

# NEWS

## CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook.

Issue 53 • Spring 2015

## CARING FOR CREATIVE CARERS

Rhondda Cynon Taf Council Carers Support Project  
Celebrated Carers Rights Day 2014 in style.



The event took place at the Rhondda Heritage Park Hotel on Friday 28th November and was opened by Giovanni Isingrini, the newly appointed Director of Social Services and Cllr Mike Forey, Rhondda Cynon Taf Carers Champion.

Information was made available to Carers from a variety of organisations including the Alzheimers Society, New Horizons, Crossroads and Care and Repair. There were also legal and benefit surgeries where Carers could gain information and advice about their specific circumstances.

Carers had some "me" time as they

took advantage of the free activities on offer, which included Indian Head Massage, Reiki, Reflexology, Card Making and Christmas Floral Art. The Tenovous Choir performed a variety of songs and the event was rounded off with a Christmas lunch. Much fun and laughter was had by all.

The Carers Support Project would like to thank all partner agencies who attended for their support in making our Carers Rights Day 2014 a success.



## FREE COUNSELLING SERVICE FOR ALL CARERS IN RHONDDA CYNON TAF



The Carers Support Project offers free counselling sessions to carers living in Rhondda Cynon Taf. Sessions can be provided face to face or over the telephone depending on the needs of the carer. Carers have the opportunity to speak to someone, confidentially, about their caring role or other issues of concern to them.

**The service is easy to access – to find out more or to make an appointment call 01443 668813**

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50 plus

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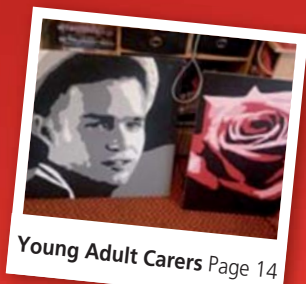
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STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREETADAETH GADARN | DYFODOL SICR

# ARE WE GETTING IT RIGHT?

In June 2014 we sought your views on what training and activities you would find beneficial to support you in your caring role and how we can best provide these opportunities. Based on what you told us we were able to deliver a comprehensive training programme delivered to suit your needs and forward plan the opportunities for next year.

We Asked	You Said	We Did
<b>What would be the best time for you to attend Training?</b>	Week day Mornings/Afternoons, some evenings, Saturdays	We provided some evening events: Pantomime & Samba Drum Workshop. A Saturday Bath Christmas Market event and distributed the remainder of the events throughout the week with a mixture of afternoons and mornings.
We Asked	You Said	We Did
<b>In which area do you prefer to access training?</b>	Taff, Cynon then Rhondda.	We held; 7 events in Taff, 3 in Cynon and 4 in Rhondda. Albeit the venue can at times be dictated by the type of event.
We Asked	You Said	We Did
<b>What types of training/ learning/activities do you find useful in your caring role?</b>		
• Health & Wellbeing	Stress Management / Relaxation/Pamper Days	Chill 'n' Chocolate Pamper Days, Indian Head Massage Tuition, Wellness morning/Exercise taster, Samba Drum Workshop, Carers Bowling, Afternoon Tea, Mindfulness for Carers, World mental Health Information & Awareness Event.
	Counselling	Our new counsellor Nicola Blunden provides a free confidential counselling service.
	Leisure Access	Up to 60% discount on RCT leisure services for Carers
	Assertiveness/Confidence Building	CSUIT 5 week training programme containing training on assertiveness, confidence building and managing conflict.
	Fun Days/Coffee Mornings/ Away Days	Pantomime, Samba Drum Workshop, Afternoon Tea, Carers Bowling, Bath Christmas Markets Day.
	Looking After Me (LAM) Carer Health Course	Courses provided throughout the year-see article in this edition of Carers News for dates.
	Craft Activities	World Mental Health Event, Carers Rights Day - Christmas craft sessions.
• Awareness Training	Dementia/Autism/Mental Health	World Mental Health Awareness Event, Carers Dementia workshop, Communicating Through Touch Course, Makaton Course.
• Practical Training	Moving And Handling, First Aid	Carers Introduction to Manual Handling Course, First Aid for Carers, Fire Awareness Course.
• Legal & Financial Training	Welfare Rights/Carers Rights/Benefit Advice/Legal advice	Carers Rights Day legal and Welfare surgeries, Dementia Workshop and World Mental Health Information Event
• Involvement & Engagement	Carers and Service Users Involvement In Training (CSUIT).	Five week training programme for Service Users & Carers who wish to become involved in social care training delivery.
We Asked	You Said	We Did
<b>What other training/learning/activities would you find useful?</b>	<ul style="list-style-type: none"> <li>• Aqua Aerobics</li> <li>• Dad Carer groups</li> <li>• Autism Training for parents</li> <li>• Knitting Groups</li> <li>• Cooking Courses</li> <li>• Gardening for Beginners</li> <li>• Dealing with violent/aggressive behaviour</li> <li>• Weight reduction course</li> </ul>	We are looking to provide further activities training and opportunities throughout the coming year-look out for in future editions of Carers News.



## 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, the more card (giving you discounted access to the council run leisure services) and support, advice and guidance from the Project. To register please call RCT's Carers Project Officer on 01443 668813

## Carers Assessments

If you are 16 years old or over and look after someone on a 'regular and substantial' basis you are entitled to a Carer's Assessment. The Assessment will identify your needs as a carer and help plan how you can be supported in what you do.

### Should I be worried about having an assessment?

Definitely not! The assessment is not a test on your ability to be a carer. The assessment is a service in its own right and gives you the chance to talk through any issues you may have. This can be a positive experience in itself.

### What happens when an assessment takes place?

An experienced worker will make an appointment to come along and meet you, to talk through a whole range of topics that are relevant to you as a carer.

The meeting will be at a time to suit you and can be independent of the person you care for, if this is what you would prefer.

### Where will the assessment take place?

All assessments are carried out in a convenient and private place. This could be at a social services' office or at your home. Wherever you would feel most comfortable.

### What sort of things might be discussed?

You would be able to talk about the sort of care you provide and how much time it takes, any help you currently receive, any difficulties you experience and any help that you feel may support you in your caring role.

### What is the point of having an assessment?

- It may give you the rare opportunity to talk about how you are feeling.
- It will give the person carrying out the Carers assessment the chance to provide you with information about the support that is available. This could possibly be assistance with benefits, details of services that may be available, counselling opportunities, advice on balancing work and caring etc.
- It will also help us to gain a better understanding of your needs and to plan services to support you in the future.

### What do I do next?

If after reading the above information you feel that you would like a Carers assessment, then you should get in touch with your social worker, or if you don't currently have a social worker contact the Carers Support Officer on 01443 668813

### What if I have a question before committing myself?

It's perfectly normal to have questions. You can call the Rhondda Cynon Taf Carers Support Project, on 01443 668813 to discuss any concerns you have. The team at the Project will be only too pleased to answer your questions.

## Claiming Carers Allowance

You can now claim Carers Allowance online by visiting: <https://www.gov.uk/carers-allowance/how-to-claim>



### Hafal Carer Support

Do you care for someone with a serious mental illness? Do you live in Merthyr or RCT?

If so, you can find help with your caring role from Hafals local resource centres.

Their resource centres offer services for Carers (and service users) including information, advice, support groups, a voice in planning and employment training. For more information contact Gill Bundy on 01685 884918 or email [rcttower@hafal.org](mailto:rcttower@hafal.org)

# CARERS MENTAL HEALTH FORUM



## The Forum meets quarterly at the YMCA in Pontypridd

### Do you care for someone with a mental illness?

If so, join us, meet other carers and have a say in changes that may affect you and the person you are caring for.

The Forum is an informal group, there's no need to book just come along, get involved and influence future developments.



#### Future Dates:

20th January 2015  
21st April 2015  
21st July 2015

All Tuesdays and from 10:30-12:30 pm

Call the Freephone Carersline on  
0808 100 1801 or call Claire on 01443  
668813 or Nanette on 01443 486856  
for more information.

*"From attending the Carers Forum it has brought me into contact with other Carers who are caring for someone with a mental illness. This has helped me to not feel so alone. As a Carer looking after a loved one with a mental illness is very difficult and it has helped me greatly to know that there are others who are experiencing the same feelings as myself"*

*"Come and share your experiences good or bad concerning your caring role. Special expert advice from guest speakers. Great support and advice from within the peer group"*

*"Good meetings. Gives you a chance to talk to other people with similar situations as yourself. Very relaxing and coffee, tea and biscuits. 2 hours every 3 months to relax, meet other Carers and pick up ideas for yourself"*

## FREE DEPRESSION BUSTING COURSE

Do you have anxiety or depression? If so and you are willing to try strategies to assist with the symptoms Rhondda, Cynon, Taf Independent Living Service is running the award winning

### DEPRESSION BUSTING COURSE

at Llanharan Welfare Hall, Bridgend Road, every **MONDAY** for **EIGHT** weeks, starting 2nd February from 12.30pm – 2.30pm. To book your **FREE** place on the course please contact Phoebe on **01443 229723** or email: **llanharancommunity@btconnect.com**

## MENTAL HEALTH SUPPORT

Mental Health Support is a partnership project between New Horizons Mental Health Resource Centre, UHB and Rhondda Cynon Taf County Borough Council. Mental Health Support aims to provide accessible advice and information about mental health issues and services to people with mental health problems, their carers, health professionals and anyone else with an interest in mental illness.

The site has many features for you to use. Here you can keep in touch with friends by using the chatroom; if you feel strongly about something, add a topic to the forum and start a thread. You can sign up to their newsletter for ongoing updates about New Horizons. Or check out the latest health news. They are also on Twitter and Facebook now, so give us a look. For more information visit:

**[www.mentalhealthsupport.co.uk](http://www.mentalhealthsupport.co.uk)**

# Bi-Polar UK



**ARE YOU A FAMILY MEMBER / CARER OF SOMEONE WITH BIPOLAR?**

**WANT TO FIND OUT MORE ABOUT BIPOLAR AND GET SOME EXTRA SUPPORT? IF SO, BIPOLAR UK CAN HELP:**

The Link Mentoring Service is a One-to-One Mentoring Service offered throughout Wales. It has been co-ordinated to benefit individuals diagnosed with bipolar, as well as their carers / family members, with the ultimate aim of providing support, advice and practical information.

If you would like to either access this service, or have further information regarding Bipolar UK please contact: Sara O'Herlihy, Development Officer at Bipolar UK on 01633 244 244 or via email [soherlihy@bipolaruk.org.uk](mailto:soherlihy@bipolaruk.org.uk)

## PEER SUPPORT GROUPS IN RCT

GROUP	WHERE	WHEN	CONTACT
Rhondda Listening Friends	St John's Church Hall	Every Monday 11am-3pm <i>People can call on anytime or stay all day</i>	Sara Davies 01443 424350 Sara.M.Davies@rctcbc.gov.uk
Brighter Journeys	Capel Farm Resource Centre, Tonyrefail	Every Tuesday 10:30am-12:30pm	
Footsteps	Morlais Hall, Ferndale	Every Tuesday 10:30am-1:30pm	
New Connections	Providence Church, Ystrad	Every Wednesday 10:30am-12:30pm	Simone 01443 424218
M.A.S.H.	No. 9 Maes-y-Rhedyn, Maerdy	Every Wednesday 6pm-8pm	Sara Davies 01443 424350 Sara.M.Davies@rctcbc.gov.uk
New Beginnings	Glyncoch Community Centre	Every Friday 9:30am-12:30pm	
Positive Steps	Darren Las Community Centre	Every Friday 12:30pm – 3pm	

**THESE GROUPS ARE FOR PEOPLE WHO HAVE MILD TO MODERATE ANXIETY AND/OR DEPRESSION. ALL GROUPS CHARGE FOR REFRESHMENTS AND AMOUNTS DIFFER**

## DASPA

The Drug and Alcohol Single Point of Access (DASPA) is a one call number which provides advice, information and an easier route into service for those affected by substance misuse.

**FREEPHONE:  
0300 333 0000**

**Want to find out about help and advice available in Rhondda Cynon Taf?  
Visit [www.substancemisuserct.co.uk](http://www.substancemisuserct.co.uk)**



**This January the Stroke Association is working alongside Community Pharmacy Wales, Public Health Wales and Cwm Taf University Health Board, to launch a new campaign called Lower Your Risk of Stroke.**

Each year across Wales approximately 11,000 people will have a stroke and of those around a third may die. The Lower Your Risk of Stroke campaign will focus on three of the biggest risk factors for stroke: high blood pressure, Transient Ischaemic Attacks (or TIA – sometimes known as a mini-stroke) and Atrial Fibrillation.

While many people have an understanding of high blood pressure and TIA, not many people know about Atrial Fibrillation or AF as it is sometimes known.

Atrial Fibrillation (AF) is the most common heart disorder in Wales.



Those with AF are five times more likely to have a stroke; and those strokes are more likely to lead to death or to leave the survivor with high levels of disability. And AF is more common as we get older.

AF means that your heart isn't working as well as it could. Your heart is a muscle and its job is to pump blood around your body. A normal pulse, when you are resting, is regular and between 60 to 100 beats per minute. If you have AF your heart beats in an irregular way or sometimes up to 140 beats a minute.

The good news is that AF is a manageable condition. If you have AF it is important to talk to your GP to find out what simple measures may be needed to reduce your risk of stroke and help control the condition. Recognising and receiving proper treatment for AF is important as strokes due to AF are often more severe, but most importantly, are avoidable.

The following could be signs of AF. So please see your GP as soon as possible if you have:

- palpitations (being aware of your heart beating fast),
- breathlessness,
- chest pain,
- fatigue, or
- no symptoms but an irregular pulse over one minute



To find out if you have AF a doctor or nurse will check your pulse. If it feels irregular, they may refer you for more tests to check whether you have AF.

If you have AF your doctor will look to treat your condition and your stroke risk. They will assess your stroke risk through a simple calculation. Remember, AF strokes can be prevented with the correct treatment (usually a blood-thinning medication or anticoagulant).

**If you are diagnosed with AF you should discuss your treatment options with your doctor. In addition, by making some simple changes to your lifestyle, you can further lower your risk of having a stroke:**

- stop smoking,
- avoid drinking heavily,
- eat a healthy diet,
- take regular exercise,
- have regular check-ups with your GP, as the risk of stroke increases with age,
- manage any other medical conditions you have, like high cholesterol, diabetes or high blood pressure.

Remember, watch out for our Lower Your Risk of Stroke campaign in early 2015! Or, if you need more information please contact their National Helpline on 0303 3033 100 or visit their website for more information: [www.stroke.org.uk](http://www.stroke.org.uk)

# EPP COURSES

The Expert Patients Programme (EPP) is a self-management programme for people who are living with a chronic (long-term) condition. The aim is to support people by:

- increasing their confidence
- improving their quality of life
- helping them manage their condition more effectively
- dealing with pain and extreme tiredness
- coping with feelings of depression
- relaxation techniques and exercises
- healthy eating
- communicating with family, friends and healthcare professionals
- planning for the future

The course is free and consists of six consecutive weekly sessions, with each session lasting around two-and-a-half hours. The sessions are run by two tutors who both have a chronic condition. You can participate as much, or as little, as you wish.

## About EPP courses

The EPP course is open to anyone with a long-term condition. You don't need to be sent by your GP or hospital doctor (though it is helpful to let them know you're going on the course). The initial EPP course covers the following topics:

For more information contact Minu Mandora/Debra Moore EPP Co-ordinators, Cwm Taf Health Board.

Tel: **01443 744800/744920**

**Minu.Mandora@wales.nhs.uk/Debra.Moore@wales.nhs.uk**

**www.eppcymru.org**



## Children in Wales Plant yng Nghymru

### YOUNG PERSONS ONLINE SURVEY

The Welsh Institute of Health & Social Care in partnership with Time To Change Wales are conducting an online survey which is designed to gain an understanding about young people's experiences and feelings in regards to mental health. The survey is aimed at young people who are 16-18 but you can complete it if you are 19-21. There are no right or wrong answers and questions can be missed out. All answers are also private. The aim of the survey is to look at the potential need for an anti-stigma and

discrimination campaign that will build upon the success of Time to Change Wales Adult Campaign – by completing this survey you are potentially helping to shape this.

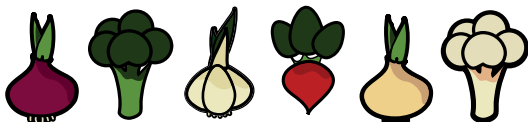
#### Complete the survey by visiting:

<https://www.survey.glam.ac.uk/ttcwpoblifanc>

Or for the Welsh version visit

<https://www.survey.glam.ac.uk/ttcwyoungperson>

	What is on offer? Beth sydd ar gael?	Cost Cost	Booking Details Manylion Archebu	Collection Details Manylion Casglu	Venue Lleoliad	Contact Details Manylion Cyswllt
LOWER CYNON CWM CYNON ISAF	Vegetables / Llysiau Fruit / Ffrwythau Stir Fry / Prydau Tro-ffrio Stew Pack / Pecyn Cawl Salad Pack / Pecyn Salad	£2.50	<b>Order &amp; Pay / Archebu a Thalu:</b> Wednesday / Dydd Mercher	<b>Collection / Casglu:</b> Friday / Dydd Gwener 10am-12pm	<b>Perthcelyn Community Centre Canolfan Cymuned Perthcelyn</b> Glamorgan Rd, Perthcelyn CF45 3RJ <b>Penrhawceiber Institute Sefydliad Penrhaw-ceibr</b> 35 Penrhawceiber Road, Penrhawceiber / Penrhaw-ceibr, Mountain Ash / Aberpennar CF45 3SP	<b>Jill Davies</b> Darren Las Office Swyddfa y Darran Las ☎ 01443 476750 ☎ 01443 479713 ✉ Jill.davies@rctcbc.gov.uk <b>Mark Jenkins</b> ✉ k.m.jenkins1963@gmail.com
	Eggs / Wyau Free Range Eggs / Wyau Buarth	75p/75c (6) £1 (6)	<b>Order &amp; Pay / Archebu a Thalu:</b> Friday / Dydd Gwener	<b>Collection / Casglu:</b> Friday / Dydd Gwener 10am-12pm	<b>Darren Las Community Building Adeilad Cymuned y Darran Las</b> 79 Oxford Street Mountain Ash / Aberpennar CF45 3HD	
	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad	£2.50	<b>Order &amp; Pay / Archebu a Thalu:</b> Wednesday / Dydd Mercher Before/Cyn 3pm	<b>Collection / Casglu:</b> Thursday / Dydd Iau 10am-12pm  Local Delivery 50p extra / Cost danfon o fewn yr ardal leol - 50c yn ychwanegol	<b>The Feel Good Factory</b> Abercynon Road, Mathewstown, Mountain Ash / Aberpennar CF45 4XZ	<b>Bryncynon Strategy / Strategaeth Bryncynon</b> ☎ 01443 479018 ✉ Lee.Meredith@bryncynonstrategy.org.uk ✉ marialewis@bryncynonstrategy.org.uk ✉ lina@bryncynonstrategy.org.uk
	Vegetables / Llysiau Salad / Salad Fruit / Ffrwythau Stew Pack / Pecyn Cawl 30 eggs / 30 wy 5lb potatoes / Tatws (5 pwys)	£2.50  £1.10	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 9am-11pm	<b>Miskin Community Education Centre Canolfan Addysg Cymuned Meisgyn</b> Clarence Street Miskin / Meisgyn	<b>Myra Davies</b> ☎ 01443 476838 ☎ 07989 186417 ✉ myra1943@sky.com
UPPER CYNON CWM CYNON UCHAF	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad 30 eggs / 30 wy Stew Pack / Pecyn Cawl	£2.50	<b>Order by / Archebu erbyn:</b> Tuesday / Dydd Mawrth	<b>Collection or delivery Casglu neu ddanfôn:</b> Friday / Dydd Gwener  Drop off at Cwmbach, Abercwmboi and local delivery Gollwng yng Nghwm-bach ac Abercwmboi. Gwasanaeth danfon ar gyfer yr ardal leol.	<b>Communities First Office Swyddfa Cymunedau yn Gyntaf</b> 13 Ston Terrace, Cwmbach / Cwm-bach CF44 0AS	<b>Alun Lewis</b> ☎ 01685 872364 ✉ Alun.Lewis@rctcbc.gov.uk
TAF	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad Stir Fry / Prydau Tro-ffrio	£3.00	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau Before/Cyn 12pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 10:30am-12pm	<b>Capel Farm Community Resource Centre Canolfan Adnoddau Cymuned Capel Farm</b> Heol Ty Llwyd Tonyrefail CF39 8LW	<b>Morwenna Thomas</b> ☎ 01443 671312 ✉ Morwenna.G.Thomas@rctcbc.gov.uk <b>Amy Bolderson</b> ☎ 01443 671312 ✉ Amy.Bolderson@rctcbc.gov.uk
	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad Eggs / Wyau	£3.00  £1.60 (12)	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau Before/Cyn 12pm	<b>Collection / Casglu:</b> Week Friday / Wythnos I ddydd Gwener Before/Cyn 12pm	<b>Gilfach Goch Community Association Asiantaeth Cymuned y Gilfach Goch</b> Cambrian Avenue Gilfach Goch / Y Gilfach Goch CF39 8TG	<b>Patrick</b> ☎ 01443 675004 ext 221 ✉ Patrick@ggca.org.uk <b>Matt</b> ☎ 01443- 675004 ext 218 ✉ matt@ggca.org.uk
	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad Stew Pack / Pecyn Cawl	£3.00 half bag fruit hanner bag o ffrwythau £1.50	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau 11am-12pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 11am-12pm	<b>Llwynypia Community Centre Canolfan Cymuned Llwynypia</b> Coleg Y Cymoedd, Llwynypia / Llwynypia, Pontrhondda Road, CF40 2TQ	<b>Adam Bowen</b> ☎ 01443 439279 ✉ Adam.j.bowen@rctcbc.gov.uk
MID RHONDDA CANOL CWM RHONDDA	Fruit / Ffrwythau Salad / Salad Vegetables / Llysiau Stir Fry / Prydau Tro-ffrio	£3.00 £3.00	<b>Order by / Archebu erbyn:</b> Wednesday / Dydd Mercher 9:30am-10:30pm	<b>Collection / Casglu:</b> Following Wednesday / Y dydd Mercher canlynol 9:30am-10:30pm	<b>Cwmparc Food Coop Cydweithfa Bwyd Cwmparc</b> Parc hall, Cwmparc, CF42 6LD	<b>Joanne Hughes</b> ☎ 01443 77536 ✉ Joanne.hughes@rctcbc.gov.uk
	Free Range Eggs / Wyau Buarth	£1.80				
	Fruit / Ffrwythau Salad / Salad Vegetables / Llysiau Stir Fry / Prydau Tro-ffrio	£3.00 £3.00	<b>Order by / Archebu erbyn:</b> Wednesday / Dydd Mercher 10am-11pm	<b>Collection / Casglu:</b> Following Wednesday / Y dydd Mercher canlynol 10am-11pm	<b>Treherbert Food Coop Cydweithfa Bwyd Treherbert</b> Upper Rhondda Fawr Communities First Office (CwmNi building), Swyddfa Cymunedau yn Gyntaf, Clwstwr Rhondda Fawr Uchaf (Adeilad CwmNi) 156 Bute Street, Treherbert, CF42 6LD	
	Free Range Eggs / Wyau Buarth	£1.80				
	Fruit / Ffrwythau Salad / Salad Vegetables / Llysiau Stir Fry / Prydau Tro-ffrio	£3.00 £3.00	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau 9:30am-10:30pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 9:30am-10:30pm	<b>Ystrad Food Coop/ Cydweithfa Bwyd Ystrad</b> Llys Ben Bowen Thomas, Gelligaled Rd Ystrad Parc hall, CF41 7SP	
	Free Range Eggs / Wyau Buarth	£1.80				
	Fruit / Ffrwythau Salad / Salad Vegetables / Llysiau Stir Fry / Prydau Tro-ffrio	£3.00 £3.00	<b>Order by / Archebu erbyn:</b> Wednesday / Dydd Mercher 9:30am-10:30pm	<b>Collection / Casglu:</b> Following Wednesday / Y dydd Mercher canlynol 9:30am-10:30pm	<b>Pentre Food Coop/ Cydweithfa Bwyd Pentre</b> Salvation army building, Carne St, Pentre, CF41 7LQ Adeilad Byddin yr Iachawdriaeth, Carne St, Pentre CF41 7LQ	
	Free Range Eggs / Wyau Buarth	£1.80				
UPPER RHONDDA FAWR RHONDDA FAWR UCHAF	Fruit / Ffrwythau Salad / Salad Vegetables / Llysiau Stir Fry / Prydau Tro-ffrio	£3.00 £3.00	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau 10am-12pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 9am-11pm	<b>St. John's Church Hall Neuadd Eglwydd Sant Ioan</b> Cymmer / Y Cymer	<b>Louise Curnell</b> ☎ 01443 497176 ✉ louise.curnell@rctcbc.gov.uk
	Free Range Eggs / Wyau Buarth	£1.80			<b>Maes yr Haf</b> Trealaw	<b>Leigh Jones</b> ☎ 01443 497176 ✉ leigh.jones@rctcbc.gov.uk
	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad Stir Fry / Prydau Tro-ffrio	£3.00	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau 10am-12pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 2.45pm-3.45pm	<b>Cymmer Junior School Canteen Ffretur Ysgol Iau y Cymer</b>	<b>Louise Curnell</b> ☎ 01443 497176 ✉ louise.curnell@rctcbc.gov.uk
	Free Range Eggs / Wyau Buarth	£1.80	<b>Order by / Archebu erbyn:</b> Thursday / Dydd Iau 10am-12pm	<b>Collection / Casglu:</b> Following Thursday / Y dydd Iau canlynol 2.30pm-3.30pm	<b>Alaw Primary School Ysgol Gynradd Alaw</b>	<b>Leigh Jones</b> ☎ 01443 497176 ✉ leigh.jones@rctcbc.gov.uk
PORTH Y PORTH	Fruit / Ffrwythau Vegetables / Llysiau Salad / Salad Stir Fry / Prydau Tro-ffrio	£3.00	<b>Order by / Archebu erbyn:</b> Friday / Dydd Gwener 9am-11pm	<b>Collection / Casglu:</b> Following Friday / Y dydd Gwener canlynol 9am-11pm	<b>Wattstown Village Associate Cymdeithas Pentref Wattstown</b> 36 Heol y Twyn, Wattstown, CF39 0PT	☎ 01443 757213 ✉ wattstownvillage@aol.com





# NAPPY RECYCLING

Rhondda Cynon Taf Council is pleased to announce the re-opening of the Go Green Baby disposable nappy recycling scheme and welcomes new applications for the successful project.

## How to get involved in Nappy Recycling?

Complete our Nappy Recycling Form to sign up online. Alternatively, call us on 01443 425001 to take full advantage of this FREE weekly kerbside collection service.

You will then receive a FREE Nappy Caddy, a set of nappy bags and an information leaflet with details on how the scheme operates.

## How to recycle your nappies?

Nappy Collection is easy – simply pop each used/soiled nappy into the supplied nappy bag and place this into your nappy bin instead of your household waste.

Then, on the collection day specified in your information leaflet, put your nappy bin at your usual bin collection point for collection.

**For more information visit [www.rctcbc.gov.uk](http://www.rctcbc.gov.uk)**



# RHONDDA CYNON TAF COMMUNITY SUPPORT



The British Red Cross offers short-term practical and emotional support at home. They work in partnership with existing services and social groups in order to help people to improve their lives, by working with a support worker on a 12 week action plan;

- Helping to create and sustain social networks
- Improving confidence
- Developing independence
- Providing emotional support
- Helping to maintain independent living regain their independence.

**For more information call 02920 815694**

**We buy back  
specialist equipment  
Rydyn ni'n prynu  
offer arbenigol yn ôl**

Are you a parent/carer who would like to:

- Recoup some money for an item of specialist equipment that you own
- Benefit a child or young adult who could make use of the equipment

If so we would be very grateful for the opportunity to discuss this item of equipment that you have.

Please contact the dedicated Complex Equipment Team on  
01443 446911  
[ComplexEquipmentProject@rctcbc.gov.uk](mailto:ComplexEquipmentProject@rctcbc.gov.uk)

Ydych chi'n rhiant/cynhaliwr a fyddai'n hoffi:

- Gwerthu hen ddam o offer arbenigol rydych chi'n berchen arno.
- Rhoi cyfle i blentyn neu oedolyn ifanc wneud y mwyaf o'r offer.

Os felly, byddwn ni'n ddiolchgar iawn am y cyfle i weld y dam o offer sy gyda chi.

Cysylltwch â'r Garfan Offer Cymhleth ar  
01443 446911  
[CynllunOfferCymhleth@rctcbc.gov.uk](mailto:CynllunOfferCymhleth@rctcbc.gov.uk)



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

# Age Connects Morgannwg

Age Connects Morgannwg works with older people to improve their quality of life and promote a positive view of ageing. They operate throughout Rhondda Cynon Taf.

They have developed the following services to help and assist older people living in our local community:

## Information and Advice

Provides information and advice on a range of issues affecting older people throughout Rhondda Cynon Taff, Merthyr Tydfil and Bridgend.

Service provided includes:

- Information to clients about other services they can access;
- Handing out fact sheets on a wide range of issues;
- Giving advice to help the client diagnose problems while explaining aspects of the law;
- Providing a Welfare Rights Service to help clients maximise their benefits and income.

The service can be accessed by contacting any of our offices by telephone, in person or in writing.

## South East Wales Regional Safeguarding Advocacy Project

As a South East Wales partnership project, they provide an independent advocacy service, empowering and promoting the views, choices and rights of people over 50 in Rhondda Cynon Taff and MerthyrTydfil. This project provides support for people who are experiencing any issues and are living in or considering a move to a residential or nursing home, sheltered housing complex or are requiring support with accommodation when being discharged from hospital.

For more information please contact Marian or Jenny on **01443 439245**.

## Volunteering (RCT, Merthyr Tydfil, Bridgend)

Do you have a couple of hours a week to spare? At Age Connects Morgannwg they strive to provide a range of volunteering opportunities and will do their best to respond to the different types of support people would like to do. Their volunteers currently help out with day centre activities, residential home activities, information and advice work, admin work, and coffee mornings. Training and expenses are provided to all our volunteers.

For more information please contact our Volunteer Coordinator on **01443 490666**.

## Community Outreach Services

The Community Outreach Service Team covers a variety of low level high quality support services to older people living in their respective care settings. Services provided include:

- Supporting People Scheme
- Primary Care / Dementia Service
- Hospital Discharge Service (HDS)
- Domiciliary Care Service
- Care Home Advocacy Support
- Activity Projects and Assistance in Care Homes and Day Centres

**For more information call 01443 490666**



### Breakthrough Project

The Breakthrough Project is a three year Big Lottery funded project which is part of the wider Community Voice Team in Rhondda Cynon Taff. The aim of the project is to find and engage with older people who would not attend 50+ Forums or committees. They want to connect with people on their terms, and in a way that meets their needs, taking into account the very different issues faced by people aged 50 to those aged 70 and over. They plan to work towards a positive change that will make a difference in older people's lives and their community.

For further information, contact Shelley Bird on **01443 490650**.

### Nail Cutting Service

Surgeries/venues held at: Age Connects Morgannwg offices, Pontypridd; Alec Jones Day Centre, Porth; Kier Hardie Health Park, Merthyr and St Mair's Day Centre, Aberdare. Home visits are available. Prices may vary. Please ring **01443 490650** for more details.

### Forums

Have your say! Regular forums are held across Rhondda Cynon Taff for older people to discuss issues that affect them.

For more information please contact the Forums Support Officer on **01443 490870**.

### SupportPlus Service

This is a chargeable service available across Rhondda Cynon Taf that provides help to people with domestic cleaning, shopping escort or collection, pet walking, escorting outdoors, i.e. for leisure or to appointments, personal care, sitting service (24hrs). In addition to the support provided by this service, staff are trained to identify and support people by signposting them onto other services, including welfare benefits advice.

For more information please contact the Community Outreach Services Team on **01443 490666**





# INTRODUCING RCT HOMES SENSORY SUPPORT SERVICE

In partnership with Action On Hearing Loss and RNIB, RCT Homes have launched a new service to support their tenants who are profoundly deaf, hard of hearing, suffering with tinnitus and/or blind or partially sighted. The new service aims to provide

tenants with practical support, information and advice, ensuring that tenants are accessing all relevant services available to them in the area.

The support provided is entirely dependent on the individual tenant and can include support

to; understand their eye condition, access local statutory services maximise their income, access low vision services and learn new communication skills such as Braille, British Sign Language and Lip-reading.

**To find out more and to make a referral please contact the Ruth Nortey on 01443 494572, text or call 07500 064257 or email [ruthn@rcthomes.co.uk](mailto:ruthn@rcthomes.co.uk).**

## 50+ Calendar 2015

A collaboration of organisations across Merthyr and Rhondda Cynon Taf has enabled the production of 50+ calendar 2015 for older people living in Merthyr and Rhondda Cynon Taf.

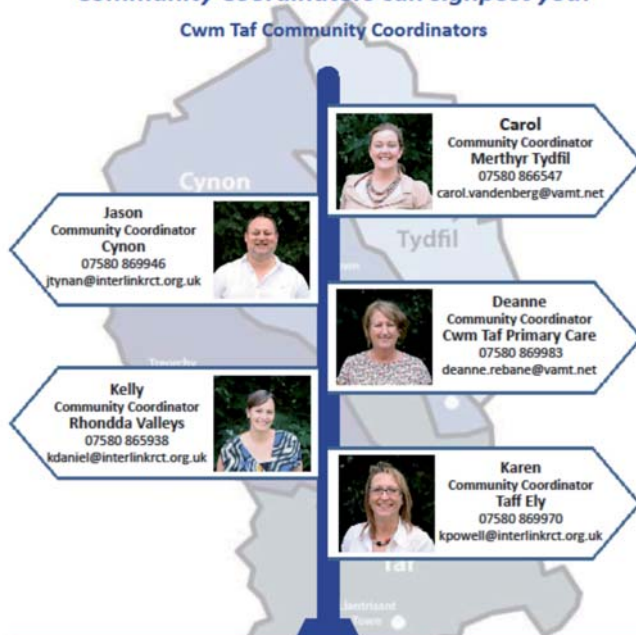
To request a copy please call Rhian on 01443 744847



Are you aged 65 or over or care for someone aged 65 or over?  
Do you work with people aged 65 or over?  
Would you like to find out what's available in your area?

**Community Coordinators can signpost you!**

Cwm Taf Community Coordinators



We aim to support people 65 and over by:

- Promoting independence and wellbeing
- Raising awareness and uptake of voluntary and community activities
- Connecting with local services

# Young Carers

# NEWS



## SCHOOLS AWARD

The Young Carers Schools award has been developed after speaking to young carers and getting their viewpoints about the support they receive in schools. Whilst some report good support others do not feel that their schools are supportive. We wanted to establish an award to help schools and educational staff develop an informed understanding of the issues faced by young carers in relation to their personal and school life and education.

The main focus of the award is for schools to work directly alongside the Young Carers Service in RCT to ensure that this vulnerable group is recognised and supported in order to go on and reach their full potential.

The schools award will mean school staff ensuring that good practice is taking place in the school in relation to young carers and their needs. Along with help from the service schools can put plans in place to work towards set standards. The school will be recognised by achieving bronze, silver or gold levels of the award. The award they achieve will be dependant on how much they put into the award and how much they put in place for young carers. We are hopeful that the award will develop a uniformed supportive approach to young carers in all schools in RCT and will raise the profile of young carers amongst pupils and staff. The young carers have had a say in what the standards should be and will be involved in the process. We are hoping to take this forward in the New Year and look forward to reporting back on how it is going and what the schools are achieving.



## YOUNG CARERS AND YOUNG ADULT CARERS SONG WRITING/SINGING CELEBRATION EVENT.

Young carers and young adult carers in RCT came together on Thursday 25th September at the historic Park and Dare in Treorchy to showcase their singing and song writing talents. Thanks to RCT Cultural Services and the Youth Arts Co-ordinator Liz Driscoll, young carers and young adult carers across RCT were able to access song writing and singing sessions with talented local artists Matthew Fredrick and Jess Jenkins.



Caring can bring with it a whole host of emotions and the aim of this project was for our young people to express themselves through creative means.

The young people had been working hard, penning their thoughts and feelings and came up with some brilliant lyrics and songs that really put across what it is like being a young carer, being a young person and life in general. With titles such as Touch the Sky, We Will Rise Again, Behind Closed Doors and Turn It around, the songs were individual, performed brilliantly and got the message the young people wanted to convey across.

The young people's families were all invited to the event to see what the young people had accomplished and what a brilliant night it was! The young people were presented with certificates of participation and a CD encompassing all their hard work for them to keep. Bringing the two groups together to showcase their efforts really gave them a chance to shine as young carers and as the talented and artistic young people they are. A fantastic night was had by all!

# YOUNG ADULT CARERS NEWS



## CARERS CHAMPION

Schools within RCT are fundamental in identifying, signposting and supporting Young Carers and Young Adult Carers in RCT. A new initiative is being rolled out across RCT where all schools are identifying a 'Carers Champion' who will be a focal point for all young carers and young adult carers in their organisation and will also ensure that all staff members are 'Carer Aware'. The Carers Support Project has had an overwhelmingly positive response from many schools such as Treorchy Comprehensive, Hawthorn High School, Ysgol Gyfun Rhydywaun, Ysgol Gyfun Llanhari, Ysgol Gyfun Garth Olwg, St Johns Church in Wales School, Bryncelynnog and Cardinal Newman. We look forward to establishing links with the remaining schools in RCT in the very near future.

## YOUR FUTURE FIRST

The Welsh Government's Youth Engagement and Progression framework aims to reduce the number of young people who aren't in education, training or employment and reduce the number of young people who do not have the opportunity to achieve their full potential. Young Adult Carers who have been caring from a young age often come under this category. As a result RCT local authority has developed 'Your Future First', a community partnership provision that supports the development of roles which provide mentoring for young people.

4 Young Adult Carers have recently embarked on the 'YFF' course with the aim of improving their confidence, developing their work based knowledge and gaining valuable work experience. Feedback from the Young Adult Carers so far shows that this course is very worthwhile and they believe it is improving their employability. Let's hope employment for these 4 young people is the end result!

## CINEMA TRIP

The Young Adult Carers group enjoyed an evening out in November as part of their monthly social gathering. Everyone was excited to be seeing the Mockingjay film at Nantgarw Cinema. There were 17 young adult carers who attended, 14 living in the RCT borough and 3 coming from the Merthyr borough. It was a nice opportunity for both groups to meet and spend some quality time together. Every young person who attended enjoyed the opportunity of getting out of the house, relaxing and meeting others who share similar life experiences. Everyone is now looking forward to Mockingjay Part 2!

## ROTARY SHOP

The week of the 24th November allowed the young adult carer group to experience what it's like to run a shop! The rotary community shop in Treorchy gave the young adult carer group invaluable experience, such as using a till, organising stock and pricing items, whilst allowing them to benefit from any transactions that occurred during the week. This experience gave the group a sense of responsibility as they had to ensure there was always someone there to cover the shifts. Everyone involved really enjoyed the opportunity and we will most certainly be looking to do this again in the future. Many thanks to Martin at Treorchy Rotary shop for allowing us this opportunity.

## BOWEL SCREENING WALES LAUNCHES BOOKLETS FOR CARERS AND CARE AGENCIES

Bowel Screening Wales has launched two new booklets to support carers in helping someone to complete a bowel screening kit. The booklet is aimed at carers who might need to support someone they care for to do the test.

Bowel Screening Wales is one of the NHS screening programmes run by Public Health Wales. The programme offers home testing for the early signs of bowel cancer to people aged between 60 and 74 living in Wales.

Participants receive a test kit and information leaflet at home and are asked to collect small samples of their bowel movements, and this can be difficult for some people who require care.

The new booklets aim to support carers in completing a bowel screening test kit on behalf of somebody they care for. It provides them with information about informed decision making, mental capacity and answers some frequently asked questions about Bowel Screening Wales.

The booklets were developed by the Screening Engagement Team of Public Health Wales and were reviewed by carers groups and home care staff across Wales.

Carers can access the booklets from the Bowel Screening Wales website  
<http://www.bowelscreening.wales.nhs.uk/information-for-carers>

## SING WITH US CHOIR

### Have you been affected by Cancer?

Go along and join the Tenovus Sing with Us Choir. Every Thursday 6:30pm-8pm at St Davids United Church, Gelliwasted Road, Pontypridd.

The Choir is for anyone who's ever had a diagnosis or lost a loved one to cancer. Join in for fun songs, a good chat and a cuppa – even if you've never sung before! (Feel free to bring a friend).

Call 0808 808 1010 for more information or visit [Tenovus.org.uk](http://Tenovus.org.uk)



## RHONDDA BREAST FRIENDS OPEN DAY

On the 31st of October the Rhondda Breast Friends opened up their Centre to the public for an enjoyable morning and afternoon of fun and laughter in celebrating the last day of the Breast Cancer Awareness Month and the Anniversary of the Centre being opened to the public for service.

It was great to see the community and neighbours joining in to show their support among others who attended the event and even brought some of their own home baked cakes and savouries. The Centre was decorated in pink to tie in with the 'pink ribbon theme' that surrounds the breast cancer month. There was also raffle prizes that had been kindly donated to the Centre by the members and the public.

Rhondda Breast Friends Centre Manager, Christina Ryan and Charity Founder, Diane Raybould gave a presentation about the Charity and its ongoing work. Both Christina and Diane also presented a cheque to one of our members, Jane Jones, as a donation towards the St Andrew's Church Roof Fund in Tonypanyd. Jane is their valued Church Warden. Jane and the church have been a great help in organising the Love Light Services these past four years and without them they wouldn't be able to hold our annual service to commemorate those who have lost their lives to cancer. Thank you to all those who helped organise the event and especially to all those who baked and brought in cakes and savouries, they couldn't have done it without you all! Also, a big thank you goes to our community for continuing to support and attend our Open Day.

If you have had a diagnosis of breast cancer and would like to be involved with RBF whether it be for support or to help fundraise, please contact us on 01443 687556 or email [info@rhonddabreastfriends.org.uk](mailto:info@rhonddabreastfriends.org.uk). RBF relies on the kind donations from our local communities and businesses, so if you feel you can help us, they would be very grateful.



# June Brown's Banana Honey Sultana and Almond Cake

Preparation time: 20 minutes

Cooking time: 60 minutes

Serves: 10

## Ingredients

- 250g plain white flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 90g manuka honey, or other runny honey
- 60g demerara sugar
- 60g butter, plus extra for greasing
- 2 medium-sized ripe bananas, peeled
- 2 eggs, beaten
- 85g sultanas
- 60g flaked almonds



## How to prepare

1. Heat oven to 180C/160C fan/gas 4. Grease and line the base and sides of a 20cm round cake tin with baking parchment.
2. Mix the flour, baking powder and cinnamon together in a large bowl. Melt the honey, sugar and butter together in a small saucepan over a low heat.
3. In a separate bowl mash the bananas with a fork, then mix in the beaten eggs.
4. Make a well in the centre of the flour and pour in the melted butter and sugar mix and beat together. Add the banana and egg mixture and beat again, then fold through the sultanas.
5. Transfer the mixture to the prepared cake tin and level the surface. Scatter over the flaked almonds and bake for 50 mins-1hr, or until a skewer inserted into the centre comes out clean.
6. Cover the cake with foil after 40 minutes if the surface is becoming too brown.
7. Remove from the oven and leave to cool in the tin

Taken from Macmillans Worlds Biggest Coffee Morning Recipe book. For more recipes visit: [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee)

# 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 at HALF PRICE - from Aqua aerobics to Zumba and everything in between!**

Rhondda Cynon Taf Council is offering all RCT Carers discounts of up to 60% off the cost of its MoreMax & MoreValue pay monthly (direct debit) plans and its pay-as-you-use prices. Pay as you go access to classes and swimming pools are at least half price too for all Carers. Whats more it's really easy to join!

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







## ALZHEIMERS SOCIETY HOSPITAL LIAISON SERVICE

The Alzheimer's Society has received ICF funding for a Hospital Liaison service within the Royal Glamorgan for 7 months to promote dementia awareness on wards 6 and 12. Maria McNally will be running the pilot project and has provided the following explanation on the project aims and eligibility.

The Hospital Liaison service provides one-to-one support to people with dementia, carers and family members. It aims to support people over the age of 65 who have been admitted to wards 6 and 12 in the Royal Glamorgan Hospital, Llantrisant. The service is unique to your personal circumstances and the information and support you need. The Hospital Liaison service aims to provide you with information, guidance and practical support to help you understand more about dementia and enable you to live well.

### Eligibility

To use the Hospital Liaison service, you must:

- be a patient on Ward 6 and 12 in the Royal Glamorgan hospital, Llantrisant
- have a diagnosis of dementia
- be over the age of 65 years.

### Service aims

The service aims to ensure that you:

- have accurate, clear, relevant and useful information that is easy to understand
- feel you understand more about dementia and your diagnosis and have an improved knowledge of living with dementia
- are treated with dignity and respect during your hospital stay
- have a named contact within the hospital to discuss non-medical related issues
- feel a reduced sense of confusion and disorientation during your hospital stay.

They will support you through the discharge process and then, with your consent, signpost you to other relevant agencies.

The service can be provided face to face in hospital, over the telephone and via email or written communication. Where necessary they will arrange a home visit or meet up with at a convenient location and time.

The Hospital Liaison service does not replace social workers, solicitors, financial experts or other specialist professionals and it cannot provide you with personal care, regular visits and companionship, counselling or transport.

For more information on this service please contact Maria on 01685 353919

## ALZHEIMERS SOCIETY BEFRIENDING SERVICE

The Befriending Service recruits volunteer befrienders who offer social contact to people with dementia. They provide companionship either in the home or in the local community where they help the person with dementia to take part in social activities. The service aims to help people feel less isolated and feel part of an enjoyable social relationship.

The amount of time befrienders volunteer is optional but it is usually for one hour per week. Due to the nature of the role they do ask befrienders to befriend on the same day and for the same amount of time each week.

The Alzheimers Society are currently looking for befrienders in the Merthyr Tydfil and Rhondda Cynon Taff area so there are opportunities for people to get involved if they wish to do so.

To find out more call Vicky on 01685 353919

### Are you looking after someone with memory problems?

### Would you like to find out more about dementia?

Join us at our Carers Dementia Workshops and find out more about the services available to you, your legal rights, benefits that maybe available to you, the emotional aspects of caring and much more.

### The next Carers Dementia information course is on:

- Tuesday 17th February 2015  
Coleg Y Cymoedd, Nantgarw Campus  
**All 10-3:30pm**

Respite and transport can be provided if needed. Call Trudy on 01685 353919 or Claire on 01443 668813 to find out more or to book your place.

# RCT CREATIVE WRITERS GROUP

The members of RCT Creative Writers Group are all carers or past-carers so we know how difficult it can sometimes be to leave your home and loved ones to attend meetings; even just a couple of hours can be so difficult. With that in mind, we want to give any carer or past-carer who is too busy to attend meetings the chance to be part of the Group by becoming a Guest Member.

## How can you become a Guest Member?

It couldn't be easier, just follow these few steps:

Write a short story or poem. There are no hard and fast rules about what to write; a favourite memory; a work of fiction; something on being a carer; that girl or boy from years ago; its up to you. How long? Again, no hard and fast rules though it would help if you didn't go too far over a thousand words. Most submissions are much shorter than that.

Send your masterpiece to the Writers Group with permission, if selected, to include it in our annual book of stories and verse 'Handle With Care'.

Keep your eye on the letterbox for an envelope containing your very own 'Guest Member' badge and a handy, attractive fridge magnet. Even if the demands on space in 'Handle With Care' unfortunately prevents your submission from being published, you will still be recognised as a Guest

Member and receive your badge and fridge magnet.


Becoming a Guest Member is free - just send us that poem or story - it really is as simple as that.

Where do you send your story or poem? If you have access to email, then send it to 'jessmorgan@hotmail.co.uk'. Otherwise, pop it in the post to Writers Group, c/o Claire Meredith, RCT Carers Support Project, Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, RCT CF37 5PN.

That's it! For the opportunity to see your work and name (you can use a nom de plume if you prefer) published in our annual publication, become a Guest Member of the RCT Creative Writers Group and receive your very own Guest Members badge and fridge magnet, at no cost to you (except perhaps a stamp for your envelope), just follow the easy steps above. So, please, go on:

## BE OUR GUEST!

If you would like to be a full member, come along to our monthly meetings at 10am on the first Friday of every month in the Pontypridd Museum, just across from the bus station. Full membership costs £2 per month (£24 per year) and you do, of course, receive your own Full Members badge. Just turn up, you will be very welcome.



## FREE TRANSPORT TO THE LIBRARY

If you are physically unable to reach any branch or mobile library and don't have your own transport then please phone Abercynon Library for more details:

**01443 741926**

# Make Quitting Smoking Your New Year Resolution!



The new year is a perfect time to quit smoking. Apart from the health benefits and confidence quitting will give you, by next Christmas you will

have saved over £2000 (if you smoke 20 cigarettes a day).


NHS Stop Smoking Wales provides a FREE seven week service to help smokers to quit. A friendly Advisor will discuss products available free on prescription that can really help during those tough few weeks after your quit date. During the sessions with your Advisor you will discuss withdrawal symptoms, coping with cravings, coping with stress and how to prevent relapse. These sessions really help the smoker to overcome the addiction – don't take our word for it, check out clients who have previously quit with the service via [www.stopsmokingwales.com](http://www.stopsmokingwales.com)

**Remember, when you quit with Stop Smoking Wales you are 4 times more likely to give up.**

In Rhondda Cynon Taff they currently hold sessions in Aberdare, Porth, Pontypridd, Pontyclun, Tonypany and Treorchy. Sessions are available across Wales including evening sessions.

Please call **0800 085 2219** to book an appointment or find out more or visit **[www.stopsmokingwales.com](http://www.stopsmokingwales.com)** to request a call back for free.

Follow us on Twitter: **@stopsmokingwales**  
Add us on Facebook:  
**[facebook.com/stopsmokingwales](https://www.facebook.com/stopsmokingwales)**




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

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

**Would you hear the smoke alarm?**

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



**South Wales Fire and Rescue Service**  
Gwasanaeth Tân ac Achub De Cymru

**Keep your family safe!**  
**CALL 0800 169 1234 or TEXT 88365**  
**to speak to a member of our Home Safety Team**

# Past Carers Group RCT

Tel 01443 491850 for more information.

## Monthly meeting in the Museum Pontypridd

We meet in the Pontypridd Museum, by the bridge, on the second Friday of every month (except Xmas). Feel free to come along and if it helps you can bring a friend or relative to keep you company.

## Become part of an extended family of friends and colleagues. Learn many new things.

Our group was started over five years ago by Linda Davies who was responsible for carers out of Heddfan. Linda recognised there was no support for people once they stopped being carers. Since it started the group has grown considerably, so why not come along and see for yourself, where a warm welcome awaits you.

## Come on day trips, Xmas Turkey and Tinsel and amazing visits to places of interest.

Trips of interest are selected by the group to places like Weston Super-Mare, Bath, Aberglasney, Abbey-Cwm-Hir, Bourton-on-Water and Xmas markets to name but a few. A long weekend Turkey and Tinsel event as well as a free Xmas lunch with entertainment is always planned. We even go 10 pin bowling every month to keep fit.

If you join our group you will never be alone, always have someone to call on and have a full year of things to do.

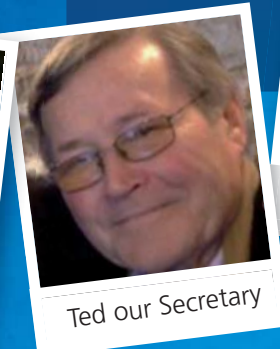
Our group offers companionship and friendship, there will always be someone at the end of a telephone if needed. Anyone in hospital has regular visits from members. We also send a birthday card from the group. Members bring in unwanted books, videos for anyone to take away and occasionally have a bring and buy event to boost our group funds.

**If you are interested in joining us and to belong to an amazing and unique group, come along (with a friend if you prefer) to our monthly meeting, every second Friday of the month in the Museum Pontypridd. Otherwise call the number at the top for more information.**

In the last two years we have been fortunate to have been awarded £5,000 from the big Lottery fund.



Jill our Chairperson



Ted our Secretary



Our Group at Xmas Lunch 2013

# CARERS BOOKING FORM

Event/Training	Venue	Time	Date	Tick
<b>February</b>				
<p><b>Carers Dementia Workshop</b> – Are you looking after someone with memory problems? Would you like to find out more about dementia? Join us at our Carers Dementia Workshop and find out more about the services available to you, your legal rights, benefits that maybe available to you, the emotional aspects of caring and much more. Refreshments and lunch provided.</p>	<p>Coleg y Cymoedd, Nantgarw Campus, Nantgarw CF15 7QX</p>	<p>10am-3:30pm</p>	<p>Tuesday 17th February 2015</p>	
<p><b>First Aid for Carers</b> – A session to give you peace of mind at home and out and about. Refreshments provided.</p>	<p>Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN</p>	<p>10am-1pm</p>	<p>Monday 23rd February 2015</p>	
<b>March</b>				
<p><b>Makaton Follow on Course</b> – This Follow-Up Workshop helps you improve and develop your signing and symbol skills and how to use them effectively, everyday. You will revise the signs and symbols you learned on the Beginners' Workshop and learn the signs and symbols for Stages 5-8 of the Core Vocabulary. This workshop is made up of 3 modules which will be delivered over 4 sessions. Participants are required to attend all 4 sessions. Refreshments provided.</p>	<p>Glamorgan Conference Centre University of South Wales</p>	<p>10am-12:45pm</p>	<p>3rd, 4th, 10th and 11th March 2015</p>	
<p><b>New Beginnings Art Workshop</b> – Come along and bring out your creative side in this New Beginnings themed art workshop. The workshop will include printing, textiles work and sewing. Have some fun and meet others Carers. Refreshments and lunch provided.</p>	<p>YMCA, Duffryn Road, Mountain Ash CF45 4DA</p>	<p>10am-3pm</p>	<p>Thursday 12th March 2015</p>	
<p><b>Mindfulness</b> – Mindfulness is a mind-body approach to wellbeing that can help you change the way we think about our experiences. It can help to reduce stress &amp; anxiety and can improve overall physical health. It is a combination of meditation, breathing techniques and paying attention to the moment. If you've never done this before, give it a try, beginners welcome!</p>	<p>Rhondda Heritage Park Museum</p>	<p>10am-3pm</p>	<p>Tuesday 17th March 2015</p>	
<p><b>Easter Chocolate Making</b> – Join our chocolate making workshop and find out about how to make your own delicious chocolates. Plus you'll get to take some home. Refreshments provided.</p>	<p>Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN</p>	<p>10am-2pm</p>	<p>Friday 20th, March 2015</p>	
<p><b>Easter Extravaganza</b> – 'Hop' along and join us for our Easter Eggstavanza! A fun filled day of Easter Egg hunts and activities at Daerwynno. For families with children who have additional learning needs.</p>	<p>Daerwynno, Llanwynno</p>	<p>10am-3pm</p>	<p>Sunday 22nd March 2015</p>	

Event/Training	Venue	Time	Date	Tick
<b>April</b>				
<b>Communicating through Touch</b> - this one day workshop will help those that care for someone with an Autism Spectrum Disorder or learning disabilities use touch to help communication, relaxation and the relief of stress and anxiety. The techniques you will learn during this workshop will help you and the person you care for engage and communicate together, relieve stress and feel more positive. The techniques explored on this course centre on touch, communication and relaxation and will be useful tools that carers and parents can use in everyday situations. Refreshments and lunch provided.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10am – 4:30pm	Wednesday 8th April 2015	
<b>Looking after me</b> – This is a two part workshop for Carers with the aim of improving your overall wellbeing. The first sessions looks at how to cope with stress and how to relax. The second focuses on self management of sleep, food, mood, fitness and time management. Refreshments provided.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10:30am-12:30pm	Wednesday 15th & Wednesday 22nd April 2015	

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

\*\*Places for some events are limited and will be allocated on a first come first served basis

\*Transport and respite can be provided if needed.

Name: .....

Address: .....

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

Email address: .....

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

If you would like to book on for the Christmas Markets, how many seats do you require?.....

If you would like to book on for the Pantomime, how many tickets do you require? .....

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 Claire on 01443 668813 or CarersLine Freephone on 0808 100 1801 or alternatively email CarersSupportProject@rctcbc.gov.uk**