

TALKING SCHEME TO SUPPORT UNPAID CARERS IN DENBIGHSHIRE

Unpaid carers in Denbighshire are being asked to take part in a new talking scheme.

Push to Talk is a Denbighshire County Council project to help address feelings of isolation and loneliness among unpaid carers.

They will receive information and equipment that they can use to call other unpaid carers to have a chat at an agreed time.

Cllr Bobby Feeley, Denbighshire's Lead Member for Well-being and Independence, said: "This new project helps give people in a similar situation a human connection allowing them to interact with other unpaid carers from the comfort of their own home.

"Small connections every day are proven to help mental well-being and self-esteem and this project also provides a supportive community."

As part of its Corporate Plan, the Council has committed to supporting unpaid carers by improving the services that exist and ensuring young, young adult, parent and adult carers are aware of the support available to them.

For further information contact CandCteamCSS@sirddinbych.gov.uk