

Carers & Disability Support



Credu

Do you look after someone who is unwell or has a disability?

www.carers.cymru

We are here for you. Your wellbeing is important! But as a carer you can often be so busy looking after the person you care for that you forget about your own health and wellbeing. Credu will support any Carer of any age, gender or background across Powys.



Email: carers@credu.cymru
Phone: 01597 823800
(Monday-Friday, 9am-5pm)

Contact Cymru

contact.org.uk/cymru

We're here to help you source the right information for you and your family, including finding other organisations and parent groups that can support you.



Email: cymru@contact.org.uk
Phone: 0808 808 3555
(Monday-Friday, 9.30am-5pm)

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