

News

CARERS



Updates from Rhondda Cynon Taf
Carers Support Project

Issue 82 • Spring 2025

Reflecting on 2024...

As we come to the end of another year, we always take the opportunity to reflect. We never underestimate the challenges that unpaid carers face and have continued to provide information and support where possible. We have helped over 600 carers this year with differing needs.

This year has been particularly productive in terms of offering many of our carers 'Short Breaks' via Welsh Government Funding. We would like to remind carers that the Short Breaks Scheme has its own website should you wish to explore further:
www.shortbreaksscheme.wales

In addition, 'Carefree' is a registered Charity who offer over-night stays at various locations throughout the UK. Please visit
www.carefreespace.org

Finally, we would like to take this opportunity to thank everyone for their continued support of our project throughout 2024. Sending best wishes to you all for 2025, from Darren, David & Becs.



Are you looking after a loved one? We are here to help
If you care for others, we can support you. Speak to an adviser about ways we can help.

Have you heard about 'Connecting Carers?'

Citizens Advice RCT have a new scheme to support Unpaid Carers with their financial wellbeing by ensuring they claim the benefits they are entitled to and have support with budgeting and money management. There are also hardship grants available to those in need.

To refer or request further information please contact Citizens Advice on
01443 409284

**citizens
advice**

**EVENTS &
WORKSHOPS
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01443 281463  CarersSupportProject@rctcbc.gov.uk

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

 <https://twitter.com/RCTCarerProject>



Event / Activity / Workshop	Venue, Date & Time
'Sports Taster' – An opportunity to experience many different sports from netball, basketball, football, squash, and badminton, to pickleball, table tennis, softball cricket and more! Suitable for all from complete beginners and for anyone with any level of fitness.	Saturday 18th January 1pm – 4pm Sobell Leisure Centre, Aberdare CF44 7RP **Refreshments provided***
Carers Coffee Morning – Llanharan area. We are reaching out to the local communities of Rhondda, Cynon, and Taff. Come and join us for a cuppa and a chat.	Tuesday 21st January 1030am – 12pm Llanharan Drop-In Centre, CF72 9RD
Diabetes Workshop - data shows that 4.4 million people in the UK live with Diabetes. Additionally, 1.2 million people could be living with Type 2 Diabetes who are yet to be diagnosed. Join our expert for a workshop around supporting someone with Diabetes / nutrition and reducing risks.	Monday 27th January 1030am – 12pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
Bingo with Becs – lots of fun to be had with some great prizes thrown in. We'll see you then with 'eyes down'! <i>Further instructions will be provided on how to join in.</i>	Thursday 30th January 630pm – 730pm Online
Carers Coffee Morning – Come and meet the project staff and other carers in our welcoming space. Enjoy refreshments, chatting, and get the opportunity to learn about things going on in our community. Pontypridd Town Council will be our guest speakers this month.	Tuesday 4th February 1030am – 12pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
Carer Connections - Join our regular Carer Connections group facilitated by Shane, our qualified counsellor. Each month we will explore different topics that can help you in your caring role, build confidence and resilience.	Tuesday 11th February 10am – 1130am RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
'Cwtch' - It's our monthly evening catch up which takes place at our friendly carers hub. Enjoy refreshments whilst taking part in a range of varied activities or simply, chat away.	Tuesday 11th February 630pm – 8pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
'Sports Taster' - An opportunity to experience many different sports from netball, basketball, football, squash, and badminton, to pickleball, table tennis, softball cricket and more! Suitable for all from complete beginners and for anyone with any level of fitness.	Wednesday 19th February 1pm – 4pm Llantrisant Leisure Centre, CF72 8DJ **Refreshments provided***

Event / Activity / Workshop	Venue, Date & Time
Carers Coffee Morning – Aberdare area. We are pleased to be attending this session alongside Age Connects Morgannwg . <i>Please note – no booking necessary.</i>	Friday 21st February From 0930 onwards Cynon Linc, Seymour Street, Aberdare CF44 7BD
Quiz time – put your knowledge to the test by joining in with other carers for a bit of fun and time out and don't forget – those all-important prizes for the winners.	Wednesday 26th February 1pm – 230pm Online
Carers Coffee Morning – come and meet the project staff and other carers in our welcoming space. Enjoy refreshments, chatting, and get the opportunity to learn about things going on in our community.	Tuesday 4th March 1030 – 12pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
Meadow Street Garden – A tranquil setting where you get to make your own bread, butter and jam using the wonderful gifts of nature around a campfire. You will also get to learn how to complete self-made charcoal drawings with natural products and enjoy many other benefits this beautiful garden has to offer.	Tuesday 11th March 1030am - 130pm Meadow Street Community Garden Treforest, CF37 1UD
'Cwtch' - It's our monthly evening catch up which takes place at our friendly Carers Hub. Enjoy refreshments whilst taking part in a range of varied activities or simply, chat away.	Tuesday 11th March 630pm – 8pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
'Sports Taster' - An opportunity to experience many different sports from netball, basketball, football, squash, and badminton, to pickleball, table tennis, softball cricket and more! Suitable for all from complete beginners and for anyone with any level of fitness.	Thursday 13th March 1pm – 4pm Rhondda Fach Leisure Centre – Tylorstown CF43 3HR **Refreshments provided**
Carers Coffee Morning – Ferndale area. We are reaching out to the local communities of Rhondda, Cynon, and Taff. Come and join us for a cuppa and a chat.	Tuesday 18th March 1030am – 12pm The Arts Factory, Strand, Ferndale, CF43 4LY
Busy with Becs – for this one-off session we'll be decorating bunny shaped wreaths using different types of crafting materials.	Monday 24th March 1030am – 1230pm RCT Carers Support Project Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW
Outdoor event – We are excited to be working in partnership with Cambrian Village Trust to bring you outdoor activities including canoeing and a heritage walk around the Country Park. Please note, you can choose to do one or both activities!	Wednesday 26th March 1030am – 230pm Cambrian Lakeside, Clydach Vale CF40 2XX

How to book on to our events

You can secure a space by either sending us an email or telephoning us with your request.

Bookings will be taken from 10am on Thursday 9th January

Email: carerssupportproject@rctcbc.gov.uk

Tel: 01443 281463

Are you one of our readers with a skill or a subject you would like to teach / talk about?

If so, please get in touch! We would love to hear from you as we want to encourage as many carers as possible to come forward and be part of our workshops and events.

Welsh Language

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

You are welcome to use Welsh at our meetings/events.

Please let us know 14 days prior to the event if you wish to do so.

Thank You.



We have been very fortunate to have support from carers in the past to show us jewellery making and painting with water colours to name a few.

Opting out

If you no longer wish to be on our mailing list, please advise our team.

You can let us know by contacting us on 01443 281463 or by emailing us at: carerssupportproject@rctcbc.gov.uk



'No matter what you're experiencing as a carer, we're here to help find out how we can support you in your caring role'.

Carers Wales have a wide range of information and guides on their website to navigate carers and their needs. They also provide free monthly on-line activities and events called 'Me time'.

For further information please visit: www.carers.org/wales or call 029 2081 1370

At RCT Carers Support Project we are committed to engaging with organisations and services or schemes that provide support to unpaid carers. Carer to carer, everyone's needs differ. However, we may all need a little help on times. Whether this is requesting information on an over-night break, where to get assistance to help with fuel costs, having support to obtain a food parcel or how to find out if you are entitled to reduced council tax rates etc. Please know we can signpost you to such organisations. If you would like to ask us about support that might be available, please do not hesitate to get in contact. Also, Between January and March 2025 we will be hosting various coffee mornings or afternoons in the local community. We would love you to stop by and you would be very welcome to speak to one of our staff for assistance.

(Please see timetable above for further details).

RCT Carers Support Project can provide...

- Support to Carers age 18+
 - A tailored 'Welcome Pack' upon referral
 - Access to peer support groups and guest speakers
 - Regular events and workshops
 - Discounted access to RCT leisure services
 - Information and advice
 - The Carers Emergency Card
 - The 'Max Card' (discount card for children with additional needs under 25 years old)
- PLEASE VISIT:** <https://mymaxcard.co.uk/about-us/>
- Regular Newsletters
 - Access to training / advice from specific organisations



Carers Leisure Discount

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

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

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

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

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

For more information
call the Carers
Support Project on
01443 281463



Carers Emergency Card

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

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

What is the Carers Emergency Card?

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

For more information or to apply online please visit:

<https://www.rctcbc.gov.uk/EN/Forms/CarersEmergencyCard/RegisterforaCarersEmergencyCard.aspx>

Please email

CarersSupportProject@rctcbc.gov.uk

or call 01443 281463

to request a
hardcopy form.



Are you a carer aged between 18-25?

As well as the Carers project, get a more specialised service and receive information, advice and practical, group and 1:1 support, whether it be access into work, higher education or enjoy specific regular activities chosen by yourselves! If you would like further information, please email Darren.Young@rctcbc.gov.uk **Planned already for early 2025 is a residential trip to Llangrannog, scaling the Principality Stadium and zip lining across the pitch and an opportunity to see comedian Rhod Gilbert.**

