

Tel/Ffôn

E-Mail/Ebost: Web/Gwefan: [www.monmouthshire.gov.uk](http://www.monmouthshire.gov.uk)

Date/Dyddiad:

Monmouthshire County Council   
PO Box 106, Caldicot   
NP26 9AN  
Cyngor Sir Fynwy

Blwch SP 106, Cil-y-Coed  
NP26 9AN

*Social Care and Health*

*Gofal Cymdeithasol a Iechyd*

Dear

The Carers Team has been made aware that you are no longer caring for someone, and we are also aware that may bring changes in your life.

If you would like to talk to someone from the carer’s team, about those changes, the impact it is having on you or you think it could have, then please get in touch. The contact details for our Carers Information and Support Workers are below, so please feel free to give them a ring in confidence. You might want to talk over the phone or arrange to meet up, let them know what works best for you.

**Deborah Saunders – Chepstow/Caldicot 01633644567**

**Mobile 07825125812**

**Susan Dryburgh** - **Monmouth/Raglan/Usk/Trellech 01600 745182  
Mobile - 07970 244392**

**Johanna Longhorn – Abergavenny 07816 066039**

When the caring role comes to an end, for whatever reason that may be, some people want to talk about it and others don’t. This letter is just our way of saying there is an opportunity to talk to someone, if you want, either now or in the future.

Yours sincerely

THE CARERS TEAM

The Carers Team

PS

There are occasions when organisations we work with are interested in talking to carers, and those who have had a caring role, to gain knowledge and understanding from the carer’s perspective. If you would like to be contacted about any opportunities that arise for engagement with these organisations, then please let us know.

If you would like to get together with the carers team, and people who have been a carer too let us know so can we keep your details, and we can keep you informed of any events we are holding.