

# News

## CARERS

All the latest Carers information  
from around Rhondda Cynon Taf



find us on facebook.

Issue 61 • Autumn 2017

# Chatterbox

Chatterbox is an informal friendly group for individuals who care for a family member, friend or neighbour. It's a place to relax, take part in crafts and get information on support available.

Chatterbox is run by RCT Carers Project staff who are available to answer any queries, offer signposting or are simply there for a cuppa and a chat.

No booking needed.  
Just turn up on the day.

**Starts in  
October**

**Get in touch...**

Contact Claire on:

☎ **01443 668813**

✉ **CarersSupportProject  
@rctcbc.gov.uk**

**Join us on...**

**First Tuesday  
of the month**

**10am - 11:30am**

**St Catherine's Church  
Gelliwasted Road,  
Pontypridd CF37 2UF**



The Carers drop in has  
now changed and will no  
longer take place at  
Pontypridd Museum.

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STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR

# Need help?

**Carers UK Adviceline**  
**0808 808 7777**



Carers UK are available five days a week, Monday to Friday from 10am-4pm, to provide support to Carers throughout the UK. They can carry out benefit checks and advise on financial and practical matters related to caring.

Advice could be on:

- benefits and tax credits
- carers employment rights
- carers' assessments
- the services available for carers
- how to complain effectively and challenge decisions.

Carers UK have a listening service available Mondays and Tuesdays, from 9am to 7pm where trained volunteers, who understand what you are going through, are there for you to talk through your caring situation.

## Local Groups...

**Upper and Lower Cluster  
Communities First**

**Men's Lifestyle Group**

**Every Thursday morning**

10am – 12 noon

**Darranlas Community Building,  
Aberdare Road,  
Mountain Ash  
CF45 3PT**

Drop In Sessions – pop along or call them on

**01685 872364 or**

**01443 476750**

for further information.

### **Pontyclun Bosom Pals**

**Breast Cancer Support Group**  
**Supporting Patients, Carers & Family**

“Join us and bring a friend for a friendly, confidential supportive get-together.”

We meet at 7pm on the first Monday of every month, unless it's a Bank Holiday at

**Talbot Green Pavilion,  
52 Lanelay Road,  
Talbot Green,  
Pontyclun,  
CF72 8HY.**

Upcoming special events include a photo shoot, annual Raffle Prize draw and a Christmas Lunch

For more information contact : **07563 795885**

**contact@pontyclunbosompals.org.uk**

**www.pontyclunbosompals.org.uk**



# - Helpline Information

## NHS 111

The NHS 111 service is available if you are feeling unwell and need a telephone health assessment – just dial **111**.

## Samaritans 116 123

The Samaritans are open 24 hours a day, 365 days a year – you can call free anytime, from any phone on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

## Age UK Advice Line 0800 678 1174

Age UK run a free national advice line that is open 8am to 7pm 365 days a year and takes in excess of 250,000 calls annually. To talk to someone, just call **0800 678 1174**

## Walking Rugby

Every Monday from 11.30am at Cambrian 3G for males and females over 55yrs.

The sessions are run by a qualified coach and includes warm up drills, fun skill drills and walking touch rugby game.

The sessions are great for health, fitness and social interaction.

For further information contact Martyn on:

Tel: **01443 433853**

Mobile: **07952 607520**

Email: [martyn.villagetrust@yahoo.com](mailto:martyn.villagetrust@yahoo.com)

[www.cambrianlakeside.co.uk](http://www.cambrianlakeside.co.uk)

## Parkinsons Cafe

Parkinson's UK Cynon Valley Café is held at Aberdare Rugby Club, 49 Gloucester Street, Aberdare. CF44 7BP

The group meets on the last Thursday of the month, 2pm to 4pm.

Join them for a cuppa & a chat. Refreshments provided.

The Cafe is fully accessible to wheelchair users.

For more information contact Jeff Lawrence on

**07977217074**

or Mary Morris on **07896708751**

## Wales Mental Health Helpline 0800 132 737

or text **'help'** to **81066** - offers emotional support, free self help leaflets and signposting to local services for people suffering mental distress as well as their family, friends and carers [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

## DAN 24/7 0800 6 33 55 88

is the Wales Drug & Alcohol Helpline which offers a single point of contact for anyone in Wales wanting further information or help relating to substance misuse [www.dan247.org.uk](http://www.dan247.org.uk)

## Wales Dementia Helpline 0808 808 2235

offers support, information and signposting for anyone who is living with dementia or caring for a family member or friend with dementia

[www.dementiahelpline.org.uk](http://www.dementiahelpline.org.uk)

## Bi Polar UK 0333 323 4458

Bi Polar UK - Carer/Family Member Telephone Mentoring - Make an appointment to speak to a Mentor. Bi Polar UK's telephone-based peer mentoring service gives you the chance to talk one-to-one with someone else who has supported someone with bipolar. They offer mentoring if you are the loved one/family member of someone with a diagnosis of bipolar. You'll be matched with a trained volunteer Mentor who will listen to you, help you find ways to manage, and help you to better understand bipolar.

Please contact [mentoring@bipolaruk.org](mailto:mentoring@bipolaruk.org) or call **0333 323 4458** to find out more.



# Carers Assessment

## What is a Carers Assessment?

A carer's assessment is a chance to discuss your needs with your local council.

The assessment is free and your local council will use it to decide what support to give you.

Don't be put off by the word 'assessment'. It is not a test about how good you are at caring. It is to work out what can be done to make life easier for you. No one will judge you.

## How to get a carer's assessment

If you are caring and would like a Carers Assessment, please call 01443 425003.

Remember, if your circumstances change you can ask for your assessment to be done again. This is particularly important if you can no longer provide the same level of care you have done in the past or if the needs of the person you care for change.

## Working Carers

Being a carer does not mean that you have to give up work. One in eight people in work are carers and over half of carers who are not working say that they would like to.

However, caring can make working difficult and one in five carers ends up stopping work. £5.3bn has been wiped from the economy in lost earnings due to people who've dropped out of the workforce to take on caring responsibilities.

If you work you should tell your employer that you are a carer. They may have carer friendly policies that help you achieve a better work/life balance.

The Council may also be able to offer you support. They should take into account if you want to work, volunteer or to continue your education when you have a Carers Assessment (see our Carers Assessment article to find out more).

### Right to flexible working

If you find it difficult to balance your work life with your caring responsibilities (and your other commitments) you may want to ask for flexible working. Each organisation have their own way of supporting you in this.

### Would you like to register as a Carer?

Rhondda Cynon Taf Carers Support Project provides information and support to Carers living in RCT. By registering with the Project you will receive regular newsletters, a Carer A-Z Directory, access to training & information sessions, the Carers Counselling service, discounted access to council run leisure services and support, advice and guidance from the Project.

**To register please call RCT's Carers Project Officer on 01443 668813**

### Taking time off

You're allowed to take time off in an emergency involving a dependant.

This is known as 'time off for dependants' and it could be a spouse, partner, child, grandparent, parent or someone who depends on you for care.

It doesn't matter how long you have worked for your employer, however you are only allowed a reasonable time off to deal with the emergency, for example, when:

- someone falls ill or is injured, or
- someone dies, or
- care arrangements for someone suddenly break down, or
- you need to make longer term arrangements for a dependant who is ill or injured (but not to provide long term care yourself)

A reasonable amount of time off is likely to be one or two days in most cases.

You may not be paid if you take time off and you should check with your employer what their policy is.

Taking time off for dependants does not include taking time off to take the person you care for to appointments you know about in advance, for example hospital appointments. You may have to take annual leave but ask your employer if they have any other types of leave that you could apply to take. If you have to take leave try to give as much notice as possible so your employer can plan for your absence. Make sure that your employer knows why you need to take time off.

# Tips for telling your employer you are a carer

- Find a time that is convenient for you both.
- Make sure you both have plenty of time so the conversation is not rushed.
- Find a place that is quiet and private.
- Before the meeting think about what you are willing to share with your employer. You do not need to talk about the condition of the person you care for but you can if you feel comfortable.
- Before the meeting think about how your caring role might sometimes affect your work, for example needing to take time off at short notice.
- Think about some solutions for you and your employer to discuss.
- Write down what you want to talk about so you don't forget in the meeting. Write down what you both agree. Keep this as a record that you can refer back to.

**Visit Carers Wales**  
**[www.carersuk.org/wales](http://www.carersuk.org/wales)**  
**for more information**

## Claiming Carers Allowance

You could get £62.70 a week if you care for someone at least 35 hours a week and they get certain benefits.

To find out more or to make an application for Carers Allowance visit:

**[www.gov.uk/carers-allowance/how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim)**

## One4aLL Advice Service

Are you making an application or submitting further evidence for any of these services?

- Blue Badge
- Bus pass
- Council Tax and Discounts
- Housing Benefits
- Initial Planning Advice

If so - book your appointment for expert advice at...

- Call us 01443 425005

### Did you know?

The One4All at Bronwydd House has been relocated to Porth Plaza

**i bob un**  
Ein cwsmeriaid ni sy'n dod yn gyntaf  
**[www.rhondda-cynon-taf.gov.uk](http://www.rhondda-cynon-taf.gov.uk)**  
**one4aLL**  
Putting Customers First

**Are you a Parent Carer?**



The Parent Carer Network is able to:

- Support parents/guardians caring for children or young people who have a disability or additional needs aged between 0-25

We can help with:

- Information Sharing
- Training / Workshops (group and 1-2-1)
- Guidance and Signposting
- Family events and fun days

For more information contact:

Parent Carer Support Worker  
Tel: 01443 668845  
[RCTParentandCarerNetwork@rctcbc.gov.uk](mailto:RCTParentandCarerNetwork@rctcbc.gov.uk)  
[www.rctcbc.gov.uk/ParentandCarerSupportNetwork](http://www.rctcbc.gov.uk/ParentandCarerSupportNetwork)

**There is no eligibility criteria or charge for this service**

Rhondda Cynon Taf  
Parent & Carers Network  
Rhwydweith Rhieni a Chynhalwyr



This service is for Carers who look after family, partners and friends in need of help because they are ill frail or have a disability.

**Do you worry about what would happen to the person you look after if you were suddenly taken ill or had an accident?**

If the answer is YES then the Rhondda Cynon Taf Carers Emergency Card Support Service may help to ease your concern.

**What is the Carers Emergency Card?**

It is a credit card size card that you can carry with you at all times. It is used as an instant source of identification in case of accident or sudden illness.

The Council will hold your registration number and details where help can be co-ordinated to assist you both, while you are receiving attention. By making a brief phone call help can be summoned for the person you look after. The line is staffed 24 hours a day 365 days of the year.

**Why was the Emergency Card Support Service developed?**

It was requested by local carers who were concerned about what would happen if they were out alone and had an accident or suddenly became ill. They wanted a service that would give them peace of mind and access to 24-hour, seven days a week assistance. They also wanted a service that ensured maximum security for the people they were looking after.

**How does the service operate?**

You register with the service by completing an enrolment form and sending it to the Carers

Support Project. This form holds information about you, the person you look after and the action that needs to be taken in the event of an emergency. Your information is held confidentially. You are then issued with the emergency card.

**Is it a safe system?**

The system is confidential. No personal details are held on the card, so that all identities are protected. The only means of identification is the number on the card. In an emergency they responds by carrying out the instructions on the enrolment form.

**Does the service work?**

Yes, similar schemes are in operation elsewhere in Wales and carers like and use them. It is a simple and easy to use service and has proved successful in ensuring that help is quickly available when needed.

**What are the benefits to Carers?**

Carers are offered 24 hours a day emergency cover if they have an accident or sudden illness Carers feel less anxious and more free to go out Carers have peace of mind if something happens to stop them getting home.

**How do I join the service?**

You can join the service by completing an enrolment form, which can be obtained from:

Email: [carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk)

Telephone: 01443 668813

**What next?**

Return your completed form to the Carers Support Project. On receipt of your form, the Carers Support Project will issue you with a card. Your form will then be sent to Carelink. You are then registered with the service.

**How do I use the card?**

Always carry the card with you. It is important that this identification is found quickly. It needs to be one of the first things that anyone who comes to your assistance sees or finds. If possible clip it to your coat, wallet or handbag.



# Singing for the Brain Forget Me Not Cafés

## Wednesday's at 2pm-3.30pm

Alec Jones Day Centre, Station Street, Porth CF39 9NR

## Thursday's at 10.45am-12.15pm

Pontyclun Community Centre, Heol Yr Orsaf,  
Pontyclun CF72 9EE

## Friday's at 10.45am-12.15pm

St Mair's Day Centre, Seymour Street, Aberdare CF44 7BL

Singing for the Brain has short breaks throughout the year. **Please call prior to attending.**

## The first Friday of the month from 2pm-4pm

The Bertie, 1-3 Phillips Terrace, Trehafod CF37 2NW

## The fourth Friday of the month 1.30pm-3.30pm

Aberdare Rugby Club, 49 Gloucester Street,  
Aberdare CF44 7BP

## The fourth Tuesday of the month 11am-1.45pm

Maerdy Community Hub, North Terrace,  
Maerdy CF43 4DD

## Carer Information and Support Programme (CrISP 1 and 2)

**CrISP** provides carer information in a group environment where carers are able to share their experiences and find out about national services that may be of help. Sessions are delivered at various times throughout the year.



For further information or if you would like to attend groups please contact

**01685 353919** or email  
[southeastwales@alzheimers.org.uk](mailto:southeastwales@alzheimers.org.uk)

## TURN2US

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. They have a dedicated section on their website for Carers which details information about Carer related benefits and available grants for Carers.

There also have online benefits calculators and an online grant search tool.

**Visit: [www.turn2us.org.uk](http://www.turn2us.org.uk)**

## Message in a Bottle

Aberdare Rotary Club funds the Message in a Bottle scheme, which ensures a person's vital medical information is stored in one place - usually the fridge - and can be accessed by paramedics, police and social services in the event of an emergency.

Message in a Bottle is a small plastic container with a green cross and emergency written across the front. It contains a form for people to write all their information which can include medical and personal information as well as next of kin and any other information they believe should be shared should they be unable to communicate in the event of an emergency at home.

The container is widely recognised with all emergency services including ambulance, police, fire, social services.

**For further information please call 01685 873504 or email:**  
[alan.williams@kudos-technology.com](mailto:alan.williams@kudos-technology.com)





# Medisure Service

## What is the Medisure Service?

Medisure is a way of helping you, or someone you know, organise and take medicines at the right time every day.

It's important to take the right dose of your prescribed medicines at the right time, to help control your condition as much as possible.

This can sometimes be difficult if you, or someone you know, are taking more than one medicine to help manage a long-term condition. This is where our free Medisure service may help.

## How does the Medisure Service work?

Boots Medisure can help make it simpler and easier to take the right medicines at the right time. There are two options available to you, either Medisure two dose, which is suitable if you take medicines twice each day, or Medisure four dose, if you take medicines three or four times each day. Both packs provide one week's worth of medication.

The pharmacy team can arrange to organise the medicines into separately sectioned blister packets, each marked with the day and time of day when different tablets should be taken.

This not only helps you take all the correct medicines at the right time, but it also may help to identify if any doses have been missed, both for you or for someone who may be helping to look after you.



## Who could benefit from the Medisure Service?

The Medisure service could help if, for example, you are:

- Struggling to organise medications and find it difficult to remember when to take them
- Helping to look after someone else and are worried that they may not be taking their medicines correctly, or if you simply need more support
- Responsible for organising someone else's medicines as it will save you time
- Recently home from hospital after a stay because of either taking too much, or not enough, of your medicines
- Recently home from hospital and suddenly have a lot more tablets to take.
- Looking after someone who is visually impaired. Being able to feel the blister packs may help them check they haven't missed any tablets
- Finding it difficult to get tablets out of its current pack. Whether you take two tablets or ten at any one time, they will be held in just one pocket in the blister pack, making it easier to get them out

If you tell your pharmacist about your situation, they will help you decide if Medisure is the best solution for you, or if another course of action might be of more help.

## How to sign up to the Medisure Service?

If you think that Medisure could help you, talk to your pharmacist. They will talk to you about the medicines being taken and any difficulties being experienced.

If the pharmacist thinks that Medisure could be the right solution, then a start date can be agreed and you can let Boots take the worry out of organising multiple medications for you or someone you are looking after.

## Safeguarding Week

13TH-17TH NOVEMBER 2017

For the Second year there will be a Safeguarding Week of activities planned to raise awareness of Protecting the Wellbeing of all Adults and Children living in the Cwm Taf Area of Rhondda Cynon Taf and Merthyr.

On Wednesday 15th of November 10 - 3.30. Come and join us upstairs in HEDDFAN, ILAN AVE, RHYDYFELIN for stress busting sessions and hands on therapy.



# Travel without Limits

## Disabled Friendly Caravans in Wales

Choose from mountains and valleys, gorgeous countryside, secluded beaches, seaside towns or those further inland, Wales is vibrant and welcoming, rich in history and in colour. Snow capped ranges, green valleys and golden sands, there's so many gorgeous places to choose from, from relaxing Llandudno in the north to The Mumbles in Swansea in the south.

And as well as knowing the best places for you to visit in Wales, they also have a great selection of accessible accommodation available for you too. Adapted cabins or

caravans, cosy cottages or comfortable hotels, whatever your level of need or requirement, they have accommodation in Wales that will suit

What's available with our disabled holidays in Wales?

- accessible accommodation - guaranteed
- mobility equipment hire - wheelchairs, hoists, shower chairs, electric beds, and more!
- attractions and days out
- financial protection

**For more information visit: [www.disabledholidays.com](http://www.disabledholidays.com)**

## Haven Holidays

Did you know that Haven have a range of specially adapted and accessible caravans, that are suitable for everyone from wheelchair users to guests with guide dogs. As all impairments and disabilities are dealt with in different ways, they have a team of specially trained advisors who will listen to your individual requirements and talk you through every aspect of your booking to help you plan your dream holiday. Call 0800 072 9496 to talk to our special needs team or visit [www.haven.com](http://www.haven.com) They welcome Registered Assistance Dogs to stay at all of our adapted caravans.



## Chicken Curry

**Perfect for those cold autumn nights. • Serves 2**  
**Preparation 15 minutes. • Cooking 45 minutes.**

### Instructions

1. Heat the oil in a large, non-stick saucepan or frying pan, and fry the onions until soft. Add the garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes. Then add two tablespoons of water and allow to reduce.
2. Add the chicken and cook for 10–15 minutes on a medium heat. Then add in the yoghurt, stirring slowly. Season with black pepper and simmer for a further 5–10 minutes.
3. Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender.
4. Garnish the curry with ginger and coriander, and serve with rice and cauliflower

**With thanks to NHS Choices  
and Macmillan Cancer  
Support**

### Ingredients:

- Olive oil or vegetable oil (1 tbsp)
- 1 large onion, chopped
- 2 cloves of garlic, finely chopped
- 1 large tomato, chopped
- Tomato purée (1 tbsp)
- 1 medium chilli, chopped
- Chilli, coriander, cumin and turmeric powder (¼ tsp of each)
- Chicken breast, chopped (250g/9oz)
- Natural yoghurt (1 tbsp)
- Black pepper to taste
- Basmati rice (130g/4½oz)
- Cauliflower (160g/5½oz)
- 1 cube of ginger (10mm/½ inch), finely chopped
- Fresh coriander (1 tbsp)

Need to talk? Call Macmillan on  
**0808 808 00 00**  
Monday to Friday,  
**9am-8pm**

# Welsh Ambulance Service...

## wins award for innovative app to help patients who are deaf

An innovative app which helps frontline ambulance staff interact with patients with additional communication needs has won a prestigious award.

The Welsh Ambulance Service was presented with the People's Choice award at Action on Hearing Loss Cymru's Excellence Wales Awards on Friday (5 May).

The Trust was recognised for its use of technology to enable ambulance teams to communicate with people who are deaf or hard of hearing in an emergency.

The Pre-Hospital Communication Guide app uses pictures and supporting text, and can also assist patients who don't speak English as their first language, have learning difficulties, or whose illness or injury affects their communication.

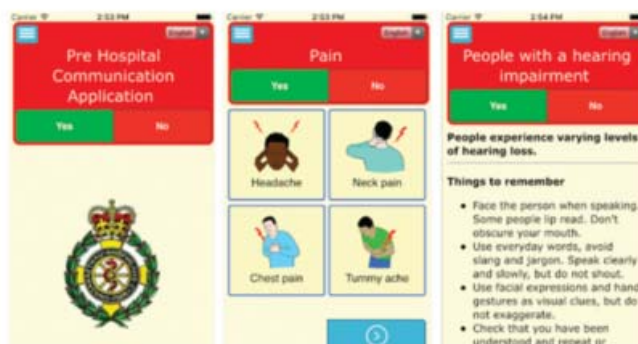
Since it was launched in October 2016, it has been downloaded more than 2,200 times and helps staff to find out important information about patients, such as their symptoms and medical history.

It can also identify if they use a specific communication method or which language they speak.

The Trust also finished as runners up in the Excellence in Health category at the charity's annual awards, which recognise organisations that take steps to make their services accessible to the 575,500 people in Wales who are deaf or have hearing loss.

Get the App

To download it on iOS devices search your app store for 'PreHospApp', for Android devices search 'pre hospital app' and on Blackberry search for 'Pre-Hospital Communication App'.



## Womens Aid RCT

There is a new project within the Children and Young People's team at WOMENS AID RCT. As of April 2017 they are now able (with Thanks to Children in need funding) to provide support to children and young people within RCT who have witnessed or experienced Domestic abuse.

They can provide one to one support to children (parents do not need to be accessing WA-RCT scheme's) who are between the age 6-18.

Eligible criteria

- Young people who are victims themselves,
- Young people in unhealthy relationships
- Children/ Young People have witnessed domestic abuse at home.

**If you would like more information please call the Children and Young Peoples Team**

**01443 400791**

## Are you deaf or hard of hearing?

The emergencySMS service lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard.

Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you.

You will need to register your mobile phone before using the emergencySMS service.

**To register visit:**

**[www.emergencysms.org.uk](http://www.emergencysms.org.uk)**

Do **you** or  
**someone** you care  
for have working  
**smoke alarms** at home?

Can you hear the  
**telephone** or **doorbell**?

How would you or they  
get out if there was a **fire**?

Would you hear the **smoke alarm**?

South Wales  
Fire and Rescue Service



Gwasanaeth Tân ac Achub  
De Cymru

**Keep your family safe!**  
**Call the Home Safety Team on**  
**Tel: 0800 169 1234 or Text: 07756847123**  
**Please quote: "I am a Carer" –**  
**this will ensure you are given priority.**



## A lot has changed since my last article in Autumn 2016 - Tips for carers

### What would you grab if you heard a fire alarm?

My husband who is now 89 (and myself 75) only allow 1 candle on the cake as I am not counting the years any more and have adjusted to our new circumstances.

He has been diagnosed with Alzheimers but still does crosswords and scrabble, at a slower pace.

There is an Alzheimer/Dementia club held every two weeks on a Wednesday in Llantrisant church hall, also fortnightly in Pontyclun Community Centre on a Monday. RCT supports both these venues and dementia support workers are available for help and advice, they will even visit you at home to discuss needs and available services.

Please call 01685 353919 for further information. Their email is southeastwales@alzheimers.org.uk.

Claire (Meredith) at Heddfan, Pontypridd also has a mine of information and holds events for carers.

At a recent Mental Health Forum for carers held at Heddfan, Pontypridd I was so pleased to see Claire after her maternity leave.

The speaker was Commander Glenn Lewis from the Fire Brigade who gave us so much information regarding safety in our homes

FREE homechecks are available and equipment regarding alarms, doorbells, a pillow trembler (which we use, it goes under the pillow and would make a loud noise and tremble to wake someone up especially if the hearing aids have been removed prior to sleep). They can also supply - if available - all alarms, electric blankets, bed linen.

Do take advantage of this wonderful free service and when you ring SAY THAT YOU ARE A CARER which will give you priority on their waiting list. Speak to their Home Safety Team on

0800 169 1234 or text 07756 847123

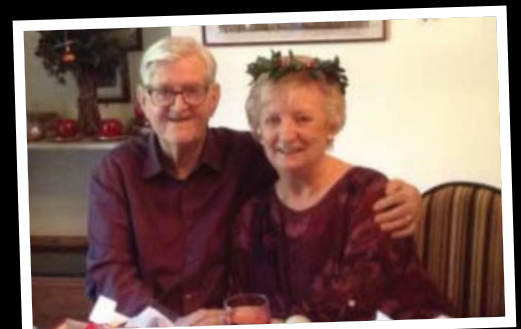
They will call you back and arrange for an appointment.

We were so grateful for their free service, well done South Wales Fire and Rescue Services.

Take care

Stay Safe

Barbara the  
Bread and  
Hubby





# Carers Champion

**This year's annual Carers Champions Conference took place in the Orbit Centre, Merthyr Tydfil on Tuesday, May 16th during Dementia Awareness Week**



This event is a celebration of Carers Champions across Cwm Taf, recognising their importance, value and the benefits of their presence across statutory and voluntary organisations supporting Carers of all ages.

Carers Champions have a key role in identifying Carers that they come into contact with and offer:

- Information and advice. Helping to signpost to other services.
- A contact to listen to Carers and understand. Take time to hear what carers need
- Preventative services. Take notice earlier on before situations become more extreme
- Community connectedness and resilience. Decrease social isolation despair from loneliness.
- Co ordination and working together with other organisations. This is important not just for health and social care but also other areas like housing, leisure and transport if needs are going to be met fully.

The audience, at the well attended event, were given the opportunity to speak to lots of organisations and find out more about their services.

Lynda Williams, Director of Nursing, Midwifery and Patient Services for Cwm Taf Health Board, is the executive lead for Carers in the health board and spoke about John's Campaign.

The campaign was founded in November 2014 by Nicci Gerard and Julia Jones. It was sparked by the death of Nicci's father Dr John Gerrard, who had been living well with Alzheimer's until his admission to hospital for an unrelated condition earlier in the year. During his five week stay, visits from his family had been severely restricted by hospital policy and his decline was both catastrophic and irreversible.

This is a campaign for Carers of people with dementia who are admitted to hospital to be welcomed to visit them at any time or where possible, stay with them. There is an emphasis on Carers being included throughout the patient's treatment, if they are willing and able, and the patient is in agreement or appears comfortable with this.

Gemma Price-Davies, Manager of ward B2 Ysbyty Cwm Rhondda was one of the guest speakers at the conference to talk about the success of the Dementia Friendly ward which welcomes Carers who support their loved ones. Gemma shared the positive impact on patients, their Carers and staff of adopting the principles of John's Campaign.

**For further information on Carers, please contact Minu Mandora on 01443 744800 or email [minu.mandora@wales.nhs.uk](mailto:minu.mandora@wales.nhs.uk)**

# CARERS

## DISCOUNTED ACCESS TO LEISURE SERVICES



**Carers of all ages and interests can now have access to a world of leisure, social and relaxation opportunities with discounts worth up to 40%.**

Rhondda Cynon Taff Council is offering all RCT Carers discounts of up to 40% on Leisure for Life membership prices.

A Leisure for Life Membership gives you unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. Go as often as you like, to whichever centre you like!

The discounted access includes pay monthly (direct debit) plans and pay-as-you-use prices.

Whats more it's really easy to join.

**For more information  
call Claire on 01443 668813**



## Dates for your Diary

FEBRUARY  
**TUESDAY**

**20**

### Money Matters

Did you know the Mental Health Forum for Carers is changing its venue?  
From January 2018 Forums will now be held at St Catherines Church, Gelliwasted Road, Pontypridd CF37 2UF (upstairs) from 10.30am-12.30pm

## *Creative Writing Group*

The RCT Carers Creative Writing Group began some years ago as a project funded by the Carers Support Project but has now evolved and is open to anyone who wants to write short-stories, poetry, anything really, though a full length novel would be difficult to fit into one of our meetings!

We would welcome new members of any persuasion; carers, past carers, non carers.

In an effort to encourage those who may be unable to attend our monthly meetings we initiated a Full Member/ Guest Member scheme.

Guest writers are able to submit their work via email. Membership is £2.00 per month to cover rent and the printing cost of our annual book, an anthology of members work, which we aim to publish annually. We meet on the first Friday of each month at Pontypridd Museum 10.00am - 12.00pm. Tea and coffee is available. Please come along! For more information please contact Anne Lord on 01443 731686.

# Carers Representatives needed

## Cwm Taf University Health Board is looking for a Carer representative for their Stakeholder Reference Group.

### What commitment would you need from me?

You would be required to attend six meetings a year (every other month), representing the views of Carer's.

### Where are meetings held?

The meetings are held in Ynysmeurig House, Navigation Park, Abercynon CF45 4SN.

### How long do the meetings last?

Meetings usually last for a maximum of two hours.

### What would be my role?

You would be there to comment, from a carers perspective, on proposals to redesign health care services and also share these discussions with carers you are in contact with. Also, carers you know may have more general comments about health care services that they'd like you to express on their behalf.

### What's the point of my involvement?

You, as a carer, would be able to feed in your own experiences, and the experiences of other carers, of local NHS services. For example, tell us about services that you feel need to be improved and, what has worked well for you. This role is about giving Carers a voice in the design of NHS services.

### I'm interested, what next?

To register your interest, email or write to Sharon Jaynes in Cwm Taf UHB Sharon.Jeynes@wales.nhs.uk or Ynysmeurig House, Navigation Park, Abercynon CF45 4SN by 15th September 2017.

### Need more information?

Please call Sharon on 01443 744839



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf  
University Health Board



Would you  
like group or  
1-2-1  
support

Worried by  
someone  
else's  
alcohol use

Family  
Support  
Service

Drink Wise, Age Well offers a 5 Step Course in a group setting or can provide 1-2-1 support to help you cope with someone else's drinking. This can be a family member, spouse/partner or a close friend who is over 50.

If this sounds like you then contact Drink Wise, Age Well for details of how to access our Family Support Service.

Drink Wise Age Well,  
35 Taff Street,  
Pontypridd,  
CF37 4TR  
0800 161 5780  
[www.drinkwiseagewell.org.uk](http://www.drinkwiseagewell.org.uk)



# Rhondda Cynon Taf Carers Support Project

## COUNSELLING SERVICE

A free confidential telephone and face to face counselling service provided by qualified counsellors, available to local carers in Rhondda Cynon Taf.



## CARERSLINE

FREEPHONE  
(MON - FRI)

**0808 100 1801**



STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR

### Training and events for Carers - support us to support you

We fully understand that cancellation is sometimes unavoidable as caring is your first priority and it may not always be possible to let us know of your unavailability prior to the event. However, where it is possible, please can we ask you to let us know by telephone **01443 668813** or by emailing [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk), providing as much notice as possible so that we can allocate your place to someone on the reserve list.

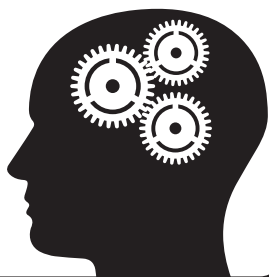
Unfortunately, if you fail to attend a workshop/event, you will only be able to put your name on the reserve list for future workshops/events.

We feel very fortunate in Rhondda Cynon Taf to provide our carers service and hope you will support us to continue to support you.

## Carers Stress Busting Workshop

**Thursday 16th November 2017**  
**10am-2pm at Hawthorn Leisure Centre**

Caring for a family member, friend or neighbour can be as challenging as it is rewarding. Our Carers stress busting workshop provides ideas and techniques to help you to cope with stress in your life, using a variety of techniques such as Mindfulness and Cognitive Behavioural Therapy (CBT). This is also a wonderful opportunity to meet and talk with other Carers in a safe, comfortable and friendly environment. A light lunch is included.



## Carers Mental Health Forum

**Do you care for someone with mental illness?**

**Do you have any queries or problems regarding your caring role?**



If so, then meet other carers and share experiences over a cup of tea or coffee. The forum is a very informal group, there's no need to book, just come along.

Please contact us on 01443 668813 if you need any more information or support to attend.

**The next forum date is:**  
**Tuesday 17th October**  
**10.30 – 12.30pm**  
**at Heddfan, Ilan Avenue,**  
**Rhydyfelin, Pontypridd,**  
**CF37 5PN**

## Cupcake Decorating

**Monday 2nd or Thursday 5th October at Vanilla Valley, Nantgarw**

This workshop will give you a whole host of cake skills. You'll go home with the confidence to create amazing cupcakes every time.



Join us in perfecting your butter cream piping skills, get arty with sugar paste and learn how to make fabulous decorations both freehand and using a variety of moulds.

Perfect for complete beginners or those wanting to brush up on their skills.

It's a fun, informal day taught in a welcoming cake studio. You just need to bring an apron. You don't need to bring any equipment along, everything will be ready and waiting for you to get stuck in.

## Introduction to SAFE HANDLING

**Wednesday 25th October,**  
**10am-2pm at Heddfan, Rhydyfelin**

This course provides an introduction into how to safely move and handle the person you care for.

You will be able to learn some key techniques to help assist you in caring for your loved one whilst protecting your own health.

You will have opportunity on the day to have any of your queries answered by a qualified professional.

A light lunch will be provided.

## Willow Weaving

**Thursday 9th November or**  
**Thursday 7th December at**  
**Nantgarw China Works**  
**10am-2pm**



Join us in this willow weaving workshop and find out about one of the oldest and most enduring of handcrafts, which has recently gained a new lease of life.

You will learn how to make beautiful patterns with different varieties of willow and teach you essential willow weaving skills.

A tour of the China Works and lunch is included.

## BBC Good Food Show

**Thursday 30th November**

Join us in visiting the Flagship Show with the UK's greatest chefs and experts, plenty of festive shopping and inspiration, exciting live entertainment in the unique Supertheatre and numerous stages across the Show. Plus discover the widest variety of food, drink and kitchen products from over 500 exhibitors. It's the biggest and tastiest day out in the UK!

Coach departs Heddfan at 8am

Open to Carers and the Cared for.



## Festive Frolics -

### Carers Christmas Party Time!

**Saturday 2nd December 2017**

**from 10am-3pm at**

**Cynon Valley Indoor Bowls Centre**

It's that time of year again!

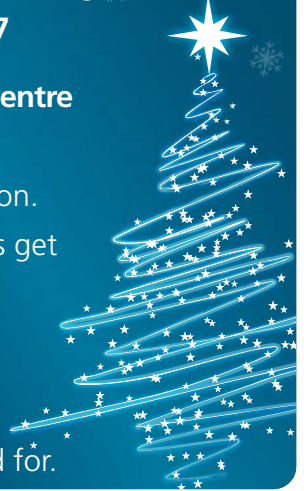
Join us in our festive celebration.

Bingo, Raffle, sing along – let's get into the Christmas spirit.

Christmas lunch included.

Feel free to wear your festive jumpers and Christmas hats!

Open to Carers and the Cared for.



## Carers Rights Day

**Friday 24th November 2017**

**10am-3pm at Hawthorn Leisure Centre,  
Fairfield Lane, Rhydyfelin CF37 5LN**

Join us for our joint Carers and Disability information event.

There will be a host of information available from a wide variety of organisations.

There will also be a range of activities on offer.

Open to all.



## Spa & Dine

**Wednesday 18th October**

We invite you to spoil yourself in luxury with a day of pampering at the award-winning Vale Spa with a Spa & Dine treat.

Sit down for a healthy buffet lunch followed by a relaxing treatment. You can spend the day chilling out in the bespoke relaxation zones, including the 'float' zone, 'slumber' zone and Chromotherapy sleep zone, unwind and have some 'me' time. Towel, robe & slippers are provided.

This event is for Parent Carers of children aged 0-25 only.

## Chill 'n' Chocolate

**Thursday 21st or Thursday 28th  
September, Vale Hotel & Spa**

We invite you to spoil yourself in luxury with an afternoon of pampering and chocolate in the award-winning Vale Spa with a Chill 'n' Chocolate spa treat.

Sit down for a healthy buffet lunch followed by a relaxing aromatherapy massage. For the rest of the afternoon you can chill out in the bespoke relaxation zones, including the 'float' zone, 'slumber' zone and Chromotherapy sleep zone, unwind and have some 'me' time.

Following this you can then top yourself up with some more indulgence with little treat of tea and chocolate. Towel, robe & slippers are provided.

Carer only.



## Aladdin Pantomime

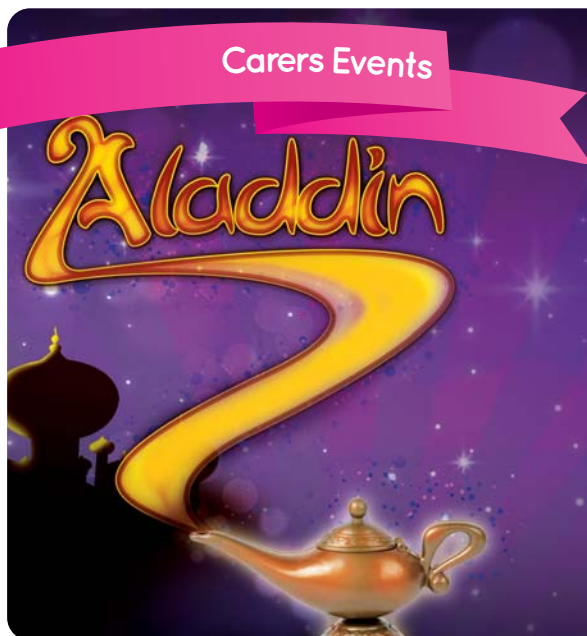
**Saturday 9th December 6pm  
at The Coliseum, Aberdare**

Starring Frank Vickery as Widow Twankey plus a full supporting cast.

Get ready for the ride of your life as Aladdin whisks you away on a magic carpet ride to Old Peking for plenty of thrills, spills and heaps of laughs too!

Gorgeous costumes, dazzling scenery and a fantastic cast are the magical ingredients in this lavish and vibrant traditional family panto.

This event is open to Carers and their immediate family.



## Milkshake! Live

**Saturday 30th September 4pm  
at The Coliseum, Aberdare**

Starring Milkshake! favourites Bob the Builder, Little Princess, Noddy, Fireman Sam, Shimmer & Shine, Pip from Pip Ahoy!, Winnie and Wilbur, Wissper, Milkshake's very own Milkshake! Monkey and two Milkshake! presenters, this all singing, all dancing, musical masterpiece, will take audiences on a journey through the world's favourite fairy tales.

Set amongst Milkshake's magical bookcase, this brand new live show is sure to amaze and delight! The Milkshake! cast will be singing songs and sharing stories that audience members, young and old, will know and love.

This event is open to Carers and their immediate family.

## Slava's Snow Show

**Thursday 19th October at the  
Wales Millennium Centre,  
Cardiff Bay**

The multi award winning international sensation, Slava's Snowshow has delighted and thrilled audiences in over 80 cities around the globe including New York, Los Angeles, Paris, Rome, Hong Kong, Rio de Janeiro and Moscow.

Experience a joyous dream-like world which will touch both your heart and funny bone, culminating in a breathtaking blizzard leaving you literally knee deep in snow!

Carer only.



## Museum and Markets

**Tuesday 12th December  
Enjoy a day out in our Capital City**

Visit the historic Cardiff Museum situated in the heart of Cardiff's elegant civic centre.

Visit its art collection, find out about the evolution of Wales and witness Wales's diverse natural history on an expedition that begins at the seashore and ends in the mountains.

After this absorb yourself in the Christmas Markets, as stalls fill the atmospheric streets of Cardiff's historic heart, with all the colours and scents of Christmas. Explore the wonderful range of merchandise and sample the tasty Christmas food on offer.

This day out is sure to get you into the Christmas spirit.

Open to the Carer and Cared for.

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DECEMBER						
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## Thursday 21st September 2017

**Chill 'n' Chocolate** Carer event.

Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY  
12:30-5pm

## Thursday 28th September 2017

**Chill 'n' Chocolate** Carer event.

Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY  
12:30-5pm

## Thursday 28th September 2017

**Wales Autism Show**

Cardiff City Stadium, Leckwith, Cardiff CF11  
10am-3pm

## Saturday 30th September 2017

**Milkshake! Live** Carers and their immediate families.

Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG  
4pm – 6pm

## Monday 2nd October 2017

**Cupcake Decorating** Carer event.

Vanilla Valley, 1 Cardiff Road, Nantgarw CF15 7SR  
10am-4pm

## Thursday 5th October 2017

**Cupcake Decorating** Carer event.

Vanilla Valley, 1 Cardiff Road, Nantgarw CF15 7SR  
10am-4pm

## Tuesday 10th October 2017

**Parent Carer Discussion and Luncheon** Carer event.

Rhondda Heritage Park Hotel, Trehafod, CF37 2NP  
10am-2pm

## Tuesday 17th October

**Carers Mental Health Forum**

Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN  
10:30am-12:30pm

## Wednesday 18th October 2017

**Spa & Dine** Parent Carer event.

Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY  
12-5pm

## Thursday 19th October 2017

**Slavas Snow Show and free time** Carer event.

Wales Millennium Centre, Cardiff Bay  
12 – 5:30pm

## Wednesday 25th October 2017

**Carers Introduction to Manual Handling** Carer event.

Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN  
10am-2pm

## Saturday 28th October 2017

**Halloween Family Day at Daerwynno**

Carers and their immediate family  
Daerwynno Outdoor Activity Centre  
10.30am-3pm

## Thursday 9th November

**Willow Weaving** Carer event.

Nantgarw China Works, Tyla Gwyn, Nantgarw CF15 7TB  
10am-2pm

## Thursday 16th November 2017

**Stress Busting** Carer event.

Hawthorn Leisure Centre, Fairfield Lane, Rhydyfelin CF37 5LN  
10am-2pm

## Friday 24th November 2017

**Carers Rights Day** Carer event.

Hawthorn Leisure Centre, Fairfield Lane, Rhydyfelin CF37 5LN  
10am-3pm, Open to all.

## Thursday 30th November 2017

**BBC Good Food Show** Carer and cared for event.

NEC, Birmingham  
8am-6pm

## Saturday 2nd December 2017

**Festive Frolics – Carers Christmas Party** Carer and cared for.

Cynon Valley Indoor Bowls, Dyffryn Road, Mountain Ash CF45 4DA  
10am-3pm

## Thursday 7th December 2017

**Willow Weaving** Carer event.

Nantgarw China Works, Tyla Gwyn, Nantgarw CF15 7TB  
10am-2pm

## Saturday 9th December 2017

**Aladdin Pantomime** Carers and their immediate family.

Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG  
6pm

## Tuesday 12th December 2017

**Museum & Markets** Carer and cared for.

Cardiff City Centre  
10am-4:30pm



## Young Carers - Dates for your diary

See the events pages for details and how to book:

- Milkshake Live! at the Coliseum on Saturday 30th September
  - Festive Frolics - Carers Party Time! on Saturday 2nd December
  - Aladdin Pantomime at the Coliseum on Saturday 9th December
- PLUS - The next Young Carer's Recognition Event will be held at the end of January 2018 to coincide with Young Carer Awareness Day.

## National Assembly debate about Young Carers



Cynulliad Cenedlaethol Cymru  
National Assembly for Wales

On July 5th, Bethan Jenkins AM South Wales West, put forward a proposal that the National Assembly for Wales:

1. Notes a proposal for a bill to support young carers in Wales.
2. Notes that the purpose of this bill would be to:
  - a) Provide statutory guidance for schools and local authorities in Wales to provide appropriate support and flexibility for young carers to undertake their care responsibilities during and after school hours;
  - b) provide guidance for schools to work with young carers to provide flexible pathways to ensure continued participation in education;
  - c) allow young carers to collect prescriptions on behalf of those in their care, via a Young Carers Card or other mechanism; and
  - d) ensure that the Welsh Government work with appropriate organisations to introduce respite and support services for young carers in every local authority area in Wales.

Bethan Jenkins decided to bring forward this motion after attending a young carers event at the Senedd and hearing the stories of young carers themselves. The proposal was debated among the Assembly Members who were present and then Rebecca Evans, Minister for Social Services and Public Health, reaffirmed the Welsh Government's commitment to improving life for young carers. She outlined a number of initiatives and pieces of research that the Welsh Government has been supporting Carers Trust Wales to undertake including guidance for schools on Young Carers, research into support available for young carers in the community and developing a Young Carers ID card scheme. Rebecca Evans then stated that she will be inviting Young Carers to be represented as members on a ministerial advisory group for Carers.

I have met with Carers Trust to discuss how our local Schools Award will fit into the national guidance for schools and will shortly be meeting to discuss the ID card proposals as this is something that has been raised by our local Young Carers Forum.

This proposal appeared to be received positively in the Assembly and I hope to share further developments in future newsletters. In the meantime, for more information, please contact Rachel Spry in the team.

## Update on the RCT Young Carers Schools Award

The RCT Young Carers Schools Award was set up at the start of the 2016 - 2017 academic year. The award was established so that Secondary schools in RCT could identify how well they currently support young carers in their schools and then plan how to improve this support so that this vulnerable group of young people can achieve their potential.

The schools award consists of 3 levels - Gold, Silver and Bronze and schools are expected to complete the Bronze level before embarking on the Silver and then Gold levels.

Each level consists of a set of standards that the school has to evidence. These standards range from ensuring that they have young carer information leaflets and posters on display to offering teaching staff training opportunities to learn how to better identify young carers.

Several schools have already successfully completed the Bronze level. Congratulations to Mountain Ash Comprehensive School, Cardinal Newman Roman Catholic School, Ysgol Llanharry, Bryncelynog Comprehensive School and Treorchy Comprehensive School.

Ysgol Gyfun Rhydywaun, Pontypridd High School and St John Baptist High School are very close to completing the Bronze level of the award - Congratulations

One school has now gone a step further and achieved the Silver Award - Well done to Bryncelynog Comprehensive School for being the first school to achieve this level.

We are very much looking forward to working with Porth County Community School and Ferndale Community School who have now agreed to launch the Young Carers Schools Award in their schools from September.

For more information or if you'd like to get involved with the Award in your school, please speak to Kerris Olsen-Jones on 01443 668839.



## YOUNGSIBS

For brothers and sisters of disabled children.

YoungSibs is an online support service for brothers and sisters of disabled children and young people.

It is for siblings who live in the UK and who are under 18 years of age.

For more information visit: [www.youngsibs.org.uk](http://www.youngsibs.org.uk)



# YOUNG ADULT CARERS NEWS

## Young Adult Carer's residential adventure



We know how important it is for Young Adult Carers to spend time together on a residential break and so on Saturday 1st July we took a group of 15 young adult carers on a camping trip to Dare Valley Country Park. Darren and Chris from 'Ignite Up' facilitated the event for us and as their ethos is 'learning in the outdoors' they organised activities that encouraged everyone to work together in the natural environment. The weather was absolutely perfect for camping in the 4 huge yurts that we were allocated.

After lunch, our first activity was orienteering. Some groups got really competitive and sped off, trying to find the hidden clues! Other groups just used the opportunity to walk and talk and catch up with one another amidst breathtaking scenery.

The second activity was within the woodland adventure area, where the group was split into teams and set the challenge of building a shelter. The shelter had to withstand having a bucket of water thrown over it, so it had to be watertight. After testing the shelters, everyone was shown how to start a fire and took turns trying to light a fire by themselves. The fires were used to boil up fresh water to cook the rice and pasta. Then everyone helped to prepare the veg and cook the dinner over the fires followed by toasting marshmallows.

The group enjoyed having a chilled out time and walking around in the evening until after the sun went down. On Sunday everyone enjoyed a cooked breakfast before returning to the woodland area to learn archery. Everyone agreed that it had been an amazing experience to spend time together in the beautiful outdoor environment.

## Kirsty & Ryan Smith - Young Adult Carers - share their inspirational story:

Over the last year myself and my wife Kirsty have had the support of the Young Adult Carers Service in our goal to improve our fitness and wellbeing. Before, we struggled to enjoy outdoor activities and other activities with our children. Through the Carers Support Project we were able to see a Nutritionalist who gave us advice on what's best to eat. We also had the on-going support of our Young Adult Carers Support Workers Ceri and Kerris. They have helped us in more than one way. Ceri has helped us by encouraging us through walks around Aberdare park and indulging in our children's fun time in the park, whereas Kerris has encouraged us by attending numerous fitness classes - one of which was Aqua Aerobics which we loved and have gone back to since. Since starting to improve our fitness and wellbeing we have seen the difference in ourselves throughout the year. This has boosted our confidence and now we are more fit and active throughout every week. This has benefitted both myself, Kirsty and also our children. Through this we have had ongoing weight loss and this has made us feel much better about ourselves and our confidence has just grown and grown. We can't thank 'Carers' enough for what they have helped us achieve throughout this year.



## Lucy Childs - RCT representative on the Carers Trust Young Adult Carers Council for Wales



In October 2016 Carers Trust hired a new education officer to help bring Carers needs to the attention of those within Higher Education and Further Education settings. To do this she put together a council of Young Adult Carers from different local authorities in Wales whose experiences varied due to the support available to them. As the representative from RCT I realised I was the luckiest within the group as RCT easily has the most support and awareness of Young Adult Carers, which is quite sad considering how much still needs to be done. The council's main purpose is to push for Wales-wide recognition of carers young and old but mainly for young adults who tend to have fewer prospects due to failing in school or not meeting expectations of society.



The council has been asked to attend various meetings to give their opinions and add 'real faces' to the stories they read. Over the year we have been asked to do numerous recordings for radio stations and asked to answer questions so that news articles and leaflets could be written about what carers go through to help publicise what carers do and help decrease the stigma. Our first big meeting was with Kirsty Williams AM, the Welsh Government cabinet secretary for education, to discuss what schools and colleges can do to support young carers better. We've also been to a round table meeting with Rebecca Evans AM, the Welsh Government cabinet secretary for social services and Public Health, during Carers Week in June to discuss what Local Authorities can do to support all carers better.

Going forward now, the Council is putting a petition together for the Welsh Assembly to look into how Carers are viewed and treated in healthcare settings. It is hoped that the Assembly will pursue a 'carers champion' type of education for all health staff and hopefully this will lead to less of a stigma and better awareness of all Carers.

For any further information about the Carers Council, or to share your thoughts and ideas with Lucy, please contact the team and we will put you in touch with Lucy.

## CASE GROUP

As part of the Young Adult Carers service we have recently put a new CASE (Care And Support Each other) committee together. Our aim is to try and find other sources of funding whether its through grants or fundraising to try and provide additional social activities for Young Adult Carers. This group has been set up to help Young Adult Carers have that extra little break as we know it can be difficult being a Carer. Last year the money raised paid for 2-nights in London! Without this additional money we wouldn't be able to organise expensive trips like this.

As we are a new committee we are always in need of some new, fresh ideas for raising money and deciding what to spend the money on. We also need some new members! Anyone from Young Adults Carers is welcome to come and join the group - you can either talk to one of the YACCS support officers or you are welcome to come to a meeting. I look forward to seeing you! Ryan Smith - Young Adult Carer & CASE committee member.

## BACK to SCHOOL

September is often an apprehensive time for many children and parents as the new school begins. For children who need extra help and support at school the anxieties are often increased. Many parents maybe unsure of the process that schools are required to follow to ensure that children who need extra help in school are given the support they need.

## SNAP Cymru

SNAP Cymru provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities.

They provide the following impartial, confidential and free services:

Helpline

Specialist Casework

Independent Specialist Advocacy

Avoidance and Resolution of Disagreement

### Helpline

0845 120 3730

0345 120 3730

or visit [www.snapcymru.org](http://www.snapcymru.org)




## Follow your dreams

Follow Your Dreams is a national charity operating in England and Wales that inspires children and young people with learning disabilities to follow their dreams.

Our vision is for children and young people with learning disabilities to recognise their potential, be ambitious and be provided with the opportunities to follow their dreams. The charity focuses on children's abilities, growing and developing skills through the delivery of creative and interactive events, dreams and workshops.

Follow Your Dreams Charity is located in Gwynfa House, Main Road, Church Village. CF38 1RN

Registered Charity No. 1106379

 Follow your dreams charity

Tel: 01443 218443

[www.followyourdreams.org.uk](http://www.followyourdreams.org.uk)



Autism Spectrum Connections Cymru is a Welsh service providing support for people with Autism Spectrum Conditions, their families and carers in Wales. They provide a One Stop Shop in Cardiff.

### What is a One Stop Shop?

An Autism One Stop Shop (OSS) is a safe place for adults with an autism spectrum condition to access a wide range of advice and support. It is also a place where they can take part in various social activities.

### Who is it for?

The service is primarily delivered for people who have a diagnosis of Asperger syndrome or high functioning autism who are over 16yrs. The service is free and open to anyone with a diagnosis of autism who lives in Cardiff, Newport, Caerphilly, RCT, Merthyr Tydfil, Vale of Glamorgan, Blaenau Gwent, Torfaen, Monmouthshire and Bridgend.

### Where are we based?

The One Stop Shop service is based in Cardiff City centre. ASCC

21 High Street

Cardiff

CF10 1PT

Tel: 02920 228794

Building drop-in times:

Monday: 1.30 – 7pm

Tuesday: 1 – 5pm

Friday: 2 – 6pm

Some Saturday openings – call the office to check dates & times.

### What support is available?

We can provide 1:1 and group support in the areas of:

- Employment
- Independent Advocacy
- Late Diagnosis
- Benefits
- Relationships
- Signposting to other services
- Problem solving
- Housing
- Transitions
- Further/ Higher Education

# The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

Caring for children with disabilities and special needs aged 25 and under

## Maggie's Voice



Maggie's Voice is an organisation that offers support to children and adults experiencing difficulties in their life including personal troubles or challenges; mental illness, disability or simply the need

for a space to step back and reflect, by using the serenity and beauty of horses who offer an unquestioning acceptance of those who give them their time. Maggie's Voice offer Therapeutic Horsemanship sessions, working with horses to understand positive relationships, build self esteem and self confidence, and use physical and verbal communication to express and to understand one another. They work in sessions fully tailored to the client/group to incorporate these benefits with enjoyable educational activities with the horses including, feeding, grooming, herd watching, groundwork, natural horsemanship and much more. Sessions are individually tailored please contact Elinor on 07578989159 or 07880578535 for more information or message us on Facebook.



Online directory of help, support and resources for individuals, families and professionals living and working with autism - from health, therapies, education, personal support, living support, money & legal, recreation, autism friendly businesses, employment & work, training, charities, research, publications and more... We also provide support, advocacy & coaching for adults with autism to help them live a more independent life, including support getting into work and starting a business too. We have a number of clients who are excellent public speakers and help us to provide training in autism awareness & understanding.

Unit 21, Business Development Centre  
Treforest Pontypridd  
Pontypridd, Wales CF37 5UR  
United Kingdom  
01443 844764

## Childline's Deaf zone

Childline's Deaf zone is a great place for advice and support for anyone who is deaf or hard of hearing under the age of 19

This includes information on staying safe online, support with bullying, your rights and opportunities and more. it can be found in written or BSL video formats. the site also offers ways to contact Childline through SignVideo. The video service can also be used to speak to a counsellor if needed. Also available is their friendly message boards where you can talk to others that are in similar situations.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/deafzone/>

**childline**

ONLINE, ON THE PHONE, ANYTIME



## National Autistic Society Merthyr Tydfil

The National Autistic Society in Merthyr is a group established to support individuals with Autism and their families in Merthyr and the surrounding areas. They run sessions and events for autistic children and their families. Contact them on the details below to find out more!

020 7833 2299  
merthyr.tydfil@nas.org.uk  
<http://www.autism.org.uk>  
National Autistic Society  
Merthyr Tydfil





## Lilbits

Lilbits is a South Wales based company that provides accessible and affordable resources to create engaging environments through fun, discovery and imagination!

Our mission is to help create fun and engaging environments which provide the opportunity to explore, discover and use imagination through play by offering affordable and accessible resources which can be used for various reasons over all ages and abilities.

Address: LilBits, Unit 328, Vale Enterprise Centre, Sully, CF64 5SY

Tel: 07539 086173

Email: sam@lilbitlimited.co.uk

Facebook: lilbitssouthwales



## The Welsh Autism Shows

The Welsh Autism Shows provides you with face to face access to the services, resources and provisions that are there to help individuals and families living with autism, and the professionals that support them.

Thu 28 September 2017

10:00 – 15:00

Cardiff City Stadium, Leckwith, Cardiff

Entry to the show is FREE and you can book tickets on

<https://www.eventbrite.co.uk/e/the-welsh-autism-show-cardiff-2017-tickets-33238378886>

If transport would be a barrier to you accessing the show please let us know as we could look at providing a minibus.



## Autism Puzzles

Parents need support when they have special children. Stress, anxiety, the feeling of isolation, fear of the unknown and lack of support all add to feelings of desperation.

We hope that our charity will help and support you through & following your child's diagnosis. Monthly drop in clinics, information workshops, training and Family Fun Sessions at Jump, Cardiff. We also offer a Sensory Lending Library plus a Book/DVD Lending Service.

If you would like further information on any of our services please Email: [AutismPuzzles@hotmail.co.uk](mailto:AutismPuzzles@hotmail.co.uk) or telephone 02920 616361



## Life with Autism

Life with Autism was set up by a dedicated group of people who want to provide support and services to children and their families with a pre/post ASD

diagnosis in the RCT area. Rebecca Bethell started the group in February when she ran activity sessions at Trebanog Community Centre specifically for children with Autism. Staff nurse and a mum of three children with autism, Rebecca felt she wanted to broaden the support already on offer in RCT for families of children with ASD. Rebecca said that making the group pre and post diagnosis was important to ensure all children going through the diagnosis process were included and that parents felt supported through the most difficult stage. A committee was formed in March and all its members have worked tirelessly on making the group a success since then.



Contact them below for more information-

Weekly Soft Play Sessions

Every Thursday 5-6 & 6-7pm at  
Waun Wen Community Centre,  
Trebanog CF39 9LX



Weekly Swimming Sessions

Every Sunday 3-4:30pm at  
Rhondda Fach Sports Centre,  
Tylorstown CF43 3HR



Coffee Mornings/Evenings

Flo's Tea Room, 81 Bute Street,  
Treorchy CF42 6AH

For dates and times please see  
our facebook page.



Training Seminars

Please see our facebook page  
for details of training events.



For all upcoming events please see our facebook page...

For info please contact us on 07983028544

 Life with Autism



**Life With Autism**  
United in strength, hope and acceptance

# The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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## Welsh autism law bid receives backing in Senedd



Cynulliad Cenedlaethol Cymru  
National Assembly for Wales

**Plans for a new law giving people with autism more support have been backed by two-thirds of assembly members.**

Conservative Preseli Pembrokeshire AM Paul Davies stated the bill was needed as children and adults are still not receiving the help and support that they need. Mr Davies now has 13 months to draft a formal bill which could become law.

This would require a strategy to be introduced ensuring councils and health boards take the action needed to support people with the condition.

Ministers say £13m is being spent on a **National Integrated Autism Service** over the next four years.

For me info on this log onto to <http://www.asdinfo.wales.co.uk/integrated-autism-service>

The Welsh Government maintains that there are already "legislative and policy levers to support people with autism in Wales" but says the situation will be kept under review.

But Mr Davies told BBC Wales that services "have been patchy in the past" and "We need legislation to ensure these services are put on a statutory footing, what this bill will also do is ensure there are clear pathways to diagnosis [and] that staff dealing with people with autism get the right training as well."

## Keep Safe Cymru

South Wales Police, Learning Disability Services and Mencap Cymru, have jointly developed a Keep Safe Card Scheme for anyone in the South Wales force area with a Learning Disability, Mental Health or Dementia and communication need. The scheme is designed to make people more aware of their personal safety, to encourage reporting of crime – especially hate crime – and to seek help if they need it. It will also help those providing assistance, such as the Police, to access support for the user of the card and understand how to make them feel safer.

If the card holder needs assistance, whether they are lost, a victim of crime or any situation that means they need some extra support, they can use the card to access this help. The card will hold basic information about the individual such as how they communicate, any health issues and any emergency contacts such as parents or carers.

When an individual registers for a keep safe card, they will also be given access to the Police Disability Line. This is a dedicated non-emergency telephone number for people with a disability to use to contact the police. When calling this number, the call handler will be aware before they speak to the caller that they have a disability.

During the telephone call, the call handler will be able to access information provided on the registration number. This will ensure that the call handler is aware of any additional needs the caller may have and can pass it onto any policing resource managing their report. This is not an alternative to the emergency 999 service; it is to be used instead of the non-emergency telephone number only.

To access this scheme, please complete a registration form, you can do this one of three ways:

- Complete the form online at <https://www.south-wales.police.uk/en/contact-us/keep-safe-cymru-card/>
- Ask for the forms to be sent out to you by post – our contact details are:
- Telephone: 01656 761804
- E-mail: [judith.major@south-wales.pnn.police.uk](mailto:judith.major@south-wales.pnn.police.uk)



## Training



- Behaviour management?
- Sensory?
- Anxiety?
- Sibling support?
- New diagnosis and processes?

If you feel there are training sessions/courses that you would like to attend in order to help support you in your caring role then we want to hear from you!!

01443 668839 or [carly.lewis@rctcbc.gov.uk](mailto:carly.lewis@rctcbc.gov.uk)

## Let's talk Makaton

In June we held a Makaton beginners workshop and those who attended said it was extremely helpful in enabling them to communicate with their child.

### What is Makaton?

Makaton is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order.

With Makaton, children and adults can communicate straight away using signs and symbols. Many people then drop the signs or symbols naturally at their own pace, as they develop speech.

For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities.

If you would like to attend the Beginners Makaton course in the future please register your interest by contacting me on 01443 668839 or emailing [carly.lewis@rctcbc.gov.uk](mailto:carly.lewis@rctcbc.gov.uk)



## Peer Support

It is fantastic how many parents groups are now running in RCT. Parents are the experts and the advice and support these groups are providing are immeasurable. We are interested in helping support these groups as much as we can to ensure that they can keep going. If you are a lead on a parent carer specific group please contact me to discuss how we as a project can help advertise and support your work!

Also if you are a parent who feels there is a gap in peer support provision and are interested in setting up a group that will support parents of children with similar conditions/diagnosis then please get in touch.

If you don't currently receive information by email but would be interested in receiving our updates and info this way please contact 01443 668839 with your details and we will happily add you to our distribution list.

## Parent Carer Discussion and Luncheon!!

Join us at the Heritage Park hotel for a morning of Parent Carer networking and discussion around your support needs and the development of the Parent Carer Network. This event is also designed to highlight your rights as carers of children with additional needs. This will be followed by a sit down delicious two course lunch at the hotel restaurant.

Rhondda Heritage Park Hotel,  
Trehafod, CF37 2NP

Tuesday 10th October  
10-2pm





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## HALLOWEEN FAMILY DAY at Daerwynno

Join us and our lovely friends at Daerwynno Outdoor Activity Centre for some half term Halloween family fun!



Try your hand at pumpkin carving and broomstick making and try lots of the other outdoor activities and team building games. This event is for parent carers and their children. Siblings welcome! You will need a packed lunch and wear suitable clothing for the weather and outdoor activities. Hot drinks for parents and squash and biscuits for the children provided.

Saturday 28th October 10.30- 3pm at Daerwynno Outdoor Activity Centre



## TASTER YO'TISM SESSIONS

YO'TISM is a specialised sensory Yoga designed to enhance the lives of those with ASD symptoms and other special needs. It is both powerful and profound in helping children and adults on the autistic spectrum. Practitioners claim a regular, repetitive, practice of Yoga help someone with ASD and other learning difficulties by helping them reach new levels of regularity, balance, concentration, clarity, inner understanding, expression and emotional release.

We are working with local provider Emily Frowen who has kindly agreed to put some taster session on for our families. Come along and try it out for yourselves. Sessions are split in ages as Emily adapts the sessions accordingly. This session is for the parent and the child with additional needs.


Wednesday 13 September 2017 6-7pm Ages 3-6 years

Wednesday 4th October 2017 6-7pm Ages 7-11

Wednesday 18 October 2017 6-7pm Ages 12+

All classes are at  
Hawthorn Leisure Centre,  
Fairfield Lane,  
Pontypridd  
CF37 5LN

Please note- there will be max 8 young people per session

 Yo'tism with Emily



## The All Wales Forum of Parents and Carers of People with Learning Disabilities

**Giving a national voice to empower parents & carers  
of people with a learning disability**

### Who We are

The All Wales Forum was set up by a group of parent carers across Wales who want to have 'voice and control' over the way in which services for their sons and daughters with learning disabilities are planned and delivered.

AWF's core mission is to bring a national voice and recognition to parents and carers of children and adults living with Learning Disabilities in Wales.

### What We Do


We advocate for the rights of family carers to be heard as equals in service planning and policy development - enabling and supporting carer groups and individuals to be fully included in their communities and central to planning processes.

We highlight and campaign on national and local issues that directly impact upon parents and carers and their family members - working together to ensure that issues directly facing family carers are heard and given proper consideration by the wider community through co-operative working and total engagement.

We work in partnership to identify and develop innovative solutions to improve the lives of parents and carers and their family members - working with partner organisations at local and national levels through shared resources and collective knowledge to improve and shape those services that ensure good lives.

Please contact us if you have any queries or want to know more about our current projects:

 [www.allwalesforum.org.uk](http://www.allwalesforum.org.uk)

 Find us All Wales Forum of Parents and Carers. - AWF

 Follow us @AllWalesForum

Write to us at our office address:

The All Wales Forum

Elliot Buildings

21 Cardiff Road

Give us a call on: 02920 811 120



Llywodraeth Cymru  
Welsh Government

Supported by Welsh Government

# CARERS BOOKING FORM

Details of these workshops, training and events can be found on pages 16-18 and 26-27

To make a booking please ring the project on **01443 668813** or email **CarersSupportProject@rctcbc.gov.uk** or alternatively complete and return the booking form below.

Event/Training	Venue	Time	Date	Tick
<b>September 2017</b>				
<b>Chill 'n' Chocolate</b> Carer event.	Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY	12:30 – 5pm	Thursday 21st September 2017	
<b>Chill 'n' Chocolate</b> Carer event.	Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY	12:30 – 5pm	Thursday 28th September 2017	
<b>Wales Autism Show</b>	Cardiff City Stadium, Leckwith, Cardiff CF11	10am – 3pm	Thursday 28th September 2017	
<b>Milkshake! Live</b> Carers and their immediate families.	Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG	4pm – 6pm	Saturday 30th September 2017	No.Required:
<b>October 2017</b>				
<b>Cupcake Decorating</b> Carer event.	Vanilla Valley, 1 Cardiff Road, Nantgarw CF15 7SR	10am – 4pm	Monday 2nd October 2017	
<b>Cupcake Decorating</b> Carer event.	Vanilla Valley, 1 Cardiff Road, Nantgarw CF15 7SR	10am – 4pm	Thursday 5th October 2017	
<b>Parent Carer Discussion and Luncheon</b> Carer event.	Rhondda Heritage Park Hotel, Trehafod, CF37 2NP	10am – 2pm	Tuesday 10th October 2017	
<b>Carers Mental Health Forum</b>	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10:30am – 12:30pm	Tuesday 17th October 2017	
<b>Spa &amp; Dine</b> Parent carers only.	Vale Hotel and Spa, Hensol Park, Hensol CF72 8JY	12 – 5pm	Wednesday 18th October 2017	
<b>Slavas Snow Show and free time</b> Carer event.	Wales Millennium Centre, Cardiff Bay	12 – 5:30pm	Thursday 19th October 2017	
<b>Carers Introduction to Manual Handling</b> Carer event.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10am – 2pm	Wednesday 25th October 2017	
<b>Halloween Family Day at Daerwynno</b> Carers and their immediate family.	Daerwynno Outdoor Activity Centre	10.30am – 3pm	Saturday 28th October 2017	No.Required:



Event/Training	Venue	Time	Date	Tick
<b>November 2017</b>				
<b>Willow Weaving</b> Carer event.	Nantgarw China Works, Tyla Gwyn, Nantgarw CF15 7TB	10am – 2pm	Thursday 9th November	
<b>Stress Busting</b> Carer Event.	Hawthorn Leisure Centre, Fairfield Lane, Rhydyfelin CF37 5LN	10am – 2pm	Thursday 16th November 2017	No.Required
<b>Carers Rights Day</b> Carer and cared for event.	Hawthorn Leisure Centre, Fairfield Lane, Rhydyfelin CF37 5LN	10am – 3pm	Friday 24th November 2017	
<b>BBC Good Food Show</b> Carer and cared for event.	NEC, Birmingham	8am – 6pm	Thursday 30th November 2017	No.Required
<b>December 2017</b>				
<b>Festive Frolics – Carers Christmas Party</b> Carer and cared for.	Cynon Valley Indoor Bowls, Dyffryn Road, Mountain Ash CF45 4DA	10am – 3pm	Saturday 2nd December 2017	No. required
<b>Willow Weaving</b> Carer event.	Nantgarw China Works, Tyla Gwyn, Nantgarw CF15 7TB	10am – 2pm	Thursday 7th December 2017	
<b>Aladdin Pantomime</b> Carer and their immediate family.	Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG	6pm	Saturday 9th December 2017	No. required
<b>Museum &amp; Markets</b> Carer and cared for.	Cardiff City Centre	10am – 4:30pm	Tuesday 12th December 2017	No. required

**\*\*\*If you have any particular requirements to enable you to enjoy any of our events, please let us know\*\*\***

**\*Transport and respite can be provided if needed for all events listed above\***

Name: .....

Address: .....

.....

Daytime Tel. No.: ..... Date of Birth: .....

Email address : ..... (If provided, we will email to confirm bookings)

Do you require respite? YES/NO ..... Have you attended one of our events before? YES/NO .....

Do you have any special requirements? e.g. dietary, access, etc.: .....

.....

.....

I confirm I am the Main Carer: Signed: .....

**Return to: Freepost No. RTKE-ACJL-JBUC Carers Support Project,  
Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN**

**If you have any queries regarding an event, please call the project on 01443 668813  
or alternatively email CarersSupportProject@rctcbc.gov.uk**