

# NEWS

## CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook.

Issue 65 • Spring 2019

## WHAT'S ON?

At the Carers Project we are constantly working to provide a range of events, workshops and training for Carers in order to support you in your caring role. Take a look below to find out what we have on offer during Spring 2019. Find out more on pages 21-24.

Cwtch

Diabetes Awareness

CrISP

Carers Connects

Calendar Girls

Weekend on the Wye

Chatterbox

Crafty Chocoholics

Mamgus Cakes and Bakes

Mental Health Carers Forum

Assertiveness

Sea Safaris

Pause & Play

Safe Surfing

New Year New You

Parent Carers Forum

Sensory Considerations

Continuing Health Care – What's it all about?

Paediatric First Aid

Recharge

Essential Oils Workshop

Meet & Greet

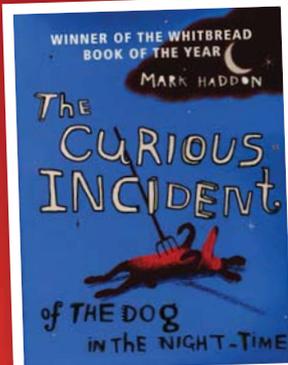
Stroke Awareness

## Inside

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The Carers Project will be moving to a new home this year. Keep an eye out for our new details.



RHONDDA CYNON TAF

# STAR EVENTS & ACTIVITIES



## How to book onto Event and Activities

Our activities and events are becoming more and more popular, as a result, all of our events have been marked **Gold, Silver or Bronze**. Please see our event list on pages **21-24** to see which category each event falls under.

Please note you can choose **1 gold, 3 silver** and **limitless bronze activities and events**.

**Places will be allocated on first come first served basis.**

**Activities and events can now be booked by either telephone or email.**

**Event bookings will open on Wednesday 30th January 2019 at 8am. This will be for both email and telephone bookings.**

To book on any of the events please call or email the Carers Support Project on **01443 281463** or email: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

## **THERE IS NO LONGER A BOOKING FORM**

to return in the post. Bookings are now only taken by telephone or email, as above.

# New to the Carers Support Project?

## Frequently Asked Questions

### How do I book on to an event?

You can book yourself on an event by giving us a call on 01443 281463, or by emailing us on [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

### When does event booking begin?

There is a date that booking begins; please see Page 2 of your newsletter. You can book on at any time after this date, however all of our events are “first come, first served” so the earlier you book, the better! We do have cancellations, so it’s always worth checking to see if we have any spaces on an event, even if it’s later that same week.

### How many events can I book on to?

Each event is categorised as “Bronze”, “Silver”, or “Gold”. For more information, please see Page 2 of your newsletter.

### How much does the event cost?

All of our events are completely free! In some cases, you might want to bring your own spending money if you wish.

### I would like to attend an event, but I can only come for part of it. Can I still come along?

In most cases we do need you to commit to a whole event, for you to get the most out of the experience. An exception to this is a “drop in” event, such as our coffee morning, where no booking is needed.

### What happens after I book on to an event?

Before an event, you will receive a “reminder letter” which will give you event details (e.g. venue, time/date of the event) and let you know what to expect on the day and if you need to bring anything with you.

### Do I need to bring anything with me when I attend an event?

No, you don’t need to bring any documentation with you, but you may wish to bring your reminder letter with you for reference.

### Can I bring the person I’m caring for with me?

If the event listing in the newsletter defines the event as a “Carer and Cared for” event, then yes you can! Booking is still essential.

### Can I bring my partner/children/friend with me?

If the event listing in the newsletter defines the event as a “Carer and Family” event, then yes you can! Booking is still essential.

### I have a special requirement, can I still attend?

We strive to accommodate you and make any reasonable adjustments in order for you to attend one of our events, whether it be a dietary requirement, access requirements, etc. Please contact us to discuss any individual needs that you may have.

### Will there be transport provided?

Please refer to the individual event listing.

### I’m going to be late to an event, what should I do?

You can either contact us on the phone numbers provided in your “Reminder letter” or using the details at the bottom of the page.

### What should I do if I can no longer attend an event?

We understand that having a caring role can sometimes be unpredictable and that situations can arise that are out of your control which will prevent you from attending one of our events. However, it’s important that you cancel your space before an event if you are able by email, text or telephone. If you cancel your space, this means that we are able to offer your space to another Carer, make adjustments to catering bookings, and to enable the workshop or event to begin on time (so we’re not waiting for you to arrive).

### I couldn’t attend your event but wasn’t able to cancel, what should I do?

Please contact us using the details at the bottom of the page.

**Telephone 01443 281463 or email [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**

# Weekend on the Wye

The Carers Project has funding to provide a Residential for Adult Carers!

Would you like two nights away from your caring role? Would you like to take part in some fun filled activities? Have some 'me time'? Would you like to meet other Carers? If so, read on....

## Where will the residential take place?

For 2 nights/ 3 days our home will be The Bunkhouse in Hay on Wye, which is set in the Black Mountains and Brecon Beacon National Park. We will have exclusive use of this building, which includes sleep areas, living areas, bathrooms and a kitchen.

## How will I get there?

We will have a mini bus which will take us to and from The Bunkhouse and to any activities along the way.

## When is the residential?

The residential will take place on Friday 8th March through to Sunday 10th March 2019.

## Where will I be staying?

We will be staying in a contemporary Bunkhouse, which is a converted old Welsh Baptist Chapel in Hay on Wye. The Bunkhouse is located on the River Wye and offers breath-taking countryside and river views. We have exclusive use of the Bunkhouse which offers luxury bunk sleeping accommodation.

## What's the aim of the residential?

The idea is that you get time to focus on yourself. This residential is about giving you respite from the demands of your caring role. It always provides you with the opportunity to meet other Carers and have some well-deserved fun.

## What can I expect?

Friday 8th March – Day 1 – We will depart Pontypridd bus station by mini bus at 8:15m. We will arrive at the Nant Ddu Lodge by 10am to enjoy an indulgent spa session, which will include lunch. After some well-deserved relaxation, at 3:30pm we will head onto 'The Bunk House' where we will have

time to unpack, settle in and familiarise ourselves with our surroundings. In the evening we will enjoy a 2 Course dinner at the River Cafe, which is situated next door to where we'll be staying.

Saturday 9th March - Day 2 – After a hearty breakfast we will take part a tutored Canoeing session on the River Wye, taking in the breath-taking scenery along the way. After working up an appetite we will enjoy lunch at the River Cafe. There will be free time in the afternoon and an opportunity for a relaxing walk, taking in the fabulous location. Then it's Cinema night. Pizza and Popcorn at the ready, and maybe even some games...fun fun fun!

Sunday 10th March – Day 3 – The day starts with a wholesome breakfast followed by some free time, before it's time to say goodbye at 11am. We aim to be back at Pontypridd Bus Station by 1pm.

## What about food and drink?

All food and drink will be provided throughout your stay. This includes lunch and dinner on day 1, breakfast, lunch and dinner on day 2 and breakfast on day 3. Snacks will also be included.

## Can I go please?

Yes of course! As long as you are a Carer, aged 18+ and are registered with the Carers Project, then this residential is available to you. Please note, there is only one Carer allowed per household.

There is an expectation that you take part in the whole residential, this is from 8:30am on Friday 8th March to 1pm on Sunday 10th March 2019.

## I'm in...What do I do next?

Contact the Carers Support Project on 01443 281463 to reserve your place. Please note, places are limited and will be allocated on a first come first serviced basis. Priority will be given to those Carers who haven't attended a previous residential.



# Chatterbox

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

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

**No booking needed. Just turn up on the day.**

**Get in Touch...**

**Contact Claire on 01443 281463.**

**[CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**



Join us on...  
First Tuesday  
of the month  
10am - 11.30am  
St Catherine's Church  
(upstairs)  
Gelliwastad Road,  
Pontypridd CF37 2UF

# Carers Cwtch

Carers Cwtch is an informal friendly group for individuals who care for a family member, friend or neighbour.

Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.

**So come along, have some time out, relax and have fun.**

**No booking needed. Just turn up.**

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



Join us on...  
Second Tuesday  
of the month  
6.30pm-9pm  
St Catherine's Church,  
(Cafe)  
Gelliwastad Road,  
Pontypridd CF37 2UF

## Do you need to Recharge?

**Recharge** is a new Project provided by RCT Carers Support Project. It provides Carers, who are registered with the Project, with a 40 minute holistic therapy session, on a one to one basis with a qualified therapist.

**When?** Future dates are 17th January, 21st February, 21st March & 11th April 2019

**What time?**

Appointments available between 10am & 3pm

**Where?**

The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ

Treatment options include Reflexology, Aromatherapy Massage and Reiki.

**Do I need to bring anything?**

Please wear comfortable loose clothing. We would advise you also bring a small towel for your own use.

**Is there parking?**

Yes, there is on road parking available outside the Feel Good Factory.

Contact the Carers Project and book your appointment with a fully qualified therapist.

Call **01443 281463** or email: **[CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**

The treatments provided are free of charge to Carers registered with RCT Carers Support Project. We expect this to be a popular incentive. Places will be allocated on a first come first served basis and only one session will be provided per Carer.

# RCT Past Carers Group

This is an informal group offering companionship and friendship to individuals whose caring roles have ended.

The group meets once a month and arranges a number of social gatherings throughout the month. The group offers support, laughter and a great way to meet new friends.

**No booking needed,  
just turn up on the day.**

Join us on...**Second  
Friday of the month**  
**11am-1pm**  
**Pontypridd Museum,  
Bridge Street,  
Pontypridd CF37 4PE**



Get in touch...

Contact:

**01443 491850**

**CarersSupportProject@rctcbc.gov.uk**



## Carers Connects

Dear Carers,

Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.

**From the Carers Connects Group**

Join us on  
2nd Tuesday  
of the month  
10.00am-12.00pm

*Wish you were here!*

Carers Connects  
Pontypridd Central Library  
Library Road  
Pontypridd  
CF37 2DY

Tel: 01443 281463

Mobile: Menny 07825 675791

Email: CarersSupportProject@rctcbc.gov.uk



## Diabetes Support

Did you know that 4.6 million people are living with Diabetes in the UK?

**Do you or someone you Care for have Type 1 or Type 2 Diabetes?**

If so then come along to a Diabetes Workshop on:

Wednesday 13th February  
10am to 12.00pm  
Hawthorn Leisure Centre

The All Wales Patient Reference Group would like to know what kind of information would be helpful for you to help look after your Diabetes, or to look after someone that you care for who has Diabetes. New information is going to be developed specially for Carers in Wales and your views are essential

There will be an opportunity for you to discuss your experiences of Diabetes, ask about local Diabetes Services and find out what support is available to you.

We are working with Rhondda Cynon Taf Carers Project to make sure that you have an opportunity to help us develop this much needed information.

To book your place contact the Carers Project on 01443 281463

## Who's going phishing?

Phishing is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details, by disguising as a trustworthy entity, in an electronic communication. Want to know more about how to protect yourself from Phishing scams?

Join our workshop on  
Friday 15th February 2019

See page 22 for more details.

# NHS Continuing Health Care (CHC)

## What is NHS Continuing Health Care (CHC)?

Some people with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. This is known as NHS continuing healthcare.

Where a person's primary need is a 'health need', the NHS is regarded as responsible for providing and fully funding all their needs in any setting, this could be in:

- a hospice,
- a care home, or
- your own home.

**What is the eligibility criteria?**

**Who qualifies?**

**Is CHC means tested?**

**What costs are covered?**

Come along to our workshop on Wednesday 13th March 2019, find out more and ask any questions you may have.

Find out more on page 22



## Changing Places

**Did you know Asda Tonypany have installed a new Changing Places toilet?**

The Changing Places toilet includes a full-length changing bench, fully adjustable electric hoist and specialist toilet – providing a safe and clean environment for customers with disabilities.

As well as having the right equipment to assist parents and carers, the room also has a lock, which can be opened using a universal Radar Key, to avoid the space being abused. If a customer doesn't have a key of their own, colleagues on the customer service desk will be able to help.

Find out more about Changing Places by visiting: <http://www.changing-places.org/>

# ASDA

## Vulnerability Registration Service

The person you care for may want to register with the Vulnerability Registration Service so that organisations that check the register, such as financial services, will know that they are vulnerable when they deal with them.

### How the Vulnerability Registration Service works

Once someone's details are registered, the Vulnerability Registration Service will make sure that organisations that take the registration into account are aware that the person is vulnerable and needs to be treated in an appropriate manner and with the right level of sensitivity. The service is available across the UK.

For further information visit **Vulnerability Registration Service** or contact them on [info@vregservice.co.uk](mailto:info@vregservice.co.uk) or call: **024 7767 2996**.

# CrISP

Rhaglen Gwybodaeth a Chymorth i Gynhalwyr  
Carers Information and Support Programme

**Do you care for someone with dementia?**

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

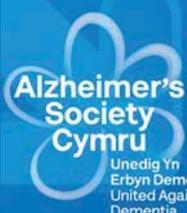
Join us at our Carer Information and Support Programme on:

Thursday 21st March &  
Friday 22nd March 2019  
9.30am to 3.30pm  
At Hawthorn Leisure Centre,  
Pontypridd CF37 5LN

You will be able to find out more about:

- What is dementia
- Supporting a person with dementia
- Local Services
- Legal and Financial affairs
- Looking after yourself

You will also be able to meet other Carers, gain support and share your experiences.



If you would like any further information, or to book a place please call the Carers Project on

**01443 281463**

or email

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

## Dementia and Nutrition

Many people living with dementia may experience a change in their relationship with food, eating and drinking. As dementia progresses, the behavioural, emotional and physical changes that occur can make eating and drinking more difficult.

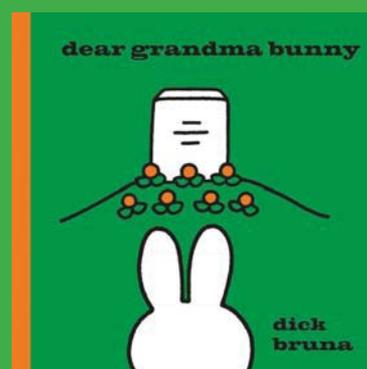
There may be issues with weight loss, poor appetite, coordination problems and changes in food or taste preferences. To find out more visit: <https://www.carersuk.org/help-and-advice/health/nutrition/dementia-and-nutrition> where you can get information and tips on how to overcome these challenges.



## Dear Grandma Bunny

Miffy says goodbye to someone very special in this moving addition to the collectible, classic Miffy series.

Miffy and her family are really sad. Grandma Bunny has died and it's time for them to say goodbye and thank Grandma Bunny for everything she did for them. Sensitive translated by award-winning poet Tony Mitton, this touching Miffy story celebrates the life and loss of loved ones.



# Would you like to know more about dementia?



Here are some books recommended by the Dementia Knowledge Centre Alzheimer's Society, which give an enlightening insight into the world of Dementia.

## Books by Carers:

My Bonnie – John Suchet

Keeping Mum – Marianne Talbot

## Books by people with dementia:

Who will I be when I die – Christine Boden

Dancing with Dementia – Christine Bryden

## Understanding behaviour:

And still the music plays – Graham Stokes

## Guides for Carers:

The Essential Carers Guide – Mary Jordan

The Selfish Pig's Guide to Caring – Hugh Marriott

# Bereaved by Dementia Project

Cruse Bereavement Care and the Alzheimer's Society in partnership are working to address the bereavement support requirements for people with dementia and their Carers, family members and other people close to them following a bereavement in Wales. Cruse bereavement care can provide up to six sessions of bereavement support via Face to Face, group, telephone or email, free of charge to bereaved clients.

Find out more about the project in Wales by visiting:  
<https://www.cruse.org.uk/wales/dementia#leaflet>



*Rhywle i droi pan fydd rhywun wedi marw*  
*Somewhere to turn when someone dies*

## Bereaved by Dementia Project

in partnership with  
Alzheimer's Society Cymru

# Warm Home Discount Scheme

Did you know you could get £140 off your electricity bill for winter 2018 to 2019 under the Warm Home Discount Scheme. The money is not paid to you - it's a one-off discount on your electricity bill, between September and March. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. You will need to contact your energy supplier to find out if they operate the scheme and their eligibility criteria.

The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

Visit: <https://www.gov.uk/the-warm-home-discount-scheme>

## Cold Weather Payments

You may get a Cold Weather Payment if you're getting certain benefits.

You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below for 7 consecutive days.

You'll get £25 for each 7 day period of very cold weather between 1 November and 31 March.

The Cold Weather Payment scheme runs from 1 November 2018 to 31 March 2019.

Check if you can get a payment in your area by visiting:

<https://www.gov.uk/cold-weather-payment>

## Universal Credit

### What is Universal Credit?

Universal Credit is being introduced in stages across the UK. The Universal Credit rollout in Rhondda Cynon Taf started 7th November 2018.

Universal Credit is a payment to help with your living costs, which is paid monthly. You may be able to get it if you're on a low income or out of work. Whether you can claim Universal Credit depends on where you live and your circumstances.

Universal Credit will replace the following benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Working Tax Credit

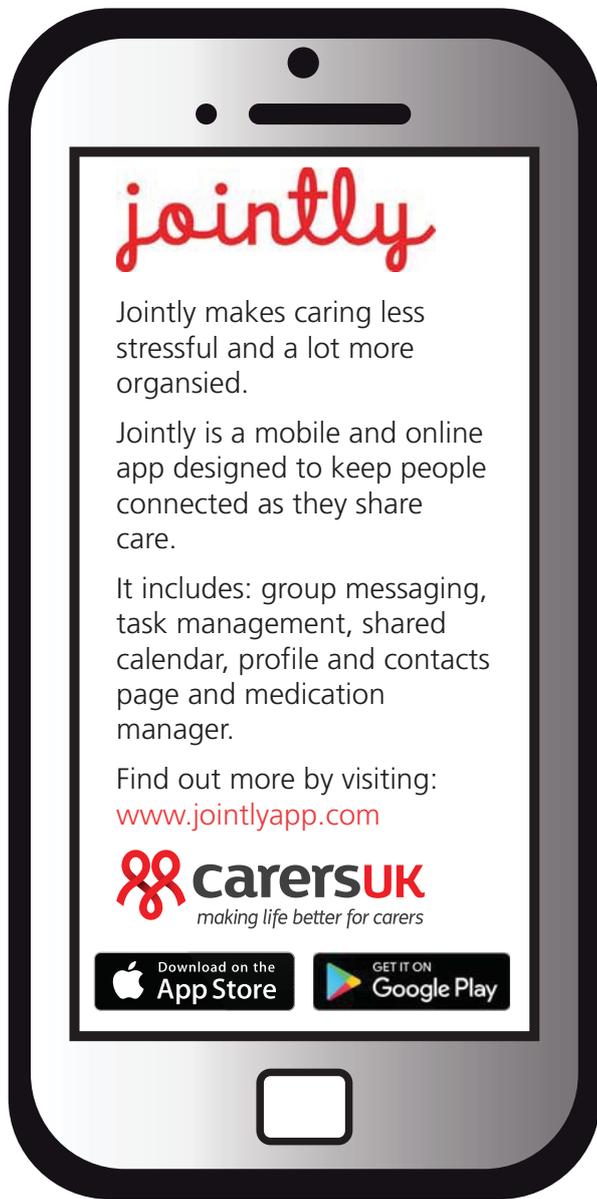
If you currently receive any of these benefits, you cannot claim Universal Credit at the same time.

### What do I need to do?

You do not need to do anything until you hear from the Department for Work and Pensions (DWP) about moving to Universal Credit, unless you have a change in circumstances.

For more information please visit: <https://www.gov.uk/universal-credit>





## Home eye Tests

Now everyone can benefit from Specsavers' value and choice, even if they are unable to visit a high street optician unaccompanied. With Specsavers home visits service, eligible customers can have a full eye test at home, or in a care home, conducted by one of the home-visiting opticians. What's more, should you need glasses, you'll be able to choose from hundreds of styles and take advantage of the same offers that you would find in store.

To find out if you're eligible for a free home visit please call 0800 652 4948 or go to [www.specsavers.co.uk/home-eye-tests](http://www.specsavers.co.uk/home-eye-tests)

## Access to Work Grant

The Access to Work grant is money to help you do your job if you have a disability or a health condition.

It can pay for practical support to help you start work, stay in work, or to move into self-employment if you are starting a business.

There is no set amount for an Access to Work grant. The amount of money you get depends on your situation.

The money can pay for things like:

- special equipment
- taxi journeys to work if you can't use public transport
- a support worker or job coach to help you at work
- disability awareness training for your colleagues
- a communicator at job interviews.

Find out more about the eligibility criteria and how you can apply by visiting:

<https://www.mencap.org.uk/advice-and-support/benefits/access-work-grant-faqs>



Codi Allan  Get Out  
Bod yn Egniol Get Active

YSBRYD 2012  SPIRIT OF 2012

Get Out Get Active (GOGA) is an exciting new programme that supports disabled and non disabled people to take part in fun and inclusive activities together.

You can get information on how to participate in activities, learn about volunteer opportunities and find out about the Peer Support Scheme

Find out more by visiting:  
<http://www.getoutgetactive.co.uk/>

## Online Courses

As a Carer you might find that studying online is easier to fit in around caring than a classroom based course. Did you know that there are a variety of free online courses available?

Visit: <https://carers.org/article/free-online-courses-carers>

# Stroke Community Steps Coffee Meet

More stroke survivors and their carers across Wales will now be able to receive additional support to help with their recoveries, thanks to the Community Steps programme run by the Stroke Association. The four-year project, funded by the Big Lottery Fund, aims to enable people affected by stroke to access community facilities and support, including a fortnightly meet-up in Aberdare. One survivor who recommends meeting others affected by stroke is Clive Horsefield, who attends Community Steps' coffee mornings. After a stroke earlier this year, Clive, 75, was determined to get back on his feet and meet others who'd had a similar experience. Clive said: "I do get giddy when I walk, and I mix up my words every now and then, so it's good to get out of the house and meet other people who understand how I feel. "Lauren from the Stroke Association is a great support and it's good to find out how a stroke has affected other people and what they can do to be more independent."

Almost half of stroke survivors across the UK have told the Stroke Association they feel abandoned after they leave hospital. Lauren Heath, Community Steps project officer, said: "Many stroke survivors need support to get back out into their communities so that they don't end up prisoners in their own homes. "Through the Community Steps project we work to offer that support, which includes holding coffee mornings. We welcome both stroke survivors and their Carers." The meet-ups take place each fortnight at Marty's Cafe at the Cynon Valley Museum between 10-11.30am on a Tuesday morning.

To book a place or for more information about Community Steps, please call 01745 508531, email [lauren.heath@stroke.org.uk](mailto:lauren.heath@stroke.org.uk) or visit [www.stroke.org.uk/communitysteps](http://www.stroke.org.uk/communitysteps)



## My Stroke Guide

Support and advice for those affected by stroke

My Stroke Guide provides you with:

- an online forum to share experiences and ask questions
- easy-to-read information about stroke and its effects
- a library of over 200 videos, offering advice about stroke and recovery

It has practical advice and tips to help understand stroke and its effects is available 24 hours a day, 7 days a week.

My Stroke Guide works on all devices that have access to the internet: computers, tablets, laptops and smartphones.

For more information please visit: <https://mystrokeguide.com/>

Join us on Friday 15th March 2019 at our Stroke Awareness Workshop and find out more about the support available to you.

Find out more on page 23

Did you know that the Citizen Advice Bureau offer an Outreach service across RCT. Visit their website to check their locations:

<https://www.citizensadvice.org.uk/local/rhondda-cynon-taff/>

# New Horizons Recovery College Courses

## Content Information: January – April 2019

### **Improving Own Confidence**

Know about confidence. Know how communication skills can contribute to improving confidence. Know about decision making and associated emotions and feelings. Know how having goals/targets can increase confidence.

### **Mental Health & Wellbeing(for Carers):**

Understand the concept of mental health and wellbeing. Understand how different factors affect mental health and wellbeing. Understand how stereotyping impacts on mental health and wellbeing. Understand where to get support and help.

### **Introduction to Sign Language:**

Use facial expressions. Communicate using BSL. Understand at a basic level the structures and functions of BSL. Understand the need to use visual-manual modes. Use fingerspelling. Demonstrate knowledge of Deaf Awareness and Deaf Culture.

### **Managing Anxiety:**

Understand the terms 'anxiety' and 'panic attack'. Know causes of anxiety. Know symptoms of anxiety. Understand how anxiety can affect the individual and the individual's friends and family. Understand how different ways of thinking and behaving can affect anxiety. Understand how anxiety can be managed.

### **Understanding Autism & Autistic Spectrum Disorder:**

Understand the nature of autism and autistic spectrum disorders. Identify points on the autism spectrum. Define what is meant by a spectrum disorder. Outline features of the autism spectrum disorder. Give examples of a range of difficulties that may be experienced by someone who has autism. Give examples of the strengths that someone with autism may have. Identify possible behaviours that may be displayed by a person who has autism. Understand methods and approaches to support people who have autism. Outline what is meant by a person centred approach for providing support. Identify a range of strategies that can be used to support someone who has autism.

### **Emotional Intelligence:**

Know about emotions. Understand what is meant by emotional intelligence. Understand the affects of high emotional intelligence for the individual. Know about own personal emotional intelligence. Know how to improve an individual's emotional intelligence. Know areas of development for own personal emotional intelligence.

### **Depression Busting:**

The course aims to enable you to manage your own depression. It gives you the opportunity to develop your own strategies for self-management as a means to monitoring your long term health and wellbeing. The course covers; Action Planning, Relaxation, Self-monitoring, Sleep, How the body Holds stress? Thoughts and Beliefs, Physical Activity, Managing Change, Food and Mood, Avoiding Quick Fixes.

### **Contact**

New Horizons  
16a Dean Street  
Aberdare  
CF44 7BN  
Tel: 01685 881113  
Email: [info@newhorizons-mentalhealth.co.uk](mailto:info@newhorizons-mentalhealth.co.uk)



# Recovery College Timetable – Winter/Spring 2019

## Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN

Course	Day	Time	Start Date	Weeks
Introduction to Sign Language L1	Mondays	9.30am-12pm	14/1/19	6
Understanding Autism & Autistic Spectrum Disorder L1	Wednesdays	9.30am – 12.00pm	16/1/19	6
Mental Health & Wellbeing L1 (Carers)	Mondays	12.30pm – 3.00pm	4/3/19	4
Emotional Intelligence L1	Wednesdays	9.30am – 12.00pm	6/3/19	6

## Rhondda – New Horizons Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY

Course	Day	Time	Start Date	Weeks
Improving Own Confidence L1	Tuesdays	12.30pm – 3.00pm	15/1/19	6
Understanding Autism & Autistic Spectrum Disorder L1	Tuesdays	12.30pm -3.00pm	5/3/19	6

## Rhondda – New Horizons Penygraig Surgery, George Street, Penygraig CF40 1 QN

Course	Day	Time	Start Date	Weeks
Managing Anxiety L1	Wednesdays	9.30am – 12.00pm	6/3/19	6

## Taf Ely – New Horizons HAPI Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin CF37 5HQ

Course	Day	Time	Start Date	Weeks
Managing Anxiety L1	Thursdays	9.30am – 12.00pm	17/1/19	6
Understanding Autism & Autistic Spectrum Disorder L1	Thursdays	9.30am – 12.00pm	7/3/19	6

## Bryncae Community Centre, Powell Drive, Bryncae, Llanharan CF72 9UU

Course	Day	Time	Start Date	Weeks
Depression Busting	Mondays	6.30pm – 8.30pm	18/2/19	6



## Young Carers School & College Award

RCT Young Carers Service have been working closely with all RCT Secondary schools to implement our newly designed 'Young Carers School Award'. This award helps teachers and support staff within RCT Secondary Schools to recognise, identify and support young carers. An important part of the award is the identification of a Carers Champion in each school who works closely with our service to support Young Carers.

The award consists of three levels: Bronze, Silver and Gold. Each level is made up of a set of standards, with schools having to achieve and evidence each standard before achieving the award.

The following list will give you an idea of the standards that need to be addressed for the Bronze award. You can expect to see these things implemented in all schools throughout this academic year:

- Posters and leaflets displayed around the school giving information on the support available to young carers internally as well as information on external support such as RCT Young Carers Service phone number and email address.
- All staff within the school should be made aware that your child has a caring role. This does not mean that specific information on their caring role is shared - just that the teacher may need to offer flexibility with attendance and homework submissions.
- All staff within the school will have had some guidance and training on how to recognise young carers and the role that a young carer might have to take on at home.
- Carers Rights Day in November, Young Carers Awareness Day in January and Carers Week in June are all carers events that you can expect to see advertised and celebrated at your child's school.
- Young carers will be encouraged to 'get together' in school to discuss any concerns or issues they are having or just to have a chat with others who may be experiencing the same sort of issues as themselves.

All secondary schools in RCT now have a Carers Champion in place and most are actively seeking to achieve a level of the award.



## Young Carers Primary School Award



Following the success of the work in Secondary Schools, we have created a unit of work which is designed to raise awareness within primary schools of young carers issues. This was piloted with a select group of Primary schools and is now being rolled out to all primary schools within RCT.

Several primary school have now successfully completed the award and several more have agreed to participate in the scheme before the end of the academic year.

Congratulations to the following schools who have already completed the unit of work:

St Gabriel and Raphael R.C Primary school, Maerdy Primary School, Ysgol Gynradd Gymraeg Tonyrefail, Cwmbach Church in Wales School, Miskin Primary School, Cwmbach Community School, CapCoch Primary school, Pengeulan Primary school, Llyncwrn Primary School, Williamstown Primary School and PenPych Primary School.

### Young Carers Awareness Day - Date for your diary!

It's official! The next Young Carers Awareness Day will take place on Thursday, 31 January 2019.

This time, the focus will be on mental health.

This will be the fifth official Young Carers Awareness Day that Carers Trust organises. The aim of the day is to continue identifying young carers and raising awareness of the vital role that they play in supporting their ill and disabled family members.

Events and information stands will be organised by schools and colleges in RCT so 'Save the date' & keep a look out on social media for posts and tweets highlighting the day.

**Don't Forget! All Young Carers and Young Adult Carers can get cheaper access to the leisure centres in RCT. So if you want to learn to swim or want to use the gyms and classes, get in touch with us. Young Carers Service 01443 281463 or [Youngcarerssupportteam@rctcbc.gov.uk](mailto:Youngcarerssupportteam@rctcbc.gov.uk)**

## Upcoming Events for your diaries 2019

12th January - Escape Rooms, Cardiff & Prezzo – 3-8pm

26th January - Comedy Club, Cardiff – 6pm until late

February Residential – Details to be confirmed

16th March - Day trip to London – all day event

All events are posted via Young Adult Carer Face Book page.

If you would like details sent in an alternative format please let Liz know.

## CASE update

Applications now being received for the £100 Young Adult Carers grant. Applications forms are available online through Facebook, or contact Liz, your Young Adult Carers worker, directly.

## Too Good To Waste

### 20% Discount for Young Adult Carers

If anyone would like to purchase items from TGTW using their grant money, then please let Liz know as she will need to register you. They now have a late night opening on a Thursday until 8pm.

You will be able to have the discount for ALL purchases (not just for the grant).

## Valley Steps

Valleys Steps offer a range of courses and they are available to you for FREE. Please let Liz know if you are interested in attending the courses in which you will learn about Stress Management and Mindfulness.



## Communities for Work & Inspire 2Work

Both Communities For Work and Inspire 2Work are organisations that can support you if you currently are not in employment, education or training. They offer advice on CV writing, work placements and offer training in a variety of areas included, but not limited to, construction, call centre, office skills and SIA.

Please contact Liz as soon as possible for further details, as she is looking to put together sessions for those of you who would like support.



## YAC Book

The one stop site for support for Young Adult Carers.

Get advice, blog, join a forum and connect on social media.

<https://www.yacbook.co.uk/>



Liz, your Young Adult Carers Support Workers contact details are below, please ring, facebook message, text or email her for further details on any of the above or if you would like support or just a chat :-

**Liz Dunlop**

**Young Adult Carer Development Worker**

**Mob: 07799 132035**

**Email: [Elizabeth.Duncan-Dunlop@rctcbc.gov.uk](mailto:Elizabeth.Duncan-Dunlop@rctcbc.gov.uk)**



## Pause and play Coffee Mornings (parent carers)

Join your Parent Carer Officer on the third Wednesday of the month (term time only) at Cafe Cwtch, Dare Valley Country Park. Share knowledge, ideas and expertise with other parent carers or just come along for a hot drink and good conversation. Pre school children are welcome.

### Next pause and play dates

16th January  
20th February  
20th March  
17th April



## New Parent Carer Catch up's

Are you new to the Carers Support Project? Do you feel a little hesitant accessing a service where you do not know anyone? If so, come along to one of our new parent carer catch up sessions. You'll have the opportunity to meet Lyndsey, your Parent Carer Worker, and other parent carers. This acts as a great opportunity for Lyndsey to find out more about you and your family. For more info contact Lyndsey on 01443 281463.

Take a look at our booking calendar to find out what events and workshops are planned for Spring 2019

## Sleep....We all need it.

Contact are a charity who support families with disabled children in England, Northern Ireland, Scotland and Wales. The Carers Support Project recently had the pleasure of working with them on an early years programme and one of the sessions was all about sleep.

Here are some top tips we learned to help your child and you have a better night's sleep.

### The right environment

Make the bedroom a relaxing place, if children sleep with calming music or night lights these need stay on or in position all night otherwise your child will become confused if they wake up and things are different. Where possible decorate the bedroom in pale shades as these are less stimulating than bright colours.

Try and avoid letting children fall asleep downstairs or with you as if they then wake up in a different place or without you this is enough to fully wake them up. Imagine if it happened to you....confusing right!!

### Blue light

Avoid TV's, Ipads, mobile phones, computer screens or play stations for at least one hour before bed. The blue light from these screens can disrupt your child's normal sleep rhythm. If there is a TV in the room switch off completely rather than leave on stand by as again the light will disturb them.

### Have a bedtime routine and stick to it even if your child tries to avoid it

Find out more about Jo Frost's bath book bed routine on the book trust website [www.booktrust.org.uk/books-and-reading/tips-and-advice/bath-book-bed](http://www.booktrust.org.uk/books-and-reading/tips-and-advice/bath-book-bed)

### Sleep and food

Certain foods can be good for sleep. Almonds, Walnuts, Bananas, Turkey (which is why we fall asleep after Christmas dinner), Herbal tea, oatly cereals and even Cheese (it won't give you nightmares) are all good sleep boosters. Chocolate, tea/coffee, honey, ice cream and energy drinks should all be avoided after tea time.

### It's not too late to change bad habits

Pick a good time to change when you feel you can carry out a change of routine for at least two weeks, e.g. don't begin it just before a holiday.

For more help on sleep issues get in touch with

### Contact a family

0808 808 3555

[info@cafamily.org.uk](mailto:info@cafamily.org.uk)

[www.facebook.com/contactafamily](https://www.facebook.com/contactafamily)

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

contact For families with disabled children

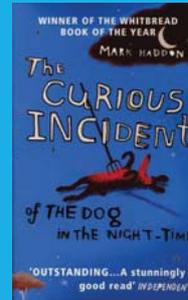
# The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

## Useful Reads

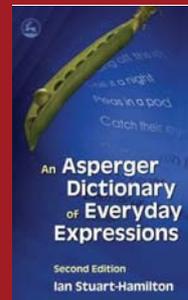
### The Curious Incident of the dog in the Night Time

This delightful book gives a first person perspective of a 15 year old boy who describes himself as a 'mathematician with some behavioural difficulties.' Author Mark Haddon describes the book as being a novel about difference, about being an outsider, about seeing the world in a surprising and revealing way.



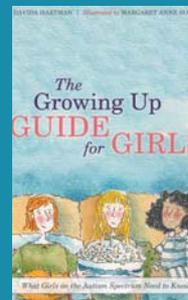
### The Asperger Dictionary of Everyday Expressions

Ian Stewart Hamilton's book is both amusing and informative. The book is a dictionary of over 300 phrases or expressions to help dispel some of the confusion that arises from the misinterpretation of language for young people who may take things literally. The expression 'shoot yourself in the foot' may seem like a harmless saying too many but to others could cause confusion or even distress.



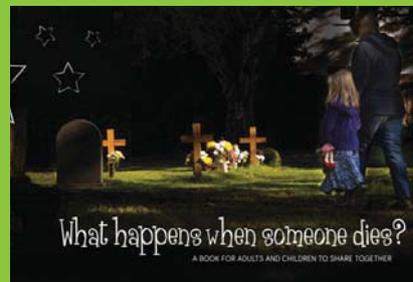
### The growing up book for boys/girls

These books tell young ASD boys/girls about puberty and adolescence and explains facts about the body changes that happen.



### What happens when someone dies?

This book is available from [www.seesaw.org.uk](http://www.seesaw.org.uk) and costs £7.99. Through photographs it gives a clear and simple explanation for families to share with children when someone special dies.



### Did you know.....

The CBS group in Pontypridd have a library of useful books parents can access. Contact Claire or Donna on 07562223697 for more info on books available.

### Cerebra also have a postal lending library service.

To join simply fill in the web form of the library page on the website [www.cerebra.org.uk](http://www.cerebra.org.uk) or phone their Freephone number 0800 32 81 159 and ask to speak to the librarian.



## CHALLENGING BEHAVIOUR SUPPORT CIC

Company number: 11394566

Don't know where to turn next?

Struggling to cope with your child behaviour?

Would like to learn more about your child's diagnosis?

Would like to find out what help is in the area for you?

Would like to help improve the system?

Just want to talk to like minded parents/carers in a friendly confidential group

Practical support and advice from regular guest speakers

### Training we deliver

AHD parent factor, Lego based therapy, Family Links Nurturing programme and more

### Everyone welcome

### "RUN BY PARENTS FOR PARENTS"

33 Gelliwastad rd, Pontypridd, CF37 2BN  
(opposite St Catherine's Church)

We meet every 1st & 3rd Thursday  
of the month (term time only)

10am-12noon

### contact us on

Facebook: Challenging Behaviour Support

Email: [info.cbs2014@gmail.com](mailto:info.cbs2014@gmail.com)

Tel: 07562223697



Rhondda  
Cynon Taf  
Branch

The National Autistic Society in RCT provide a range of service to support Families who have children with an autism diagnosis. Support includes:

### Youth Club for 11-19 year olds

Every Monday,  
6:30-8pm  
at Caolfan Pentre

### Soft Play

Every Wednesday,  
6:30-8pm  
at Fuze

### Swimming and Gym sessions

Every Sunday,  
3-4pm  
at Bronwydd Swimming Pool, Porth

### For more information please contact

Email: [nasrctbranch@nas.org.uk](mailto:nasrctbranch@nas.org.uk)

Mobile: 07827 356 043

Facebook: NASRCTBranch

Twitter: @nasrctbranch

Registered Charity 269425

## 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 01443 281463 or email [Lyndsey.r.williams@rctcbc.gov.uk](mailto:Lyndsey.r.williams@rctcbc.gov.uk)



Would you know what you needed to do if your child suddenly started choking, had an electric shock, suffered a burn or poisoning? Join us on our Emergency Paediatric First Aid Workshop on Wednesday 6th March 2019. Find out more on page 22.

## Carers Support Project events, activities and workshops for Spring 2019

Event/Activity/Workshop	Venue, Date & Time	Information
<b>January 2019</b>		
<b>Carers Connects</b> - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY <b>Tuesday 8th January</b> <b>10-12noon</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Carers Cwtch</b> - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 8th January</b> <b>6:30-9pm</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Carers Mental Health Forum</b> - If you care for a loved one with a mental illness, if you have any questions/queries involving your caring role, or are interested in meeting other Carers, join us at our informal group. Guest speakers are arrangement for each forum.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 15th, 10.30am-12.30pm</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Pause &amp; Play</b> - Join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and a stroll around the park. Children are welcome.	Dare Valley Country Park, Aberdare CF44 7RG <b>Wednesday 16th January</b> <b>10-12noon</b>	Bronze <b>Carer &amp; cared for.</b> Just turn up.
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 17th January</b> <b>By appointment</b>	Bronze <b>Carer only.</b> Booking essential.
<b>February 2019</b>		
<b>Chatterbox</b> – our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 5th February, 10-11:30am</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Sunny Side Up</b> - Join us for our hearty breakfast and a good old chat setting you up for the day ahead.	The Cafe, Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 7th February 2019</b> <b>9.30-11am</b>	Bronze <b>Carer only.</b> Booking essential.
<b>Carers Connects</b> - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY <b>Tuesday 12th February 2019</b> <b>10-12noon</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Carers Cwtch</b> - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 12th February 2019</b> <b>6:30-9pm</b>	Bronze <b>Carer only.</b> Just turn up.
<b>Diabetes Awareness Workshop</b> - If you have diabetes, or care for someone with Diabetes, then this workshop is for you. There will be an opportunity for you to discuss your experiences of Diabetes, ask about local Diabetes Services and find out what support is available to you.	Hawthorn Leisure Centre, Fairfield Way, Hawthorn CF37 5LN <b>Wednesday 13th February</b> <b>10-12noon</b>	Bronze <b>Carer &amp; cared for.</b> Booking essential.
<b>Sensory Considerations Workshop</b> - This workshop will introduce sensory considerations for autistic children. The workshop will help parents to better understand sensory processing and will explain the neuroscience behind sensory processing differences in autistic children. Themes covered will include common characteristics of sensory processing, gaining an understanding of the impact of different sensory experiences, taking a low arousal approach and practical strategies and advice on useful resources to make use at home.	Temple Baptist Church, Gelliwastad Road, Pontypridd CF37 2BP <b>Wednesday 13th February</b> <b>10-2pm</b>	Bronze <b>Parent Carers.</b> Booking essential.
<b>New Year, New You</b> - Join us for a pampering makeover. There will be a full face makeup masterclass, which will include a makeup tutorial and step by step guidance from a makeup artist. There will also be a qualified hairdresser at hand. You will learn the art of pin ups hair dos and master hair styling. All makeup will be provided and you'll also get some goodies to take home with you.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 14th February</b> <b>10-3pm</b>	Gold <b>Carer only.</b> Booking Essential.

Event/Activity/Workshop	Venue, Date & Time	Information
<b>February 2019</b>		
<b>Safe Surfing</b> - Did you know that 17million Britons were targeted last year by phishing (and we don't mean fish), ransomware, online fraud and hacking! Do you use social media? Shop online? Then this workshop is for you. You'll find out about the pros and cons of using social media, how to protect accounts and to stay safe online, how to tell is a website is genuine and how to ensure security when using website.	Garth Olwg Lifelong Learning Centre, St Iltyds Road, Church Village CF38 1RQ <b>Friday 15th February</b> <b>10-3pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Meet the Team</b> - Welcoming Carers of all ages. All of the team will be on hand to introduce themselves, answer any queries you have or just have a good old chat. Cuppa and cake included.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Monday 18th February, 10-12noon</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Assertiveness</b> - Do you ever feel it's hard to communicate your thoughts and feelings? Do you feel like you often struggle to be heard? Join us on this workshop which will cover dealing with feelings, setting boundaries, giving clear Messages, increased confidence, difficult people and situations, the art of saying no and managing conflict.	Hawthorn Leisure Centre, Fairfield Way, Hawthorn CF37 5LN <b>Tuesday 19th February</b> <b>10-2pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Pause &amp; Play</b> - Join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and a stroll around the park. Children are welcome.	Dare Valley Country Park, Aberdare CF44 7RG <b>Wednesday 20th February</b> <b>10-12noon</b>	Bronze <b>Carer &amp; cared for.</b> <b>Just turn up.</b> 
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 21st February</b> <b>By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>March 2019</b>		
<b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 5th March, 10-11:30am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Emergency Paediatric First Aid</b> - You will learn how to provide first aid to an infant or child who is unresponsive, how to administer cardiopulmonary resuscitation and use of an automated external defibrillator. The course will also cover how to administer first aid to an infant or child who is choking, has a fracture or other conditions, such as burns, electric shock and sudden poisoning. You will need to demonstrate practical skills and complete a multiple choice questionnaire in order to pass the course.	Pontypridd Lido, Ynysangharad War Memorial Park, Pontypridd CF37 4PE <b>Wednesday 6th March</b> <b>9:30-3pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Weekend on the Wye</b> - Join us on our Carers Residential. You will have 2 nights, 3 days away from your caring role, where you will stay with a group of Carers at the Bunkhouse. There will be an indulgent spa session, relaxing walks, tutored canoeing, games and cinema nights, and some well-deserved 'me time'. This residential is designed to give you a break from the demands of your caring role. Find out more on page 4.	The Boat House, Glasbury-On-Wye, Herefordshire, HR3 5NP <b>8:15am on 8th March to</b> <b>1pm on 10th March</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Carers Connects</b> - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY <b>Tuesday 12th March 2019</b> <b>10-12noon</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Carers Cwtch</b> - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 12th March 2019</b> <b>6:30-9pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Continuing Health Care (CHC) – What's it all about?</b> - Some people with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. This is known as NHS continuing healthcare. What is the eligibility criteria? Who qualifies? What costs are covered? Is CHC means tested? Come along to this workshop and find out more about what CHC could mean for you.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Wednesday 13th March</b> <b>10-12noon</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>March 2019</b>		
<p><b>Stroke Awareness Workshop</b> - This workshop will provide practical advice and tips aimed at increasing our awareness and understanding of the effects of Stroke. We will also discuss what support is available locally to you and your family, and a member of the Stroke Association will be on hand for you to ask any questions you may have.</p>	<p>Pontypridd Library, Library Road, Pontypridd CF37 2DY <b>Friday 15th March</b> <b>10-12noon</b></p>	<p>Bronze <b>Carer &amp; cared for.</b> <b>Booking essential.</b> </p>
<p><b>Sea Safari</b> - You will board the vessel at Cardiff Bay and head towards Cardiff Barrage for a look out to sea. Once into the Bristol Channel you will cruise along the Welsh coastline taking in the sights of Penarth, Lavernock Point and Sully before powering off to Flat Holm Island where our tour guide will offer you information on some of the history, geology and nature of the island including the most southerly pub in Wales, the Gull &amp; Leek. We will conclude with a fast trip back to Cardiff Barrage Locks before returning back to Mermaid Quay. We will then enjoy a hearty lunch in Cardiff Bay.</p>	<p>Cardiff Bay, Mermaid Quay, Cardiff CF10 5BZ <b>Wednesday 20th March</b> <b>10-4pm</b></p>	<p>Silver <b>Carer only.</b> <b>Booking essential.</b> </p>
<p><b>Pause &amp; Play</b> - Join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and a stroll around the park. Children are welcome.</p>	<p>Dare Valley Country Park, Aberdare CF44 7RG <b>Wednesday 20th March</b> <b>10-12noon</b></p>	<p>Bronze <b>Carer &amp; cared for.</b> <b>Just turn up.</b> </p>
<p><b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 21st March</b> <b>By appointment</b></p>	<p>Bronze <b>Carer only.</b> <b>Booking essential.</b> </p>
<p><b>CrISP</b> – The Carer Information and Support Programme (CrISP) is for those who are supporting or caring for someone with a dementia (any type or form) at the early to moderate stage of dementia. It will be running over two days (see above dates/times) with lunch and refreshments provided. We will be covering What is Dementia?, supporting a person with dementia, legal and Financial Affairs and carers looking after themselves.</p>	<p>Hawthorn Leisure Centre, Fairfield Way, Hawthorn CF37 5LN <b>Thursday 21st</b> <b>AND</b> <b>Friday 22nd March</b> <b>9:30-3:30pm</b></p>	<p>Bronze <b>Carer only.</b> <b>Booking essential.</b> </p>
<p><b>Craft of Hearts Parent and Sibling Carer Art Workshop</b> - After the success of our Art session held last Summer, we are pleased to let you know we've planned another. Join us for a fun filled day of arts and crafts and get some well-deserved quality time together.</p>	<p>Rhondda Heritage Park Museum, Coedcae Road, Pontypridd CF37 2NP <b>Saturday 23rd March</b> <b>10-2pm</b></p>	<p>Bronze <b>Carer &amp; sibling.</b> <b>Booking essential.</b> </p>
<p><b>Essential Oils Workshop</b> - Essential oils can have many benefits and can be an alternative way of dealing with things like sleep issues, relaxation, stress and anxiety. This half day workshop will send you on a journey of discovery about how essential oils can support wellbeing.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Wednesday 27th March</b> <b>10-12noon</b></p>	<p>Silver <b>Carer only.</b> <b>Booking essential.</b> </p>
<b>April 2019</b>		
<p><b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.</p>	<p>St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 2nd April</b> <b>10-11:30am</b></p>	<p>Bronze <b>Carer only.</b> <b>Just turn up.</b> </p>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>April 2019</b>		
<b>All Wales Forum</b> - After feedback given at our Parent Carer Forum, we are delighted to welcome back Pauline and Grace from the all Wales Forum to give you an understanding about your rights as a parent carer.	CBS Office, 33 Gelliwastad Road, Pontypridd CF37 2BN <b>Monday 8th April</b> 10-12noon	Bronze Carer only. Booking essential. 
<b>Carers Connects</b> - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY <b>Tuesday 9th April</b> 10-12noon	Bronze Carer only. Just turn up. 
<b>Carers Cwtch</b> - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 9th April</b> 6:30-9pm	Bronze Carer only. Just turn up. 
<b>Mamgus Cakes &amp; Bakes</b> - Join us for some traditional Welsh baking just like Mamgu used to make. You will make blasus (tasty) Welsh cakes and bendigedig (wonderful) bara brith, and lots more yummy, scrummy, Welshy yummys.	Hawthorn Community Centre, Fairfield Lane, Hawthorn CF37 5LN <b>Thursday 11th April</b> 10-1pm	Silver Carer only. Booking essential. 
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 11th April</b> By appointment	Bronze Carer only. Booking essential. 
<b>Carers Mental Health Forum</b> - If you care for a loved one with a mental illness, if you have any questions/queries involving your caring role, or are interested in meeting other Carers, join us at our informal group. Guest speakers are arrangement for each forum.	St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 16th April</b> 10:30-12:30pm	Bronze Carer only. Just turn up. 
<b>Crafty Chocoholics</b> - Join us for a fun filled family day of Easter delights. In the morning there will be a chocolate making class, in the an afternoon lots of Easter crafts and the day will finish with an Easter egg hunt.	Hawthorn Community Centre, Fairfield Lane, Hawthorn CF37 5LN <b>Tuesday 16th April</b> 10-4pm	Silver Parent Carers & their families. Just turn up. 
<b>May 2019</b>		
<b>Calendar Girls</b> - After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Woman's Institute association, Chris encourages Annie and their friends to create a calendar -- with the novel detail of using the middle-aged women of their village as nude models. Don't miss your chance to see this glorious production straight from London's West End.	Wales Millennium Centre, Cardiff Bay <b>Thursday 2nd May</b> 1-5:30pm	Gold Carer only. Booking essential. 