

News

CARERS

Updates from Rhondda Cynon Taf
Carers Support Project



Issue 85 • Spring 2026

Dear Carers, 'short breaks' are back!



See page 6 for further details...

Inside

Carer short breaks

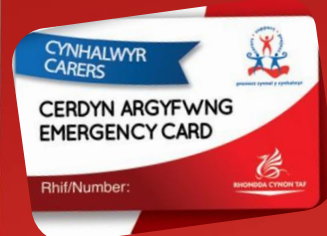
Meet the team

Carer events

Schemes

YAC service

New! Drawing class!



RCT Carers Support Project provides

- Support to Carers age 18+
- A tailored 'Welcome Pack' upon referral
- Regular carer events such as coffee mornings and other groups
- 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

**Our RCT Carers Support Project Hub is based
at 11-12 Gelliwastad Road,
Pontypridd, RCT, CF37 2BW**



01443 281463  CarersSupportProject@rctcbc.gov.uk

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

 RCTcarerssupportproject



RHONDDA CYNON TAF

Welcome to the Spring edition of the Carers News. We hope you find its content useful. Please don't hesitate to get in touch if you have any comments, ideas for any features or information you feel should be distributed to carers. Thank you!

Meet the Team: Working behind the scenes, we have...



David Snook
Project
Administrator



Darren Young
Young Adult Carer
Support Worker



Rebecca Knight
Carers Support
Worker

Reflecting on 2025

- We hosted **95** carer events
- The total number of people at these events = **771**
- We issued **70** leisure discounts
- We received **409** referrals
- We issued **323** Carer information packs

'I thoroughly enjoyed my time at Meadow Street Gardens. They do an awesome job there. Thank you for a lovely day'

'Had a lovely afternoon thank you Carers Project - really enjoyed the jewellery making'

- We issued **408** short breaks vouchers
- **We hosted carer events / visited the following sites:** Coleg Y Cymoedd campuses / Llanharan Drop-in Centre / Aberdare Park / Cynon Linc / Cambrian Lakeside/ Ponty Park / Rhydyfelin Library / Treorchy Parkinson's Support Group / Rhondda Arts Factory / Abercynon Library / Tonyrefail Lighthouse Project & Porth Library to name a few!
- We issued **46** Emergency cards
- We issued **52** Max cards



Our regular carer 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.

Time 10:30 - 12:00
Date Every 1st Tuesday of the month
Location 11-12 Gelliwastad Road, Pontypridd CF37 2BW

Tel 01443 281463 Email: carerssupportproject@rctcbc.gov.uk


Every first Tuesday of the month:

3rd February - Bingo

3rd March – Crafts

7th April - Quiz

5th May – Guest speaker



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.

Time 10:30 - 12:00
Date Every 2nd Tuesday of the month
Location 11-12 Gelliwastad Road, Pontypridd CF37 2BW

Tel 01443 281463 Email: carerssupportproject@rctcbc.gov.uk

Every second Tuesday of the month:

10th February

10th March

14th April

12th May



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.

Time 6:30PM - 8.30PM
Date Every 2nd Tuesday of the month
Location 11-12 Gelliwastad Road, Pontypridd CF37 2BW

Tel 01443 281463 Email: carerssupportproject@rctcbc.gov.uk

Every second Tuesday of the month:

10th February - Crafts

10th March - Bingo

14th April – Mystery night

12th May - Quiz

**Enjoy
crafting?**

Join Becs every 4th Monday of the month

- 26th January – Upcycling
- 23rd February – Painting
- 23rd March – Cheesecake making
- 27th April – Upcycling
- 18th May – Plant pot decorating

**(Brought forward due to the
bank holiday)**



**CRAFTY
CAFE**

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...

Time
1PM - 3PM

Date
Every 4th Monday of the month

Location
11-12 Gelliwastad Road,
Pontypridd CF37 2BW

Tel 01443 281463 Email: carerssupportproject@rctcbc.gov.uk

LEARN MORE

QR code

**Looking for other social
opportunities in your local
area? Have you heard of
Connect RCT?**



Visit:

www.connectrct.org.uk

**Where you can find a huge
range of opportunities
happening near to where you
live!**

**'MeTime' online
sessions for carers..**



**..designed to inform you of your rights
and to support your wellbeing.
Sessions vary from practical advice on
carers' rights and caring to a set of
holistic wellbeing sessions that range
from confidence-building to creative
opportunities like crafting.
Sessions are open to anyone across
the Wales**

<https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/>

How to book on to our Carers Project 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 for carers

| | | |
|---|---|--|
| Thursday 12th February Time: 10.30 – 12:30 And 2:00pm – 4pm | Love spoon decorating Come and design your own spoon shaped token of love using our specialist Dremel machine | Cynon Linc Aberdare, CF44 7BD And Old Porth Library, Porth, |
| Saturday 14th February Start time: 7:30pm | ‘Save the Cinema’ Watch a movie at Y Muni – suitable for persons age 12+ *Limited tickets available* | Y Muni Gelliwastad Road Pontypridd |
| Wednesday 18th February Time: 11am – 12:30pm | Gambling awareness & support workshop Aimed to educate and support those carers who are providing care relating to gambling issues | RCT Carers Support Project Hub, 11 / 12 Gelliwastad Road, Pontypridd, CF37 2BW |
| Friday 27th February From 09:30 onwards | Drop-in Aberdare We’ll be offering advice, information and support alongside Age Connects Morgannwg Come and join us for a cuppa! | Cynon Linc Aberdare, CF44 7BD |
| Tuesday 17th March 10am – 12noon And Tuesday 19th May 10am – 12noon | Drop-in Llanharan area We’ll be offering advice, information and support alongside Interlink RCT Come and join us for a cuppa! | Llanharan OAP Hall Heol Cynllan Llanharan CF72 9RL |
| Thursday 26th March 10:30am – 12noon | LPA workshop Come and learn more about ‘Lasting Power of Attorney’ what one is / who it’s for and how to apply for one – we’ll be joined by Citizens Advice RCT | RCT Carers Support Project Hub, 11 / 12 Gelliwastad Road, Pontypridd, CF37 2BW |
| Wednesday 1st April 11:00am | ‘Wonka’ Watch a movie at Y Muni a ‘Family Film Club’ choice! (PG) *Limited tickets available* | Y Muni Gelliwastad Road Pontypridd |
| Friday 24th April 10:30am – 1pm | ‘Painting workshop’ Come along for a relaxing few hours learning how to paint with our experienced tutor. All equipment supplied. | ‘Bradley’s Coffee’ Talbot Green, CF72 8AP |

Carer 'short breaks' information

Spring 2026:

Application for 'wellbeing vouchers'
from RCT Carers Support Project



Please see attached application with this Carers Newsletter, or, if you are receiving this digitally, **please scan the QR code.**

Please note the terms and conditions including the closing date for all applications.

If you have any further queries, please contact the Carers Support Project via email: carerssupportproject@rctcbc.gov.uk or telephone 01443 281463. Thank you.

Did you know that the RCT area has a wide range of organisations delivering opportunities for carers such as Afternoon Tea, Reflexology, Arts & Crafts workshops, overnight stays and much more. We have a directory of opportunities available – if you would like to know more please get in touch or follow our social media pages where we post updates regularly!

For our contact see details above

'Carefree' short breaks for unpaid carers age 18+

Carefree

Carefree short breaks initiative is designed to provide the flexibility you need to take some time away from your caring responsibilities.

Hundreds of hotels nationwide donate to Carefree every day out of their excess capacity, giving you a wide range of choice on the date and location of your ideal getaway.

You can access a 1-2 night hotel stay with a companion, at a time and place that works for you.

Who can get a break?

To be eligible you need to be over 18 years of age and provide more than 30 hours of unpaid care per week.

What are the costs?

We charge a £33 admin fee per break to help us run our charity. You're also responsible for paying for your travel and other expenses.

For further information please visit:

www.carefreespace.org

Are you an
UNPAID CARER
in RCT or Merthyr?

Take some well-deserved time for yourself with our free relaxation treats, offered through the Short Breaks for Unpaid Carers scheme.

Reflexology Afternoon Tea Aromatherapy

Call 01443 490650
or email information@acmorgannwg.org.uk
to check the dates and book your treat.

age connects morganwg

interlink

Don't forget to check the website 'Short Breaks Wales' where you can enter your postcode and find out what's free / available in your area!

www.shortbreaksscheme.wales

Have you heard about?....



Gwasanaeth Tân ac Achub
De Cymru
South Wales
Fire and Rescue Service

Worried about a loved one / someone vulnerable living in their own home? You can request a **FREE** Home Safety visit. If you are a member of the public and wish to book, please click here to complete a form:

<https://www.southwales-fire.gov.uk/your-safety-wellbeing/at-home/request-a-visit/>

Alternatively, please call **0800 1691234**. Thank you.



The **CEA Card** scheme allows a Cardholder to be accompanied by someone such as a carer, free of charge, when they purchase the applicable full price ticket to visit a participating cinema with that person.

There are terms and conditions when applying and there is a small fee for the card. To find out more and if you are eligible, please visit: www.ceacard.co.uk/eligibility



Hynt is a new national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants. **The Hynt card is free.**

Apply here: www.hynt.co.uk/en/join/apply

Or call: 01244 526001 for further information.



Access Card is a physical card which acts as a photo ID that can be used to easily communicate your access requirements to events and venues, so that the venues can provide accessibility to the needs of their visitors. Depending on circumstances, it also allows for free +1 tickets / entry.

Visit: www.accesscard.online/how-it-works

Email: cards@accesscard.online

Telephone: **0330 808 5108**



The Max Card is the UK's leading discount card for families of children with additional needs up to the age of 25. The Max Card can be used at venues across the UK to get free or discounted admission. RCT Carers Support Project are official distributors. **To request a free card please contact the project.**

For further information please visit:

www.mymaxcard.co.uk/



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.

We also have Darts & Crafts on the first Wednesday of every month, other events coming up include zip wire experience at the Principality Stadium, Comedy night, Go Karting, Retro Arcade visit & Escape Room experience!

For further information please contact

Darren.Young@rctcbc.gov.uk

Tel: 01443 281463

Fancy some time out? RCT Carers Support Project are delighted to be working alongside 'Growing Space Pontypridd' to bring you the **CARERS CREATIVE COMPANY** - 8 x sessions of arts, crafting and new experiences for carers during the spring season.

Come along on:

Mondays 1pm – 3:00pm

12th January
19th January
2nd February
9th February
2nd March
9th March
16th March
30th March



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



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.



Have you ever wanted to learn to draw?
Well now's your chance! Join us and our
new Art Tutor...



Friday's 10:30am – 1pm. Starting 23rd January, for 8 Weeks
@the Carers Support Project Hub, 11-12 Gelliwastad Road, Pontypridd, CF37 2BW