



Press Release

STARTS

Mental health charity 'delighted' to receive first Carer Friendly award in region.

A mental health charity has been recognised for the exemplary support that it provides to unpaid carers with a new Carer Friendly accreditation award.

Mental Health Matters Wales, an independent mental health charity based in Bridgend, are the first organisation in Cwm Taf Morgannwg to achieve the silver level of the Carer Friendly accreditation scheme.

Carer Friendly, designed by Carers Trust South East Wales in collaboration with carers, 'aims to improve, share and recognise support for carers across a wide range of services.'

**A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.*

Anyone could be a carer – a 15-year-old girl looking after a parent with an alcohol problem, a 40-year-old man caring for his partner who has terminal cancer, or an 80-year-old woman looking after her husband who has Alzheimer's disease.

Criteria for the accreditation is broken down into five standards and involves organisations completing a self-assessment tool in addition to providing a portfolio of evidence. The portfolio is put forward to a Carers Review Panel who either approve the accreditation or provide constructive feedback on areas for improvement.

Sian Salkeld, Carer Friendly Manager, praised MHM Wales for their efforts:

"MHM do excellent work to support carers and are very deserving of this award. We are very happy to have been able to award them as the first Carer Friendly accredited service in Cwm Taf Morgannwg."

Michaela Moore, Director of MHM Wales, said: "I am delighted that we have achieved this award which recognises our continued commitment to supporting carers."

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Notes to editor

Carers Trust South East Wales provides practical support for carers and those with care needs across South East Wales and is a network partner of the Carers Trust.

There are over 370,000 carers in Wales, saving the Welsh economy £8.1 billion every year. Every year 123,000 people become carers in Wales and it is estimated unpaid carers and families provide 96 per cent of the care in Wales.

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