

NEWS

CARERS

All the latest Carers information from around Rhondda Cynon Taf



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Issue 67 • Autumn 2019

CARERS RIGHTS DAY 2019

Carers Rights Day 2019 will take place on Thursday 21st November 2019.

The Carers Support Project is holding a **'Know Your Rights'** legal information workshop, which will be followed by a Superhero themed **Afternoon Tea**.

The event will be held at Llantrisant Leisure Centre from 10am-2pm on Thursday 21st November, and aims to recognise and celebrate the fantastic work of our Carers.

The 'Know Your Rights' Workshop is designed to help Carers plan for the future and will look at Wills (including Special Needs Wills), Power of Attorney, Trusts and Financial Planning. You will also have the opportunity to have your questions answered by a legal professional.

Then it's time to hang up your superhero capes for a few hours and supercharge your superpowers by enjoying a delicious afternoon tea.

Booking essential. You can book your place for this event on or after Thursday 12th September 2019.

The Carers Support Project is really interested to find out 'What Matters' to you as a Carer. Knowing this helps us to organise Project support to meet your needs. We'll be talking more about this at our Carers Rights Day event, but feel free to send us an email – CarersSupportProject@rctcbc.gov.uk - letting us know 'What matters' to you as a Carer, and we'll be sure to add it to all the feedback we receive. #WhatMatters

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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 **22 - 28** to see which category each event falls under.

Please note you can choose **1 gold, 3 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 Thursday 12th September 2019 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

THERE IS NO LONGER A BOOKING FORM

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

HELLO AND GOODBYE

2019 has seen lots of changes in the Carers Support Project Team.

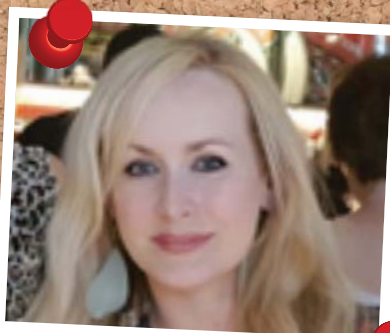
We've said goodbye to Kerris, Rachel, and Liz, and hello to three new staff David, Jackie and Rebecca.

RCT Council have also recruited Mari Ropstad, a new Carers Service Manager, who is responsible for ensuring support for Carers is embedded in all aspects of the Councils work.

MEET THE TEAM



Mari Ropstad
Carers Service Manager



Claire Meredith
Carers Project Coordinator



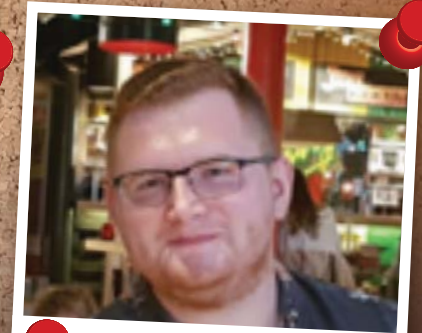
Lyndsey Williams
Carers Support Worker



Rebecca Knight
Carers Support Worker



Jackie Alford
Young Adult Carer
Development Worker



David Snook
Carers Project Officer

The Carers Project has funding to provide a Residential for Adult Carers.

Would you like 2 nights away from your caring role? Would you like to take part in some fun filled activities? Have some 'me time'? Would you like to meet other Carers? If so, read on...

Where will the Residential take place?

For 2 night and 3 days our home will be Stouthall Country Mansion in the Gower. Stouthall is a 4* fully catered bunkhouse in a renovated Georgian country mansion. We will have exclusive use of this building, which includes sleep areas, living areas, bathrooms and a kitchen.

When is the residential?

The residential will take place from 11am on Friday 11th October to 4pm on Sunday 13th October.

How will I get there?

We will have a mini bus which will take us to and from Stouthall. All activities throughout the residential will take place on site.

Where will I be staying?

We will be staying in a 4* bunkhouse in a renovated Georgian Country Mansion. The bunkhouse is located in the Reynoldson, Swansea. The Mansion offers breath-taking countryside views. We have exclusive use of the property which offers luxury bunk sleeping accommodation. There may be a requirement to share a room with one or more Carers.

What's the aim of the Residential?

The idea is that you get time to focus on yourself. The residential is about giving you respite from your caring role. It also provides you with an opportunity to meet other Carers and have some well-deserved fun.

What can I expect?

Friday 11th October – Day 1 – We will depart Stand 13, Pontypridd bus station by mini bus at 11am. We will arrive at Stouthall by 12:30pm and enjoy a buffet lunch. We then will allocate rooms and have time to unpack & get used to our surroundings. In the afternoon we will take part in some ice breaker team games. In the evening we will have a BBQ followed by some good old fashioned Campfire songs.

Saturday 12th October – Day 2 – After a hearty breakfast we will take part in the entertaining team building game, Ships Ladder. Following a short break it'll be on to our next activity, Buggy Build – an activity to test your team work, logic and perseverance. Lunch will be from 1-2pm followed by 2 more fun activities in the afternoon (Archery & Crate Stack). Dinner will be served at 6pm and the evening entertainment will be 'I'm a Celebrity' Bush Tucker Trial style games, promising lots of fun and laughter.

Sunday 13th October – Day 3 – The day starts with a wholesome breakfast followed by a walk to Arthurs Stone, which will allow us to take in the fabulous location. After we've built up our appetites, there'll be time to pack and say goodbye over a Sunday Roast. We'll be departing Stouthall around 2pm and aim to be back in Pontypridd Bus Station by 4pm.

What about food and drink?

All food and drink will be provided throughout your stay. This includes lunch and dinner on day 1, breakfast, lunch and dinner on day 2 and breakfast and lunch on day 3. Snacks will also be included, and drinks available throughout your stay.

Can I go please?

Yes of course! As long as you are a Carer, aged 18+ and are registered with the Carers Project, then this residential is available to you. Please note there is only one Carer allowed per household.

There is an expectation that you take part in the whole residential, this is from 11am on Friday 11th October to 4pm on Sunday 13th October 2019.

I'm in...What do I do next?

Contact the Carers Support Project on 01443 281463, on or after Thursday 12th September 2019 to request your place. Please note, places are limited and will be allocated on a first come first served basis. Initially, priority will be given to those Carers who haven't attended a previous residential.

The Active Taffs

The Active Taff's are a bunch of men with one thing on their minds...getting fit and healthy!

Open to any man over the age of 18 and wanting to make some changes in lifestyle, or simply wanting to lose some weight, or meet with men with similar backgrounds.

We meet at the Waun Wen Sports Hall, Trebanog every Monday from 10-12noon.

We take part in all different sporting activities to suit everyone. We are a great bunch of lads. Qualified Sports Instructor and gym facilities are available. Only £1 per session. We look forward to seeing you.



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,
Gelliwastad Road,
Pontypridd
CF37 2UF

What exactly are Mens Sheds?

A Man's shed has, for generations, been a place for him to escape the stress and strains of life; a safe haven to gain much needed sanity; to be surrounded by his own, useful things; a place to think, to make things, to mend things, to invent and be at one with the world....and men the world over have done this largely on their own.



There is now a new way for men to pursue their interests, develop new ones, belong to a unique group, feel useful, fulfilled and a sense of belonging....The Men's Sheds movement has arrived in RCT.

'Men's Sheds' are social groups or enterprises set up in local communities for the benefit of men. They are self-governed, self-supported and sustainable with a small committee; their own individual constitution, their own income and eventually their own premises. How each individual shed looks and the activities that take place in them depend entirely on the skills and interests of the group.

Want to find out more?

Visit:
<https://www.mensshedsymru.co.uk/what-is-a-mens-shed/>

Gently move to Music

Improve your wellbeing in older age (50+)

These sessions are free of charge and take place every Thursday from 2-3:30pm at Rhydyfelin Community Centre.

For more information please contact Erika Taylor on 01443 491848 or email erika@valleyskids.biz



Local Community co-ordinators

Community Coordinators are:

- Based in the local area
- Provide information, advice and signpost to local community groups, activities and services
- Build strong partnerships with communities, agencies and services to support 50+
- Support people to live their own lives within their communities
- Raise community and statutory awareness of voluntary sector services

Contact your local Community Coordinator:

Cynon

Mobile: 07580 869946

Taff Ely - Karen Powell

email: kpowell@interlinkrct.org.uk

Mobile: 07580 869970

Rhondda - Lucy Foster

email: lfoster@interlinkrct.org.uk

Mobile: 07580 865938

Merthyr Tydfil - Claire Williams

email: claire.williams@vamt.net

Mobile: 07580 866547

Cwm Taf Primary Care - Deanne Rebane

email: deanne.rebane@vamt.net

Mobile: 07580 869983

Have you heard about Discounts for Carers?
Whether you're paid, unpaid, volunteering or retired, there's a wealth of discounts and deals to be had.
Visit: <https://www.discountsforcarers.com/>

Hafal Carers Link Service

Do you support someone who needs help with day-to-day living because of illness or disability?

Hafal's Carers Link Services is aimed at providing help and support for anyone who may be identified as a Carer.

We can offer guidance and signpost you to organisations that can help with:

- Mental Health
- Aftercare
- Finance and Money
- Social inclusion and respite
- Carers Assessments
- Training and education
- Drug and alcohol issues
- Parenting/caring responsibilities

If you would like further information, or to make a referral, please contact us on:

07976 624 332 or 07805 665 527

or email: cls@hafal.org



CAB FOR CARERS

Citizens Advice Merthyr Tydfil has a new project aimed at helping carers.

We want to help people identify that they are a Carer and make sure they are getting the help & support they need.

We can provide specialist advice to carers regarding:

- Benefits
- Debt
- Housing
- Employment
- Energy & Utilities
- Hospital Discharge
- Carers Assessments
- Discrimination

Our adviser will be available to meet with you at both Prince Charles Hospital & Ysbyty Cwm Cynon.

If you would like further information or to make a referral contact our adviser Jack 07950 946 605



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

Choose Pharmacy Scheme

“Do you need to see a doctor today?”

Your Pharmacist can provide free confidential NHS advice and treatment without you having to make an appointment to see your GP.

The Choose Pharmacy service will see pharmacists take responsibility for managing a range of minor ailments. People will be able to see their pharmacist for free treatment instead of making an appointment to see their GP.

How does it work?

If you visit a pharmacy and have a common ailment you can ask the pharmacist for advice. The pharmacist may ask if you wish to register for the service. Registering means the pharmacist may supply you with the medicine you need free of charge.

You may need to show the pharmacist some form of identification before you can use the service, but this will depend on whether you are known to the pharmacist.

The pharmacist will check your details against the NHS Wales Welsh Demographic Service to confirm that you are registered with a GP Practice in Wales.

You don't have to make an appointment. You can go along at a time that suits you.

Your consultation will always be with a qualified pharmacist and will take place in a confidential area within the pharmacy.

If your pharmacist agrees that you need a medicine or product to treat your symptoms they may give it to you free of charge.

If you do not wish to register with the service the pharmacist will provide you with advice but will not be able to supply any free medicine.

Who is the service for?

You can use the service if you live in Wales and are registered with a GP Practice.

What does the service offer?

You will receive advice and free treatment from your community pharmacist for common minor illnesses and ailments such as:

Indigestion, constipation, diarrhoea, piles, hay fever, lead liver, teething, nappy rash, colic, chicken pox, threadworms, sore throat, athlete's foot, conjunctivitis, mouth ulcers and cold sores.

Bereavement Group

Losing someone can be a very difficult time. It often leaves you feeling sad, lost and alone. Within your community we are here to help and support you and many others.

On the 1st Wednesday of every month Treforest Funeralcare will be holding a bereavement group at:

Taff Meadow Community Centre (opposite St Dyfrig's Roman Catholic Church),
Broadway, Treforest, CF37 1DB
Between 9:30am and 11:30am

Come and join us for a tea, coffee and supportive chat with our caring and experienced team.

For more information please contact:

Treforest Funeralcare (Inc. Basil Jenkins) 95 Broadway, Treforest, CF37 1BE
Tel: 01443 402 946

The Care Bundle



The Care Bundle for Adults with a Learning Disability Requiring Hospital Care has been designed to help hospital staff ensure that people with learning disabilities receive a fair and equitable service when they visit hospitals.

It is to be used whenever someone with learning disability is admitted to a ward or visits a department in order for them to receive the care and treatment they deserve.

Find out more by visiting:

<http://paulriddfoundation.org/the-care-bundle/>

NGT



Did you know there is a **Next Generation Text (NGT)** service, which helps people with hearing and speech difficulties communicate with anyone over the phone, using the relay service. Just download a simple App to your Mobile phone.

To find out more visit: <https://www.ngts.org.uk/>



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LOTTERY FUNDED



Drink Wise Age Well are committed to helping people in Cwm Taf make healthier choices about alcohol as they age.

If you live in Cwm Taf and are over 50 they can offer:

- free, confidential support and advice for you, your family or anyone concerned about how alcohol is affecting them
- advice and support in your community, including visits in your home
- free local activities and social opportunities to meet new people, or develop skills
- free training on starting the conversation, recognising and responding, and alcohol's impact as we age
- free alcohol awareness sessions for local organisations and employers

For more information about the support offered by Drink Wise Age Well please call: **0800 161 5780**

'Keep Safe Cymru Card Scheme'

South Wales Police, Learning Disability Services and Mencap Cymru, have jointly developed a Keep Safe Card Scheme for anyone in the South Wales force area with a Learning Disability, Mental Health or Dementia and communication need.

The scheme is designed to make people more aware of their personal safety, to encourage reporting of crime – especially hate crime – and to seek help if they need it. It will also help those providing assistance, such as the Police, to access support for the user of the card and understand how to make them feel safer.

If the card holder needs assistance, whether they are lost, a victim of crime or any situation that means they need some extra support, they can use the card to access this help. The card will hold basic information about the individual, such as how they communicate, any health issues and any emergency contacts, such as parents or Carers.

When an individual registers for a keep safe card, they will also be given access to the Police Disability Line. This is a dedicated non-emergency telephone number for people with a disability to use to contact the police. When calling this number, the call handler will be aware before they speak to the caller that they have a disability.

To find out more please visit:

<https://www.south-wales.police.uk/en/contact-us/keep-safe-cymru-card/>

To access this scheme, you'll need to complete a registration form, you can do this by:

- Downloading the Keep Safe Cymru Registration Form from their website (above)
- Complete the form online
- Ask for the forms to be sent out to you by post
- Telephone: 101 Text 20381



Family, Friends and Carers Guide

Drink Wise Age Well have developed this guide to provide advice and information for anyone who is concerned about someone else's drinking. This can be a family member, a spouse or partner, or a close friend who is aged over 50. A localised version of this guide is available for each of our Drink Wise, Age Well areas, you can contact them directly for a copy.



Find out more by visiting:

https://drinkwiseagewell.org.uk/wp-content/uploads/2017/02/DWAW_FamilyGuide_Dev-LoRes2_newestlogo.pdf

A Place and Time For You

A Place and Time for You group offers support to those living with dementia and their Carers. The group offers befriending opportunities, with an enjoyable programme of creative and social experiences.

The group meets at 15 Elm Street, Rhydyfelin CF37 5DF on the third Wednesday of each month, from 12:30-2:30pm.

This is a discreet project.

For more information please contact Erika on 01443 491848

Blue Badge Parking Permit



A Blue Badge parking permit is designed to help people with walking difficulties, cognitive impairment or other mobility problems to travel independently, as a driver or as a passenger.

The Blue Badge scheme allows people who meet the eligibility criteria to park, when displaying their blue badge, where restrictions for other motorists may otherwise apply. The scheme plays an important role in helping people with mobility problems to overcome some of the barriers they face when accessing jobs, shops and other important services.

To check the eligibility criteria and find out how to apply please visit:

<https://www.rctcbc.gov.uk/EN/Resident/ParkingRoadsandTravel/Parking/Bluebadgeparkingpermit.aspx>
or call **01443 452005**

Western Power Priority Service Register

Sometimes power cuts can happen for reasons beyond our control.

We know this can be particularly worrying if you rely on electricity for medical equipment or if you are elderly, very ill or disabled.

If you join our FREE Priority Service Register we can:

- Give you a direct number to call in the event of a power cut so you can get straight through to us;
- Agree a password with you before we visit, so you feel safe;
- Provide special help, if needed, through the British Red Cross;

- Inform you about planned interruptions to your electricity supply;
- Keep you as informed as possible in the event of an unplanned power cut.

For more information please contact:

Tel: 0800 096 3080

Email:

wpdpriorityservices@westernpower.co.uk

Online:

<https://www.westernpower.co.uk/search/Priority%20Service%20Register%20Promise>

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What is MS?

Multiple sclerosis (MS) is a neurological condition - that means it affects areas of your body including your nerves, brain and spinal cord. You get it when your immune system isn't working properly. In MS, the coating that protects your nerves (myelin) is damaged. This causes a range of symptoms like blurred vision and problems with how we move, think and feel.

Your immune system normally protects you by fighting off infection, but in MS it attacks your nerves by mistake. Your nerves control lots of different parts of your body. That's why you can get MS symptoms in many parts of your body. It's also why everyone's MS is different.

Once diagnosed, MS stays with you for life, but treatments and specialists can help you to manage the condition and its symptoms. We're here to help you live well with your MS and fund research to stop MS for good...

Support available for those affected by MS including Carers

Online:

<https://www.mssociety.org.uk/care-and-support/online-community>

Find a local support group:

<https://www.mssociety.org.uk/care-and-support/local-support>

MS Helpline:
0808 800 8000



Waun Wen Leg Club

Do you suffer with swollen legs, leg ulcers or need an assessment for a lower leg problem?

Why not join us for tea, coffee and a chat.

Every Wednesday at
Waun Wen Community Centre, Trebanog
9:30am – 12:30pm

Ask your GP or District Nurse
for more information.



Rowan Tree Cancer Care provides practical and emotional support to people living within Rhondda Cynon Taff whose lives have been touched by cancer.

Support on offer includes:

- A free transport service to clients and families to and from their cancer related Hospital appointments.
- Holistic therapy sessions, which include massage, aromatherapy, reflexology, reiki and now hydrotherapy.
- Art classes
- Counselling
- Wig fitting
- Practical support and advice

To find out more visit:

<http://rowantreecancer.org.uk/>

Tel: 01443 479369

Pontyclun Bosom Pals

Bosom Pals is a Breast Cancer Support Group covering Pontyclun and surrounding areas, from Pontypridd to Pencoed.

Come and join us, and bring a friend for a confidential, supportive get-together.

We are celebrating our eleventh year in 2019 and it's a truly remarkable group that supports cancer patients and their families through surgery, treatment and beyond.

Sometimes during treatment you need a hug, a smile or a chat. We give all of this and hopefully more and we hope this will help you through those darkest days.

Find out more by visiting:

<http://pontyclunbosompals.org.uk/>

Community Event

Y Pant School, Saturday 14th September 2019
9:30-4:30pm

Refreshments available throughout the day.

- Raffle • Children's Cupcake design competition
- Sugar Craft • Emergency Services • Craft Stalls
- Performances by local groups
- Music • Ladies Vocelle Choir

And much more



Hospital to Home Discharge Service

Our Hospital Discharge Service provides 6-8 weeks support to people aged 50+ who have recently been discharged from hospital. This service is available to people living in Rhondda Cynon Taf, Merthyr Tydfil and Bridgend areas.

Who will decide what support is required?

The Hospital Discharge Service Coordinator will visit as soon as possible after discharge, and a plan of visits will be arranged. A discussion with the Coordinator and the service user will take place as to what type of support will be required. This will be reviewed during the support period.

Who will provide the support?

The support will be provided by trained outreach workers who have attended numerous training courses and will either possess their QCF 2 in Health and Social Care or will be working towards it.

What is the criteria for the service?

Referrals can be made for anyone over the age of 50 who has been discharged from hospital within the previous 13 weeks who:

- Lives alone or will be alone during the day
- Lives with Carers who may need support themselves
- Is frail, housebound, have poor mobility
- Is deemed 'at risk'
- Refuses other support but is prepared to accept our service
- Has any illness or disability
- Is in need of emotional support
- Is in need of help with day-to-day tasks

What is the charge?

Our Hospital Discharge Service is FREE of charge.

To find out more please visit:

<https://www.acmorgannwg.org.uk/hospital-to-home-services>



Did you know that Age Connects offers free welfare benefit advice?

If you are over 50 and would like advice and what benefits you may be entitled to claim, then contact Age Connects for a free welfare benefit check.

Age Connects can also assist with completing forms such as Attendance Allowance, Carers Allowance, Pension Credit and Personal Independence Payment.

For further information please contact

Age Connects on 01443 490650 or email ageconnects@acmorgannwg.org.uk



Factsheets for Carers

Carers Wales have produced a number of factsheets and guides aimed at supporting Carers in their caring role. These include information on:

- Getting an assessment
- Coming out of hospital
- Looking after someone
- Carers Allowance
- When caring ends



For further information please visit:

<https://www.carersuk.org/wales/help-and-advice/factsheets-carers-wales>

Adult Social Care

What is Adult Social Care?

Adult Social Care is the care and support provided by the Council for adults who are assessed to need support to live as independently as possible.

Adults who may need care and support include:

- Older people
- People with learning disabilities
- People with physical disabilities
- People with mental health problems
- People with drug and alcohol problems
- People who have caring responsibilities for others, known as Carers

Contact us

Telephone: 01443 425003

Online: www.rctcbc.gov.uk/adultsocialcare

Email: socialservices@rctcbc.gov.uk

Our **Emergency Duty Team** deals with social care issues that happen outside of office hours, at weekend or bank holidays and that cannot wait for our offices to reopen on the next working day.

Telephone: 01443 743665

CrISP

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 23rd October and Thursday 24th October 2019
9.30am to 3.30pm
At Hawthorn Leisure Centre, Pontypridd CF37 5LN

You will be able to find out more about:

- Understanding 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



prosiect cynnal y cynhalwyr



Unedig Yn
Erbyn Dementia
United Against
Dementia



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.

Get in touch...

Contact 01443 491850

CarersSupportProject@rctcbc.gov.uk



barod

Barod's substance misuse service in Cwm Taf, covering Merthyr Tydfil and Rhondda Cynon Taf, provides a number of different services for adults and young people who use substances. The service also offers support to concerned others – friends and family of substance users, whether the individual is accessing treatment themselves or not.

The service is delivered under the umbrella of one integrated substance misuse service in partnership with the Community Drug and Alcohol Team, the Youth Offending Service, Children's Services, CAMHS and Criminal Justice; providing a one-stop service that

meets the needs of individuals whatever stage of their recovery journey they are at.

The single point of contact for referrals into substance misuse services in Cwm Taf is DASPA - 0300 333 0000 or you can complete a referral online at www.daspa.org.uk

Self-help booklet

Barod have also developed a self-help manual for people who are concerned about someone's drug and alcohol use. To find out more visit: www.barod.cymru

Young Adult Carers

YACTY YAC

My name is Jackie Alford and I am the new YAC Support Worker. I know that I have really big boots to fill, given that Liz and Rachel and Kerris did such an excellent job in supporting Young Adult Carers, ensuring that you have a break, have fun and being there for you when you needed it.



I feel very honoured to be working with carers because the things you do for others and your loved ones are not only amazing but also important and often necessary for their safety and well-being.

We know that carers have challenges and it can be pretty difficult at times; but carers also have strengths, and their own needs and desires.

My role is to be supportive when the going gets tough, but also to encourage your personal growth and development. So one of my focuses is on promoting YAC's Wellbeing. For some, this means just having a break from your caring role and meeting others YACs; for others, it's getting a qualification, finding a job, developing a hobby or interest, releasing your creativity and building your resilience so that you feel that you can safely cope and see ways forward. The important thing is for you to know you have options in life, and I believe that a bit of support can make a world of difference.

YAC Talent

We have writers, actor, academics, animal lovers, green-fingered gardeners, gamers and drag artists... and that's just five of the YACs!

We have some talented people and they are just the tip of the talent-berg. I can't wait to find out more!

CASE

A Big Shout Out goes to Sophie and Amy as Chair and Vice-Chair of CASE, and to Becky and the others who attended case meetings. But CASE needs more YACs to get involved. User forums are really helpful and important because they help shape future services and to more accurately meet your needs, because there's no-one better placed to shape our services than you! So, come along to a CASE meeting and let us know what you think and what you want from being a member of YAC.

CASE needs YOU!



Phone a Friend

So many of you have told me that you didn't know you were a Carer and just got on with supporting others and being a carer as best you could.

Others have met old school friends and have recently found out that you are both carers.

We want every Young Carer to feel supported in their care role. No one should be isolated, because caring day to day can get tough! Remember I'm here if you need to talk – 01443 281463

Free Tickets

There are a number of ways to bag yourself free tickets to things like the Cinema and Comedy Club night vouchers.

To get your free vouchers/tickets you can attend any of these events:

- The CASE meeting
- Cwtch
- YAC Rapper / Poets workshop.

OR

- Complete and return your review form

So come on, get involved! Each month there will always be ways in which you can bag a free ticket for yourself and a friend.

Out and About

Support for YACs can come in many shapes and sizes, so I am always looking for people who have something to offer.

Laura is a Carers Champion at Aberdare College – Laura's role as a Carers Champion is to identify Carers in college and provide extra support where needed. You might be late because you've been up all night doing care tasks or worried about someone who is poorly. A little bit of help, support and understanding can reduce your college stresses and support you to fulfil your potential.

Congratulations Lucy!



A huge congratulations to Lucy Childs, one of our Young Adult Carers, who won the 'Carer of The Year' Award at Nation Radio's Pride of Wales Awards 2019.

Lucy and her guests attended a prestigious gala evening at the Vale Resort to receive the award. Nation Radio organise the Ceremony to celebrate local unsung heroes.

Well done Lucy – we are so proud of you!

What's Gone Down

- We had a Weatherspoons get together and catch up with 18 in attendance.
- There was the YAC Rapper / Poet workshop
- Carers Cwtch – a social evening for Carers 18+
- Ponty in the Park for all Carers (with a YAC picnic included!)

Wha's Occurin'?

September – Event TBC

October - Halloween Dress up Night

November - Firer and work

All activities are subject to funding.



RCT Young Carers

RCT Young Carers Project offers a service to Young Carers aged 5-18 years, who may be providing family care, giving emotional support or giving practical help. Lots of Young Carers feel good about what they do, but some find it hard to join in with their friends, or feel different to other Young Carers because of their responsibilities at home. Some Young Carers get tired and can't concentrate in school.

Support workers at the project help Young Carers by offering them opportunities through group sessions, one to one work and activities.

We offer advice, information, guidance, sign posting, practical and emotional support, skills development and confidence and self-esteem building. Having time out from their caring role, and having people they can speak to is vital. During school holidays, we organise trips and days out that are age and ability appropriate. We also offer young carers the chance to take part in forums which helps shape the future delivery of the service. All young people have an allocated support worker. We work with young people all over Rhondda Cynon and Taff.

What we've been doing

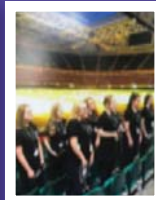
2 of our brilliant Young carers and budding snappers were picked to be among 10 young people who took part in a photography workshop in London. The event was to mark partnership of Action for Children and Royal Photography Society working together. On the day, they were lucky enough to meet the Duchess of Cambridge, who came along has patron to both charities. Ffion is seen talking to the Duchess, and Neve is in the yellow next to the Duchess.



Young Carers Choir

Our Young Carers Aloud Choir is going from strength to strength and they have recently sang in the Principality Stadium in Cardiff at our AFC Byte Night event, and most recently in London for our Stephenson Awards, which recognises the staff and young people within Action for Children.

They have now been asked to sing in Action for Children's 150th Birthday celebration, which will take place in October at St Pauls Cathedral. All the choir and staff are really looking forward to this event, where they will be singing their own songs and a number of requested songs.



What we've been doing the last few months

- Overnight Stay, All group ones were offered an overnight stay along with cinema and food evening.
- Overnight Stay for 2 in London
- Panto Cardiff
- Trip to see Joseph in WMC Cardiff
- Cardiff Shopping and Meal
- Visit to Treforest University Campus
- Choir trip to London
- Leaving meal YC 18 x 2
- Leaving meal YC 18
- Bowling
- Cinema
- Vertigo x 4 sessions
- Fun Day
- High Ropes

A number of our Young Carers and staff did a sponsored walk up Pen- Y-Fan and between us we raised an amazing £ 771.50, which was used to pay for Christmas trips and meals.

Upcoming Summer Activities

• Legoland • Vertigo • Ice Skating • Thorpe Park • Quad Biking • Weston-Super-Mare



RCT Young Carers Youth Forum

The forum is made up of 9 Young Carers, 3 from each area Rhondda, Cynon and Taff. There is 1 rep from each of the 3 groups within the 3 areas, and each year they elect a Chair and Vice Chair to run the forum. They meet up quarterly, or more often if needed, to discuss many issues. Some of the main topics over the past year have been:

- Fund raising
- Attendance of Young Carers on trips/groups, etc.
- Consultations
- ID Cards
- Raising Awareness of the service



RCT Young Carers Forum bid Chloe Gilbert a sad farewell. Chloe was the chair of the forum, and over her time with the project she has been instrumental in making sure that the Young Carers got their voices heard. She spoke in Welsh Assembly on the Fair Deal for Young People Campaign and has also been an ambassador for Action For Children. For all her support to staff and Young Carers, the forum held a leaving do and presented her with an award for all her time and commitment.



Halloween Mayhem and Magic

We would like to invite you and your family for a day of Halloween fun!!

Dare you join us on this wickedly wonderful occasion? Fang-tastic fun for all the family, including terrifying traditions such as pumpkin carving, bone-chilling bobbing apples and ghastly games. As well as a boo-tiful buffet, there will be a mystic magic show in the afternoon. So come along – there'll be plenty going on to raise your spirits!

Fancy dress is optional, but there will be prizes for the best dressed adult and child.

When?

Tuesday 29th October 2019

What time?

11am – 3pm

Where?

St Johns Church Hall, Graig Street,
Graig, Pontypridd CF37 1NF



Supporting ADHD and ASD with nutrition

Research has shown that there can be a link between diet and symptoms of neurological conditions, such as ADHD and ASD. The Carers Support Project has teamed up with Joanne Crovini, nutritionist and busy mum, to offer you a workshop that will combine knowledge and skills.

The session will begin with a presentation to incorporate an overview of ASD and ADHD, the nutrients that are of particular importance and what food to find them in, as well as the difficulties that can be encountered when trying to establish a healthy diet in these children and some ideas for overcoming them.

There will then be a Practical element, which will include cooking and eating a meal that's a healthy alternative of a typical 'kids meal', where attendees can work in groups to prepare. Finally, there will be a mindfulness exercise to ensure you leave the session feeling relaxed.

When?

Thursday 3rd October 2019

What time?

10:00am-1:30pm

Where?

Coleg Y Cymoedd, Nantgarw Campus CF15 7QY

Sensory Apps

Sensory App House creates apps for stimulation, relaxation, fun, digital art and speech therapy. Many of their apps are cause and effect style apps, using digital techniques developed over time. The apps are mostly for free, and there are also millions of downloads. Sensory apps say they have a strong understanding of disabilities and difficulties, and make apps to help assist, even in the smallest of ways.

Find out more by visiting their website <https://www.sensoryapphouse.com>

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: CarersSupportProject@rctcbc.gov.uk



The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

The RCT Carers Project Christmas Survival guide

So the time of year is approaching where we all strive for the type of Christmas you see on the adverts, the traditional Christmas roast, fun, laughter, family games.... but we all know life doesn't always roll like this and Christmas can be a particularly stressful time, especially when you are a parent carer.

We have come up with this short survival guide to hopefully make things a little easier.

The Run Up

Christmas can very often bring a whole new set of routines both at home, school and the wider community. Prepare your child in advance and involve them as much as possible by talking about Christmas, use visual aids, show them photos of previous Christmas', and speak with other care givers, and especially the school to encourage them to use the same approach as you.

Gifts

Some children love surprises, but for others it can be too much. If this is the case consider not wrapping presents, putting them in gift bags, or putting a picture of the present on the label. Speak with other family members about doing the same. Also consider that lots of gifts can be overwhelming for children, so introduce them one by one, stagger the gift giving or just allow them to go over to the gifts when they are ready.

Christmas Dinner

There is usually the expectation on Christmas day that we all sit down together and indulge in a delicious roast, but if your child will only eat chicken nuggets and chips is it really a big issue? Do what suits you and your family rather than conforming to social norms. It may even be that Christmas Eve/Boxing day is a more appropriate day to sit down together for Christmas dinner.

Also consider preparing children if there is a change to the table layout, or different people will be around the dinner table, but wherever possible keep things the same for them (the place they sit, plate they use, etc...).

Visitors

Wherever possible, speak to friends and family about arranging their visits in advance so that you can prepare your child. Spontaneous visits can be overwhelming and cause distress.

Remember the most important thing about Christmas is the time that you spend together.

In the words of Dr Seuss "It came without ribbons, it came without tags, it came without packages, boxes or bags. Then the Grinch thought of something he hadn't before, maybe Christmas he thought doesn't come from a store, maybe Christmas perhaps means a little bit more". (Dr Seuss, How the Grinch stole Christmas)

Festive Frolics

This Year our Festive celebration will be held at The Play Yard, Treorchy on Saturday 30th November 2019.

What's included?

Disco and games	Role Play Corner
Festive buffet	Sports coaching
Soft play	

And hopefully a few surprises along the way!

You have the option of booking onto one our party slots, **EITHER** 12:00pm-2:00pm **OR** 3:00pm – 5:00pm. Each party has a maximum capacity of 60 people to ensure the environment is not too hectic.





Barry Sidings Relay Lap Challenge

Our amazing Carers Support Worker, Lyndsey Williams, is organising her third Barry Sidings Relay Lap Challenge, to raise funds for Bloodwise, Macmillan and local causes.

The relay Lap challenge is a charity event that all the family can take part in. It involves collectively completing as many 1km laps as possible in two hours.

Whether you run, walk or crawl your laps, it doesn't matter and 1 lap is just as important as 30. All money raised will be split between three charities:

- Bloodwise, (leukaemia and lymphoma research)
- Macmillan Cancer care, in particular the fund for The new Y Bwythyn building at Royal Glamorgan Hospital, and
- For a local lady, who following an illness and 3 years in hospital, is now wheelchair bound and has to pay £20,000 for adaptations to be able to live in her own home.

When?

Sunday 15th September

What time?

Registration from 10:00am. The event starts at 11:30am

Where?

Barry Sidings Country Park, Trehafod CF37 2PE

Entry price (100% of the proceeds go to the charities) £10 adults, £5 10-17 year olds, £2.00 under 10, Free under 3. We are also more than happy for you to raise sponsorship for the event.

To find out more or to register, contact Lyndsey on 07970 959955



Do you need to find out more about Special Needs Wills? Book onto our 'Know Your Rights' Workshop on 21st November.

Volunteer with CBS group

The Challenging Behaviour Support (CBS) Group in Pontypridd are looking for volunteers. If you have a little bit of spare time, would like to increase your skills to hopefully transfer to the world of work, or just genuinely have a passion for helping others, the CBS Group would love to hear from you. To find out more contact Claire or Donna on 07562223697.

Siblings & Emergency Hospital Stays

Help young siblings cope with emergencies and hospital stays. Children with complex health needs may have repeated hospital admissions. This can be really hard for siblings, especially if this happens regularly. Siblings cope better if you have a plan for dealing with the situation. The SIBS website www.sibs.org has come up with some useful advice on how to support siblings in these situations.

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

NAS RCT GETTING ACTIVE FOR AUTISM

NAS RCT has dived in, geared up and run their very own Triathlon Challenge Event. The events began in April as part of the 2019 Autism Awareness campaign.

The events were designed to be inclusive for all ages and abilities, with participation, fun and enjoyment for all the family being paramount. The participants received donations and sponsorship to support the work of NAS RCT in continuing to provide high quality social and sporting events for families across RCT.

The first of the adapted triathlon events was the one mile swimming relay. Swimmers, and non-swimmers alike, met the challenge by travelling the length and breadth of Bronwydd Swimming Pool, Porth, during NAS RCT's weekly exclusive session.

The second event was a 50 mile cycle ride - from the Severn Crossing, Avonmouth to Penygraig by parents and volunteers. This fun ride was followed by a meet, greet and celebration at the finish line. To add to the fun, an adapted cycling event for children and young people was held at Cwm Cycling Rhondda.

The final triathlon challenge was a 5km accessible walk/run, held at Ynysangharad War Memorial Park, Pontypridd. The adapted event culminated in a family picnic and an impromptu tag rugby match!

Branch Officer, Julie Roberts, wishes to extend her thanks to volunteer Gareth Worgan. "Gareth has driven these events forward to help NAS RCT support families, their children, and young people achieve their maximum potential in community involvement and social inclusion. These events have raised awareness of autism, and the funds necessary to provide future events and helped us all get active for autism."



NAS RCT EVENTS

Due to the generosity of the community and the commitment of our volunteers and fundraisers, NAS RCT Branch were pleased to offer the following Summer Events, either free or at a significantly subsidised cost:

- The Energy Zone at Rhondda Heritage Park
- Exclusive Family Gym and Swim Session @Bronwydd Pool, Porth
- Exclusive SEN and ASD session at Treorchy Pool
- Youth Club @Canolfan Pentre
- Exclusive Accessible Cycling with Cwm Cycling Rhondda
- Exclusive Soft Play Session at FuZe, Clydach Vale
- Folly Farm visit
- SEN Session at The Play Yard, Treorchy
- Green Meadow Riding Centre, Dare Valley Country Park, Aberdare.
- Outdoor Family Fun at Daerwynno Outdoor Centre.
- An ASD Friendly Hawaiian themed Summer Disco at Penygraig Labour Club
- Autism Friendly Showing of The Lion King at Showcase Nantgarw
- Jump Jam Trampoline Park
- The Play Yard, Ynyswen Nerf War
- Cardiff Bay for a day of family fun and Boat Ride

Also, we work in partnership with Cardiff Blues, attending the Inclusive Community Club at Rhondda Fach Sports Centre. For more information, support and details of our upcoming Autumn/Winter events, please contact NAS RCT.

Facebook:

National Autistic Society Rhondda Cynon Taf (NAS RCT)

Email: nasrctbranch@nas.org.uk

NAS RCT ADVENTURE FOR AUTISM







The Yorkshire Three Peaks Challenge saw NAS RCT taking on an Adventure for Autism. Having got Active for Autism during Autism Awareness Month, the fun continued into the summer months.






The brave volunteers found themselves walking a 24 mile route, which included 5200ft of ascents. The Challenge took on the peaks of Pen-y-ghent, Whernside and Ingleborough. These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble, in the Yorkshire Dales National Park.

Sponsorship and donations for the walkers has helped to finance community events for families across Rhondda Cynon Taf.

Carers Support Project events, activities and workshops for Autumn 2019







Event/Activity/Workshop	Venue, Date & Time	Information
September 2019		
<p>Chatterbox - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF Tuesday 3rd September, 10am-11.30am</p>	<p style="text-align: right;"> Bronze. Carer Only. Just turn up.</p>
<p>Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 10th September, 10am-12pm</p>	<p style="text-align: right;"> Bronze. Carer Only. Just turn up.</p>
<p>Carers Cwtch - join us for a fabulous evening of 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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF Tuesday 10th September, 6.30pm- 9pm</p>	<p style="text-align: right;"> Bronze. Carer Only. Just turn up.</p>
<p>Pause & Play - join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and stroll around the park.</p>	<p>Dare Valley Country Park, Aberdare CF44 7RG Wednesday 18th September, 10am-12pm</p>	<p style="text-align: right;"> Bronze. Carer & cared for. Just turn up.</p>
<p>Recharge - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 19th September, by appointment only.</p>	<p style="text-align: right;"> Bronze. Carer Only. Booking essential.</p>
<p>Residential Re-group, Afternoon Tea - an opportunity for those who attended the Residential 'Weekend on the Wye' in March 2019 to catch up over a cuppa and plenty of cake & sandwiches and reminisce on the fun that was had.</p> <p>*PLEASE NOTE this event is open to those who attended the Weekend on the Wye Residential during March 2019.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Wednesday 25th September 12.30pm-2.30pm</p>	<p style="text-align: right;"> *see note Bronze Carer Only. Booking essential.</p>






Event/Activity/Workshop	Venue, Date & Time	Information
October 2019		
<p>Chatterbox - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road Pontypridd CF37 2UF Tuesday 1st October, 10am-11.30am</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>ADHD/ASD & Nutrition - join this workshop and find out more about what impact food can have on behaviour. There will also be a practical element where you will get to cook a child friendly healthy meal. The workshop will conclude with a mindfulness exercise so ensure you leave the session feeling relaxed.</p>	<p>Coleg Y Cymoedd, Nantgarw Campus, Nantgarw CF15 7QY Thursday 3rd October, 10am-1.30pm</p>	<p>Bronze. Carer Only. Booking essential.</p> 
<p>Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 8th October, 10am-12pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Carers Cwtch - join us for a fabulous evening of 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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF Tuesday 8th October, 6.30pm-9pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Sunny Side Up - join us for a hearty breakfast and a good old chat setting you up for the day ahead.</p>	<p>'Taffy's Cafe' Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Wednesday 9th October, 9.30am-11am</p>	<p>Bronze. Carer Only. Booking essential.</p> 
<p>'Vitality @ the Vale' - enjoy some time out and a day of pampering, which should leave you feeling 'vitalised'. Spend time unwinding and relaxing in five bespoke relaxation rooms and indulging your body with a 55 minute Aromatherapy Massage treatment. Your experience will also include a delicious two course spa buffet lunch - it's the perfect treat to get you through the rest of the week!</p>	<p>The Vale Resort, Hensol Park, Hensol, Vale of Glamorgan, CF72 8JY Thursday 10th October, 9.30am-3.30pm</p>	<p>Gold. Carer Only. Booking essential.</p> 

Event/Activity/Workshop	Venue, Date & Time	Information
October 2019 (Continued)		
<p>'Gower Getaway' - join us for a Carers Residential Retreat where you will have 2 nights/ 3 days break away from your caring role, spending time with other Carers & Carers Project Staff. Set in the beautiful area of the Gower peninsula, there will be opportunity for lots of fun activities, food as well as time out and relaxation. To find out more, please turn to page 4.</p>	<p>Stouthall Country Mansion, Reynoldston, Swansea SA3 1AN 11am, Friday 11th October – 4pm, Sunday 13th October</p>	<p>Bronze. Carer Only. Transport provided. Booking essential.</p> 
<p>Carers Mental Health Forum - 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.</p>	<p>St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF Tuesday 15th October, 10.30am-12.30pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Pause & Play - join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and stroll around the park.</p>	<p>Dare Valley Country Park, Aberdare CF44 7RG Wednesday 16th October, 10am-12pm</p>	<p>Bronze. Carer & cared for. Just turn up.</p> 
<p>Parent-Carer Meal at The Blueberry - spend a lovely evening enjoying a 2 course meal and soft drink in the company of other Parent Carers in one of Pontypridd's leading restaurants.</p>	<p>The Blueberry Hotel, 6-8 Market Street Pontypridd CF37 2ST Wednesday 16th October, 6.30pm-9pm</p>	<p>Bronze. Carer Only. Booking essential. (Food pre-order will be required closer to the time)</p> 
<p>Recharge - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 17th October, by appointment only</p>	<p>Bronze. Carer Only. Booking essential.</p> 

Event/Activity/Workshop	Venue, Date & Time	Information
October 2019 (Continued)		
<p>'Festive Fake-aways' - the Christmas period can not only be an expensive time of year but often a time where we can 'over indulge' in food and drink leaving us gaining as many extra lbs as a small Turkey weighs! Why not join us for a festive-focussed workshop, which will help you learn how to prepare and cook lots of tasty, healthy meals whilst 'faking it' to look like one of your favourite takeaways ...without the price tag!</p>	<p>Hawthorn Community Centre, Fairfield Lane, RCT CF37 5LN Tuesday 22nd October, 10am-1pm</p>	<p style="text-align: right;"></p> <p>Silver. Carer Only. Booking essential.</p>
<p>CrISP - the Carer Information and Support Programme (CrISP) is aimed at those who are supporting or caring for someone with dementia (any type or form) at the early to moderate stage. This event will be running over a two day period with lunch and refreshments provided. Topics covered include, what is dementia, support services available, legal and financial support and how to look after yourself as a Carer.</p>	<p>Hawthorn Leisure Centre, Fairfield Lane, RCT CF37 5LN Wednesday 23rd & Thursday 24th October, 9.30am-3.30pm</p>	<p style="text-align: right;"></p> <p>Bronze. Carer Only. Booking essential.</p>
<p>'Halloween Mayhem & Magic' - dare you join us on this wickedly wonderful occasion. Fang-tastic fun for all the family including terrifying traditions such as pumpkin carving, bone-chilling bobbing apples and ghastry games. As well as a boo-tiful buffet there will be a mystic magic show in the afternoon. So come along – there'll be plenty going on to raise your spirits!</p>	<p>St John's Church Hall, Graig Street, Graig Pontypridd, CF37 1NF Tuesday 29th October, 11am-3pm</p>	<p style="text-align: right;"></p> <p>Bronze. Carer & Cared for. Booking essential.</p>
<p>Simply Christmas – Crafty Christmas Show - Welcome to a shiny and bedecked festive dream! This unique retail experience is an extravaganza of exclusive ranges of bespoke and unusual gifts; including glass, jewellery, art, candles, ceramics, clothing and so much more. Enjoy live music and festive food and drink as you tick off your Christmas shopping list!</p>	<p>Birmingham NEC Thursday 31st October, 8am-7pm</p>	<p style="text-align: right;"></p> <p>Silver. Carer only. Transport provided. Booking essential.</p>

Event/Activity/Workshop	Venue, Date & Time	Information
November 2019		
<p>Chatterbox - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF Tuesday 5th November, 10am-11.30am</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>'Think It Through Thursday' - join our Project Counsellor for this one-stop workshop aimed at 'stress management'. Learn about taking charge of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to try and relieve the pressure and regain control. Set in the tranquil grounds of Ynysangharad Park, in Pontypridd you'll meet with other carers, learn about applying different techniques and managing your mind-set when it comes to stress. Enjoy some delicious refreshments, whilst you think it all through.</p>	<p>The Meeting Room, 1st Floor – Pontypridd Lido Visitors Centre, Ynysangharad Park, Pontypridd (above the café) Thursday 7th November, 10am-2pm</p>	<p>Bronze. Carer Only. Booking essential.</p> 
<p>Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 12th November, 10am-12pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Carers Cwtch - join us for a fabulous evening of 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 each month!</p>	<p>St Catherine's Church Gelliwastad Road, Pontypridd CF37 2UF Tuesday 12th November, 6.30pm-9pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>'Vitality @ the Vale' - enjoy some time out and a day of pampering at the spa which should leave you feeling 'vitalised'. Spend time unwinding and relaxing in five bespoke relaxation rooms and indulging your body with a 55 minute Aromatherapy Massage treatment. Your experience will also include a delicious two course spa buffet lunch - it's the perfect treat to get you through the rest of the week!</p>	<p>The Vale Resort, Hensol Park, Hensol, Vale of Glamorgan, CF72 8JY Thursday 14th November, 9.30am-3.30pm</p>	<p>Gold. Carer Only. Booking essential.</p> 
<p>'Beautify' - fancy a bit of pampering? A scrumptious sweet treat? – well, this could be the one for you. Facilitated by the lovely students from Coleg Y Cymoedd, Aberdare; come along for that bouncy blow-dry, pretty polish or trendy-trim followed by an appetising Afternoon Tea. There will be a list of treatments available for both men and women to choose from.</p>	<p>Coleg Y Cymoedd Aberdare Campus Wellington Street, Robertstown, Aberdare CF44 8EN Tuesday 19th November 10am-3.30pm</p>	<p>Silver. Carer Only. Booking essential.</p> 

Event/Activity/Workshop	Venue, Date & Time	Information
November 2019 (Continued)		
<p>Pause & Play - join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and stroll around the park.</p>	<p>Dare Valley Country Park, Aberdare CF44 7RG Wednesday 20th November, 10am-12pm</p>	<p>Bronze.  Carer & cared for. Just turn up.</p>
<p>Recharge - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 21st November, by appointment only</p>	<p>Bronze.  Carer Only. Booking essential.</p>
<p>Carers Rights Day 2019 - Celebrate with us on this special day, where we aim to recognise and celebrate the fantastic work of our Carers. During the morning you'll get opportunity to attend the 'Know Your Rights' Workshop is designed to help Carers plan for the future i.e. Will writing (including Special Needs Wills), Power of Attorney, Trusts and Financial Planning. You will also have the opportunity to have your questions answered by a legal professional. Then it's time to hang up your superhero capes for a few hours and supercharge your superpowers by enjoying a delicious themed afternoon tea.</p>	<p>3rd floor, Llantrisant Leisure Centre, Tir Meirbon Lane, Southgate Park CF72 8DJ Thursday 21st November, 10am-2pm</p>	<p>Bronze.  Carer Only. Transport provided from Pontypridd Town Centre. Booking essential.</p>
<p>Christmas Card Making - come and spend the morning with us catching up over a cuppa and creating a lovely set of Christmas Cards. With plenty of glitter, buttons & bows, etc. to sink a battleship. You'd be 'crackers' to miss this.</p>	<p>Basement Room, Pontypridd Museum, Bridge St, Pontypridd CF37 4PE Tuesday 26th November, 10am-1pm</p>	<p>Silver.  Carer Only. Booking essential.</p>
<p>Cheltenham Christmas market - housed in gorgeous wooden chalets, which create a sense of magic and wonder, Cheltenham's Christmas Market pops up around mid-November, under the Christmas lights on the Promenade. Featuring over 40 stalls selling a wide range of Christmas gifts, crafts, food and drink you can enjoy wander around this unique atmosphere. There's also a wide range of high-street favourites to visit including M&S, House of Fraser and Primark and plenty of coffee shops and eateries to have a break from all that bag carrying!</p>	<p>Cheltenham City Centre Thursday 28th November, 8am-7pm</p>	<p>Bronze.  Carer Only. Transport provided. Booking essential.</p>
<p>Festive Frolics - A Christmas entertainment frenzy for all the family including: disco and games, festive style buffet, access to soft play, role play corner, sports coaching and hopefully a few other surprises along the way! You'll be ho-ho-ho-ping not to miss this one.</p>	<p>The Play Yard, Ynyswen Industrial Estate, Treorchy CF42 6EP Saturday 30th November. You have the option of booking on to one our party slots, EITHER 12pm-2pm OR 3pm-5pm.</p>	<p>Bronze.  Carer & family. Booking essential.</p>

Event/Activity/Workshop	Venue, Date & Time	Information
December 2019		
<p>Chatterbox - our regular drop-in coffee morning held on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly informal group.</p>	<p>St Catherine's Church (upstairs) Gelliwastad Road, Pontypridd CF37 2UF Tuesday 3rd December, 10am-11.30am</p>	<p>Bronze Carer Only Just turn up.</p> 
<p>Cinderella - be whisked away on a magical journey of stars, glitter, music and laughter with the most magical family pantomime of them all – Cinderella.</p> <p>Buttons will take you through the enchanting story of Cinderella, meeting the Ugly Sisters, the Fairy Godmother and a whole host of colourful characters along the way. Gorgeous costumes, dazzling scenery and a fantastic cast are the magical ingredients in this lavish and vibrant traditional family panto. Don't miss this glittering treat, it's guaranteed to be the highlight of your festive season – and ours!</p>	<p>The Coliseum, Mount Pleasant Street, Trecynon, Aberdare CF44 8NG Saturday 7th December, 2-4pm</p>	<p>Bronze. Carer & family. Booking essential.</p> 
<p>Carers Connects - Carers Connects - join this peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 10th December, 10am-12pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Carers Cwtch - join us for a fabulous evening of 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 each month!</p>	<p>St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF Tuesday 10th December, 6.30pm-9pm</p>	<p>Bronze. Carer Only. Just turn up.</p> 
<p>Pause & Play - join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and stroll around the park.</p>	<p>Dare Valley Country Park, Aberdare CF44 7RG Wednesday 18th December, 10am-12pm</p>	<p>Bronze. Carer & cared for. Just turn up.</p> 
<p>Recharge - book a one to one holistic therapy session with a qualified therapist. Therapies available include Reiki, Indian Head Massage and Aromatherapy.</p>	<p>The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 19th December, by appointment only</p>	<p>Bronze. Carer Only. Booking essential.</p> 