

# NEWS

## CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook

Issue 68 • Spring 2020

# CARERS RIGHTS DAY 2019

The Carers Support Project held a legal rights event on Thursday 21st November at Llantrisant Leisure Centre to mark Carers Rights Day 2019.

A legal rights workshop was held in the morning, where topics such as wills, including special needs wills, power of attorney and finances were discussed. All beneficial information to Carers, aiming to increase their knowledge and support them in their caring role.

During the event our new Carers Support Project Documentary was premiered and met with approval of the Carers present. Once again, thank you to all the Carers who contributed to this amazing film, truly highlighting and promoting Carers.



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Following this, Carers indulged in a superhero themed afternoon tea and enjoyed some much needed 'me time'.

A #WhatMatters engagement took place throughout the day, where Carers views, experiences, thoughts and wishes were gathered, to form a fantastic pictorial image by the fabulous Laura Sorvala.

Thank you to all the professionals and Carers who attended, who helped make our Carers Rights Day 2019 a huge success.



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 **18-24** 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.**

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

**Events can now ONLY be booked by TELEPHONE by calling 01443 281463. Email bookings will not be accepted.**

Event bookings will open on **Tuesday 21st January 2020** between **5:30pm - 8:30pm**. If you are unable to contact us between these times, you will need to contact the team the following day to confirm your booking.

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

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

# bITEsIZE

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

Join us the first Monday of the month **10:30am-12pm** at Pontypridd Museum for some tasty treats and an opportunity to chat with professionals who may be the key to better support.

- Monday February 17th we will be joined by CAB for carers and Hafal Carers link service who will be available to discuss things such as finance and money, benefits, debt, energy and utilities to name a few.
- Monday March 16th we will be joined by the adult safeguarding team for tips on how to protect your loved ones and yourself against things such as doorstep crime, keeping financial information secure, staying safe and recognising scams.
- Monday April 20th is a focus on family support particularly for parents of a child with additional needs and/or disabilities. We will be joined by the Disabled Children's Team, Resilient Families Service, Challenging behaviour support Pontypridd, ASD Rainbows and some of the fantastic peer support groups in RCT including NAS RCT and FASD support.

**We look forward to seeing you there.**

## Sibling Poetry

Some of our Sibling Carers recently attending a creative writing workshop and expressed their creative flare in writing poems. The poem below reflects What Matters to our Sibling Carers and their attitudes to life. Inspirational words, with a refreshing take on life. Well done all.

- A**lways respect your environment
- B**e yourself
- C**hanges can come at any moment, deal with it like a pro
- D**on't do anything you don't want to
- E**verything about you is amazing
- F**amily is the best
- G**o on adventures, you can do and be anything
- H**ope is something you should practice daily
- I**nvest in your dreams
- J**ust do it
- K**ick negativity to the curb
- L**ove, laugh, and listen to the birds
- M**ake mindfulness a way of life
- N**oble acts of trustworthiness
- O**pen up to people
- P**ositivity is key
- Q**uestions are inspiring
- R**emembrance is a must
- S**tand up tall
- T**alent is something that comes from within
- U**tterly amazing people are around us all the time
- V**anish badness and bullies
- W**eek after week we get stronger together
- X**tra magic is on the way
- Y**oung at heart always
- Z**one out and zone in to greet a new day.

## Hestia

Hestia is exploring different ways we can use technology to support the recovery of our service users.

We are developing new technology, including the Bright Sky app, to support those experiencing domestic abuse, as well as concerned friends and family members.

Bright Sky is a free to download mobile app, launched in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

You can download on the App Store or get it on Google Play.



The National Association for Children of Alcoholics, provides information, advice and support for everyone affected by a parent's drinking.

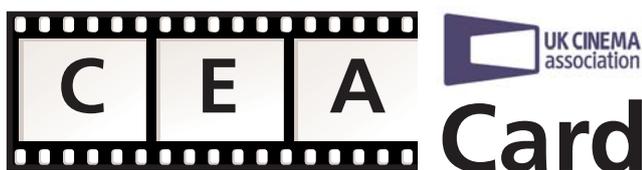
### Free helpline

If you would like to talk to someone, they have a free confidential helpline.

- Information and ongoing support
- For all ages
- Phone or email
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name

Call: **0800 358 3456**

Email: [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

### You will need to provide evidence for the card holder of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

You can apply or renew online or by post. The CEA Card is available to applicants aged 8 years and above.

### To apply, you will need:

- Proof of eligibility
- A photo
- Payment of £6.00

For more information visit:

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

## What is hynt?

Hynt cardholders are entitled to a ticket free-of-charge for a personal assistant or Carer at all the theatres and arts centres participating in the scheme.

To be eligible for the scheme the person will need to be receiving one of the following:

- Enhanced or Standard PIP Daily Living Component
- High or Middle rate DLA Care Component
- High Rate Attendance Allowance
- Certificate of Visual Impairment
- War Disablement Pension
- Armed Forces Independence Payment (AFIP)
- Direct Payments
- Social Services Care Package
- Continuous Healthcare Package
- Dual Sensory impairment

You can apply online or by post.

For more information please visit:  
<http://www.hynt.co.uk/en/>



## HelpU? Dŵr Cymru Welsh Water

HelpU is a Welsh Water tariff aimed at households that have an annual income of less than £15,000. If you qualify for the scheme they will cap your water bill which means you won't pay over a certain amount for the year. If you have a water meter and the payment would be lower than the HelpU amount, your bill will be based on the reading from your water meter.

A list of types of incomes to consider (but not limited to) are: Carers Allowance, Child Maintenance, Child Benefit, Child Tax Credits, ESA, Childcare Credits, Income Support, Incapacity Benefit, Pension Credit, JSA and Fostering Allowance.

To find out more visit:

<https://www.dwrcymru.com/en/My-Account/Helpu.aspx>

## CAB FOR CARERS

Citizens Advice Merthyr Tydfil has a new project aimed at helping carers.

We want to help people identify that they are a Carer and make sure they are getting the help & support they need.

We can provide specialist advice to carers regarding:

- Benefits
- Debt
- Housing
- Employment
- Energy & Utilities
- Hospital Discharge
- Carers Assessments
- Discrimination

Our adviser will be available to meet with you at both Prince Charles Hospital & Ysbyty Cwm Cynon.

**If you would like further information or to make a referral contact our adviser**

**Jack 07950 946 605**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf  
University Health Board

## Hafal Carers Link Service

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

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

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

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

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

Gill - 07976 624332 or email: [gill.bundy@hafal.org](mailto:gill.bundy@hafal.org)

Donna - 07805 665527 or email:

[donna.evans@hafal.org](mailto:donna.evans@hafal.org)

[www.hafal.org](http://www.hafal.org)

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

## Carers Transport Service

Hafal's Carers' Transport Service is a FREE daily transport service provided for carers of individuals with a mental illness who are inpatients at the Royal Glamorgan Hospital

**The service operates:**

**Monday – Friday 5pm - 10pm  
and Weekends 1pm - 6pm**

**To book a transport appointment, or for information on our services please contact:**

**Hafal Cwm Taf on 01685 884918.**

**Please note:** There is an answer phone service available so please leave a message and they will get back to you!

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o ajechyd  
meddwl difrifol*

**hafal**

*for recovery  
from serious  
mental illness*

## Active Woods

Are you long-term unemployed? A full-time carer? Retired or have a work limiting health condition? Want to meet new people, learn new skills and enjoy some time outdoors?

Actif Woods Treherbert explores how woodlands can be made more accessible for people with chronic

physical and or mental health conditions, and gets people with those conditions out and active visiting their local woodlands

Find out more by emailing:

[actifwoodstreherbert@smallwoods.org.uk](mailto:actifwoodstreherbert@smallwoods.org.uk)



# The Grapevine

## A group of parents & carers of adults with learning disabilities.

Our group aims to challenge and change service provision to ensure people with learning disabilities and their parents & Carers lead a "good life".

Interested in joining one of our groups for coffee and a chat?

Meet other carers and share your experiences or if you choose just listen to others.

### TOGETHER WE CAN MAKE A DIFFERENCE

If you would like more information you can email the Grapevine at:

[EleanorGrapevine@gmail.com](mailto:EleanorGrapevine@gmail.com)

Or telephone: **01443 439799** and leave a message for Eleanor.



# Radar Key



The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

Alternative costs:

- With VAT - £5.70
- European delivery - £7.75
- Rest of world delivery - £8.75

Find out more by visiting:

<https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key>

# Carers Cwttch



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

Join us for a fabulous evening of movies, 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,  
Gelliwastad Road,  
Pontypridd  
CF37 2UF



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 26th and Friday 27th March 2020**  
from 9:30-3:30pm at Hawthorn Leisure Centre,  
Fairfield Lane, Hawthorn CF37 5LN

**These sessions aim to support the family members of individuals with a dementia.**

The sessions look to provide you with information about local support services, help you to further understand the dementia diagnosis and provide a platform for you to meet with other Carers who share similar life 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)



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## 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.**

*Wish you were here!*

St Catherine's Church  
(upstairs)  
Gelliwastad Road,  
Pontypridd  
CF37 2UF

Tel: 01443 281463

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

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



# 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



# 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.**

**Get in touch...**

**Contact 01443 491850**

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



## Do you need to Recharge?

**Recharge** is a 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?** The 3rd Thursday of the month (23rd Jan, 20th Feb, 19th March & 16th April)

**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.

# MENTAL HEALTH FORUM FOR CARERS



Join us at:  
St Catherines Church,  
Gelliwasted Road,  
Pontypridd CF37 2UF  
(upstairs)

Do you care for someone with  
a mental illness?

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

If so, join us, meet other carers and  
share experiences over a cup of  
tea or coffee. Guest speakers are  
arranged for each forum to keep  
you up to date with the services  
that could support you and the  
person you look after.

The Forum is an informal group,  
there's no need to book just  
come along.

Call the Carers Project on  
**01443 281463** or  
Nanette on **01443 486856**  
for more information.



**Dates for 2020:**  
Tuesday 21st January  
Tuesday 21st April  
Tuesday 21st July  
**All from 10:30am - 12:30pm**



# CARERS

## DISCOUNTED ACCESS TO LEISURE SERVICES

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

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

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

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

Whats more it's really easy to join.

For more information  
call 01443 281463



### Rhondda Cynon Taf Carers Support Project

## EMERGENCY CARD SUPPORT SERVICE

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

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

### What is the Carers Emergency Card?

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

For more information or to apply online please visit:

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

Please email [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk) or call **01443 281463** to request a hardcopy form.



Rhondda Cynon Taf  
Carers Support Project  
in partnership with  
Lifeline (Carelink)



# Young Adult Carers

## YACTY YAC

I would like to thank all the YACs who attended CASE and made a contribution to the success of our small grant application.

The focus of all our YAC activities is on promoting resilience, wellbeing, developing new skills and broadening horizons. In each Carers Newsletter, we will try to define these ideas which are at the heart of CASE (which means Care And Support Each other).



Tell us, what does Resilience mean to you? We will publish your responses.

And a Big Congratulations from all YACs on a new arrival and to a new parent. Well Done and What a Beauty! (And we mean that to both of you!!)



## CASE

Case Meetings are so important for the wellbeing of our YAC service. CASE does what it says on the tin: we Care And Support Each other. It's your opportunity to shape the service and make sure it meet your needs.

When you volunteer to attend a CASE meeting, your expenses will be paid and refreshments will be provided. We want YACs to be a service that sets the standard for care; a service that is focussed on wellbeing, resilience, and nurturing your talents, so that your caring role is part of your life but NOT all of your life! And we don't need to mention fun - you are fun! (So that box is always ticked.)

Look out for CASE meetings and book them in your diary. Everyone who attends and contributes to CASE will be given priority at all our future events wherever possible too.

CASE meetings are held every two months. We really look forward to seeing you at future meetings!

Again, a big Thank You!

**CASE needs YOU!**



## ACES Recovery Tool Kit

Have you ever been in the situation where you just feel exhausted by a friend, a family member, or the attitude of others towards you? Have you ever felt that you just can't cope with the dynamics in a relationship? Have you experienced Toxic Stress? Have you ever felt shocked at your own responses?

If you have answered yes to any of the above, then attending the ACES Recovery Tool Kit session might be just what you needed.

Safer Communities will run 4 weeks of workshops on Mondays and Fridays in January and February in Tonypany (exact dates to be

confirmed). The session is open to men and women of all sexual orientations. The aim is to increase your resilience and identify how your relationships can promote your wellbeing.

When you register for this course, please tell us if childcare support to attend is also needed.

Book on Facebook or telephone me at the office on 01443 281463. The cost of transportation will be reimbursed for this event

There will also be a well-deserved YAC Pamper Day arranged for all those who attend and complete this really useful 4 week workshop!

## What's Gone Down?



Mocktails, a Fab YAC CWTCH night was had at St Catherine's. And some truly amazing Mocktails were made with

ingredients such as tobacco, nutmeg and tea bags! We drank Cinderellas and Pink B and Ms, which went really well with our Chinese meal.

I am pleased to announce that the joint winner of our Mocktail night and two Cinema Tickets are (drum roll)... Becky and Sean.

I would also love feedback on what YACs did with the coconuts, celery sticks and kiwis they took home.

October's Escape Room required determination, a lot of brain work and a cool head, team work, good communication, trust, problem solving, and focus to get us out of our pickle at City Scape, where we were trapped in a room and handcuffed together. Now that's what I call resilience and skill! And we won't mention the winner of the Weakest Link...

Get Arty was themed around What Matters. Relaxing, inspiring, thought provoking and yummy are just some of the words to describe our time together with Artis Community. We thought about what home means to us, as we made lantern houses that will be displayed at the Light Up The Night event on 7th December. This was an event that made us think about wellbeing because we all have a home, and because we CARE AND SUPPORT EACH other (CASE)!

## #WhatMatter to our YAC's

Having funding to provide activities for YAC throughout the year

- Recognition Nights
- Promoting well being
- Respite from caring roles

## Wha's Occurin'?

We have our YAC residential planned for February 28th – 1st March 2020. This involves a Getaway to the Gower, Mansion House Stay, plus lots of fun and crazy activities – one not to be missed.

During March we will have our Culture Vulture Nights. These events are an opportunity for us to explore our cultural side! It might be theatre, art galleries, dance, or finding out more about the history of our local communities or other cultures. Stay tuned for dates.

In April we have our YAC's Cwtch, an opportunity to chill out, play games, get crafty and have a good ol' catch up.

## Out and About

Supporting YACS in Education

I have been working with YACs in Aberdare, Nantgarw and Rhondda College to raise awareness of Carers' support needs in education and to help those who need additional support to ensure that they get the most out of being in college or learning environments.

A tutorial session to promote awareness of carers' needs was delivered to 20 students and teachers. It was the first time that many of them had given thought to the needs of YACs in college.

A drop in session where students can have an assessment, register as YACs and identify what matters to them was held at Aberdare College. Other sessions are planned across other campuses.

## In the Spotlight

Fill this Spot! We are starting a new feature where we would like a YAC to tell us about their aims and ambitions. So, tell us your dreams and your aspirations - however big, however small...! Call us on 01443 281463 and share them with us and your fellow YACs.



# RCT Young Carers

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

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

We offer advice, information, guidance, sign posting, practical and emotional support, skills development and confidence and self-esteem building. Having time out from their caring role, and having people they can speak to is vital. During school holidays, we organise trips and days out that are age and ability appropriate.

We also offer young carers the chance to take part in forums which helps shape the future delivery of the service. All young people have an allocated support worker.

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



## Young Carers Choir

### What we've been doing

Our Young Carers Aloud Choir is going from strength to strength and they have recently sang in Action for Children's 150th Birthday celebration which took place in October in St Pauls Cathedral. All the choir and staff has a fabulous time at this event where they sang a selection of their own songs and a number of requested songs.



## What we've been doing the last few months

- Overnight Stay - All group twos were offered an overnight stay, which included team building activities in Brecon.
- Cardiff Shopping and Meal
- Choir trip to London
- YAC Leaving meal 18+
- Bowling
- Cinema
- Team Building
- Rock Climbing
- High Ropes



Staff at the Project took part in a Christmas Secret Santa Appeal, where they were able to secure gifts for all the Young Carers who access the project.





## Supporting your child's well being

In today's society the internet, social media and mobile phones have given us easier access to the wider world than ever before, and for children and young people usage is becoming a social norm. It has also meant that children can become more vulnerable to things such as sexual exploitation, abuse and bullying, which can have devastating effects on emotional wellbeing. We have put together some information about agencies available to support children and young people with things such as mental health issues, staying safe online, how to stay safe and bullying. As a parent knowledge is power and the more you know the more you can support and protect your child.

Think you know is an education programme from the national Crime agency's CEOP command and since 2006 think you know has been keeping children and young people safe by providing education about sexual abuse and sexual exploitation.

The think you know website [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk) has lots of useful information for children, young people and parents about staying safe both online and offline. The website has different resources for different ages and has a host of videos, games and information.



## NSPCC

Meet Pantasaurus the fun loving dinosaur whose job is to teach young children the importance of keeping their privates, private. NSPCC recently launched their new character along with a very catchy song/video to talk PANTS with your child to keep them safe from sexual abuse.



So what are the PANTS rules??

P – Privates are private

A – Always remember your body belongs to you

N – No means No

T – Talk about secrets that upset you

S – Speak up someone can help

To find out more about this fantastic resource visit <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

## KIDSCAPE

Kidscape's vision is for all children to grow up in a world free from bullying and harm, with adults who keep them safe and help them to reach their full potential. Their mission is to provide children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives.

Kidscape run a few free workshops for children and young people which include Zap workshops ( a one day assertiveness workshop for 9-16 year olds). Although the workshops mainly take place in London you can register your interest for a more local workshop. Zap workshops can also be done in schools and you can download a template letter telling your school/board of governors how they can access it in school.

There are also RISE workshops to support the transition from primary to secondary school by helping children :

Grow in confidence

Understand how to manage change

Make new friends

Deal with difficult situations

Stand strong against bullying

Know how to speak up and get help

To find out more visit [www.kidscape.org.uk](http://www.kidscape.org.uk)

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

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



## PAPYRUS

PREVENTION OF YOUNG SUICIDE

Papyrus is the national charity dedicated to the prevention of young suicide. According to PYPYRUS suicide is the biggest killer of males and females under the age of 35.

The Papyrus website has lots of useful resources and also information about HOPELINEUK.

**HOPELINEUK** is a telephone service for any young people under the age of 35 thinking about suicide or anyone concerned about a young person who may be thinking about suicide.

- Call: 0800 068 4141
- Text: 07786209697 or
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### Opening hours:

- 9am – 10pm weekdays,
- 2pm – 10pm weekends,
- 2pm – 10pm bank holidays

## Sleep workshop

Did you know that Elaine Scammel, specialist health visitor for children with additional needs, runs regular sleep workshops at the Children's Centre in Royal Glamorgan Hospital and Ysbyty Cwm Cynon. To access the sleep workshops either speak to your GP, or contact Lyndsey on **01443 281463** for more information.

## Family Fun at St Fagans

Our ever popular family events are back this Easter. Join us for a day out at St Fagans national history museum on Thursday 9th April. Enjoy serenity amongst the grounds of St Fagans Castle, Hop through the decades at the row of terraced houses or enjoy delicious treats at the village sweet shop and bakery. Due to the time of year seasonal activities may also be available. St Fagans also now hosts an exciting tree top adventure course (PLEASE NOTE THIS IS AN ADDITIONAL CHARGE AND NOT INCLUDED IN THE TRIP).

**When: Thursday April 9th**  
**Time: 10:00am – 3:30 (Transport provided)**

## Parent Carer workshop

### Anxiety in children with additional needs (OUTSIDE EDUCATION)

Join us on Friday February 28th for a relaxed but informative workshop on how you can support children and young people who experience anxiety.

In this workshop we will be focusing on Anxiety. Discussing with parents

- What is anxiety?
- Why it occurs more in autistic children.
- Physical reactions to anxiety
- Exploring anxiety and it's link to anger, frustration and depression.
- Coping with meltdowns.
- Taking a low arousal approach.
- Practical strategies on managing emotions as well as looking at information and useful resources.

**Where: Lido, Pontypridd**  
**When: 28th February**  
**Time: 10:00am – 2:00pm (lunch provided)**

## Carers Support Project events, activities and workshops for Spring 2020

Event/Activity/Workshop	Venue, Date & Time	Information
<b>January 2020</b>		
<p><b>Chatterbox</b> - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 7th January, 10am-11.30am</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">Bronze. <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><b>Carers Connects</b> - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 14th January, 10am-11am</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">Bronze. <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 14th January, 6.30pm- 9pm</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">Bronze. <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><b>Recharge</b> - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 16th January, by appointment only.</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">Bronze. <b>Carer Only.</b> <b>Booking essential.</b></p>
<p><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 arranged for each forum.</p>	<p>St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 21st January, 10.30am-12.30pm</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">Bronze. <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><b>Residential Rendezvous</b> - an opportunity for those who attended the Residential '<b>Gower Getaway</b>' in October 2019 to catch up over a tasty Italian and reminisce on the fun that was had.</p> <p>*PLEASE NOTE this event is open to those who attended the 'Gower Getaway' Residential during October 2019.</p>	<p>Trattoria Restaurant, High Street, Pontypridd CF37 1QJ <b>Thursday 30th January, 6.30pm – 9pm</b></p>	<p style="text-align: right;"></p> <p style="text-align: center;">*see note Bronze <b>Carer Only.</b> <b>Booking essential.</b></p>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>February 2020</b>		
<p><b>Chatterbox</b> - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road Pontypridd CF37 2UF <b>Tuesday 4th February, 10am-11.30am</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><b>Gong Bath</b> - join us for an ancient type of sound therapy that's been practiced for thousands of years. The term 'bath' signifies being bathed in sound waves – there's no water or removal of clothing involved! Simply let the waves of the Gong submerge you in tranquility.</p>	<p>St Johns Church, Graig Street, Graig, Pontypridd CF37 1NF <b>Thursday 6th February, 10am-12pm</b></p>	<p>Silver. <b>Carer Only. Booking essential.</b></p> 
<p><b>Carers Connects</b> - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 11th February, 10am-11am</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 11th February, 6:30pm-9pm</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><b>Parent-Carer Meal at The Blueberry</b> - spend a lovely evening enjoying a 2 course meal and soft drink in the company of other Parent Carers in one of Pontypridd's leading restaurants.</p>	<p>The Blueberry Hotel, 6-8 Market Street Pontypridd CF37 2ST <b>Wednesday 12th February, 6.30pm-9pm</b></p>	<p>Silver. <b>Carer Only. Booking essential. (Food pre-order will be required closer to the time)</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>February 2020 (Continued)</b>		
<p><b>Bite-Size</b> - Join us for some tasty treats and an opportunity to chat with professionals who may be the key to better support. This month we will be joined by CAB for carers and Hafal Carers link service who will be available to discuss things such as finance and money, benefits, debt, energy and utilities to name a few.</p>	<p>Basement Room, Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Monday 17th February, 10:30am-12pm</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 
<p><b>Walking for Wellness</b> - as part of our 'Spring in to Wellness' theme we will be taking a walk around Ynysangharad Park (Pontypridd Park) – discover the lovely gardens, scenery, wildlife, park area etc finishing off with a few refreshments at the Lido Café .</p>	<p>Ynysangharad Park, Pontypridd Meet at the Park Gates (Top entrance to the Park – Bridge Street) <b>Wednesday 19th February, 10:30am-12:30pm</b></p>	<p>Bronze. <b>Carer and Cared for. Just turn up.</b></p> 
<p><b>Sunny Side Up</b> - join us for a hearty breakfast and a good old chat setting you up for the day ahead.</p>	<p>'Taffy's Cafe' Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Wednesday 26th February, 9:30am-11am</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 
<p><b>Recharge</b> - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 27th February, by appointment only</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 
<p><b>Parent Carer Workshop</b> - Anxiety in Children with Additional Needs. Join us for a relaxed but informative workshop on how you can support children and young people who experience anxiety.</p>	<p>Meeting Room, 1st Floor - Pontypridd Lido Visitor's Centre, Ynysangharad Park, Pontypridd (above the Lido Café) <b>Friday 28th February, 10am-2pm</b></p>	<p>Bronze. <b>Carer Only. Booking essential *Lunch provided*</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>March 2020</b>		
<p><b>Chatterbox</b> - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road Pontypridd CF37 2UF <b>Tuesday 3rd March, 10am-11:30am</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><b>Carers Connects</b> - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 10th March, 10am-11am</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 10th March, 6:30pm- 9pm</b></p>	<p>Bronze. <b>Carer Only. Just turn up.</b></p> 
<p><b>'Bowling and Burgers'</b> - Team up with fellow carers for an evening of good fun and entertainment at one of the UK's leading Bowling Venue's. After you've played 2 games and worked up your appetite settle down for a bite to eat from the Burger Bar on site; Please note: The burger choices are a single 2oz Beef Burger, Cheese Burger, Spicy Bean Burger (v), or Vegetable Fingers with a side of fries.</p>	<p>'Tenpin Nantgarw' Parc Nantgarw, Treforest Industrial Estate, Nr. Caerphilly, CF15 7QX <b>Thursday 12th March 6:30pm-9pm</b></p>	<p>Silver. <b>Carer Only. Booking essential.</b></p> 
<p><b>BiteSize</b> - we will be joined by the adult safeguarding team for tips on how to protect your loved ones and yourself against things such as doorstep crime, keeping financial information secure, staying safe and recognising scams.</p>	<p>Basement Room, Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Monday 16th March, 10:30am-12pm</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>March 2020 (Continued)</b>		
<p><b>Walking for Wellness</b> - as part of our 'Spring in to Wellness' theme we will be taking a walk around Dare Valley Country Park – discover the lovely gardens, scenery, wildlife, park area etc finishing off with a few refreshments at the Visitor Centre Café.</p>	<p>Dare Valley Country Park Meeting details – Meet outside 'Café Cwtch' <b>Wednesday 18th March, 10:30am-12:30pm</b></p>	<p>Bronze. <b>Carer and Cared for. Just turn up.</b></p> 
<p><b>Recharge</b> - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 19th March, by appointment only</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 
<p><b>Memories at the movies</b> - Join us for an unforgettable afternoon where you can enjoy an exclusive performance of the '<b>Greatest Showman</b>' alongside the person you care for and other carers. Don't forget the popcorn!</p>	<p>The Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG <b>Monday 23rd March, 1pm-3.30pm</b></p>	<p>Bronze. <b>Carer and Cared for. (18+ only) Booking essential.</b></p> 
<p><b>CrISP</b> - the Carer Information and Support Programme (CrISP) is aimed at those who are supporting or caring for someone with dementia (any type or form) at the early to moderate stage. The course will be running over two days with refreshments and lunch provided. Topics covered include, what is dementia, support services available legal and financial support and how to look after yourself as a Carer.</p>	<p>Hawthorn Leisure Centre, Fairfield Lane, Hawthorn CF37 5LN <b>Thursday 26th &amp; Friday 27th March, 9:30am-3:30pm</b></p>	<p>Bronze. <b>Carer Only. Booking essential.</b></p> 
<p><b>Classic Car &amp; Restoration show</b> - TOpening the Classic Car Season, this Show attracts over 28,000 visitors across 3 days, and brings together all aspects of classic motoring. From live restoration projects to pristine classics, walking through the halls definitely rekindles memories for visitors! *PLEASE NOTE: only One Carer to One Cared for 18+ only. Transport Provided from Bus Stand 13 – Pontypridd Bus Station</p>	<p>Birmingham N.E.C. <b>Friday 27th March, 8am-8pm</b></p>	<p>*see note Gold <b>Carer and Cared for. Booking essential.</b></p> 
<p><b>Jewellery Making Workshop</b> - here at the Carers Support Project we have some very crafty little carers. Join one of them for a fabulous jewellery making session where you will be taught the basics and get to take home your very own creation. The perfect accessory for spring!!</p>	<p>St Johns Church, Graig Street, Graig, Pontypridd CF37 1NF <b>Tuesday 31st March, 10am-12pm</b></p>	<p>Silver. <b>Carer Only. Booking essential.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>April 2020</b>		
<p><b>Chatterbox</b> - Jour regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 7th April,</b> <b>10am-11:30 am</b></p>	<p>Bronze.  <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><b>Family Fun at St Fagans</b> - Join us for a day out at St Fagans national history museum; Enjoy serenity amongst the grounds of St Fagans Castle, Hop through the decades at the row of terraced houses or enjoy delicious treats at the village sweet shop and bakery. *Due to the time of year seasonal activities may also be available.</p> <p>St Fagans also now hosts an exciting tree top adventure course. *PLEASE NOTE: This Is An Additional Charge And Not Included In The Trip.</p> <p>Transport Provided - from Bus Stand 13 – Pontypridd Bus Station</p>	<p>St Fagans National History Museum <b>Thursday 9th April,</b> <b>10am-4.30pm</b></p>	<p> * See note. Bronze. <b>Carer &amp; Cared for.</b> <b>Booking essential.</b></p>
<p><b>Carers Connects</b> - Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 14th April,</b> <b>10am-11am</b></p>	<p>Bronze.  <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><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 each month!</p>	<p>St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF <b>Tuesday 14th April,</b> <b>6:30pm-9pm</b></p>	<p>Bronze.  <b>Carer Only.</b> <b>Just turn up.</b></p>
<p><b>Walking for Wellness</b> - as part of our 'Spring in to Wellness' theme we will be taking a walk around <b>Barry Sidings Park</b> – discover the lovely scenery, wildlife, park area etc finishing off with a few refreshments at the Barry Sidings Café.</p>	<p>Barry Sidings Country Park, Trehafod CF37 2PE Meeting details – Meet outside the Café area <b>Wednesday 15th April,</b> <b>10.30am-12.30pm</b></p>	<p>Bronze.  <b>Carer and Cared for.</b> <b>Just turn up.</b></p>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>April 2020 (Continued)</b>		
<p><b>Bitesize</b> - This month there is a focus on family support particularly for parents of a child with additional needs and/or disabilities. We will be joined by the Disabled Children's Team, Resilient Families Service, Challenging behaviour support Pontypridd, ASD Rainbows and some of the fantastic peer support groups in RCT including NAS RCT and FASD support.</p>	<p>Basement Room, Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Monday 20th, 10:30am-12pm</b></p>	<p> Bronze. <b>Carer Only. Booking essential.</b></p>
<p><b>Strictly Come Carers – Dance Workshop</b> - Strictly come dancing meets RCT Carers Project. Come along and learn some classic dance steps but more importantly shake off those stresses and strains and come and have some well-earned fun.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Tuesday 21st, 10am-12pm</b></p>	<p> Silver. <b>Carer Only. Booking essential.</b></p>
<p><b>Recharge</b> - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 23rd April, by appointment only</b></p>	<p> Bronze. <b>Carer Only. Booking essential.</b></p>
<p><b>??Mystery Trip??</b> - join us for a magical mystery tour, where there'll be surprises around every corner!</p>	<p>Destination – UNKNOWN! <b>Wednesday 29th April, 8:30am-7pm</b></p>	<p> Gold. <b>Carer Only. Booking essential.</b></p>