

News


CARERS

Updates from Rhondda Cynon Taf
Carers Support Project



Issue 83 • Summer 2025

Carers Week 2025

 **9th – 15th June**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support. The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

This year the theme is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role. Get involved in Carers Week 2025, and together let's work towards an equal society, where carers are truly valued, recognised and supported.

Turn to pages 4 & 5 to find out more what's going on during Carers Week.

Carers 'Short Breaks' vouchers are back!

Our last short breaks grant fund saw over 100 carers receive various opportunities including Afternoon Tea at the Chocolate House - Trehafod, a dining out experience or a sweet & savoury treat delivered to the home. Once again, we have been fortunate to receive further funding and a separate application form has been included with this newsletter. **Please refer to form for details.**

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News & updates

 Carers Week



 01443 281463  CarersSupportProject@rctcbc.gov.uk

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

 [RCTcarerssupportproject](https://www.instagram.com/RCTcarerssupportproject)



RHONDDA CYNON TAF

Our regular groups...

'Carers Coffee Time'



Come and join us, find out more about support available to 'unpaid carers' or simply pop in for a chat. We host regular guest speakers too.

Join us every 1st Tuesday of the month:

10.30am – 12noon

Tuesday – June 3rd

Tuesday – July 1st

Tuesday – August 5th

Tuesday – September 2nd

📍 RCT Carers Support Hub: 11-12 Gelliwastad Road, Pontypridd CF37 2BW

'Carer Connections'



'Carer Connections' is a peer support group led by a qualified Counsellor. This group explores coping strategies and resilience skills. You are welcome to join in discussion or simply listen and observe.

Join us every 2nd Tuesday of the month:

10.00am – 11.30am

Tuesday – June 10th

Tuesday – July 8th

Tuesday – August 19th

Tuesday – September 9th

📍 RCT Carers Support Hub: 11-12 Gelliwastad Road, Pontypridd CF37 2BW

Carers 'Cwtch'



Carers Cwtch is our monthly evening group for Carers to meet up, enjoy time out and experience fun. We host quizzes, games and other means of entertainment.

Join us every 2nd Tuesday of the month:

6.30pm – 8.00pm

Tuesday – June 10th

Tuesday – July 8th

Tuesday – August 12th

Tuesday – September 9th

📍 RCT Carers Support Hub: 11-12 Gelliwastad Road, Pontypridd CF37 2BW

'Crafty Café'



Come and get crafty with us where we'll be exploring different methods of arts and crafting including upcycling, book art, water colour painting and much more...

We meet every 4th Monday of the month:

1.00pm – 3pm

Monday – June 23rd

Monday – July 28th

Monday – August 18th

* Brought forward due to bank holiday*

Monday – September 22nd

📍 RCT Carers Support Hub: 11-12 Gelliwastad Road, Pontypridd CF37 2BW

- Please secure your space for our groups & events by contacting us
- All our groups and events are 'carer only' unless otherwise stated

In the community...



'Social Steppers'



Walking in nature offers numerous benefits for both mental and physical well-being, including reduced stress, improved mood, and increased creativity.

Join us for our new walking groups where we'll stroll, chat and enjoy a refreshment afterwards:

Thursday – June 19th, 10.30am
Aberdare Park CF44 8BN

Thursday – July 17th, 1.30pm
Ynysangharad Park, Pontypridd CF37 4PE

Thursday - August 21st, 10.30pm
Clydach Vale Country Park CF40 2XX

Thursday – September 18th
Venue & Time - TBC

'Community Coppa'



Fancy an opportunity of being the 'Community Coppa', a 'Super-Sleuth' or even 'Dynamite Detective'? Then why not join us for a cuppa and an exciting game of 'Detective for the Day'; Connect with others in our group 'murder investigation'. Search for clues in the evidence and catch the killer... All in the name of fun!

Friday – June 20th, 10am – 12noon
Treorchy Library

Wednesday - July 16th, 10.30 – 12.30
Cynon Linc, Aberdare

Tuesday - 19th August, 1.30 – 3:30
Maerdy Community Centre, CF43 4DJ

Thursday - 18th September, 10.30 – 12.30
Llanharan Drop in Centre

• Please note: All walking routes have been risk assessed and are accessible

Additional events...

'Quiz Time'



Fancy a go? Join us for our on-line quiz bursting with general knowledge, music, film, sport and other categories.

Please note this event will take place on-line, via MS Teams & joining instructions will be communicated

Thursday 25th September, 7pm – 8:30pm
Online

Carers Workshop with Yma



Join us for a creative art session where carers will have the opportunity to express themselves using various materials and methods – drawing, painting, photography, poetry: the objective is to highlight the impact of caring over 5 separate sessions.

Tuesday's 1pm – 3pm
Dates TBC but will commence September '25
YMa, Taff Street, Pontypridd CF37 4TS

Carer & cared for movie experience Parent Carers (0 – 25)

Date: Wednesday 28th May
Time: 11am

Film: Mufasa: The Lion King

Venue: YMa, Taff Street, Pontypridd CF37 4TS

*Please contact us to book – limited spaces available *

Carer & cared for cinema experience Carer 18+

Date: Friday 30th May
Time: 7pm

Film: Dune: Part 2

Venue: YMa, Taff Street, Pontypridd CF37 4TS

*Please contact us to book – limited spaces available *

Carers Week 2025

Event	Details
<p>Carers Craft Session with Hannah</p> <p>Join our lovely friend of the Project, Hannah, Director of 'Growing Space Pontypridd' as she guides you through this creative session.</p>	<p>Monday 9th June</p> <p>2:00pm – 3:30pm</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>
<p>Carer Connections (Our monthly event - see above description)</p>	<p>Tuesday 10th June</p> <p>10:00am – 11:30am</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>
<p>'Resin art' Workshop</p> <p>This is a fantastic opportunity to come along and support one of our very own carers with her side venture. Resin art is for creating certain objects and where technique is used to create a wide range of effects.</p>	<p>Tuesday 10th June</p> <p>1pm – 3pm</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>
<p>'Cwtch' (Our monthly event - see above description)</p>	<p>Tuesday 10th June</p> <p>6:30pm – 8pm</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37</p>
<p>Carer Therapy Sessions</p> <p>Indulge yourself in one of our therapies on offer including an Indian head massage, hand massage, back, neck & shoulder massage, reiki or reflexology.</p> <p>**Applications will be taken via the CSP telephone number or email. Successful applicants will be contacted by telephone following a random draw**</p> <p>***The draw will close at 4pm on Tuesday 3rd June***</p>	<p>Wednesday 11th June</p> <p>Appointments will start from <u>10:00am</u> and last for 30 minutes each.</p> <p>Each appointment will take place in a private area at our Hub:</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p> <p><u>All treatments will be provided by a qualified, licensed practitioner.</u></p>
<p>Tai Chi Taster</p> <p>Tai Chi is a traditional Chinese martial art and practice that combines slow, flowing movements with deep breathing and meditation. It is practiced for health benefits like improved balance, flexibility, and reduced stress.</p> <p>**Please note priority will be given to those unsuccessful in the Therapy sessions draw**</p>	<p>Wednesday 11th June</p> <p>3pm – 4pm</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p> <p>Carers will need to wear suitable, comfortable clothing for this session.</p>
<p>Scam Awareness & Prevention Workshop including light buffet at 12noon</p> <p>This workshop is facilitated by South Wales Police and will focus on educating participants on how to identify and avoid various scams, particularly those targeting more vulnerable groups in society.</p>	<p>Thursday 12th June</p> <p>10:30am – 12noon</p> <p>Carers Support Hub 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>

'Detective for the Day'

Continuing with our 'Police' themed morning – why not enjoy a bit of fun with us in the afternoon in this interactive, entertaining murder mystery group game?

Thursday 12th June

1pm – 3.30pm

Carers Support Hub
11-12 Gelliwastad Road, Pontypridd CF37 2BW

On Friday 13th June Carers Support Project Staff will be at the main entrance at the Royal Glamorgan Hospital between 11am and 4pm promoting the Project, highlighting the importance of being recognised as a carer, signposting to other support organisations and raising the profile of unpaid carers throughout RCT, the Cwm Taf Morgannwg Health Board area and Wales!

How to book on to our events

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

Email: carerssupportproject@rctcbc.gov.uk

Tel: 01443 281463

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.

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

Thank You.

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.

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



'Max Card'



'We make days out more financially accessible for families / carers of children with additional needs'

Please visit:
www.mymaxcard.co.uk

to find out more or call
us on 01443 281463

Thank you.

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.



'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

Join us for a friendly morning of conversation, companionship, and fun! Enjoy a great mix of activities including arts, crafts, and gentle exercise – all over a cuppa.

Every Friday from 09:30am onwards

Cynon Linc, Seymour Street, Aberdare

call: 01443 490650 to find out more

If you are aged between 18-25 and in an unpaid caring role please get in touch!

You can access support with any training needs, access to higher education or employment, bespoke 1-1 support where needed, access to counselling, opportunities to expand your CV and also have fun!

Everything is free and events coming up include a weekend in Butlins, go-karting, escape rooms, chocolate making, cricket, painting, zip world and much more! Young Adult Carers are a constituted community group, therefore can fundraise and you decide what events you attend!

Your voice matters and you direct your service! Whether you wish to be involved in all aspects of the service or just ask for supporting letters stating your caring status to help apply for grants at University, just get in touch and learn more about what the Young Adult Carers service can do for you!



Please contact
Darren.Young@rctcbc.gov.uk
or call 01443 281463

Thank You



Are you caring for someone with Dementia?

Dementia Action Week is May 19th – May 25th

See activities timetable below / seek support and advice

TURNING PONTY BLUE 2025

Monday 19th May

Temple Chapel, Graig

10:30-12:00 Creative Company Craft Session

Tuesday 20th May

Pontypridd Museum

10:00-12:00 Community Friends Launch Event

Garth Olwg Lifelong Learning Centre, Church Village

10:00-15:00 Dementia Information Pop-up Event & Activities

Glyntaff Campus, USW

10:00-13:00 Dementia Information Pop-up Event

Wednesday 21st May

Plas Carmel, Pontypridd

10:00-12:00 Coffee Morning

Y Muni

11:00 Relaxed Cinema showing of "Summer Holiday"

Pontypridd Library

10:00-13:00 Dementia Information Pop-up Event and Activities

YMa, Pontypridd

10:30-12:00 Effro Carer Connect Group Session

11:00- 13:00 Intergenerational Blue Themed Celebrations

13:30 Live Music Performance

14:30 Tenovus choir Performance

Starting at Trivallis Building, Ty Pennant, Pontypridd

12:30-14:00 Walking sing-a-long through the town:
12:30 - Trivallis building
12:45 - Market
13:00 - Library
14:00 - YMa

Thursday 22nd May

Calon Taf, Ynysangharad Park

10:00-14:00 70s Disco hosted by Memory Assessment Team

12:30-13:00 Memory Walk

Caffi Lido, National Lido of Wales

10:30-12:00 Art in the Park

Garth Olwg Lifelong Learning Centre, Church Village

11:00 Dementia Friendly Cinema: Chilly Chilly Bang Bang

Friday 23rd May

Pontypridd Museum

10:00-11:30 Breathing Space

Trivallis.



Have you heard about Citizen Advice '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 or scan the QR code

