

News

CARERS

All the latest Carers information
from around Rhondda Cynon Taf



find us on facebook

Issue 69 • Autumn 2020

Applause for unpaid carers

We wanted to tell you how proud we are of each and every one of you. You always go above and beyond for those that you care for, but during this very difficult time we understand that carers are very often putting themselves at risk, in order to continue to care for those that you love. We understand that the current situation may be impacting on you mentally, physically and emotionally, so we just wanted to tell you that you are all valued by us and you are all doing a great job.

We have been busy building and adapting our Carers Service over the last few months. We hope this Carers News will provide you with information to further support you over the coming months. Take a look at pages 26-32 and find out what we have planned for the rest of the year.

All our events will be available virtually via Zoom, but please don't be put off by our virtual events. If you need any help with accessing our events, our team is on hand to offer advice and guidance – please don't be afraid to ask – we can learn together.

We are looking forward to seeing you all again.



Support from RCT Council

Visit www.rctcbc.gov.uk where you can access a range of services to support you during this time.

Useful numbers

Community Resilience Hubs (to request assistance due to self-isolation with food shopping, prescription collection, etc.): **01443 425020**

Adult Social Care: **01443 425003**

Children's Services: **01443 425006**

Emergency Duty Team: **01443 743665** or **657225**. (Before 8.30 am and after 5pm, Mon - Fri and on weekends)

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RHONDDA CYNON TAF

STAR EVENTS & ACTIVITIES



How to book onto Events and Activities

Our activities and events are becoming more and more popular, as a result, all of our events have been marked **Gold or Bronze**. Please see our event list on pages **26-32** to see which category each event falls under.

Please note you can choose **1 gold** and **limitless bronze activities and events**.

Places will be allocated on first come first served basis.

Our last booking day proved to be our busiest ever and places an unmanageable demand on the Carers Project Team. It's because of this that moving forward we will be trialing a new booking procedure.

Event bookings will open on **Thursday 24th September 2020** and booking will be available between **10am and 5pm**. If you are unable to contact us between these times, you will need to contact the team the following day to confirm your booking.

On the initial booking day (24th September) events will be able to be booked by **TELEPHONE ONLY** by calling **01443 281463**. Email bookings will be accepted after this date.

Please be advised that our phone lines can be extremely busy, and we appreciate your patience when processing your booking requests. It would help us if you have the details of all of the events you would like to book in readiness for your booking phone call, in order for us to process your requests as quickly as possible and move onto the next Carer.

Please be advised that places for events are limited. We endeavour to make the booking process as fair as possible and aim to accommodate the wishes of all Carers, however owing to the demand on our events and training this may not always be possible.



ZOOM

All of the Carers Support Project Events included in this Carers News will take place via Zoom. We know the virtual world is new to many of us, but don't let that put you off. There's lots of fun to be had and we can work with each other and learn together along the way.

What's this Zoom all about then?

Zoom is a video communication tool, which enables us to connect with each other online.

It allows us to meet together and provide a range of workshops, social gatherings and support networks to help you in your caring role. Essentially with a few clicks or taps you can join us from the comfort of your own armchair (beats going out on those rainy days). Zoom can be used on your computer or mobile device.

Why not have an explore yourself?

You can find out more by visiting:

<https://zoom.us/>

Still Unsure?

Don't be afraid to contact the team. We'd be happy to support and guide you along the way.

bITEsIZE

RCT Carers Support Project are excited to announce a new series of events aimed at giving Carers more knowledge of services that can support you and your family.

Join us on the **third Monday** of the month **10:30am-12pm**. BITEsIZE will be held virtually via Zoom. This is a great opportunity to chat with professionals, who can often be the key to better support.

- **Monday 19th October** - we will be joined by CAB for carers who will be available to discuss financial support, housing advice, utilities and energy and hospital discharge.
- **Monday 16th November** - we will be joined by Beth Scott from Care and Repair and Helen Mc'Shea from the reconnects 50 plus project. Beth will advise on the services Care and Repair offer but is also a dementia champion, so will be discussing how to become a dementia friend, and Helen will explain all about the Reconnects project and how it has helped many people during the recent pandemic.
- **Monday 21st December** - this month's focus is mental health and wellbeing, and we will be joined by New Horizons and Valleys steps.

We look forward to seeing you there.

Carers Cwtch is an informal friendly group for individuals who care for a family member, friend or neighbour. We meet on the second Tuesday of the month from 6:30pm-8pm.

Join us for a fabulous evening of games, quizzes, bingo and fun! You'll have the opportunity for a classic "night in" with other Carers.

So join us, have some time out, relax and have fun. Booking essential. The Group takes place via Zoom.

If you would like any further information, please call the Carers Project on 01443 281463

Carers Cwtch



Carers Connects

Dear Carers,

Come along, meet other Carers, share experiences and provide guidance & support to each other.

You will have the opportunity to discuss your concerns, or if you choose, just listen to others. This group is facilitated by the Carers Support Project Counsellor.

Look forward to seeing you.

From the Carers Connects Group.

Join us on 2nd Tuesday
of the month
10am-11am
This group is held via
Zoom. Booking essential.

Wish you were here!

For further information please contact:

Tel: 01443 281463

Email: CarersSupportProject@rctcbc.gov.uk



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.

Booking essential.

Get in Touch...

Contact the Project on 01443 281463.

CarersSupportProject@rctcbc.gov.uk

Join us on...
First Tuesday of
the month
10am - 11.30am
Via Zoom



It's good to talk

A free confidential telephone counselling service provided by qualified counsellors available to local Carers in Rhondda Cynon Taf.

Why Counselling?

The counsellors are trained listeners who can help you to look at options, consider issues in a different way and make decisions about how to manage your life in a way that works for you.

The aim is to help you find your own solutions to your problems and concerns, respecting you and your right to self-determination.

Who knows I have requested an appointment?

Only you, the project staff and the counsellor.

What does confidentiality mean?

The counsellor will not discuss your affairs with anyone. The only exception to this may be if the counsellor thinks there is a risk to you or to anyone else. This will be discussed with you at the time.

How many sessions will I have with the counsellor?

Initially you will be offered up to 6 sessions of up to 50 minutes. The vast majority of carers take sessions fortnightly however, under certain circumstances the frequency can be discussed with the counsellor. At present Counselling sessions are taking place via telephone only.

Is counselling right for me?

In the first session the counsellor will explain what to expect from the sessions and at the end you can decide if it is right for you. If not, the counsellor may suggest you access the monthly peer support group which is moderated by a senior counsellor or may suggest alternative organisations that might be of help.

What can I discuss?

Personal and caring problems are frequently inter-related and help with one will often help the other. You can talk about any areas of your life you are concerned about.

How do I make an appointment?

Contact the Carers Support Project on

01443 281463

Email: CarersSupportProject@rctcbc.gov.uk

Carers Leisure Discount

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

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

A Leisure for Life membership offers unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. You can go as often as you like to whichever centre you like.

Discounted access can include pay-as-you-go or direct debit monthly membership.

What's more, it's really easy to join.

For more information call the Carers Support Project on 01443 281463



Carers Emergency Card

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's a credit size card that you can carry with you at all times. It's used as an instant source of identification in case of accident or sudden illness. The Carers Emergency Card is now available for online applications.

For more information or to apply online please visit:

<http://www.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/Supportforcarers/CarersEmergencyCard.aspx>

Please email

CarersSupportProject@rctcbc.gov.uk

or call **01443 281463**

to request a hardcopy form.



Look Lively!

The Carers Project are working with RCT Sport to provide 'Look Lively' sessions to our Carers. These will include a range of exercise classes including yoga, dance fit and much more! And what's best is, you don't have to leave your house!

Sessions will start on Wednesday 7th October 2020 and take place every Wednesday from 11:30-12:30pm. All sessions are suitable for beginners and we'd encourage those new to the exercise world to join us. Sessions will take place via Zoom. Please see our booking pages for more information.

Get on your comfy clothes, 'Look Lively!' and join us for fitness, fun and friendship!

Free Boredom Buster Packs for RCT Carers

We all know that the last few months have been challenging and for those of us who have been unable to leave our home, this has been particularly challenging.

The Carers Project have put together 'Boredom Buster Packs', which include a range of fun, games and wellbeing busting items, to make sure you look after yourself and keep yourself busy during these challenging times.

To request a 'Boredom Buster Pack' free of charge, please contact the Carers Project on: **01443 281463** or email: **CarersSupportProject@rctcbc.gov.uk**

The packs will be delivered to your home address.

Express Yourself



***"To write is more than putting pretty words on a page, the act of writing is to share a part of your soul with the world"** (unknown)*

Art forms such as poetry, creative writing, drawing and painting can often be very therapeutic and a good way to express feelings and emotions. During the recent pandemic much of our support networks and coping strategies have had to change and we have had to rely on self-care. RCT Carers Project would love to hear about YOUR experience of being a carer during Covid-19 in the form of a poem, piece of writing or some form of artwork.

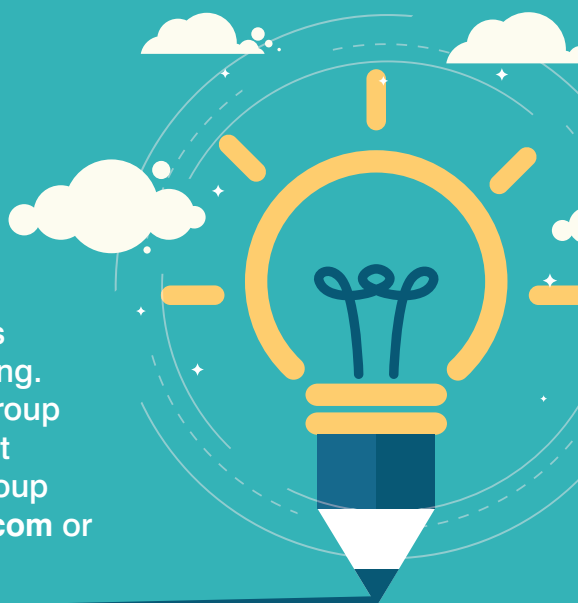
This project is open to all our carers young, and old and we would love to see the perspective of lots of different carers. All work must be submitted by **Friday 27th November 2020**. To find out ways to submit your work contact the Carers Support Project.

To help you get your creative juices flowing we have organised some online videos with the very talented Mike Church on. Mike has been writing poems for many years and is also a children's author, actor and all-round show man!!

To find out more about the project and to get involved contact us at carerssupportproject@rctcbc.gov.uk

RCT Creative Writers group

Once upon a time a group of carers with a passion for creative writing and with the support of RCT Carers Support Project formed RCT Creative writers group. 10 years on and the group is still going strong. A friendly and informal bunch the creative writers group meet via zoom on the second Friday of the month at 11:00am. To find out more information about the group you can contact Anne Lord on annelrd928@gmail.com or Jess Morgan on jessmorgan@hotmail.co.uk.



RCT Creative Writers 'Express Themselves'

One of the group has kindly sent us their interpretation of the COVID 19 pandemic to hopefully inspire you to create your own for the Express yourself project.

My hands: hands tied, boxed in, virus, friends, cat and community help too busy amidst Rhondda grey

The poster created by Ann Davies is her interpretation of the pandemic. Describing the piece Ann says "It's a poster representing the way I feel about the situation.

Hands are tied

Decisions are made by others who we do not know.

A feeling of being boxed in

The Virus has no respect for anyone

Remembering those we have lost

The tree of life for all our family and friends

The cat shape for my cat Tarw who has kept me sane with his company

The quilt to represent all the frontline people we can never thank enough all the community help

Perhaps it is too busy amidst it all

Greyness representing Rhondda Grey and the storm, floods, and landslide that, with the Virus, has made 2020 a year of "terrible twos"



RCT Libraries – Order and Collect

The Council's Library Service has launched an 'Order and Collect' service for all of its customers.

Book lovers from across the County Borough will be able to select and reserve up to five books via the Council's online catalogue or by calling Pontypridd Library (at its new Llys Cadwyn location), Treorchy Library or Aberdare Library on the telephone numbers below:

Pontypridd Library
(Llys Cadwyn) - 01443 562211

Treorchy Library - 01443 773204

Aberdare Library - 01685 880050

Mountain Ash Library
(Canolfan Pennar) - 01443 570016

Porth Library - 01443 562227

Rhydyfelin Library - 01443 570009

Hirwaun Library - 01685 811144

Ferndale Library - 01443 570021

Pontyclun Library - 01443 237843



Hafal Carers Link Service

Do you support someone who needs help with day-to-day living because of illness or disability?

Hafal's new project is aimed at providing help and support for anyone who may be identified as a Carer.

They can point you towards the people who can help with:

- Accommodation
- Work and occupation
- Training & education
- Finance & money
- Drug and alcohol issues illness
- Social, cultural and spiritual matters
- Personal care and physical wellbeing
- Parenting or caring responsibility
- Medical treatment for your mental health
- Other forms of treatment

If you would like further information, or to make a referral contact their advisors:

Gill - 07976 624332 or
email: gill.bundy@hafal.org

Donna - 07805 665527 or
email: donna.evans@hafal.org

www.hafal.org

Their advisors are available at Ysbyty Cwm Rhondda and the Royal Glamorgan Hospital.



Local Community co-ordinators

Community Coordinators are:

- Based in the local area
- Provide information, advice and signpost to local community groups, activities and services
- Build strong partnerships with communities, agencies and services to support 50+
- Support people to live their own lives within their communities
- Raise community and statutory awareness of voluntary sector services

Contact your local Community Coordinator:

Cynon - Deanne Rebane

Email: Deanne.Rebane@vamt.net
Mobile: 07580 869983

Taff Ely - Karen Powell

Email: kpowell@interlinkrct.org.uk
Mobile: 07580 869970

Rhondda - Lucy Foster

Email: lfoster@interlinkrct.org.uk
Mobile: 07580 865938

Merthyr Tydfil - Claire Williams

Email: claire.williams@vamt.net
Mobile: 07580 866547



Caring Communities of Change



'Any change, big or small can have a life changing effect on you and your family's rights, wellbeing, and future. Start your journey with us.

Your opinion is vital and your contribution, no matter how big or small will help change your community and lives.'

What is our goal?

It has been a difficult time for families recently, as we move into period of change and we learn to live in the 'new world' it has never been more important to have your say in the changes that affect you and your family.

To enable Learning Disability families across Wales to secure their rights, enhance physical, emotional and economic well-being and support family relationships.

What will we offer?

The project will put learning disability family carers at the heart of service design and delivery across Health and Social Care in Wales.

Transitions - All Moves Matter will provide a voice and control for family carers during the process of planning from home to independent living.

Respite - Break from the Routine will work with families to co-produce provide responsive and flexible alternative offers to respite care.

Resilient and inclusive communities - Creative Carer Communities will re-design community activity to meet the needs of the communities they serve, making them more accessible.

How can I get involved?

Are you –

- Parent or carer of a loved one with a learning disability?
- A group that supports parents and carers?
- A community or network professional interested in doing things differently?

Your opinion is vital and your contribution, no matter how big or small will help change your community and lives.

You can –

- Be part of a working group
- Attend the online discussions
- Talk to us through our digital platforms

For more information on how to have your say and get involved:

Follow us on social media -

@ AllWalesForum

Visit our website -

<http://www.forum.allwalesforum.org.uk/caring-communities-of-change/>

Contact us directly -

Josh Law

E: josh@allwalesforum.org.uk

T: 07707 137810





Carers Wales are running a 'Me Time' project, funded by Welsh Government, which will be run from August to March 2021. It's available weekly and is based around carer's wellbeing and mental health support. The sessions can include mindfulness, storytelling, yoga and hints and tips for coming out of lockdown. Carers are encouraged to provide guidance as to what type of sessions they would like, and the program can be evolved based on Carers needs to ensure the best possible experience.

These sessions will allow unpaid carers to meet in a safe environment and have some time to themselves.

Carers Wales are also holding weekly Care for a Cuppa sessions, where carers are invited to join them for a chat with other carers and to hear from different organisations.

Please find out more by following the below links:

<https://www.carersuk.org/wales/help-and-advice/me-time>

<https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales>

Learning for Living

Do you know how skilled you are?

Caring for a loved one, family member or friend means you will have developed a whole range of skills.

Our e-learning programme, Learning for Living, will help you realise just how talented you are.

Learning for Living is a useful tool that will boost your confidence to take on life. On completion you will have a badge to present to your current or future employer so they will recognise your skills.

Or you can simply enjoy Learning for Living and celebrate what you do every day and may take for granted.

<https://www.carersuk.org/wales/help-and-advice/learning-for-living>

ASKSara

Carers Wales have been working with the Disabled Living Fund to create a carer-friendly version of ASKSara - an interactive tool to help you find the equipment you need. Just choose a topic, answer a few basic questions and get advice:

<http://carersuk.livingmadeeasy.org.uk>

Jointly

Jointly is Carers Wales' mobile app for carers, which is designed to make caring simpler by helping you organise medication, to-do lists and more all in one place, is now available in the Welsh language.

Jointly is a great place to share information and communicate between multiple carers and allows you to solidify many tasks into one place. It is also accessible on multiple platforms including computer, tablet and mobile.

To access the app in Welsh, it is as simple as changing a drop-down menu at the top of the screen and the entire app becomes Welsh.

Get the Jointly app today at Jointlyapp.com or by searching Jointly app on the Apple or Android app stores.'



Alzheimer's Society RCT

Our Singing for the Brain Groups are being delivered via Zoom.

They take place every Thursday from 11:15am – 12:15pm

Please get in touch for us to send you the log on details.

If you are worried about your memory, have a diagnosis of dementia, or care for someone with a diagnosis of dementia and need information advice or support or are interested in any of our services please call: **0333 150 3456** or **03300 947 400 (welsh speaking line)**

Motor Neurone Disease Association

Do you have Motor Neurone Disease? Do you care for someone with Motor Neurone Disease?

Why not call the Motor Neurone Disease Associations free helpline Motor Neurone Disease (MND) Connect on 0808 802 6262

Useful links...

Up to date info and advice for Carers re Coronavirus

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Free, safe and anonymous online support for young people

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

<https://www.kooth.com/>

Online support community for under 25's

<https://www.themix.org.uk/get-support>

<https://www.themix.org.uk/mental-health/how-to-cope-as-a-young-carer-33899.html>

For brothers and sisters of adults or children with a disability. Includes a YoungSibs online chat facility

<https://www.youngsibs.org.uk/>

CBBC videos about Coronavirus

<https://www.bbc.co.uk/newsround/51861089>

<https://www.citizensadvice.org.uk/wales/health/coronavirus-what-it-means-for-you/>



Carers PPE

PERSONAL PROTECTIVE EQUIPMENT FOR UNPAID CARERS

The Welsh Government has announced that unpaid carers who provide personal care when social distancing is impossible, may be eligible for PPE supplied by their local authority.

You may be eligible to receive a supply of PPE from your Local Authority if you provide personal care.

Personal care may include helping someone to:

- wash or bathe
- use the toilet
- get dressed and undressed
- eat and drink
- take medication

Requesting PPE

If you want to request PPE you can:

- **Contact your social worker if you or the person you care for have one.**
- **Contact the Carer Support Project on 01443 281 463 or by e-mailing carerssupportproject@rctcbc.gov.uk**

We may ask for some personal details from you and about your caring situation. Once your request has been approved, we will contact you to arrange convenient pick up or delivery arrangements for your equipment

Residents in RCT

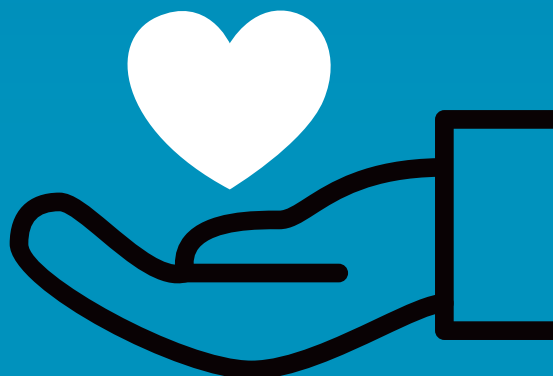
What support is available for me and the person I care for?

If you, or the person you are caring for are in the higher risk group, you should have received a letter from the NHS.

If you are in need of extra assistance with shopping, prescriptions etc. you can ring **01443 425020** for support from the community resilience hubs.

Any health or social care services you're already receiving, should continue (although this may have reduced) but if you need information advice or assistance around aspects of the care and support you receive please contact **Adult Social Care: 01443 425003. Children's Services: 01443 425006.**

Your health or social care provider should be taking additional precautions to make sure you are protected.



TEST, TRACE & PROTECT

Test, Trace, Protect is now live in Rhondda Cynon Taf and across the Cwm Taf Morgannwg University Health Board region and any resident or key worker with symptoms should apply for a test by accessing the following link.

<https://gov.wales/apply-coronavirus-test>

The programme forms a key aspect of the Welsh Government's Covid-19 recovery plan, helping to find a way for people in Wales to live and work alongside the virus, whilst containing its spread and protecting our friends, family and neighbours from infection.

Thanks to the sacrifices made by residents over recent months, the "R" rate (Rate of Transmission) has lowered enough for gradual easing of the lockdown to be undertaken.

Even with the introduction of Test Trace Protect and the easing of lockdown restrictions, it is more important than ever for residents to abide by social distancing rules and observe good hygiene practices including frequently washing your hands; whilst working from home should be continued if possible, and attempting to avoid public transport and areas where social distancing is difficult.

A significant increase in Coronavirus cases could overwhelm Test Trace Protect, increase pressure on the NHS, and potentially cause a tightening of lockdown restrictions – this is not what anyone wants after the extraordinary personal sacrifices residents have made over previous months, which have got us to this stage.

Contact tracing means people may be asked to self-isolate multiple times as the more often people come into contact with others, the more likely it is that they will be required to self-isolate, however, this will be essential to break the transmission of Coronavirus.

The Council is working in partnership with Bridgend and Merthyr Councils, Cwm Taf Morgannwg University Health Board and Public Health Wales to develop Test Trace Protect for residents across the region – carrying out contact tracing for people who test positive for Coronavirus, and providing public health advice and further testing for those people they have been in contact with if they show symptoms.

Rhondda Cynon Taf has a range of support available to assist people who are self-isolating if required, and information on available support will be provided to all those who need to self-isolate as a result of testing positive for Coronavirus.

For more Coronavirus information, advice and support in Rhondda Cynon Taf, please visit:

www.rctcbc.gov.uk/PublicHealthRCT



Beware of Scams

TEST
TRACE
PROTECT.



Scammers may ask you for financial details or payment. Contact Tracers will **NEVER** ask you for these.

TEST
TRACE
PROTECT.



PLEASE BE AWARE

Contact Tracers will always call you from **02921 961133** – If you do not answer, they will try to call again at a later time.

They will always identify themselves.

CORONAVIRUS ADVICE KEEP UP WITH THE NEWS



RCT
Council



Trusted News
organisations



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Public Health
Wales



Constantly following the news in uncertain times might feel relentless. It's important to look after your mental health. A good step might be to only seek updates at set times of the day.





Befriending Services

MHM WALES BEFRIENDING

IMPORTANT ANNOUNCEMENT

Following the escalation of the Covid-19 (Coronavirus) situation and new Government rules in force to stay at home, MHM Wales and New Horizons have launched a FREE Telephone Befriending Service covering the entire Rhondda, Cynon and Taff areas to help people stay connected.

We all need emotional support through this difficult and lonely time as we self isolate especially for those with no family or social contacts.

Telephone Befriending

Call **Sara** on
07966 904286 or
Michelle on **07966 632709**
For a friendly chat with our
Befriending Team today.

You must be 18+ to use this service. Please note there is a high demand at present, so be patient if you can't get through straight away. Welsh version available.

Stay Connected with us through
Social Media or visit our Website
www.mhmwales.org.uk or email
befriending@mhmwales.org



'Chatterlines'

'Chatter-lines' set up by Cwm Taf Morgannwg University Health Board is a befriending service available for those individuals who are lonely or isolated at this time:

Telephone:
01656 753783



Access to essentials

Did you know that many supermarkets have priority access for vulnerable customers?

Registering with supermarket as 'vulnerable' for food deliveries:

Sainsbury's Pontypridd:
01443 625200 or 0800 636 262

Tesco: 0800 917 7359

Asda: 0800 952 0101

Morrisons: 0345 611 6111

Co-op: 03300 417737

Young Adult carers



YACTY YAC

In the YACs we're often talking about wellbeing and how to cope when facing challenges. We're always looking for new things to learn, for opportunities which help us to develop new skills and insights, and we always have fun while acknowledging the highs and lows. I am amazed at how caring you all are and how you find new ways of coping and adapting. Covid-19 may have brought us new and unexpected challenges, but you are all adapting and getting the information you and your loved ones need to stay safe and well. None of you have to do this on your own because you're part of the YAC service where we Care and Support Each Other.

What's Occurred

We attended the Rhondda Heritage Park just before lockdown.

We spent the day learning about our local Welsh history which is rooted in mining. We discovered how Welsh coal not only transformed the Valleys and Wales, but the whole world. We learned about mining families and the diversity of Welsh communities. Many YACs shared their ancestry with a sense of pride over welsh cakes and



coffee in Caffé Bracchi. Those who attended left messages in the guest book and actively participated in the experience. I personally felt more connected to Wales when I saw the links to the Caribbean and the way in which the dignity of the



Welsh miners and the Valleys community inspired the civil rights movements. True greats like Paul Robeson came to Mountain Ash to show solidarity with the miners and their struggle for safe and just working conditions. It really was a day that made us all proud.

All the YACs had struggled through horrendous weather to make it to this event when many of the Valleys roads were still under threat of flooding and the rain was hammering down. Two YACs walked several miles to attend, but they were richly rewarded for their determination. That's What I call resilience!

So Proud!

Online Quiz Night

Everyone concentrated and put their brains into gear to answer 25 questions ranging from 'Who sang us through the War and recently die at the age of 102?' to 'What is the safe distance to keep when going out?' The Online Quiz Night winner was Amy G. **Well done her and well done all!**

Bake off Event



Wha's Occurin'?

September – YAC Fest

October – Horror Night make over and Tales of the Unexpected

November – Quiz Night

December – Christmas Crafting

January – New Year's Resolution

See Facebook or contact the service for more information



Congratulations

Congratulations to Jess who is a carer and, through all the struggles, barriers and adversity, has consistently worked hard, tried her best and got herself a First during her foundation Year. She is now going on to study psychology. We wish her well in her continued study and we know you, and others with you, have taken one very secure step towards fulfilling your dream. We applaud you!

Resilience in Action

As a service we have had to adapt to Covid 19. We have had to move our services online and learn new skills, be creative and learn to problem solve. Although the virtual world is not the same as the real world, Facebook Live video chat has gone some way to making us feel connected. It's such a joy to see everyone's faces when we do get online together. There is still a long way to go with mastering the technology, but we're getting there. A Big Thank you goes out to Amy B, our Chair, who is a Facebook and technology pro; she always offers a helping, reliable and positive pair of hands!

Our live, online events are posted on the YAC page for you to sign up to, along with details of how to join us. The events are also posted to all registered attendees via Messenger on the day.

Book Corner

There is so much helpful information online and in books. Many YACs have said that they would like to feel more confident. For a few, confidence comes naturally, but for many it's something you develop throughout life, one step at a time.

Several of you have received a copy of Build Your Confidence by Tara Ward. She suggests that we think about what being confident means to us, so I asked you these questions and you said...

"Speaking up for myself"

"Not feeling scared and anxious"

"Being able to ask for things I need"



Stay in Touch

To get the most out of our service, regularly check out our Young Adult Carers Facebook page for information and updates. If you're a member and need one to one support, advice, or information then message me via the YAC page or text me on 07748031582. We also have a counselling service with a referral process which is confidential. We can also refer you on to other services and organisations that might be able to help. Please just ask...

We are here for you!



RCT Young Carers Schools and College Award...

Young Carers are children and young people who care for someone because they are ill, disabled, are elderly, are affected by mental health issues or are experiencing substance misuse problems. Young Carers can also be young people taking on a significant responsibility for helping care for a sibling. The levels and nature of caring can vary depending on the young person's situation. The responsibility a Young Carer takes on can lead to immense stresses and strains within their lives. Their roles and responsibilities go beyond what is expected of the average child or young person, and beyond what is considered 'helping out'.



Photograph Courtesy of Y Pant Comprehensive School



Photograph courtesy of Coleg Y Cymoedd



Photograph Courtesy of SS Gabriel & Raphael RC Primary School

In Rhondda Cynon Taff we are always looking to improve things for Young Carers. Over the last six years we have continued to roll out the RCT Young Carers Schools and College Award. This Award is aimed at improving the identification and recognition of Young Carers in Education settings, as well as ensuring Young Carers get the support, information and guidance that they need. Each Secondary School and College Campus within RCT has a designated 'Carers Champion' who is the recognised key person to oversee that a Young Carers needs are identified and met within the Education setting and to oversee the implementation of the Award. The Awards are structured units of work which are underpinned by different levels of certificates; Bronze, Silver and Gold.

For Primary Schools, they are equally tasked of raising awareness of Young Carers but through a different unit work consisting of five sessions, each exploring what a Young Carer is and how they can access support if required. This unit of work is elective.

CONGRATULATIONS!

Over the Academic year 2019 / 2020 it has been extremely encouraging to see the hard work and commitment of the Carers Champions continue and where Primary Schools have also maintained their involvement by completing the required unit.

It is our pleasure to acknowledge, give praise and thanks to the following Schools on their achievements:

- Bethan Gronow and staff at Ysgol Garth Olwg – Bronze & Silver Award
- Leanne Parsons and staff at Tonyrefail Community School – Bronze & Silver Award
- Alun Davies and staff at Y Pant Comprehensive School – Bronze Award
- Laura Wilson and her team at Coleg Y Cymoedd – Rhondda, Nantgarw, Aberdare & Ystrad Mynach Campus' – Bronze & Silver Award
- Miss Hunt and the wonderful Year 5/6 at SS Gabriel & Raphael RC Primary School – Certificate of achievement for the Young Carers Primary Unit of Work

We would like to wish you a continued success and best wishes for the future in the continuation of such a worth-while and undeniably important subject.



RCT Young Carers



RCT Young Carers project offers a service to Young Carers aged 5-18 years, who may be providing family care, giving emotional support or giving practical help. Lots of Young Carers feel good about what they do but some find it hard to join in with their friends or feel different to other Young Carers because of their responsibilities at home. Some Young Carers get tired and can't concentrate in school.

Support workers at the project help Young Carers by offering them opportunities through group sessions, one to one work and activities.

We offer advice, information, guidance, signposting, practical and emotional support, skills development and confidence and self-esteem building. Having time out from their caring role and having people they can speak to is vital. During school holidays, we organise trips and days out that are age and ability appropriate. We also offer young carers the chance to take part in forums which helps shape the future delivery of the service. All young people have an allocated support worker.

Rhondda Cynon Taff is a large county, and we work with young people all over Rhondda Cynon and Taff.

Young Carers Choir

What we've been doing

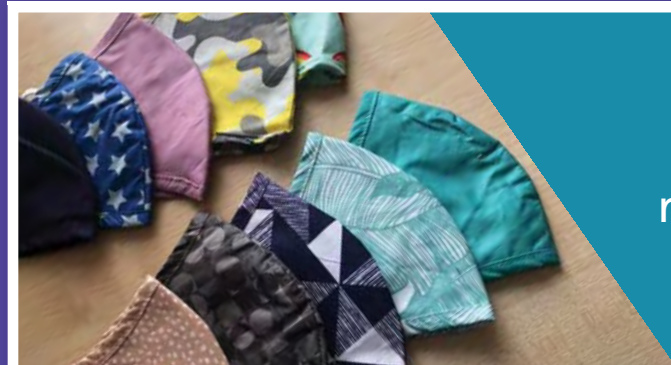
Young Carers Aloud choir sang at Action for Children's Stephenson Awards in February 2020. They were also interviewed and for a leading Sunday paper. Well done all your doing an amazing job raising awareness of young carers.

All the choir and staff have had a fabulous time at this event where they sang a selection of their own songs and a number of requested songs.



What we've been doing the last few months through Covid 19

- Window Rainbow/Display competition
- Emotional Wellbeing visits
- Virtual Scavenger Hunt
- Virtual Cooking
- Virtual Group sessions
- Virtual Games Nights
- Bingo
- Care packages sent out
- Silly Selfie competition



All young carers have been provided with a re-usable washable face mask from the project

Upcoming

With restrictions starting to lift in Wales, the project will be looking to resume our group sessions from September. We will be looking forward to getting everyone back together in the same room at last but will be following the local guidance and restrictions to ensure the safety of staff, our young people and their families is carried out at all times.

Lastly we would like to give a big shout out to all our Young Carers for the amazing job you've done caring for your loved ones throughout this pandemic, we know it's been hard for everyone over the past few months, however we are so proud of each and every one of you for carrying on the amazing work you have done throughout these challenging times.

Let's talk about feelings...

The world has been a strange and confusing place of recent and lots of people have experienced a roller-coaster of emotions, this includes our children; the world has been a strange and confusing place for them too. One of the best ways to support your child is to understand and acknowledge their feelings. We may not always be able to change things for our children but listening, understanding and accepting our children's feelings and emotions can make a big difference to them, and help them to grow with good emotional literacy. Just like other things, children must learn about feelings in order to understand them. Children may not know what happy, angry, sad, excited is unless we help them to understand that this is how our bodies feel when these feelings are happening.

So how can we support feelings in particular difficult ones?

Listening – when it feels like we have 1001 things to do, the dog is barking, the dinner is cooking and you have a floor full of toys to pick up, truly listening to our children can be hard, however, active listening is very important and shows your child they are heard, valued and understood.

So, what is the difference between active listening and listening?

When it comes to active listening, stop what you are doing and look at your child, give them your full attention.

Try not to interrupt them, let them finish, express themselves, vent feelings and emotions and be patient.

Repeat what you have heard, this is the time where you can validate their feelings, they may not understand, but use words like “it sounds like you are feeling.....that must be really hard, that would make me feel.....”

Acknowledging feelings

By acknowledging feelings, we can help our children to build their emotional literacy, which will in turn help them to understand and express feelings throughout life. Children (like adults) may not always know how they are feeling, so be the feelings detective together.

What are the feelings behind the words or behaviours?

When we talk to and understand our child's feelings it often helps us to understand their behaviours/actions. They may be angry, resentful or disappointed, which they then express as negative behaviour. Sometimes as parents we meet these negative behaviours with negative comments, when all they needed was someone to understand how they are feeling (think of a time you have had a bad day, maybe you are snappy, sometimes all you need is someone to ask you how you are feeling).

Name feelings - tell your child what you think they may be feeling and why - “I think you are feeling angry that your brother broke your toy is that right?” By naming feelings, we help children to understand them in the future. (This is what anger/scared/worried feels like)

Acknowledge the feeling and remember to help your child understand that all feelings are ok, but certain behaviours can be ok or not ok.

Work out strategies for dealing with feelings together. Everyone has their own way of dealing with difficult feelings, so try to come up with a strategy your child would like to use (what works for you may not for them), but remind them that the strategy should be something that doesn't hurt them, hurt others, or damage things. I.e. it may be ok to punch a pillow, but not punch a wall.

Remember

Teach your children that all feelings are ok to have, feelings can be good or bad and we all have them.

If you would like any information on feelings worksheets, books, activities to try at home contact Lyndsey at the carers project CarersSupportProject@rctcbc.gov.uk

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

Worry Monsters

If you have a child who is experiencing anxiety whether due to a new situation, a change in a familiar routine, friendship issues, or sleeping difficulties, you'll know the impact that this anxiety can have on their life. Issues which can often seem insignificant to an adult can be momentous to a child & sometimes so overwhelming that they become unable to verbalize or even share those feelings. These Worry Monsters offer a space to let go of those anxieties & hopefully encourage children to feel calmer again.

To make each monster we used;
a recycled container with a lid,
one A4 sheet of paper (we used green)
coloured sticky dots,
2 small circles of white card,
googly eyes, & pens.

To make our mini worry monster we used a moneybox style tin can as the top gave us a neat posting slot. We started by cutting a length of paper to cover the sides of the can, making sure we added a 5cm boarder to the top so we could cut a zig-zag pattern into it to give our monster some spiky hair. With the remaining green paper, we cut out some monster arms to add a little later. There are no specifications really for these monsters, the arms can be any shape or size. Using the sticky tape, we attached the paper to the container making sure it was a secure fit. We then attached the arms in the same way, along with the two circular cards & googly



eyes. With pens & sticky dots we added a few funny monster features & our monster was ready to collect some worries!

These monsters are ideal for a range of age groups, & those who are unable to write their worries independently could draw their feelings on paper. If that's not appropriate then they could always use the paper to express how they're feeling, e.g. scribble on it, scrunch it up, or even rip it up & feed it to the monster. The main thing is that their worry has been released.

It's helpful to encourage children to think that when their worry has been posted into the Worry Monster then the worry has been taken away from them, hopefully instilling a sense of peace. It's helpful too to remind them that any number of worries can be added at any time, no matter how big or small they may seem, the Worry Monster is always there to eat up any negative feelings they may wish to share with it.

For more fun activity ideas visit
www.sunhatsandwellieboots.com

Support for Siblings

The sibs website www.sibs.org.uk was specifically set up to help siblings who grow up with a brother or sister with additional needs and/or a disability. The website provides useful information for adult siblings, younger siblings, parents, carers and professionals. The website now also includes a section on coronavirus and how to support siblings if we experience a second wave. For useful updates sign up to the monthly newsletter by visiting the website.



Save money with a **MAX card**

Max card is the leading discount initiative for looked after children (LAC) and children with special educational needs and disabilities (SEND).

The scheme was set up to make days out more accessible and affordable for families. You can have discounted entry into lots of attractions including go air trampoline park, Caerphilly castle, castell Coch, Jump, Tenpin bowling and further afield Drayton Manor, Alton Towers, Legoland and go ape.

The MAX card usually costs £2.50 plus vat however the carers project are offering MAX cards to parent carers who are currently registered with us.

To find out more contact Lyndsey on **07887450717** or email: **CarersSupportProject@rctcbc.gov.uk**

Parent Carers Workshops With Outside Education

Managing Anxiety in a pandemic

This workshop will talk about the challenges of living through unprecedented times for autistic children. The focus will be on;

- What might be causing an increase in anxiety and why.
- Changes to routines and how to reintroduce structure and routine.
- Preparing for a new normal through social stories and play.
- Communication and understanding new words and terms.
- Anxiety reducing strategies and low arousal approaches.
- Sensory implication and advice and guidance.

**Join us for this virtual Workshop on Thursday
22nd October 10:00am - 11:30am**

Challenging Behaviour

This workshop seeks to help parents to understand the causes of challenging behaviour by taking an analytical approach to understanding behaviours that challenge. It will also focus on;

- Establishing plans to manage the cycle of anger.
- Proactive strategies and why they are so important.
- Establishing person centred plans and ensuring they are consistent.

**Join us for this virtual workshop on Tuesday
24th November 10:00am - 11:30am.**

Challenging Behaviour Support Group (CBS)

Struggling to cope with your child's? Don't know where to turn to next?

Would you like to know more about your child's diagnosis/ possible diagnosis?

Or just want to talk to like-minded parents/ carers in a friendly confidential group?

We Offer:

Practical support and advice, regular speakers, training courses, library, 1:1 support and much more NO diagnosis required

**RUN BY PARENTS FOR PARENTS
WE MEET THE 1ST & 3RD THURSDAY
OF THE MONTH (TERM TIME ONLY)
10AM - 12PM**

Contact us:

www.challengingbehavioursupport.org.uk

Contact **CHALLENGING BEHAVIOUR
SUPPORT** on **07562 223697 / 01443 492624**

CBS Support

Donna Sharland will also be working with Challenging behaviour Support over the next few months. To find out more about what support CBS offer contact them on info.cbs2014@gmail.com or take a look at their new website www.challengingbehavioursupport.org.uk

The Autism Help Hub

Contact us by phone, email, on social media or pop in and visit us to get personal and confidential help and support on a wide range of issues such as PIP, diagnosis, employment, education or anything else you feel you need support with. This year we've had 1,555 engagements with people who have needed our help - autistics, parents, professionals and family members. Also our new PIP support service has resulted in 100% of PIP claims being awarded.

**Open 10am to 4pm
Monday to Friday**

Find help now at:

**www.theautismdirectory.com
www.autismdirectorycharity.com
01443 844764
hello@theautismdirectory.com**

Unit 21, Business Development
Centre, Treforest, Pontypridd,
Wales, CF37 5UR, UK

 **[/theautismdirectory](https://www.facebook.com/theautismdirectory)**

 **[/company/the-autism-directory/](https://www.linkedin.com/company/the-autism-directory/)**

 **[/AutismDirectory](https://twitter.com/AutismDirectory)**

 **[/autismdirectory](https://www.instagram.com/autismdirectory)**

 **[/autismdirectory](https://www.pinterest.com/autismdirectory)**

The Autism Directory

A comprehensive directory of autism related services, products and autism friendly businesses in your local area and beyond, with categories on Health, Personal Support, Education, Therapies, Living Support, Money & Legal, Recreation, Travel, Work & Employment and so much more. This last year we've reached over 62,000 people that have visited the website that now has over 14,000 listings across the UK and the world.

The Autism Directory Live

Face to face access to the services, resources and provisions to help autistic individuals, their families and the professionals that support them. Plus informative seminars and talks on topics that matter, and a great opportunity to meet people that can help. This year we've had 70+ Exhibitors and over 3,000 Registered Visitors attending for the Seminars, Autistic Speakers, Support Zone, Local Community Groups, Carers Corner, Artists Corner and more.

The Autism Help Hub

Contact us by phone, email, on social media or pop in and visit us to get personal and confidential help and support on a wide range of issues such as PIP, diagnosis, employment, education or anything else you feel you need support with. This year we've had 1,555 engagements with people who have needed our help - autistics, parents, professionals and family members. Also our new PIP support service has resulted in 100% of PIP claims being awarded.

The Autism Community

Our community services provide local support in your community with training, employment, local talks, support / social groups and a help hub to provide individual support with the issues faced in your community.

The Autism Employment Programme

A 9 week program of support for helping autistic adults get ready for work. This year we've run 6 programs across RCT, and more being developed in partnership with the DWP.

The Autism Business Services

A range of training programs for businesses and all kinds of organisations to help them be more accessible for the autism community. From autism awareness and understanding to workplace assessments for staff and customers alike.

TASS

TASS is designed to support Autistic adults in the workplace. Individuals with ASD can excel in precise & systematic approaches to work but may face barriers to achieving in the workplace. Having an Autism aware Support worker or aid can reduce challenges you may face in the workplace. They will work with you to reduce anxiety, manage your work load & support you in social aspects of working in a team.

TADTalks

Live events to provide a stage for autistics to share their inspiring stories that need to be told.

The Autism Partnership

The charity's membership and ambassador programs providing the opportunity to others to be a part of what we do and help take it out to more people.

TADCreative

TADcreative is our in-house design team providing a full range of professional design services from print to online. Staffed entirely by talented designers on the spectrum, TADcreative also designs our exciting branded merchandise.

BUY HERE:

<https://weirdtriangle.com/shop/index.html#/tad-creative>

Helping you get the help you need

Carers Support Project events, activities and workshops for Autumn 2020






Event/Activity/Workshop	Venue, Date & Time	Information
October 2020		
Chatterbox - our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	Virtual Tuesday 6th October 10 – 11:30 am	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Our first session will be a yoga taster. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 7th October 11:30am – 12:30pm	Bronze.  Carer & Cared for. Booking required for access code.
Mindfulness - this session is being provided by Valleys Steps and will look into ways we can learn to better manage our thoughts and feelings. Mindfulness can be helpful for managing stress, for combating low mood and dealing with anxieties. It can also help boost general well-being.	Virtual Thursday 8th October 10:30 – 11:45am	Bronze.  Carer Only. Booking required for access code.
Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.	Virtual Tuesday 13th October 10 – 11am	Bronze.  Carer Only. Booking required for access code.
Carers Cwtch - join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light hearted atmosphere.	Virtual Tuesday 13th October 6:30 – 8pm	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. This session will be an introduction to Dance Fit. Suitable for all ages and abilities. Join us, bust a groove, get fit and have a laugh along the way.	Virtual Wednesday 14th October 11:30am – 12:30pm	 Carer & Cared for. Booking required for access code.




Event/Activity/Workshop	Venue, Date & Time	Information
October 2020 (Continued)		
Lifestyle with Lynds - join Lyndsey as she sets her monthly challenge 'steps for the soul'. The challenge will involve ongoing support and encouragement from Lyndsey and will leave you with not only a sense of achievement, but hopefully a healthier lifestyle. Fitness tracker 'watches' will be supplied for those who book to take part in Lifestyle with Lynds.	Virtual Thursday 15th October 11-1pm	Bronze.  Carer Only. Booking required for access code.
Bite-Size - join us and get information on various topics and have an opportunity to chat with professionals who may be the key to better support. This month we will be joined by CAB for Carers, who will discuss things like financial support, housing advice, utilities and energy and hospital discharge.	Virtual Monday 19th October 10:30-12noon	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 21st October 11:30am – 12:30pm	Bronze.  Carer & Cared for. Booking required for access code.
Parent carers Workshop – Managing your child's anxiety during a pandemic - join Donna Sharland in this useful online workshop on how to support children with ASD, who may be displaying anxiety during the recent Covid 19 pandemic.	Virtual Thursday 22nd October 10:00am – 11:30am	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 28th October 11:30am – 12:30pm	Bronze.  Carer & Cared for. Booking required for access code.
Halloween – Murder Mystery, The Good, The Bad & The Very Ugly: today is the 50th Gold Rush Rodeo. A huge event with bucking broncos and plenty of liquor. Saloon bar owner, Gail Force welcomes you for a couple of beers, a shot of whisky and a day to remember. But just as the party gets started comes the news that Sal A Mander the local outlaw has escaped from prison and is on his way to get what he's owed arch enemy Flint Eastwood. As the day heats up so does the rivalry. This leads to a show down not a hoe down as shots get fired and things turn to murder.	Virtual Friday 30th October 7:00pm-9:00pm	Bronze.  Carer Only. Booking required for access code.

Event/Activity/Workshop	Venue, Date & Time	Information
November 2020		
Chatterbox - our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	Virtual Tuesday 3rd November 10 – 11:30 am	Bronze. Carer Only. Booking required for access code. 
Food and Mood Workshop - have you ever wondered how the food that we eat can affect how we feel. Join nutritionist Joanne Crovini as she explains what happens when we are under stress and feeling anxious, how food can support this and nutrients that are of particular importance.	Virtual Wednesday 4th November 10:30-12:00pm	Bronze. Carer Only. Booking required for access code. 
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 4th November 11:30am – 12:30pm	Bronze. Carer & Cared for. Booking required for access code. 
Anxiety Management - feelings of stress and anxiety are common place occurrences in the majority of people's lives, due to the pressures or difficult situations we can find ourselves facing. Join us and learn tips and techniques about to better understand and manage out anxieties.	Virtual Thursday 5th November 11-1pm	Bronze. Carer Only. Booking required for access code. 
Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.	Virtual Tuesday 10th November 10 – 11am	Bronze. Carer Only. Booking required for access code. 

Event/Activity/Workshop	Venue, Date & Time	Information
November 2020 (Continued)		
Carers Cwtch - join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light hearted atmosphere.	Virtual Tuesday 10th November 6:30 – 8pm	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 11th November 11:30am – 12:30pm	Bronze.  Carer & Cared for. Booking required for access code.
Take Away Night - grab a drink, put your feet up, settle down to a good film and have your takeaway delivered to your door. Several takeaway options will be on offer for you to choose from.	Friday 13th November 7pm	Gold.  Carer & Cared for. Booking required.
Bite-Size - join us and get information on various topics and have an opportunity to chat with professionals who may be the key to better support. This month we will be joined by Beth Scott from Care and repair and Helen Mc'Shea from the reconnects 50 plus project. Beth will advise on the services care and repair offer but is also a dementia champion so will be discussing how to become a dementia friend and Helen will explain all about the reconnects project and how it has helped many people during the recent pandemic.	Virtual Monday 16th November 10:30am -12pm	Bronze.  Carer Only. Booking required for access code.
Managing Behaviours that Challenge - the recent pandemic has seen many of the best relationships put to the test. Join us in this workshop where we will look to find ways to better understand each other. We will discuss expressing behaviour, communication, problem solving and acceptance.	Virtual Wednesday 18th November 10:30am -12pm	Bronze.  Carer Only. Booking required for access code.

Event/Activity/Workshop	Venue, Date & Time	Information
November 2020 (Continued)		
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 18th November 11:30am – 12:30pm	Bronze. Carer & Cared for. Booking required for access code. 
Come Dine with Claire - join Claire and cook up a creative treat for you and your family right from your own kitchen. Step aside Nigella, Gordon, Jamie – RCT Carers are moving in! All ingredients will be provided.	Virtual Thursday 19th November 11-1pm	Bronze. Carer Only. Booking required for access code. 
Parent Carer Workshop - Managing Challenging behaviour - Autiside education presents a virtual workshop aimed at supporting children and young people with ASD who may be displaying challenging behaviours. One not to be missed.	Virtual Tuesday 24th November 10:00am-11:30am	Bronze. Carer Only. Booking required for access code. 
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 25th November 11:30am – 12:30pm	Bronze. Carer & Cared for. Booking required for access code. 
Carers Rights Day - Unfortunately, there will be no physical meet up to celebrate Carers Rights Day 2020, however – we would still like to offer you a tasty treat in recognition of all your continuous hard work, care and support. This will be in the shape of a delicious individually boxed afternoon tea that you can enjoy all to yourself or share with your cared for.	Friday 27th November 1pm	Gold. Carer & Cared for (max 3 per household) 

Event/Activity/Workshop	Venue, Date & Time	Information
December 2020		
Chatterbox - our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	Virtual Tuesday 1st December 10 – 11:30 am	Bronze.  Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 2nd December 11:30am – 12:30pm	 Bronze. Carer & Cared for. Booking required for access code.
Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.	Virtual Tuesday 8th December 10 – 11am	Bronze.  Carer Only. Booking required for access code.
Carers Cwtch - join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light hearted atmosphere.	Virtual Tuesday 8th December 6:30 – 8pm	 Bronze. Carer Only. Booking required for access code.
Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.	Virtual Wednesday 9th December 11:30am – 12:30pm	Bronze.  Carer & Cared for. Booking required for access code.

Event/Activity/Workshop	Venue, Date & Time	Information
December 2020 (Continued)		
<p>Look Lively! - a new virtual class provided by RCT Sport. Each session will have its own unique theme and we'll be guided by you. Suitable for all ages and abilities. Join us, get fit and have a laugh along the way.</p>	<p>Virtual Wednesday 16th December 11:30am – 12:30pm</p>	 <p>Bronze. Carer & Cared for. Booking required for access code.</p>
<p>Get Busy with Becs - Becs will be ready to get you in to the Christmas Spirit with a seasonal themed arts and crafts session. Crafts and equipment will be provided closer to the date of session.</p>	<p>Virtual Thursday 17th December 11-1pm</p>	 <p>Bronze. Carer Only. Booking required for access code.</p>
<p>Bite-Size - join us and get information on various topics and have an opportunity to chat with professionals who may be the key to better support. This month our focus is mental health and wellbeing and we will be joined by New Horizons and Valleys steps.</p>	<p>Virtual Monday 21st December 10:30-12noon</p>	 <p>Bronze. Carer Only. Booking required for access code.</p>