

NEWS

CARERS

All the latest Carers information from around Rhondda Cynon Taf



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Issue 58 • Autumn 2016

Carers Rights Day - Know your rights

Every year, more than 2 million people take on a new caring role. Many struggle to navigate the maze of services and entitlements, and miss out on financial and practical support as a result. And it's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of all their entitlements.

When you're caring, getting the right information at the right time can make all the difference.

Carers Rights Day aims to raise awareness about this. It is important that every Carer knows where to turn for advice, information and support, in their community and online.

This year we are holding 2 events to celebrate Carers Rights Day 2016:

Carers are invited to join us on Tuesday 22nd November to learn more about their rights as a carer and to access good quality information and advice that can support them to continue caring. Speakers during the morning will include representatives from Carers Wales, who will be talking about Carers' rights and the new Social Services and Wellbeing (Wales) Act, Dewis Cymru, which is the new place to access information about wellbeing in Wales, Supporting people team who provide housing related services for vulnerable people and up to date legal information of interest to Carers.

After a morning of talks, Carers will be able to get together and enjoy a 2-course lunch.

For Young Carers and Young Adult Carers (aged up to 25) we are holding a Recognition evening on Friday 25th November, where the young people will have an opportunity to come together and showcase their talents. It is also an opportunity to recognise the important role that these young people undertake on a daily basis.

More information about these events can be found on the Carers Events pages inside.



Congratulations to our Carers Project Officer!



On behalf of all the staff at the Carers Project and all the Carers in RCT, we'd like to congratulate Claire Meredith on the safe arrival of her baby girl, born in July, and hope she enjoys spending time with her family during her maternity leave.

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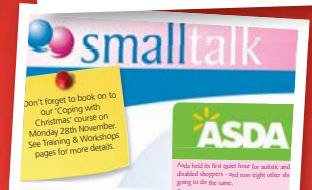
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STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TRETADAETH GADARN | DYFODOL SICR

CADW Wales

Carers go free • Guide dogs and assistance dogs permitted

Cadw is the Welsh Government's historic environment service.

It has responsibility for 128 castles, abbeys, churches, chapels and other historic monuments.

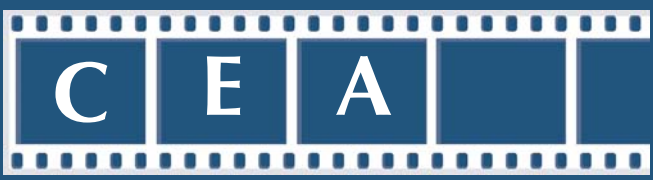
Each disabled visitor and companion or carer will be admitted free of charge to all monuments

Access to some properties is limited to the ground floor for those with limited mobility.

Disabled toilets, disabled parking and motorised scooters/wheelchairs for hire are available at some sites.

For detailed information check the individual entries for each monument on the Cadw Wales website.

<http://cadw.wales.gov.uk>



CARD

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA), formerly the Cinema Exhibitors' Association (CEA). The CEA Card allows a disabled guest to obtain ONE free ticket for the person who is accompanying them, to enable them to visit the cinema, by providing the assistance they require as a result of their disability. The card is issued to the person who requires assistance to visit a cinema so they are not restricted to naming a particular carer; a different person can accompany them each time they visit. The card costs £6 and is valid for a year.

How to apply?

You can either apply online <https://www.ceacard.co.uk/howtoapply.aspx> or contact us to receive a paper application form

carerSmart

CarerSmart is a new club from Carers Trust and is open to carers and people with care needs. Joining is easy and free and once you are a member you can benefit from a wide range of offers including:

- Cash back from shopping from numerous high street retailers
- Best rates from energy providers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free legal advice services



Carers can register online at <http://www.carersmart.org/>

Dental Treatment



FREE dental treatment is being offered to patients in the Cynon Valley and surrounding areas

The Dental Teaching Unit at the Cynon Valley Hospital / Ysbyty Cwm Cynon, New Road, Mountain Ash, is currently recruiting patients.

A range of treatments including fillings, crowns, dentures and root fillings are available and at the present time there is no charge for this treatment.

If you do not presently have a dentist and wish to register an interest, **please call into the Unit or telephone 01443 715000 between 8.30am – 12.30pm and 1.30pm – 4.30pm, Monday to Friday.**

Macmillan Cancer



Macmillan Cancer Support have updated their booklet 'Help with the cost of cancer: In England, Scotland and Wales' for 2016-17. The booklet explains what benefits may be available to you and how you can get this help.

The booklet can be downloaded from their website **Macmillan.org.uk** or contact us for a copy by post.



hynt

Art and culture is for everyone. But if you have an impairment or a specific access requirement, getting to see it isn't always easy. Often, visiting a theatre or an arts centre can be more complicated than just booking tickets and choosing what to wear.

hynt is a membership card

Hynt cardholders are entitled to a **ticket free-of-charge** for a personal assistant or carer at all the theatres and arts centres participating in the scheme.

The hynt website features listings of all accessible performances, as well as providing up-to-date access venue information to help you plan your visit.

The application process is designed to be as simple as possible and application forms will be available at venue box offices as well as on the website link

<http://www.hynt.co.uk/en/join/apply/>



Carers Discounted Access To Leisure Services

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

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

A Leisure for Life Membership gives you unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. Go as often as you like, to whichever centre you like!

The discounted access includes pay monthly (direct debit) plans and pay-as-you-use prices.

Whats more it's really easy to join.

For more information call 01443 668813



National Trust

Carer goes free

The National Trust issue a companions free entry card called **"Access for All Admit One Card"** for carers.

It is issued to the disabled person so that it can be used for different carers.

To obtain an "Admit One Card" email the disabled person's name and address to enquiries@nationaltrust.org.uk or **telephone: 01793 817634**

Entry for the disabled person is at standard cost or free with membership.



WaterSure Wales

WaterSure Wales is one of the schemes that Dwr Cymru Welsh Water offer to make bills more affordable.

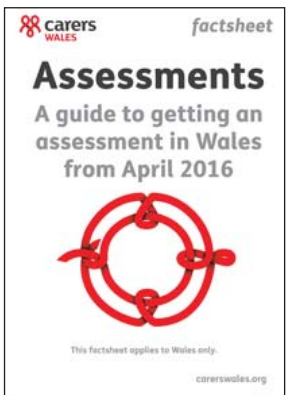
The scheme is available to all household customers who have a water meter fitted. It helps low income households who have either a large family, or a family member with a medical condition that requires the use of a significant amount of extra water. The WaterSure Wales charges are £139.00 for water and £200.00 for sewerage for the period 1st April 2016 to 31st March 2017. If your application is successful, the reduced charge will be applied to your account from 1st of April or your occupation date, whichever is the latest

You can request a copy of the WaterSure Wales application form via post by calling **0800 052 0140** between 8am and 8pm Monday to Friday and 8.30am to 1.30pm on Saturdays



Assessments:

A guide to getting an assessment in Wales from April 2016



The Social Services and Well-being (Wales) Act 2014 came into force on 6 April 2016. The Act repeals the majority of previous community care legislation and intends to transform the way that social services are delivered in Wales.

For the first time, carers will have the same rights as

those they care for. The Act introduces a new broader definition of a carer, a duty on local authorities to offer carers their own needs assessment as well as a legal duty to meet the eligible needs of carers following assessment.

Carers Wales have produced a new factsheet outlining what a Carer's Needs Assessment is, how to request one and what help might be available. The factsheet can be downloaded from their website:

<https://www.carersuk.org/wales/policy-resources/factsheets-carers-wales>

or contact us to receive a copy in the post.

You can find out more at the Carer Rights Day event in November. Details on page 8.

Tips from a Carer

What would you grab if you heard a fire alarm?

Recently we were staying in a hotel which was originally built for people who were blind or had impaired vision. We like it as we have a ground floor room with wet room facilities and a fire exit right next to the room.

During our stay the fire alarm went off and I grabbed my husband and his walking sticks, wheelchair and handbag containing our essential items.

It was a false alarm caused by someone using hairspray in a steamy bathroom!!

However, it made me think that other Carers might not be prepared in this situation so I put together a list of things that I always do, having been in many hotels when fire alarms are activated.

- Get my husband up and grab his shoes and put him in his wheelchair.
- I always have a torch on the bedside table and memorise the exit doors on arrival.
- My bag is kept by the bedside and contains car keys, copies of prescriptions, daily medication, phone, purse, diary and people contact list, glasses, hearing aids and batteries. I also carry my CARER'S EMERGENCY CARD which has my husband's details (available from RCT – contact the Carers Project at Heddfan, Pontypridd on 01443 668813)
- Have our coats hanging near the door and not in the wardrobe so they are easy to locate if the lights go out, and
- Always leave the DOOR KEY IN THE LOCK.

I can assure you that I AM NOT PARANOID, just a carer who has had to do this type of evacuation a few times over the years.

What would you grab?

Take care

Barbara the Bread and hubby



Family Support

Confidential Information
 Signposting Welcoming
 Advice Support Group
 Parent & Carer Training

Family Support is a service provided for anyone who is concerned about someone else's drug or alcohol use.

Please contact DASPA for more information - 0300 333 0000

DASPA DRUG AND ALCOHOL
 Drugaid CYMRU
 RHONDDA CYNON TAF
 GWSANAETH CYFUN (MATERION CAMDDEFNYDDIO CYFFURIAL) CWM RHONDDA
 RHONDDA INTEGRATED SUBSTANCE MISUSE SERVICE

Dewis is now live in Cwm Taf!

Dewis Wales is a website that consists of nationally produced information pages about wellbeing, and a resource directory (a database) of local support services.

Rhondda Cynon Taff County Borough Council, in partnership with Merthyr Tydfil County Borough Council, Interlink, VAMT and Cwm Taf University Health Board, have worked in partnership to provide contact details of all its support services to Dewis to enable people throughout the Cwm Taf region to access this information as and when they need it. Services are still being added to Dewis on a daily basis.

Information about services that provide support with being at home, being social, staying safe, managing money, children and families and general well-being will be included in the Dewis resource directory.

To find out more, come along to our Carers Rights Day event. Details on page 8.



Dewis Cymru
Have choice and take control

Keeping Carers Informed

Friends of the Animals RCT

You may not be aware of the work of **Friends of the Animals RCT** and the services they can offer you and the person you care for.

A key element of their work is helping animals AND their owners.

Just recently, they had a call about an elderly man who desperately needed to go to hospital but was refusing to go because he had no one to look after his 15-year-old dog while he was away from the house. Friends of the Animals RCT stepped in and promised to care for his dog as if it was their own for as long as was needed. He waited in the house with his dog until volunteers from Friends of the Animals RCT arrived to collect his canine companion and only went to hospital once he knew the dog was safe.

They understand how the fear for the welfare of a pet can be extremely damaging to someone's mental and physical wellbeing and may actually lead to them refusing help. Friends of the Animals RCT can help. If you want to find out more or if you know someone who might need their help, **please contact 01443 800339.**

Are you aged 65 or over or care for someone aged 65 or over?

Do you work with people aged 65 or over?

Would you like to find out what's available in your area?

Community Coordinators can signpost you!
Cwm Taf Community Coordinators

Jason
Community Coordinator
Cynon
07580 869946
jtynan@interlinkrct.org.uk

Elaine
Community Coordinator
Merthyr Tydfil
07580 866547
elaine.james@vamt.net

Deanne
Community Coordinator
Health
07580 869983
deanne.rebane@vamt.net

Meriel
Community Coordinator
Rhondda Valleys
07580 865938
mgough@interlinkrct.org.uk

Karen
Community Coordinator
Taff Ely
07580 869970
kpowell@interlinkrct.org.uk

The community coordinators hold lots of information about support groups, training opportunities and events that may be of interest to Carers and the people they care for. Their latest bulletin can be downloaded from:

<http://www.interlinkrct.org.uk/2016/09/community-coordinators-bulletin-september-2016/>

Or please contact us to post you out a copy.

RHONDDA CYNON TAF WORLD MENTAL HEALTH EVENT

Monday, 10th October 2016

10.00am - 3.00pm

**Rhondda Fach Sports Centre,
Tylorstown**

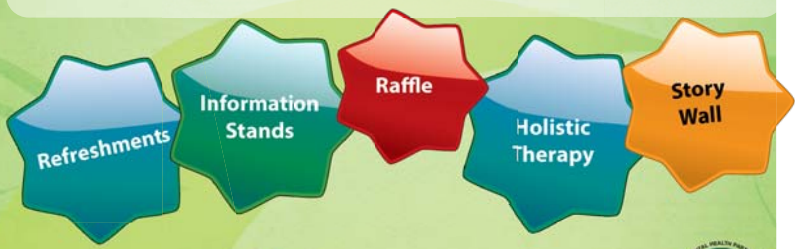
FREE ADMISSION

Any donations would be welcomed. All monies raised from the event will be used to raise awareness of mental health issues in Rhondda Cynon Taf.

www.mentalhealthsupport.co.uk

**For more information contact
Maria Abson on 01443 846200**

**or to book a stall
email: kprice@interlinkrct.org.uk**



Coping with Christmas course

Monday 28th November

10-1pm with a festive afternoon tea following the session

Venue - Llechwen Hall, Near Pontypridd, CF37 4HP

Christmas can be an overwhelming time for children with additional needs. Shorter, darker days, changes to routine and an increase in sensory stimulus (lights, smell and noise) can all have a significant impact.

The Carers Support Project are running a course to help **parents of children with additional needs** understand what a child goes through over the festive period and aims to give parents tools and strategies to help them deal with behaviour changes during this busy time.

After the session please join us for a festive afternoon tea and the opportunity to discuss any questions you may have on the topic with the trainer.

Please feel free to arrive from 9:30am for teas and coffees.

There is a maximum of 25 participants and spaces are on first come first served basis.



Introduction to Safe Handling

Monday 20th February 2017 10am - 2pm
Heddfan, Ilan Avenue, Rhydyfelin,
Pontypridd CF37 5PN

This course provides an introduction into how to safely move and handle the person you care for. You will be able to learn some key techniques to help assist you in caring for your loved one whilst protecting your own health. You will have opportunities on the day to have any of your queries answered by a qualified professional.

Using Email & the Internet



Wednesday 11th January 2017 10am - 3pm
(lunch included)

Computer room, Garth Olwg Lifelong Learning Centre, St. Iltyd Rd, Church Village, Pontypridd CF38 1RQ

There are lots of ways that using the internet and email can make life easier for Carers, from doing the weekly shop online to finding out about local support groups. Come along to this workshop and learn the basics of using email and the internet in an informal environment with other Carers. You will be able to ask lots of questions so this will be an ideal workshop for Carers with little experience of using IT.

Using Social Media

Monday 6th February 2017 10am - 3pm
(Lunch included)

Computer room, Garth Olwg Lifelong Learning Centre, St. Iltyd Rd, Church Village, Pontypridd CF38 1RQ

If you've never heard of Instagram, Snapchat, Facebook, Whatsapp or Twitter or don't really know what they can be used for, then this is the course for you. Many Carers keep in touch with their friends, family and other Carers via Social Media because they find it convenient and are able to feel socially connected from their own home. Social Media can also be a great way of finding out what's going on in your local community. This workshop will help you understand the basics of Social Media and will give you an opportunity to try using it while asking any questions you have.



First Aid and Heartstart

Friday 18th November
10am - 1pm

Heddfan, Ilan Avenue, Rhydyfelin, CF37 5PN

This course aims to teach Carers CPR and other emergency life saving skills, along with covering some basic first aid.



Willow Weaving Christmas Decorations



Nantgarw Chinaworks, Tyla Gwyn, Nantgarw, Cardiff CF15 7TB
10.30 - 2.30pm

Thursday 8th December

We are delighted that Sarah from 'Hatton Willow' will be running a willow weaving workshop for us in the run up to Christmas. Carers will have the opportunity to hear all about willow weaving followed by a practical session making a Christmas decoration such as a wreath or star, dressed with holly, pine cones and cinnamon sticks. Lunch will be included and places are limited so book early.



Mental Health Forum for Carers

Do you care for someone with a mental illness?

Do you have any queries or problems regarding your caring role?



If so, then meet other carers and share experiences over a cup of tea or coffee. The forum is a very informal group, there's no need to book just go along. But please contact us if you need anymore information or support to attend. The guest speaker for the next forum is from New Horizons mental health charity.

The next forum dates are:
Tuesday 18th October
Tuesday 17th January
10.30 - 12.30 at Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN

New Horizons recovery

The New Horizons Recovery College timetable of courses is now available. Courses on offer include:

- Diabetes awareness & prevention
- Managing anxiety
- Personal confidence
- Coping with life
- Anger management



The courses aim to support people to achieve their goals and ambitions. Students are able to choose their own courses, work out ways of making sense of (and to find meaning in) what has happened and become experts in managing their own lives. Courses are free to access and more details can be found on the New Horizons Website:

<http://newhorizons-mentalhealth.co.uk/>

Or contact New Horizons on 01685 881113

Carers Dementia Workshops



Bwrdd Iechyd Prifysgol Cwm Taf University Health Board

Are you looking after someone with memory problems?



Would you like to find out more about dementia?

Join us at our Carers Dementia Workshops. You will be able to meet other Carers, find out more about your legal rights, the benefits available to you, the emotional aspects of caring and much more.

Respite and transport can be provided if needed.

Call 01443 668813 to find out more or to book your place.

Carers Dementia Information Course dates include:

Tuesday 20th September 2016
YMCA, Mountain Ash
Wednesday 9th November 2016
Heddfan, Rhydyfelin CF37 5PN
Thursday 9th February 2017
Treorchy Library
All 10-3:30pm

Carers Stress-Busting Workshop

Tuesday 15th November 10am - 3pm (lunch included)

'The Feel Good Factory', Bryncynon Healthy Living Centre, Abercynon Road, Matthewstown, Mountain Ash, CF45 4XZ

Caring for a loved one can bring lots of challenges and sometimes it can become stressful trying to get everything done. This workshop will provide ideas and techniques for dealing with stress and will be an opportunity to meet with other Carers in a comfortable, relaxed environment.



Bath Christmas Market

Wednesday 30th November

Following on from the success of last years Christmas Market experience, we are offering registered families an opportunity to see what the award winning Bath Christmas Market has to offer.

Each year the centre of Bath is transformed into a magical Christmas shopper's paradise, as over 170 chalets packed full of gorgeous Christmas gifts line the streets surrounding the Roman Baths and Bath Abbey.

Soak up the sights, smells and sounds as you wander around the market; we guarantee the aroma of warming mulled wine and freshly baked mince pies, enjoyed with a generous sprinkling of cheering carols will get even the biggest of humbugs into the Christmas spirit!

This event is for Carers (Cared for are also welcome) Please see booking form for further details.

Longleat – Festival of Light - Family friendly fun

Tuesday 20th December

Family fun for everyone!



Join us as we take a trip to Longleat Safari Park, to see the festival of light extravaganza. See Longleat in all its Christmas glory and see the many animals in the wintery setting. As it is Longleats 50th anniversary year there's a special celebration of the world of Beatrix Potter.

The iconic lantern display will depict captivating scenes of beloved characters from the Potter books, such as Mrs Tiggy-Winkle, Squirrel Nutkin and of course the famous Peter Rabbit.

We will also take a trip on Santa's train and there will be a chance for the little ones to see the big man himself and receive a gift. Please book early to avoid disappointment as spaces are very limited.

This trip is for the carer and immediate family only.

Please bring a packed lunch/tea and appropriate clothing for the weather. (Alternatively, you will also have opportunity to purchase food there)

Bus trip departs from Heddfan at 10am and will leave Longleat at 7pm in order to see the lights in all their splendour.

Carers Rights Day - Know your rights

Tuesday November 22nd 2016

10am - 1pm followed by a 2-course lunch

Ty Dysgu, Cefn Coed, Nantgarw, Cardiff CF15 7QQ

Join us for a morning of informative talks followed by a 2-course lunch to celebrate Carers Rights Day.

Speakers will include:

- Carers Wales - Carers' rights and the Social Services and Wellbeing (Wales) Act 2014
- Supporting People Team - supported housing and housing related support services for vulnerable people.
- ME Law Practice - Legal information of interest to Carers
- Dewis Cymru- the new place for information about wellbeing in Wales



This event is for Carers (Cared for are also welcome)

Concert & Cakes

Parc and Dare Theatre, Station road, Treorchy, CF42 6NL

Friday 11th November 1pm

Join us at the Parc and Dare to indulge in a delicious cake and cuppa while enjoying some of the best sing-along songs from the biggest smash hit musicals, courtesy of Rhondda's very own singing sensation- Lee Gilbert.

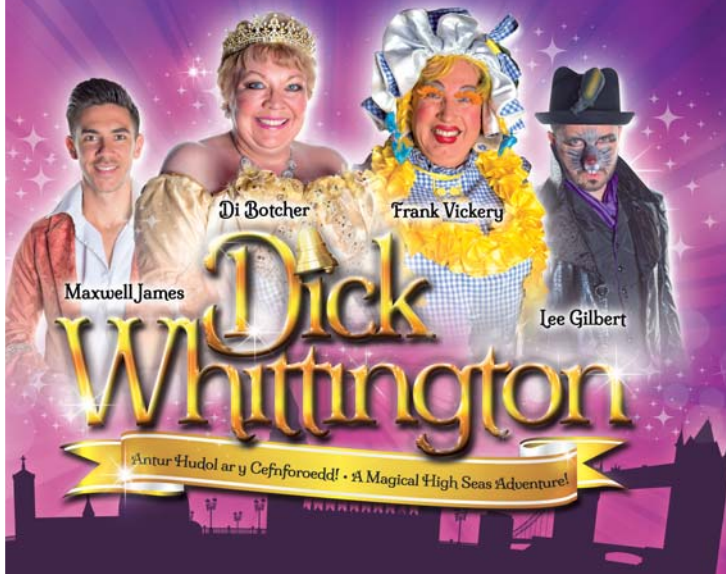


The carers project have a limited number of tickets available for carers to enjoy the concert. Cared for are also welcome.

(Please note this event will also be open to the general public.)



Theatrau RhCT yn cyflwyno • RCT Theatres present



Dick Whittington Friday 2nd December at 7pm at The Coliseum, Aberdare

Starring Di Botcher (Stella Sky 1) and Frank Vickery with Maxwell James and Lee Gilbert. Written and directed by Richard Tunley.

This Christmas the roads in RCT are paved with panto gold!

Following hot on the heels of last year's smash hit panto Cinderella, the bells are ringing out for RCT Theatres' brand new production –the high seas adventure Dick Whittington.

This traditional family pantomime has heaps of comedy, magical special effects, spectacular scenery and a fantastic cast - the purr-fect ingredients for a swashbuckling adventure! This performance will be a 'relaxed show' so that children and adults with additional needs and their families and carers can enjoy the wonder of theatre in an environment that is comfortable and supportive.

We have tickets available for Carers of all ages and their families.

Carers Events

Relaxed Cinema screening

**Saturday 8th October at the Coliseum, Mount Pleasant, Aberdare CF44 8NG
2:30pm**

We have tickets for a relaxed cinema screening for our carers and their families. The relaxed cinema screenings are specifically designed to welcome people who would benefit from a more relaxed environment, including people with an Autism Spectrum Condition, sensory or communication disorders, or a learning disability. The theatre will be showing a family friendly film so come along and join the fun! Everyone is welcome!

Please arrive in good time to collect tickets and your vouchers for free popcorn and a drink. (Please be aware that this cinema event is also open to the general public)

Halloween Family Fun

Wednesday 26th October 5.30pm

Join us for a Halloween family fun event at Parc play, Cardiff. Let the children run free in the indoor and outdoor play areas and take part in the games, face painting and activities! Hotdogs for everyone and ice cream for the children. Guaranteed fun for all. Halloween fancy dress optional but encouraged!

The outdoor play areas are well lit and contained. Parc is designed so that children can have fun and run around whatever the weather. The Carers Support Project has exclusivity at the venue so there will just be carers and their families present.

Coach will leave Heddfan at 5:30 and return at approx 9pm

(We can pick up and drop off at Pontypridd bus station if necessary)



Training and events for Carers - support us to support you

We fully understand that cancellation is sometimes unavoidable as caring is your first priority and it may not always be possible to let us know of your unavailability prior to the event. However, where it is possible, please can we ask you to let us know by telephone

01443 668839 / 07824 496485 or by emailing CarersSupportProject@rctcbc.gov.uk, providing as much notice as possible so that we can allocate

your place to someone on the reserve list. Unfortunately, if you fail to attend a workshop/event, you will only be able to put your name on the reserve list for future workshops/events.

We feel very fortunate in Rhondda Cynon Taf to provide our carers service and hope you will support us to continue to support you.



Recognition Evening - Young Carers Count!



Following the success of last year's inaugural Recognition Evening, we are planning this year's event for young carers and young adult carers where they will be recognised and rewarded for the work

and effort they show in their caring roles. We are planning to host this event to coincide with Carers Rights Day on Friday November 25th. Last year's event saw a full hall of young carers and their families gathering to recognise the important role that these young people undertake on a daily basis. Several young people performed songs or dance routines for a very receptive and appreciative audience. It was lovely to see these young people getting the praise they deserve for their caring role - many have to juggle school/ college or work commitments around their caring role. Further details of the event will be made available in due course.

We Will Rise Again Musical



RCT Cultural Services worked in partnership with RCT Carers Support Project to give carers an opportunity to learn about the many aspects involved in putting on a theatrical musical.

The young people involved had an opportunity to get involved in several aspects of theatrical production including hair and makeup, photography, stage hand tasks, acting, singing, dancing, poster and set design, sound and lighting as well as promotion and marketing. All young people signed up for at least one aspect of the production with several young people involved in many different aspects of the production.

Practice sessions ran for a number of weeks with the young carers giving their time unselfishly so that they were able to familiarise themselves with the script, dance, songs and stage direction that was required for the musical to be a success. The night of the final production to parents/families/friends and the public was soon upon us but the young people, under the expert guidance of Jessie Jenkins and Jade Edmunds were brimming with confidence. The young carers were absolutely wonderful and the musical was a roaring success. All who saw it including Cllr Rhys Lewis - Mayor of RCT commented on the young people's exceptional commitment and professionalism in the final production. Congratulations to all involved!!



YOUNG ADULT CARERS NEWS

Fundraising for Young Adult Carers



The Young Adult Carers group which consists of young carers between the ages of 18 and 25 are hoping to go to London to spend a day or two seeing the sights that London has to offer as well as catching a show. In order to achieve this, the group have been busy raising funds for their adventure.

The group has run the rotary shop in Treorchy and raised an incredible £600, young carers who attend Coleg y Cymoedd - Aberdare Campus have raised £100, the young adult carers who attend Coleg Y Cymoedd - Rhondda Campus held a table

top sale and raised close to £100. The group are also planning to complete a sponsored walk up Pen-Y-Fan with hundreds of pounds of sponsor money already pledged on completion of the walk. The image above shows one of our many practise walks in the Brecon Beacons.

It is great to see these young people, who are already juggling college or work commitments with their caring role, give their time to raise funds for the proposed trip. Let's hope that they are able to raise enough money to give themselves a well deserved break from their responsibilities.



Don't forget to book on to our 'Coping with Christmas' course on Monday 28th November. See Training & Workshops pages for more details.

Welcome to our new Parent Carer Development Officer!



Hi everyone. My name is Carly Lewis, I have recently been appointed as the new Parent Carer Development Officer. My role before this was Young Carers Support Worker, working within the Carers Support Project, so I may have met some parents at previous events. Over the next few months my aim is to find out about the needs and issues affecting our parent carers so I can develop the service to meet these needs. I don't claim to know everything but I am looking forward to learning!

Parent Carers can contact me directly on 01443 668702 or email RCTParentandCarerNetwork@rctcbc.gov.uk



Asda held its first quiet hour for autistic and disabled shoppers - and now eight other shops are going to do the same.

A superstore staged its first ever 'quiet hour' to help autistic and disabled shoppers recently and now EIGHT other shops at Manchester Fort are set to do the same. Simon Lea, manager of the Asda Living store at the Cheetham Hill complex, came up with the idea to helping people who felt intimidated or stressed by noise and disturbance. And his idea for a super-quiet shopping environment struck a chord with thousands of people around the country with autism or other conditions and their families.

The store recently staged its first-ever quiet hour which saw escalators, in-store music turned down and display TVs switched off. Autistic and other disabled customers were given a map of the store featuring pictures instead of words when the store opened at 8am - an hour early - on Saturday.

A delighted Mum who visited the store with her daughter, posted her praise on Manchester Fort's Facebook site: "My daughter and myself came in this morning to get a school skirt and what a huge and positive impact your store and more importantly your manager and staff have had on my daughter this morning. She not only managed without her wheelchair and ear defenders but she coped and didn't go into crisis. This for us is huge. No head banging, biting or screaming."

Praising the scheme, Mark Lever, CEO of The National Autistic Society, said: "We've recently launched our biggest ever awareness campaign called Too Much Information, so people can learn about autism and feel encouraged to respond with the same kind of understanding shown by Simon and Asda."

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

Caring for children with disabilities and special needs aged 25 and under

'Jump' Family Play Session – 4th October 2016

6:00 pm - 8:00 pm

Jump Cardiff, ParcTy Glas, Llanishen,
Cardiff CF14 5DU

£2 per child for Autism Puzzles full members

£5 per child for Autism Puzzles pay as you go members

Jump is a large indoor play centre with everything from ball pits, inflatables, indoor football pitches, climbing frames, extensive toddler zones and so much more

These sessions will run once a month at this venue. Contact Autism puzzles for other dates and further details about full membership.

enquiries@autispuzzles.org.uk#



Merlin's Magic Wand

Magical days out available at Merlin Entertainments attractions, such as LEGOLAND Resort® theme parks, SEA LIFE Centres and Madame Tussauds. On their magical days out, families have a chance to create long-lasting memories and take valuable time out from stressful daily routine.

Merlin welcomes applications on behalf of children aged 2-18 with a confirmed serious/long term illness, disability or disadvantage who would benefit from a day out at a Merlin attraction. and disadvantaged children.



To apply log on to

www.merlinsmagicwand.org/apply-for-a-day-out

Doe Doe's Medical seat belt covers.



A company called Doe Doe's make medical seat belt covers that are great for informing those first on the scene of an accident of any condition or illness.

Find them on <http://www.doedoe.co/> and on



Doe doe's bibs and beyond



SOUTH WALES THE FASD TRUST SUPPORT GROUP

Do you care for someone affected by FAS (Foetal Alcohol Spectrum Disorder)?

This Group is for you

WHEN

Saturday 17th September 2016

11am until 12.30 lunchtime

WHERE

Taff Meadow Community Centre (Old Reading Rooms),
Broadway, Pontypridd, CF37 1DB.

FOR FURTHER INFORMATION CONTACT RACHEL:-

Email: rachelinsouthwales@gmail.com
or call us on 01608 811599 or visit our website
WWW.FASDTRUST.CO.UK.

FREE GROUP FOR ALL AGES

COFFEE AND CHAT FOR THE ADULTS

PLAY / ART ACTIVITIES FOR THE CHILDREN

OPPORTUNITY

for you to meet others in your situation, share experiences, learn more. All welcome, If you can't join us this time, we meet again:

3rd December



Don't forget to book on to our relaxed cinema event at the Coliseum, Aberdare on Saturday 8th October!

Cineworld Autism Friendly Screenings

Cineworld host an autism friendly cinema screening on the first Sunday of every month at 11am. Cineworld Cardiff is one of the cinemas taking part.

Cineworld's next autism friendly film screening is Pete's Dragon on Sunday 2nd October at 11am.



I belong conference

29 & 30 November 2016

This conference will look at how children, young people and adults are included in their communities, what they can give to their communities and how they benefit from inclusion.

The conference will include topics such as:

- Community presence
- Citizenship
- Visibility in the community
- Access to community resources and services
- Inclusion

I belong will be held in Nantgarw, South Wales.

Full programme and bookings available September 2016.

Please call Harriett on 02920 681161 for more information.

This conference is part of the Valued Lives project



Learning Disability Wales
Anabedd Dysgu Cymru

CARERS BOOKING FORM

Details of these workshops, training and events can be found on pages 6 - 9

To book, please complete and return the form below, ring the project on

01443 668813 or email CarersSupportProject@rctcbc.gov.uk

Event/Training	Venue	Time	Date	Tick
October 2016				
Relaxed Cinema Screening - Family film in a relaxed environment Family event	Coliseum Theatre, Mount Pleasant, Aberdare CF44 8NG	2.30pm	Saturday 8th October	Number of tickets:
Mental Health Forum for Carers - Carer event	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10.30 - 12.30	Tuesday 18th October	
Halloween Family Fun Event - Family event	Coach leaves Heddfan at 5.30pm to return at approx 9pm	5.30 - 9pm	Wednesday 26th October	Number of places:
November 2016				
Carers dementia information workshop Carer event	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10 - 3.30pm	Wednesday 9th November	
Concert and Cakes - Carer event (but cared for also welcome)	Park and Dare, Station road Treoerchy CF42 6NL	1pm	Friday 11th November	Number of tickets:
Carers Stress Busting workshop - Carer event	'The Feel Good Factory', Bryncynon Healthy Living Centre, Abercynon Road, Matthewstown, Mountain Ash, CF45 4XZ	10- 3pm	Tuesday 15th November	
First Aid & Heart Start - Carer event	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10-1pm	Friday 18th November	
Carers Rights Day - Carer event (but cared for also welcome)	Ty Dysgu, Cefn Coed, Nantgarw, CF15 7QQ	10 - 2pm	Tuesday 22nd November	Number of places:
Coping with Christmas workshop - Parent Carer event	Llechwen Hall, Nr Pontypridd, CF37 4HP	10 - 2pm	Monday 28th November	
Bath Christmas Market - Carer event (but cared for also welcome)	Coach leaves Heddfan at 9.30am and leaves Bath at 5pm	9.30 - 6.30pm approx	Wednesday 30th November	Number of places:
December 2016				
Pantomime - relaxed performance - Family event	Coliseum Theatre, Mount Pleasant, Aberdare CF44 8NG	7pm	Friday 2nd December	Number of tickets:
Willow weaving - Christmas decorations - Carer event	Nantgarw Chinaworks, Tyla Gwyn, Nantgarw, Cardiff CF15 7TB	10.30 - 2.30pm	Thursday 8th December	
Longleat - Festival of Light - Carer and immediate family	Coach leaves Heddfan at 10am and leaves Longleat at 7pm	10am - 8.30pm approx	Tuesday 20th December	Number of tickets:

Event/Training	Venue	Time	Date	Tick
January 2017				
Using email and the internet Carer event	Garth Olwg Lifelong Learning Centre, St Illtyd Road, Church Village. CF38 1RQ	10 - 3pm	Wednesday 11th January	
Mental Health Forum for Carers Carer event	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10.30 - 12.30	Tuesday 17th January	
February 2017				
Using Social Media Carer event	Garth Olwg Lifelong Learning Centre, St Illtyd Road, Church Village. CF38 1RQ	10 -3pm	Monday 6th February	
Carers dementia information workshop Carer event	Treorchy library, Station Rd, Treorchy CF42 6NN	10 - 3.30pm	Thursday 9th February	
Introduction to Safe Handling Carer event	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10 - 2pm	Monday 20th February	

*****If you have any particular requirements to enable you to enjoy any of our events, please let us know*****
***Places for some events are limited and will be allocated on a first come first served basis**
****Transport and respite can be provided if needed.**

Name:

Address:

.....

Daytime Tel. No.:

Date of Birth:

Email address:

Do you require respite? YES/NO

Have you attended one of our events before? YES/NO

Do you have any special requirements? e.g. dietary, access, etc.:

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I confirm I am the Main Carer: Signed:

Return to:
Freepost No. RTKE-ACJL-JBUC Carers Support Project,
Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN
If you have any queries regarding an event, please call the project on 01443 668813
or alternatively email CarersSupportProject@rctcbc.gov.uk