

News

CARERS

Updates from Rhondda Cynon Taf
Carers Support Project



Issue 84 • Winter 2025

Just a reminder, RCT Carers Support Project can provide...

- Support to Carers age 18+
- A tailored 'Welcome Pack' upon referral
- Regular carer events such as coffee mornings and evening group
- Access to peer support
- Discounted access to RCT leisure services
- General information and advice
- The Carers Emergency Card
- The 'Max Card' (discount card)
- Regular Newsletter
- Signposting to other organisations

Scan me



Funded 'short breaks' for unpaid carers in Wales

Funded by Welsh Government, this scheme supports unpaid carers of all ages in Wales to take a break from their caring role. A 'short break' is an opportunity for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend and aims to support the sustainability of the carer's caring relationship. **Turn to page 5 for more information.**



'Max card' is the leading discount initiative for children with special educational needs and disabilities (SEND) up to the age of 25. It provides discounted entry into lots of attractions UK wide. We are offering MAX cards to carers who are currently registered with us. Please contact us for further information or visit www.mymaxcard.co.uk

Inside:

Carer Events

Carers Rights Day

Carer short breaks

Seasonal fun!



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 – 7th October
Tuesday – 4th November
Tuesday – 2nd December
Tuesday – 6th January

📍 **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:

10.30am – 12pm

Tuesday – 11th November
Tuesday – 9th December
Tuesday – 13th January

📍 **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 – 8.30pm

Tuesday – 14th October
Tuesday – 11th November
Tuesday – 9th December
Tuesday – 13th January

📍 **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 – 27th October
Monday – 24th November
Monday – 22nd December
Monday – 26th January

📍 **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
- Please do not hesitate to contact us for any further information about our events

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

Additional events...

Meadow Street Garden



A tranquil space where carers can learn about the 'gifts of nature'. Make your own bread, butter and jam over a camp fire, use natural techniques to create art and explore what this beautiful space has to offer.

Tuesday 21st October

10.30am – 2pm

📍 **Meadow Street Community Garden, Treforest, Pontypridd CF37 1UD**

*****BOOKING ESSENTIAL*****

'Halloween Spooktacular'



Date: Tuesday 28th October

Time: 10am – 2pm

📍 **Ystrad Sports Centre, Gelligaled Park, Ystrad, CF41 7SY**

An event for young carers, their families and siblings. Come along for bouncy castle fun, Halloween themed crafts and there will be information stalls to provide advice and guidance on support services for families.

****CARER & CARED FOR****

*****BOOKING ESSENTIAL*****

Wellbeing & Stress Management for Dementia Carers



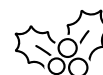
Join us for a workshop lead by 'Effro' that aims to improve the understanding of the stress response system and how it can affect us physically and mentally. Learn about simple techniques and practices to help lower stress levels and feel better physically and mentally when caring for Dementia.

Wednesday 12th November

11am – 1pm

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

'Christmas Jumper Day'



Come along for some seasonal fun: Christmas themed carols, bingo games, quizzing, prizes and lots more!

Thursday 11th December

11am – 2pm

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

****CARER & CARED FOR (18+)****

*****BOOKING ESSENTIAL*****

Online Events



****Access to MS Teams essential****

'Festive Fun' Quiz

Monday 1st December

6pm – 8pm

Several rounds all relating to the season, plenty of fun with prizes thrown in, what's not to like about this one!

Meeting ID: 366 348 209 569 8

Passcode: eA6tm9D2

'Pop Up' community support

Carers are welcome to pop along to enquire about financial / emotion / practical and wellbeing support or simply for a cuppa and a chat.

Time: 09:30 – 12:30

Thursday 16th October

Abercynon Library CF45 4SU

Wednesday 12th November

Tonyrefail Community Centre CF39 8PA

Wednesday 10th December

Porth Library CF39 9RT

HYBRID EVENT

Friday 14th November

10am – 11.30am

(Also to be held at Carers Hub, Pontypridd CF37 2BW)

Meeting ID: 347 726 501 028

Passcode: LE3F6EK2

Scam awareness and prevention workshop:

Led by South Wales Police this workshop will focus on educating participants on how to identify and avoid various scams, particularly those targeting more vulnerable groups in society.

Carers Rights Day 2025



***BOOKING
ESSENTIAL***

Founded by Carers UK, Carers Rights Day will be held on **Thursday 20 November 2025** celebrating its 25th anniversary. Carers UK are also celebrating a milestone this year – 60 years of carers support!

To help celebrate why not join us for some 'time out' activities, get creative, chat to other carers and meet staff from the Project.

Resin Art

10.30am – 12.30pm
Cynon Linc, Seymour
Street, Aberdare,
CF44 7BD

Wreath Making

12:45pm – 2:45pm
Carers Support Project,
Gelliwastad Road, Pontypridd
CF37 2BW

Resin Art

2pm – 4pm
Porth Library, Porth
Street, Porth
CF39 9RT

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



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.



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

'Short Breaks' funding for Carers in Wales



Following further investment from **Welsh Government** to provide 'short breaks' for carers here in Wales it has been extremely pleasing to see our community groups successfully apply and there are now plans for them to deliver or distribute events / schemes / vouchers etc near you! Please note: each carer will need to apply or approach the organisation individually to enquire about their criteria and what's being offered will differ from one organisation to another.

To find out more information please visit: www.shortbreaksscheme.wales

You can email the **Community Advice Team** at Interlink RCT: communityadvice@interlinkrct.org.uk

You can send a query to the **Community Development Team** at RCT; rcttogether@rctcbc.gov.uk

Or, you can contact us on **01443 281463**. **Why not follow us on Instagram or Facebook if you have social media. We post regular updates including news about carers grants and lots more!**

Congratulations to those delivery partners who were successful and good luck!

Age Connects Morgannwg / Bosom Pals Pontyclun / Behaviour Support Hub / Cwm Taf People First / Gelli life 4 living / The Arc Project / Neurobusiness / Old School Community Hub CIC / Shift Together / Fern Partnership / Gilfach Goch Community Association / Cynon Valley PALS / Stiwdio 37 and Llanharan Community Development Project.

As part of the local carers short breaks grant delivery, RCT Carers Support Project are delighted to be working alongside 'Growing Space Pontypridd' to bring you the **CARERS CREATIVE COMPANY** arts, crafting, time out and new experiences for carers during the autumn-winter season. **Please contact us to secure your space for the following dates:**

Mondays / 1pm – 2:30pm

- 8th September
- 15th September
- 22nd September
- 29th September
- 6th October
- 13th October
- 20th October
- 3rd November
- 10th November
- 17th November



Each session will take place at:

**Rhondda Cynon Taf Carers Support Project Hub:
11-12 Gelliwastad Road, Pontypridd,
CF37 2BW**

*****BOOKING ESSENTIAL*****

Balancing caring & working?



Visit here to find out more about your rights in the workplace:

www.carersuk.org/wales/help-and-advice/work-and-career/

or call 02920 811370

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.





RCT Young Adult Carers

Are you an unpaid carer aged 18-25? As well as accessing everything the Carers Support Project has to offer, you can tap into bespoke 1-1 support to help with employment, education, get access to regular events and much more. Coming up, we have...

- Zip World – **6th September**
- Swansea Bay 10K fun run – **14th September**
- Castle Bingo – **2nd October**
- Adult ghost train – **30th October**

We also have Darts & Crafts on the first Wednesday of every month, other events with date yet to be confirmed include go-karting, escape rooms & pottery.

For further information please contact

Darren.Young@rctcbc.gov.uk

Tel: 01443 281463



Are you an unpaid carer living in Rhondda Cynon Taf? We'd love to hear your thoughts on a new model of support designed with carers in mind!



Unpaid Carers Consultation

Drop-in sessions:

Sept 4	10am-12pm	Hawthorn Leisure Centre
Sept 9	2pm-4pm	Sobell Leisure Centre
Sept 22	4pm-6pm	Rhondda Sports Centre

or take part online!



Deadline is October 5



Alternatively, you can take part online
<https://orlo.uk/ESEzT>

Prefer a paper copy? Please call
01443 425015 to request a postal survey.



GWASANAETH DATBLYGU
GWEITHLU GOFAL CYMDEITHASOL

CWM TAF

SOCIAL CARE WORKFORCE
DEVELOPMENT SERVICE

Un sector : Un gweithlu • one sector : one workforce

The Cwm Taff Workforce Development Service provides hundreds of training opportunities every year to internal, partner agencies and unpaid carers.

If you would like to be added to our database to receive training opportunities to support your role as an unpaid carer please contact Deana Jones:

Deana.Jones@rctcbc.gov.uk

Tel 01443 281444

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.