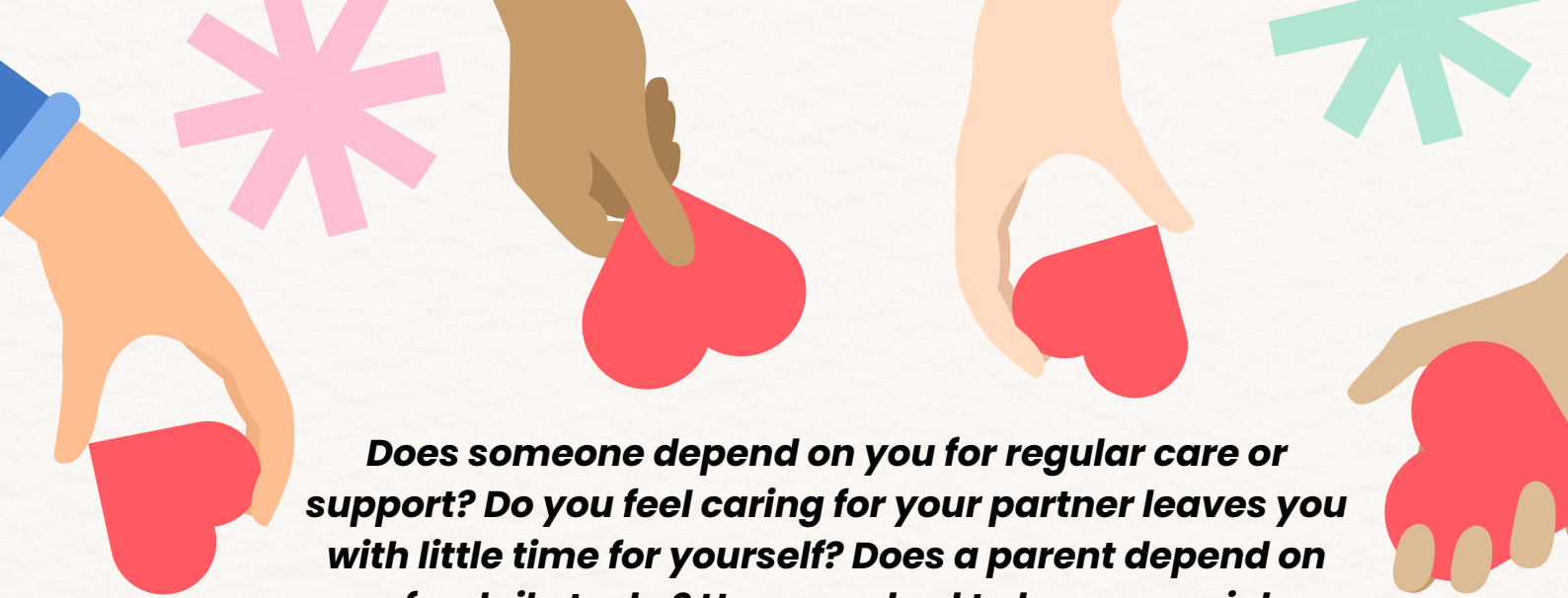


For more information, contact:  
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This document is also available in Welsh // Mae'r ddogfen hon hefyd ar gael yn Gymraeg

**Independent Living Services**





***Does someone depend on you for regular care or support? Do you feel caring for your partner leaves you with little time for yourself? Does a parent depend on you for daily tasks? Have you had to leave your job or reduce your hours to look after someone?***

# **You could get support from the Unpaid Carers Befriending Service**

The **Unpaid Carers Befriending Service** can help give you the room to be yourself outside of your caring responsibilities, no matter who you care for

The new scheme from the Community Volunteering Team, Care'diff and Independent Living Service, connects unpaid carers with volunteers to offer support, friendship and community outside of your caring responsibilities

## **Need a listening ear?**

In Cardiff and the Vale of Glamorgan, around one in ten provide unpaid care to a family member or friend. Our Befriending Volunteers are ready to support you in your home, local community or remotely through video or voice calls

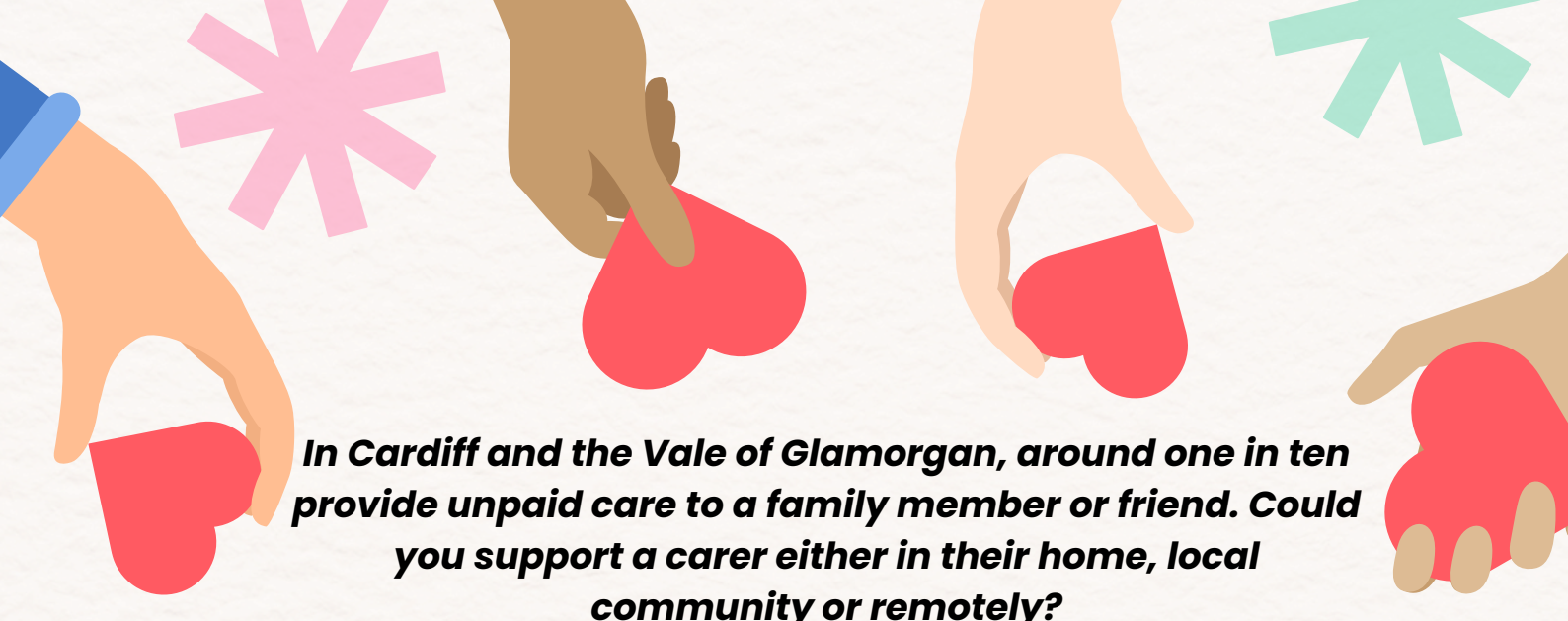


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An illustration at the top of the page shows four hands of different skin tones (light skin, brown skin, light skin, brown skin) holding red hearts. Above the hands are three starburst shapes: a pink one on the left, a light green one on the right, and a teal one on the far right.

*In Cardiff and the Vale of Glamorgan, around one in ten provide unpaid care to a family member or friend. Could you support a carer either in their home, local community or remotely?*

# Befriend an unpaid carer in your local community

The **Unpaid Carers Befriending Service** helps carers to be themselves outside of their caring responsibilities, giving them companionship, support and fun.

The new scheme from the Community Volunteering Team, Care'diff and Independent Living Service, connects unpaid carers with volunteers to offer support, friendship and community outside of their normal caring responsibilities.

## Are you a chatterbox?

We are looking for proactive, engaging and friendly people to support unpaid carers. Whether it's a cup of tea, a hand with the lawn or a catch-up over the phone or a video call, your support could mean the world to a carer in your community.



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