

NEWS CARERS



Updates from Rhondda Cynon Taf
Carers Support Project

Issue 81 • Autumn 2024

Transport for Wales have introduced a 'Confidence to Travel' Scheme

The intention is to work alongside people experiencing issues enabling them to boost their confidence in using the rail network therefore improving their overall health and wellbeing.

One of the groups of people identified are 'Unpaid Carers'. We would like to improve their confidence to take the people they care for out on the trains.

The scheme can be broken down into sessions or can be adapted to suit the individual needs of organisations. Sessions can include:

- Understanding the barriers people face with regards to train travel
- Planning a journey, using the Travel APP/website, explore the Journey checker, booking a ticket etc
- Assisted travel scheme
- Visit a train station
- Undertake a purposeful train journey

If you think this is something you would benefit from, please get in touch with RCT Carers Support Project and we can provide you with more information. **Please note participants must be 16+ or not in full time education. Thank you.**

Have Your Say on the Draft Adult Social Care Strategy 2024-2030!

The strategy outlines our vision for the next 5 years to provide adult social care across RCT. Our goal? To empower every person in Rhondda Cynon Taf who needs care and support to live in a place they can call home, surrounded by caring communities that look out for one another. Let's make a difference together!

We value your input and feedback, so share your thoughts and suggestions by completing our online consultation here:

To complete either scan the bar code to the right or use the link below.

<https://lets-talk.rctcbc.gov.uk/rct-adult-social-care-draft-strategy-2024-2030>

Consultation ends on Monday, August 19.



Adult Social Care
Strategy

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 <https://www.facebook.com/RCTCarersSupportProject/>

 <https://twitter.com/RCTCarerProject>



RHONDDA CYNON TAF

Event / Activity / Workshop	Venue, Date & Time
5k to couch Following the success of Carers Week 5k to couch, we are going to extend to the Cynon Valley. Take a walk around the Country Park, there will be quizzes and prizes available.	16th August 2024 Dare Valley Country Park Aberdare, CF44 7RG 1pm – 3pm
LGBTQ+ Carer Life Spa We are inviting LGBTQ+ unpaid carers to join us for a wellbeing session and activities.	22nd August 2024 Carers Support Project* 11 – 12 Gelliwastad Road, Pontypridd, CF37 2BW 10am – 3pm
Chatterbox (Valleys Steps) Valleys Steps will be holding a session at our monthly chatterbox.	3rd September 2024 Abercynon Library. Ynysmeurig Road, Abercynon, CF45 4SU 10am – 11:30am
5k to couch Join us at Cwm Clydach Country Park for the Rhondda's 5k to couch, this one is not for the light hearted but there will be a quick and prizes!	4th September 2024 Lakeside Café, Cambrian Countryside Park, CF40 2XX
Warm Welcome Are you new to caring or new to the Carers Support Project? Why not attend our mini information day about what the service does.	5th September 2024 Carers Support Project* 10am – midday
5k to couch Another great 5k to couch at Pontypridd Common meeting at the Carers Support Project. Join us for a quiz and there are prizes to be won.	9th September 2024 Carers Support Project* 10:30am – 1pm
Carers Connection Join our regular Carers Connection facilitated by a qualified counsellor.	10th September 2024 Carers Support Project* 10am – 11:30am
Cwtch Why not join us for our monthly evening catch up!	10th September 2024 Carers Support Project* 6:30pm – 8pm
Rhondda Fach Leisure Centre The Carers Support Project will be joining Interlink at to provide information to the community. Why not come along!	12th September 2024 Rhondda Fach Leisure Centre 9:30am – midday
Warm Wales Join Warm Wales online to discuss ways to save in the colder months.	12th September 2024 Teams Meeting 6pm – 8pm
Young Adult Carers Information Day Dedicated information day for unpaid carers aged 18-25.	19th September 2024 Carers Support Project* 1pm – 3pm
Upcycling Craft Day Join our team for a day dedicated to upcycling furniture.	24th September 2024 Carers Support Project* 11am – 3pm
Chatterbox (Warm Wales) Warm Wales will be holding a session at our monthly Chatterbox.	1st October 2024 Treorchy Library, Station Road, Treorchy, CF42 6NN 10:00am – 11:30am
Carer Connection Join our regular Carers Connection facilitated by a qualified counsellor.	8th October 2024 Carers Support Project* 10:00am – 11:30am
Cwtch Why not join us for our monthly evening catch up!	8th October 2024 Carers Support Project* 6:30pm – 8pm
Taff Cycle Join us for a cycle, bring your own bike and we will cycle to Abercynon and back.	11th October 2024 Ynysangharad War Memorial Park, Ceridwen Terrace, Pontypridd, CF37 4SP 11am – 1pm
Warm Welcome Are you new to caring or new to the Carers Support Project? Why not attend our mini information day about what the service does.	17th October 2024 Carers Support Project* 1pm – 3pm

Event / Activity / Workshop	Venue, Date & Time
Upcycling Craft Day Join our team for a day dedicated to upcycling furniture.	18th October 2024 Carers Support Project* 11am – 3pm
Chatterbox Join our monthly coffee catch up!	5th November 2024 Carers Support Project* 10am – 11:30am
Carers Connection Join our regular Carers Connection facilitated by a qualified counsellor.	12th November 2024 Carers Support Project* 10:00am – 11:30am
Cwtch Why not join us for our monthly evening catch up!	12th November 2024 Carers Support Project* 6:30pm – 8pm
Warm Welcome Online Are you new to caring or new to the Carers Support Project? Why not attend our mini information day about what the service does. This month we will be online!	21st November 2024 Teams 10am – midday
Upcycling Craft Day Join our team for a day dedicated to upcycling furniture.	22nd November 2024 Carers Support Project* 11am – 3pm
Chatterbox Join our monthly coffee catch up!	3rd December 2024 Carers Support Project* 10am – 11:30am
Christmas Card Making We will be holding a Christmas Card Making session at the project.	5th December 2024 Carers Support Project* 10am - midday
Warm Welcome Online Are you new to caring or new to the Carers Support Project? Why not attend our mini information day about what the service does. This month we will be online!	5th December 2024 Teams 1pm – 3pm
Carer Connection Join our regular Carers Connection facilitated by a qualified counsellor.	10th December 2024 Carers Support Project* 10:00am – 11:30am
Cwtch Why not join us for our monthly evening catch up!	10th December 2024 Carers Support Project* 6:30pm – 8pm
Christmas Jumper Day Come and join us for a sing along and don't forget your Christmas Jumper or a red top/jumper is fine.	12th December 2024 Carers Support Project* 10:30am – midday
Chatterbox Join our monthly coffee catch up!	7th January 2024 Abercynon Library. Ynysmeurig Road, Abercynon, CF45 4SU 10am – 11:30am
Carer Connection Join our regular Carers Connection facilitated by a qualified counsellor.	14th January 2024 Carers Support Project* 10:00am – 11:30am
Cwtch Why not join us for our monthly evening catch up!	14th January 2024 Carers Support Project* 6:30pm – 8pm
Evening Welcome Online Are you new to caring or new to the Carers Support Project? Why not attend our mini information day about what the service does. This month we will be online and in the evening!	14th January 2024 Teams 6pm – 8pm

Booking Events

How can I book?

You can contact the Carers Team on 01443 281463 or email CarersSupportProject@rctcbc.gov.uk

Where do the events take place?

All of the events take place at the Carers Support Project Hub, 11-12 Gelliwastad Road, Pontypridd CF37 2BW.

Booking Day

Our next booking day for these events is on Thursday 8th August between 10am and 4pm.

Updating your details

In order for us to have the most accurate and up to date records of our carers we would like to ask our carers to update us whether you are no longer caring for someone, you have changed contact details such as your name or address, or simply no longer wish to be registered with the Carers Support Project, **please let us know by contacting us on 01443 281463 or by emailing carerssupportproject@rctcbc.gov.uk**

Opt Out

If you no longer wish to be on our mailing list, please advise our team. **Please let us know by contacting us on 01443 281463 or by emailing carerssupportproject@rctcbc.gov.uk**

Welsh Language

We welcome correspondence in Welsh and corresponding in Welsh will not lead to a delay. Let us know your language choice if Welsh or bilingual.

You are welcome to use Welsh at the meetings/events, just let us know by **14 days prior to the event if you wish to do so.**

Carers Support Project Counselling Service

We know that our counselling service is highly valued by those of you who use it. We are pleased to let you know that we are changing the way that we commission our counselling service to improve the offer.

Your counsellor will come from an approved list held by Rhondda Cynon Taf, and will be accredited or registered with the British Association of Counselling and Psychotherapy. By being able to draw upon a greater number of counsellors, we hope that you will be able to speak to a counsellor sooner than you can at the moment. Of course, there may still be a wait, but we do hope that we will be able to keep this as short as we can.

Grants

The Carers Support Project has secured funding from the Multiply Grant and Short Breaks Grant to provide unpaid carers with some experiences.

The following are examples of activities that are available within the Multiply Grant.

- Cooking Stars, learn to cook on a budget
- Slow cooker sessions, Learn how to make delicious, nutritious, low maintenance meals on a budget in a friendly atmosphere. Receive a free slow cooker and weekly ingredients for you to cook at home
- Parent Carer Lego Therapy, This adult only training teaches parents / carers / adults the skills to help children to work together and solve challenges. In this engaging and fun environment, parents/carers/adults learn the skills to support children to practice and develop communication, social interaction, turn-taking, and problem-solving skills.
- Parent Carer Bird Box Making, providing spaces of 1 adult and 1 child, *you'll learn skills on how to build your very own bird box.*
- Stress Management, This course describes why we experience stress, it explains and looks at ways in which negative thoughts and feelings brought on by stress can be eased. The course also incorporates how a healthy diet, exercise, breathing techniques and mindfulness can help reduce stress.
- ALN Training, This course will cover the 2021 ALN Act and the resulting changes to educational terms. Learn strategies to help with behavioural needs and how to implement and deliver behavioural interventions and de-escalation techniques.

To apply for the Multiply grants, please call the Carers Support Project on Wednesday 7th August between 10am – 4pm to request a telephone application or you can complete request an electronic copy via carerssupportproject@rctcbc.gov.uk and email it back to us.

The following are examples of activities that are available within the Short Breaks Grant.

- Relaxation Hamper
- Theatre Tickets
- Overnight accommodation
- Activities for Young Adult Carers (18-25)

To apply for the Short Breaks Grant, please call the Carers Support Project on Tuesday 6th August between 10am – 4pm to request a telephone application or you can complete request an electronic copy via carerssupportproject@rctcbc.gov.uk and email it back to us.

Please note you are able to apply for both grants. You are able to request an electronic copy as early as Monday 5th August. Both grants close on Friday 30th of August 2024. If you do not hear back in regards to the grant by the end of October, you have been unsuccessful.

'Club 'MAC' For Male Carers

Would you like to try a new activity, improve fitness, physical and emotional wellbeing and have social opportunities? Then come and be part of 'Club 'MAC'. Our aim is to improve livelihood, develop new or expand on skills in a gym setting whilst socialising and overcoming barriers.

- You will be provided with ONE MONTH's free leisure pass courtesy of Sport RCT.
- Have opportunity to enjoy discounted follow up gym sessions.
- Be supported by Staff from the Project, Sport RCT (for the first four weeks) and Leisure Services staff (throughout).
- Have chance to experience a break from your caring role whilst focussing on your own wellbeing.
- Build / further develop confidence skills.

An Introduction session will be held on **Thursday 26th September at 11am.**

The pilot will begin on: **Tuesday 1st October.**

This will entail meeting staff / group members at the Carers Support Project Hub and having a chat about what to expect followed by a visit to the gym at Llys Cadwyn*, Pontypridd (just a short distance walk).

Individuals can then decide if they wish to sign up. Following this, there will be 4 weeks supported gym sessions and opportunity to enjoy further sessions at a discounted rate. Get in touch to secure your space!

Criteria: Individuals must be 18 years +, an Unpaid Carer, registered with RCT Carers Support Project, inactive / looking to become more active, a non-existing 'leisure for life' member and willing to help us evaluate the scheme (by submitting some feedback)



Thank you to everyone who attended Carers Week 2024!

The Carers Support Project provides support to the unpaid carers of Rhondda Cynon Taff.

We hold regular meetings, have a counselling service, provide Emergency Cards and Maxx cards.

Do you know someone who is a carer and needs support? Tell them to call us and we will complete a welcome call there and then!