

# NEWS

## CARERS

All the latest Carers information  
from around Rhondda Cynon Taf



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Issue 64 • Autumn 2018

## The Carers Support Project (CSP) has moved offices.

### OUR NEW ADDRESS IS:

**RCT Carers Support Project,  
11-12 Gelliwastad Road,  
Pontypridd CF37 2BW**

Our new telephone number is: **01443 281463**

This will now be the telephone number for both the Adult and Young Carers Team.

All previous telephone numbers for both the Adult and Young Carers Team will no longer be in use.

All E-mail addresses will remain the same, including our main CSP email:

**[CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**

### MEET THE TEAM

Join us on Wednesday 28th November 2018 from 10-12noon at our new offices and meet the Carers Support Project Team.

All of the team will be on hand to introduce themselves, answer any queries and to have a chat over a cuppa and a piece of cake.

Did you know you can now self refer into the Carers Support Project online?

Visit: <https://www-staging.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/Requestsupport/>

Did you know you can now find us on Twitter @RCTCarerProject

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RHONDDA CYNON TAF

# STAR EVENTS & ACTIVITIES

## How to book onto Event and Activities

Our activities and events are becoming more and more popular, as a result, all of our events have been marked **Gold, Silver or Bronze**. Please see our event list on pages **13 - 16** to see which category each event falls under.

Please note you can choose **2 gold, 2 silver** and **limitless bronze activities and events**.

**Places will be allocated on first come first served basis.**

**Activities and events can now be booked by either telephone or email.**

**Event bookings will open on Wednesday 19th September 2018 at 8am. This will be for both email and telephone bookings.**

To book on any of the events please call or email the Carers Support Project on **01443 281463** or email: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

## **THERE IS NO LONGER A BOOKING FORM**

to return in the post. Bookings are now only taken by telephone or email, as above.

# Do you need to Recharge?

**Recharge** is a new Project provided by RCT Carers Support Project. It provides Carers, who are registered with the Project, with a 40 minute holistic therapy session, on a one to one basis with a qualified therapist.

**When?** The 3rd Thursday of the month (20th Sept, 18th Oct, 15th Nov, 20th Dec)

## What time?

Appointments available between 10am & 3pm

## Where?

The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ

Treatment options include Reflexology, Indian Head Massage, Aromatherapy Massage and Reiki.

## Do I need to bring anything?

Please wear comfortable loose clothing. We would advise you also bring a small towel for your own use.

## Is there parking?

Yes, there is on road parking available outside the Feel Good Factory.

Contact the Carers Project and book your appointment with a fully qualified therapist.

Call **01443 281463** or email: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

The treatments provided are free of charge to Carers registered with RCT Carers Support Project. We expect this to be a popular incentive. Places will be allocated on a first come first served basis and only one session will be provided per Carer.

# SANEline

**SANEline** is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. They are open every day of the year from **4.30pm to 10.30pm** on **0300 304 7000**.



# Carers Cwtch

Carers Cwtch is an informal friendly group for individuals who care for a family member, friend or neighbour.

Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.

**So come along, have some time out, relax and have fun.**

**No booking needed. Just turn up.**  
**If you would like any further information please call the Carers Project on 01443 281463**



Join us on...  
Second Tuesday  
of the month  
6.30pm-9pm  
St Catherine's Church,  
Gelliwasted Road,  
Pontypridd  
CF37 2UF

# Are you a Carer?

## Calling all talented Carers

Do you have a hobby you would like to share with a group of Carers? Would you like to run a Carers workshop for us? This could be on anything from painting, gardening, jewellery making, craft... The Carers Project can pay your expenses and pay for any material needed.

If you have a skill you'd like to share give us a call on **01443 281463**



# RADAR



## What is a Radar Key?

A RADAR Key (sometimes called an NKS Key) is a large, silver-coloured skeleton key that opens more than 10,000 locked, disabled toilets in the UK.

The RADAR key is part of the National Key Scheme (NKS), giving thousands of people with disabilities and health conditions independent access to locked public toilets around the country. The Radar Key Scheme enables these disabled toilets to be locked to prevent vandalism and misuse, while also being readily available to those who really need them.

For a small charge a RADAR key can be purchased giving you access to disabled toilets across the UK. There are a number of places which stock the RADAR key including the Blue Badge Company, [www.radarkey.org](http://www.radarkey.org) and [www.bladderandbowel.org](http://www.bladderandbowel.org)

# Chatterbox



Chatterbox is an informal friendly group for individuals who care for a family member, friend or neighbour. It's a place to relax, take part in crafts and get information on support available.

Chatterbox is run by RCT Carers Project staff who are available to answer any queries, offer signposting or are simply there for a cuppa and a chat.

**No booking needed. Just turn up on the day.**

**Get in Touch...**

**Contact Claire on 01443 281463.**

**[CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**



Join us on...  
First Tuesday  
of the month  
10am - 11.30am  
St Catherine's Church  
Gelliwastad Road,  
Pontypridd CF37 2UF

# HEALTH & WELLBEING CLUB for Adults



## Health and Wellbeing Club for Adults

Every Monday 1-3pm and every Thursday 10-12noon at Trerhondda.

There are lots of activities on offer including tea dances, alternative health therapies and reiki.

Join us and make new friends.

Suitable for adults on the autistic spectrum.

For more information please call **07578 921319** or email: **[Beverly@artsfactory.co.uk](mailto:Beverly@artsfactory.co.uk)**

# WaterSure Wales

WaterSure Wales can help with your charges if you have a water meter and receive at least one of the qualifying benefits/tax credits:

## Income Support

Income Related Employment & Support Allowance

Income-based Jobseeker's Allowance

Pension Credit

Housing Benefit

Attendance Allowance (AA)

## Working Tax Credit

Child Tax Credit (except families in receipt of the family element only)

Universal Credit

Disability Living Allowance (DLA)

Personal Independence Payment (PIP)

## AND

You have 3 or more children under the age of 19, living at your home who you claim Child Benefit for.

## OR

You or a member of your household has a medical condition that requires SIGNIFICANT use of extra water.

## Desquamation (flaky skin disease)

Weeping Skin (eczema, psoriasis, varicose ulceration)

Incontinence

Abdominal Stoma

## Crohn's Disease

Renal failure requiring home dialysis (except where the health authority contributes to the cost of the dialysis)

Other: another medical condition which requires the use of a significant amount of extra water

The WaterSure Wales charges are £130.89 for water and £189.06 for sewerage for the period 1 April 2018 to 31 March 2019.

## Please note:

**You don't qualify for WaterSure Wales if:**

You don't have a water meter fitted at your property. If you'd like to have a meter fitted to qualify, please complete the WaterSure Wales application form, including the meter application form on page 5.

You water your garden with a non-handheld appliance, such as a sprinkler or domestic irrigation system.

You have a swimming pool or pond with a capacity of over 10,000 litres.

This isn't your main home.

Your property is used for commercial purposes.

You share payment of your bill with your neighbour(s).

To find out more please visit: <https://www.dwrcymru.com/en/My-Account/Help-Paying-My-Bill/WaterSure-Wales.aspx>

**“Alone we can do so little, together we can do so much” – Helen Keller**

# RCT Past Carers Group

This is an informal group offering companionship and friendship to individuals whose caring roles have ended.

The group meets once a month and arranges a number of social gatherings throughout the month. The group offers support, laughter and a great way to meet new friends.

**No booking needed,  
just turn up on the day.**

Join us on...**Second  
Friday of the month**  
**11am-1pm**  
**Pontypridd Museum,**  
**Bridge Street,**  
**Pontypridd CF37 4PE**



Get in touch...

Contact:

**01443 491850**

**CarersSupportProject@rctcbc.gov.uk**



Rhaglen Gwybodaeth a Chymorth i Gynhalwyr  
Carers Information and Support Programme

## Do you care for someone with dementia? Would you like to find out more about dementia?

Join us at our Carer Information and Support Programme on:  
**Wednesday 24th October and Thursday 25th October 2018**  
**9.30am to 3.30pm**  
**At Hawthorn Leisure Centre, Pontypridd CF37 5LN**

You will be able to find out more about:

- What is dementia
- Supporting a person with dementia
- Local Services
- Legal and Financial affairs
- Looking after yourself

You will also be able to meet other Carers, gain support  
and share your experiences.

If you would like any further  
information, or to book a place  
please call the Carers Project on

**01443 281463**

or email  
[carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk)



prosiect cynnal y cynhalwyr







# Free Carers Legal Clinic

**RCT Carers Support Project is providing a free Carer Legal Clinic on the last Thursday of the month.**

Are you a Carer?

Do you care for a family member, friend or neighbour?

Would you like some free legal advice?

**Would you value speaking to a qualified solicitor face-to-face about issues such as:**

- Wills
- Probates and Trusts
- Care fees
- Power of Attorney
- Any other legal issues that many carers have to deal with?



If so, why not book a free initial 40 minute consultation appointment in a relaxed informal environment. All appointments will take place at the Carers Project Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW

**Booking essential. To book a place or for more information, please call the Carers Project on 01443 281463.**

Get in touch...

Rhondda Cynon Taf  
Carers Support Project

✉ [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf  
University Health Board



RHONDDA CYNON TAF



# Upper Rhondda Support Group



Upper Rhondda support group was started in September 2017.

The group was started by the Rhondda memory team in collaboration with Saint Matthews's church.

The group is for anyone affected by dementia whether that be a person with a diagnosis, family, carers or friends.

At the time the memory team felt there was nothing being offered in a community setting for people with Dementia so set about changing that with the support of St Matthews's church. Originally the group started with just one date a month but having proven so popular a second date was added so since April the group has been running twice a month.

The group offers peer support in a friendly welcoming environment and hopes to combat social isolation and provide stimulating activities to all. A small group of volunteers provided by the church all received dementia awareness training via the Rhondda memory team and now support the group at every session.

The Rhondda memory team are also present at every session to provide professional advice and support if needed.

Off the back of the success of the group we have also recently been able to run a trip to Porthcawl,

and have received support from drink wise age well who have provided activity sessions such as indoor curling to our group.

At our Christmas session we were lucky enough to have two local primary school choirs perform for our group and we hope to maintain that link and do some intergenerational work in the future.

The group runs mainly off donations and recently received an amount of funding from the carers project.

## **Where?**

St Matthews Church, Treorchy

## **When?**

Monday 17th September  
Thursday 4th October  
Monday 15th October  
Thursday 1st November  
Monday 19th November  
Thursday 6th December  
Monday 17th December

## **What time?**

11am – 2:30pm

For more information please contact **Father Phillip on 01443 773303** or **Kevin 01443 772750**



## Carers Connects

Dear Carers,

Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.

**From the Carers Connects Group**

*Wish you were here!*

Carers Connects  
Pontypridd Central Library  
Library Road  
Pontypridd  
CF37 2DY

Tel: 01443 281463  
Mobile: Menny 07825 675791  
Email: CarersSupportProject@rctcbc.gov.uk

Join us on  
2nd Tuesday  
of the month  
10.00am-12.00pm



Valleys Steps  
Camau'r Cymoedd



**FEELING LOW?  
FEELING ON EDGE?  
FREE MINDFULNESS AND  
STRESS CONTROL COURSES**

To find out more or give us a call **01443 803048**  
or visit our website **www.valleysteps.org**



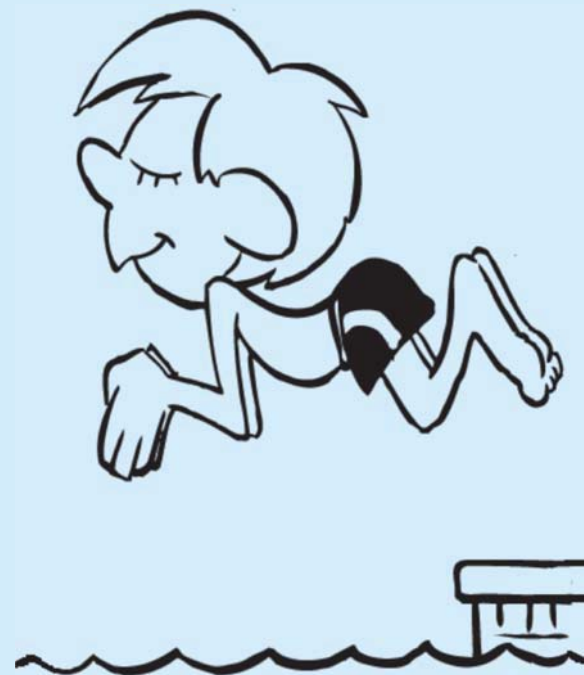




# Swimming Lessons for Young Carers & Young Adult Carers

RCT Young Carers Service are working in partnership with RCT Leisure Services to provide discounted swimming lessons to all registered young and young adult carers. This scheme is aimed at those young people who are not yet able to effectively swim 2 lengths of the swimming pool. For just £2 a session, young carers under the age of 13 will be offered lessons in a 'wave' appropriate for them and those over 13 will be given the opportunity to join an adult 'learn to swim' session. All RCT leisure centres are participating in this scheme so you should be able to book a swimming session in your local leisure centre. The first young carers to benefit from the scheme are about to start their course of lessons and we look forward to hearing all about their progress. Swimming is an essential life skill as well as being great fun!

If you are a registered young carer or young adult carer and would like to take advantage of this scheme, please contact us on **(01443) 281463** or email [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk)





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

## Life with Autism

Come & join us and be part of a growing community dedicated to improving the lives of children with autism in RCT.

- Sensory Play
- Hydro - therapy
- Soft Play
- Coffee Mornings
- Family Training



“Living with Autism is a lifelong commitment, requiring dedication, love and support”.

Feel free to contact us for any information or to learn more about our community group.

Email: [lifewithautismrct@hotmail.com](mailto:lifewithautismrct@hotmail.com)

Tel: 07841 482249



[lifewithautism](https://www.facebook.com/lifewithautism)



**Life With Autism**  
United in strength, hope and acceptance

## Save money with a MAX card

Max card is the leading discount initiative for looked after children (LAC) and children with special educational needs and disabilities (SEND).

The scheme was set up to make days out more accessible and affordable for families. You can have discounted entry into lots of attractions including go air trampoline park, Caerphilly castle, castell Coch, Jump, Tenpin bowling and further afield Drayton Manor, Alton Towers, Legoland and go ape.

The MAX card usually costs £2.50 plus vat however the carers project are offering MAX cards to parent carers who are currently registered with us. To find out more contact Lyndsey on 01443 281463 or email [Lyndsey.r.williams@rctcbc.gov.uk](mailto:Lyndsey.r.williams@rctcbc.gov.uk)



## 123 SESAME STREET and Autism

Julia is a four year old sesame street character with Autism introduced as part of the 'sesame street and autism: see amazing in all children' initiative. Julia has been on air since April 2017 and was created by Leslie Kimmelman who used her own experiences as a mother of a child with autism to shape the characters storylines.

As well as watching episodes of Julia on TV, Families may find the website

<http://autism.sesamestreet.org/> a useful source of information.

The website has information for parents, videos for kids, daily routine cards, story books, information for siblings and, much more.



## MARKS & SPENCER

**Marks and Spencer specialist clothing range.**

**Specialist bodysuits & sleepwear**















M&S have created a special range of clothes adapted for children who need extra help – whether they have feeding tubes or simply need clothes that are easy to put on and super-gentle on sensitive skin – to help make dressing easier, quicker, more comfortable – and more fun!

The range includes t shirts with velcro fastening for easy over the head dressing, hidden labels and soft seam. Bodysuits and sleep suits up to the age of 8 with popper fastening which makes accessing nappies easier and a range of easy dressing school uniform. Explore the full range online at

<https://www.marksandspencer.com/!kids/specialist-bodysuits-and-sleepwear>



## Carers Support Project events, activities and workshops for Autumn 2018

Event/Activity/Workshop	Venue, Date & Time	Information
<b>September 2018</b>		
<b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 4th, 10am-11.30am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Carers Connects</b> - Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.	Pontypridd Central Library Library Road, Pontypridd CF37 2DY <b>Tuesday 11th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movies, games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 11th, 6.30pm-9pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 20th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Porth Job Centre, 33-34 Hannah Streret, Porth CF39 9RB <b>Monday 24th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Tonypandy Job Centre, Thsistle House, Llwynypia Road, Tonypandy CF40 2EP <b>Monday 24th, 1.30-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Llantrisant Job Centre, 17 Ely Valley Road, Talbot Green CF72 8AL <b>Tuesday 25th, 1.30-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Carers Legal Clinic</b> - If you would feel that you would benefit from legal advice in your caring role then join us for a free 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Thursday 27th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Autism Show</b> - The Welsh Autism Shows provide you with face to face access to the services, resources and provisions that are there to help individuals and families living with autism. Packed with exhibitors showcasing their products and services, seminars on topics that matter, and the opportunity to meet with other individuals, families and professionals – all to help you get the help you need.	Cardiff City Stadium, Leckwith Road, Cardiff CF11 8AZ <b>Friday 28th, 10am-4pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Parent and Sibling Creative art Workshop</b> - A creative art sessions with 'craft of hearts' for you to spend some quality time together away from the pressures of home. Please not that this is a Parent and Sibling event only.	Rhondda Heritage Park Museum, Coedcae Road, Pontypridd CF37 2NP <b>Saturday 29th, 10.30-2.30pm</b>	Bronze <b>Parent and Sibling Carer only.</b> <b>Booking essential.</b> 
<b>October 2018</b>		
<b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 2nd, 10am-11.30am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>First Aid &amp; Heartstart</b> - Join us on this workshop designed specifically for Carers, to help you in your caring role. Learn CPR, basic first aid skills, as well as emergency life saving skills in the not-to-be-missed workshop. Opportunity for Q&A with qualified professional.	Rock Ground, High Street, Aberdare CF44 7AE (old corners court) <b>Wednesday 3rd, 10am-1pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Parent Carer Forum</b> - Join us for our second Parent Carers Forum. A member of the 'All Wales Forum' will be attending and the theme will be your rights as a Parent Carers. We will also be discussing direct payments, how you can access them and what they can be used for. Light refreshments provided.	Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Wednesday 3rd, 5.30pm-7.30pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Milkshake! Live</b> - Starring Milkshake! favourites Bob the Builder, Little Princess, Noddy, Fireman Sam, Shimmer & Shine, Pip from Pip Ahoy!, Winnie and Wilbur, Wissper, Milkshake's very own Milkshake! Monkey and two Milkshake! presenters, this all singing, all dancing, musical masterpiece, will take audiences on a journey through the world's favourite fairy tales.	Park & Dare Theatre, Station Road, Treorchy CF42 6NL <b>Saturday 6th, 12.30pm-2pm</b>	Gold <b>Carers and their families.</b> <b>Booking essential.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>October 2018</b>		
<b>Carers Connects</b> - Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.	Pontypridd Central Library Library Road, Pontypridd CF37 2DY <b>Tuesday 9th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movies, games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 9th, 6.30pm-9pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Understanding the Assessment Process for Parent Carers</b> - Are you currently going through the assessment process and wondering what will happen next? Do you find yourself confused by jargon in reports? This training is designed to explain the assessment process more clearly, become more familiar with what reports may include and prepare you for professionals you may come across in the next few months.	Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Wednesday 10th, 6-9pm</b>	Bronze <b>Parent Carers only.</b> <b>Booking essential.</b> 
<b>Chocolate Making</b> - Learn about delicious chocolate in this practical chocolate making session. You will make and decorate your own chocolate truffles which you can take home (that's if you can resist them on your way home)	Hawthorn Community Centre, Fairfield Lane, Hawthorn CF37 5LN <b>Thursday 11th, 10am-12pm</b>	Silver <b>Carer only.</b> <b>Booking essential.</b> 
<b>All About Me</b> - this course will provide an introduction to anxiety and low self-esteem, talk about triggers such as loneliness, social media, money and stress, tell us how stress affects the body (physical symptoms, panic attacks), explore food and mood, they'll be taste tests, talks about what foods to avoid on certain medication, a mindfulness taster and relaxation demonstrations.	Garth Olwg Lifelong Learning Centre, St Illtyds Road, Church Village CF38 1RQ <b>Monday 15th, 10am-3pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Carers Mental Health Forum</b> - If you care for a loved one with a mental illness, if you have any questions/queries involving your caring role, or are interested in meeting other Carers, join us at our informal group. Guest speakers are arranged for each forum.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 16th, 10.30am-12.30pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> 
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 18th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Floral Art</b> - Join us at our floral art workshop and have a go at floral art. You will have the opportunity to make a floral art display to take home, or gift as a present.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Tuesday 23rd, 10am-12pm</b>	Silver <b>Carer only.</b> <b>Booking essential.</b> 
<b>Carers Legal Clinic</b> - If you would feel that you would benefit from legal advice in your caring role then join us for a free 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Wednesday 24th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>CrISP</b> - The Carer Information and Support Programme (CrISP) is for those who are supporting or caring for someone with a dementia (any type or form) at the early to moderate stage of dementia. It will be running over two days (see above dates/times) with lunch and refreshments provided. We will be covering What is Dementia?, supporting a person with dementia, legal and Financial Affairs and carers looking after themselves.	Hawthorn Leisure Centre, Fairfield Lane, Hawthorn CF37 5LN <b>Wednesday 24th and Thursday 25th 9.30am-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Awareness in Bereavement Carer</b> - This is a one day workshop for parents on how to support a bereaved child or young person. This workshop has been designed to promote awareness and understanding of the impact death can have on children and young people, including those with additional needs. This course aims to increase the learners confidence and enable them to communicate more effectively and appropriately with children and young people.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Friday 26th, 9.30am-4.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Porth Job Centre, 33-34 Hannah Streret, Porth CF39 9RB <b>Monday 29th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Tonypany Job Centre, Thistle House, Llwynypia Road, Tonypany CF40 2EP <b>Monday 29th, 1.30-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>October 2018</b>		
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Llantrisant Job Centre, 17 Ely Valley Road, Talbot Green CF72 8AL <b>Tuesday 30th, 1.30-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>November 2018</b>		
<b>Sunny Side Up</b> - Join us for our hearty breakfast and a good old chat setting you up for the day ahead.	The Cafe, Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 1st, 9.30am-11am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Family Cookery Session</b> - Join us for a Halloween and bonfire themed cookery session for you and the family. The event will not only be 'spooktacular' but hopefully it will get off with a 'bang'	Hawthorn Community Centre, Fairfield Lane, Hawthron, Pontypridd CF37 5LN <b>Thursday 1st, 10.30am-12pm OR 1pm-2.30pm</b>	Bronze <b>Carers and their families.</b> <b>Booking essential.</b> ★
<b>Managing Anxiety</b> - Did you know that 3 million people in the UK suffer with anxiety? This session is for Carers who have personal experience of anxiety and stress, or those that provide support for somebody who struggles with managing their anxiety. The session will include an overview of stress and anxiety, what anxiety is, why we get anxious, and introducing practical ways to manage our thoughts and feelings when suffering with anxiety.	The Hapi Hub, Rhydyfelin Community Hub, Rhydyfelin CF37 5HQ <b>Friday 2nd, 10am-2pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Mindfulness &amp; Stress Control</b> - Provided by Valleys Steps this course teaches skills that can be used to help manage stress. It is based on a therapy called CBT (Cognitive Behavioural Therapy) and can be useful for people who want to learn more about issues such as low mood, anxiety, low self-confidence and other stress-related problems.	Rhydyfelin Library, Library Court Poplar Road, Rhydyfelin CF37 5LX <b>Monday 5th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 6th, 10am-11.30am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Introduction to Safe Handling</b> – Join us to learn about the key techniques in safe moving and handling to assist your caring the caring of your loved one whilst protecting your own health. Opportunity for Q&A with a qualified professional.	Rock Ground, High Street, Aberdare CF44 7AE (old coroners court) <b>Thursday 8th, 10.00am-1.00pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Carers Connects</b> - Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.	Pontypridd Central Library Library Road, Pontypridd CF37 2DY <b>Tuesday 13th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movies, games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 13th, 6.30pm-9pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 15th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Assertiveness skills for Parents</b> - If you have ever left a meeting about your child and thought "if only I had said that" or "if I had only I stood my ground", then this course is for you. It will help you to be more assertive, understand their rights, plan for importance meetings or phone calls more effectively and manage rising emotions. This session is facilitated by a psychologist who specialised in mental health and disability in adults and children.	Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Thursday 15th, 6-9pm</b>	Bronze <b>Parent Carers with children of all ages.</b> <b>Booking essential.</b> ★
<b>Blissful Spa Day</b> - Enjoy a day of pampering, indulge in a luxury head, back and shoulder massage, have full use of the spa facilities, including steam room, sauna and Jacuzzi followed by a light lunch. (Please note that those who have not attended a spa day in the last 2 years will be prioritised)	Bryn Meadows Hotel & Spa, Maescwymmer, Nr Ystrad, Caerphilly CF82 7SN <b>Friday 16th, 10am-3pm</b>	Gold <b>Carer only.</b> <b>Booking essential.</b> ★

Event/Activity/Workshop	Venue, Date & Time	Information
<b>November 2018</b>		
<b>Limitless Inflata Park</b> - Be a big kid for the day! Join us at this giant inflatable theme park! There's two scary drop slides and a Total Wipeout-style zone. Tackle the inflatable climbing wall or compete with other Carers in a duelling contest. Mini bus transport and lunch will be provided.	Limitless Inflata Park, Fabian Way, Swansea SA1 8PB <b>Wednesday 21st, 10.30am-3.30pm</b>	Silver <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Festive Frolics - Carers Christmas Party Time!</b> - It's that time of year again! Join us in our festive celebration. Bingo, Raffle, quiz, sing along – lets get into the Christmas spirit. Christmas lunch included. Fun for all the family. Feel free to wear your festive jumpers and Christmas hats!	Cynon Valley Bowls Club, Duffryn Road, Mountain Ash CF45 4DA <b>Saturday 24th, 10am-3pm</b>	Bronze <b>Carer and their families.</b> <b>Booking essential.</b> ★
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Porth Job Centre, 33-34 Hannah Streret, Porth CF39 9RB <b>Monday 26th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Tonypanyd Job Centre, Thsistle House, Llwynypia Road, Tonypanyd CF40 2EP <b>Monday 26th, 1.30pm-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Job Centre Carers Clinic</b> - Provides an opportunity to discuss your caring role and get one to one support from a member of the Carers Support Project Team.	Llantrisant Job Centre, 17 Ely Valley Road, Talbot Green CF72 8AL <b>Tuesday 27th, 1.30pm-3.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Meet the Team</b> - Visit us at our new home. Welcoming Carers of all ages. All of the team will be on hand to introduce themselves, answer any queries you have or just have a good old chat. Cuppa and cake included.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Wednesday 28th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Carers Legal Clinic</b> - If you would feel that you would benefit from legal advice in your caring role then join us for a free 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Carers Support Project, 11-12 Gelliwastad Road, Pontypridd CF37 2BW <b>Thursday 29th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>BBC Good Food Show</b> - This Winter Show brings together the UK's greatest chefs and experts, plenty of festive shopping and inspiration, exciting live entertainment in the unique Big Kitchen and on numerous stages across the Show. Plus the widest variety of food, drink and cookery products from over 450 exhibitors, including great brands and a vast range of independent and artisan producers. It's the biggest and tastiest day out in the UK! Coach transport provided.	NEC, Birmingham <b>Friday 30th, 9am-7pm</b>	Gold <b>Carer and cared for</b> <b>Booking essential.</b> ★
<b>December 2018</b>		
<b>Chatterbox</b> - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (upstairs) <b>Tuesday 4th, 10am-11.30am</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Barinis Parent Carers of Adult Children Social Evening</b> - Join us for an evening of food, fun and good conversation. Meet other Parents with adult children who have additional needs. This evening is for parents with adult children OVER the age of 18.	Barinis, Unit 2, Broadway Retail Park, Treforest CF37 1BH (by Tesco express) <b>Tuesday 4th, 6.30-9.30pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★
<b>Jack and the Beanstalk Panto</b> - Poor Jack, sent to market by his mother to sell the family's treasured cow. Little does he know that swapping dear Daisy for a bag of magic beans will lead to an adventure he will never forget! With a castle in the clouds, a golden hen, a singing harp and a larger than life beanstalk with a very mean giant at the top of it, this traditional family panto is full of magical special effects, spectacular scenery and giant-sized comedy. This is a relaxed screening.	The Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG <b>Saturday 8th, 6pm-8.30pm</b>	Silver <b>Carer and their families.</b> <b>Booking essential.</b> ★
<b>Carers Connects</b> - Come along, meet other Carers, share experiences and provide guidance & support. You will have the opportunity to discuss your concerns or if you choose just listen to others. Look forward to seeing you.	Pontypridd Central Library Library Road, Pontypridd CF37 2DY <b>Tuesday 11th, 10am-12pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movies, games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) <b>Tuesday 11th, 6.30-9pm</b>	Bronze <b>Carer only.</b> <b>Just turn up.</b> ★
<b>Recharge</b> - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ <b>Thursday 20th, By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> ★