

NEWS

CARERS

All the latest Carers information
from around Rhondda Cynon Taf



find us on facebook.

Issue 75 • Autumn 2022

Join us in celebrating Carers Rights Day 2022

This year's theme is

CARING FOR YOUR FUTURE

The Carers Support Project are hosting an event on Friday 25th November from 10:30am until 2:30pm at Llantrisant Leisure Centre.

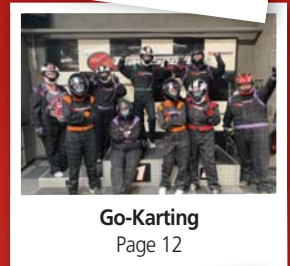
Join us as we bring the community together, help you get to know your rights, and find out about the help and support you're entitled to.

There will be information stands, professionals on hand to answer any queries and provide support, a range of fun filled activities on offer throughout the day, and workshops aimed at supporting you in your caring role.

Book your place from Tuesday 27th September (find out more on page 2).

Inside

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RHONDDA CYNON TAF

STAR EVENTS & ACTIVITIES



How to book onto Events and Activities

Our activities and events are categorised as **Gold, Silver or Bronze**. You can choose 3 Gold, 3 Silver, and limitless Bronze activities and events. (Please see the booking form to find out which category your chosen events is under).

Places will be allocated on first come first served basis.

Event bookings will open on **Tuesday 27th September 2022**.

On the initial booking day (27th September) events will be able to be booked online at <https://customerportal.rctcbc.gov.uk/CarersEvents> Online booking will be open for 72 hours, after this time bookings should be made via telephone or email.

No email bookings will only be accepted on booking day. No bookings will be taken via social media, including Facebook.

Please note; where possible, email will be used for all correspondence so please check your email, junk/spam on a regular basis to check for updates from the Project.

We would encourage you to book any event via our online booking form. We can be contacted by telephone on **01443 281463**, however, our telephone lines can be extremely busy.

Please be advised that places for events are limited. We endeavour to make the booking process as fair as possible and aim to accommodate the wishes of all Carers, however, owing to the demand on our events and training this may not always be possible.

Carers Connects

Dear Carers,
Come along, meet other Carers, share experiences and provide guidance & support to each other.
You will have the opportunity to discuss your concerns, or if you choose, just listen to others. This group is facilitated by the Carers Support Project Counsellor.
Look forward to seeing you.

From the Carers Connects Group.

Join us on 2nd Tuesday of the month 10am-11:30am
Booking essential.
The Group takes place at our Carers Hub, 10-12 Gelliwastad Road, Pontypridd CF37 2BW



Wish you were here!

For further information please contact:
Tel: 01443 281463
Email: CarersSupportProject@rctcbc.gov.uk



Carers Cwtsch

Carers Cwtsch is an informal friendly group for individuals who care for a family member, friend or neighbour. We meet on the second Tuesday of the month from 6:30pm-8pm.

Join us for a fabulous evening of games, quizzes, bingo and fun! You'll have the opportunity for a classic "night in" with other Carers.

**So join us, have some time out, relax and have fun. Booking essential.
The Group takes place at our Carers Hub, 10-12 Gelliwastad Road, Pontypridd CF37 2BW.**

**If you would like any further information,
please call the Carers Project on 01443 281463**



It's good to talk

A free confidential telephone counselling service provided by qualified counsellors available to local Carers in Rhondda Cynon Taf.

Why Counselling?

The counsellors are trained listeners who can help you to look at options, consider issues in a different way and make decisions about how to manage your life in a way that works for you.

The aim is to help you find your own solutions to your problems and concerns, respecting you and your right to self-determination.

Who knows I have requested an appointment?

Only you, the project staff and the counsellor.

What does confidentiality mean?

The counsellor will not discuss your affairs with anyone. The only exception to this may be if the counsellor thinks there is a risk to you or to anyone else. This will be discussed with you at the time.

How many sessions will I have with the counsellor?

Initially you will be offered up to 6 sessions of up to 50 minutes. The vast majority of carers take sessions fortnightly however, under certain circumstances the frequency can be discussed with the counsellor.

Is counselling right for me?

In the first session the counsellor will explain what to expect from the sessions and at the end you can decide if it is right for you. If not, the counsellor may suggest you access the monthly peer support group which is moderated by a senior counsellor or may suggest alternative organisations that might be of help.

What can I discuss?

Personal and caring problems are frequently inter-related and help with one will often help the other. You can talk about any areas of your life you are concerned about.

How do I make an appointment?

Contact the Carers Support Project on

01443 281463

Email: CarersSupportProject@rctcbc.gov.uk

Do you work for RCT Council?
Are you a Carer?
Have you heard about the
Carers Network?
Find out more by calling
Hannah on **01443 425743**

Carers Leisure Discount

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

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

A Leisure for Life membership offers unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. You can go as often as you like to whichever centre you like.

Discounted access can include pay-as-you-go or direct debit monthly membership.

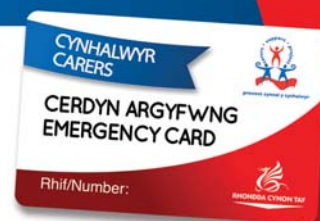
What's more, it's really easy to join.

For more information
call the Carers
Support Project on
01443 281463



Carers Emergency Card

Do you worry about what would happen to the person you look after if you were suddenly taken ill or had an accident?



If the answer is YES then the Rhondda Cynon Taf Carers Emergency Card Support Service may help to ease your concern.

What is the Carers Emergency Card?

It's a credit size card that you can carry with you at all times. It's used as an instant source of identification in case of accident or sudden illness. The Carers Emergency Card is now available for online applications.

For more information or to apply online please visit:

<https://www.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/Supportforcarers/CarersEmergencyCard.aspx>

Please email

CarersSupportProject@rctcbc.gov.uk

or call **01443 281463**

to request a
hardcopy form.



Nominate a Carer

We know that Carers, probably more than ever, have come up against great challenges over the past year. We, at the Carers Project, have heard some amazing stories of resilience, perseverance, and sheer determination from our Carers. This made us think – wouldn't it be lovely to recognise some of the amazing work you do!

So, if you know of someone, who you feel deserves special recognition, let us know and show them how amazing they are!

Contact: CarersSupportProject@rctcbc.gov.uk



prosiect cynnal y cynhalwyr

Inspirational Carers



We would like to introduce to you one of our amazing carers, Gaynor Perry. As well as having an intense caring role, Gaynor has achieved so much over the past year, that we wanted to take the opportunity to tell you about it. In March 2021 Gaynor joined the 'Lifestyle with Lynds' Monthly challenge. From the beginning, Gaynor became an encouraging member of the group, supporting others, motivating individuals, attending weekly walks and taking on the weekly challenges set. Members of the group had the option at the end to take part in a virtual challenge to keep them active after 'Lifestyle with Lynds' had come to an end. Gaynor

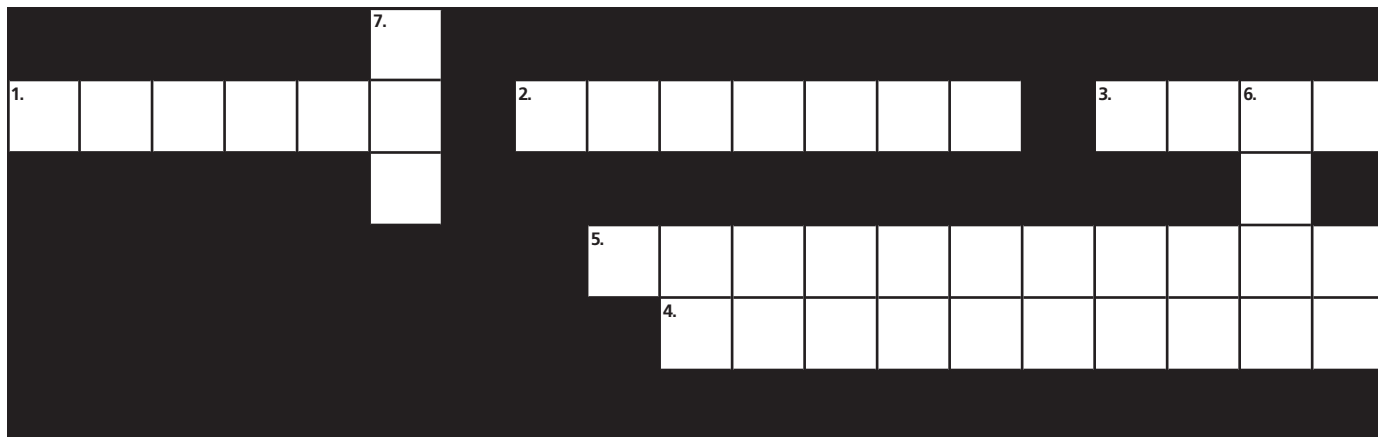
chose to take part in the 'King of Kerry' virtual challenge taking on a whopping 124.3 miles. Gaynor completed this in an impressive period of time taking only a few weeks, but with a thirst for a challenge and the motivation to achieve there was no stopping her and she has gone on to complete a further 7 challenges and walking a total of 981 miles. When asked about how the challenges make her feel, Gaynor said "I love doing these walks and getting the medals. Before starting them, I wasn't leaving the house much, then Lyndsey gave me the chance to do the first one. I loved it so much I've now done 8 and looking forward to the next one. They make me feel I have achieved something, and I always feel better in myself when I add that extra mile. If it wasn't for the support of the 'Lifestyle with Lynds' group I would never have done them and I'd like to thank them all."



Gaynor is not only an inspirational member of the group but also a fantastic role model to other carers. She is warm and welcoming to new carers at events and helps Carers Support Project Staff more than she would think. Thank you Gaynor for all that you do, and we look forward to hearing about your next challenge.

If you would like to be part of lifestyle with Lynds we have a new monthly challenge starting on Monday 3rd October 2022.

Carers Crossword



Clues:

Where is the quickest place to book your place on our events?

1 across (6), 2 across (7), 3 across (4) - 3 words

Which town is the Carers Support Project office based?

4 across (10) - 1 word

Which road is our office on?

5 across (11) and 6 down (4) - 2 words

What hour in the morning does our online booking form go live at?

7 down (3) - 1 word

Fill in the blanks







Clues:

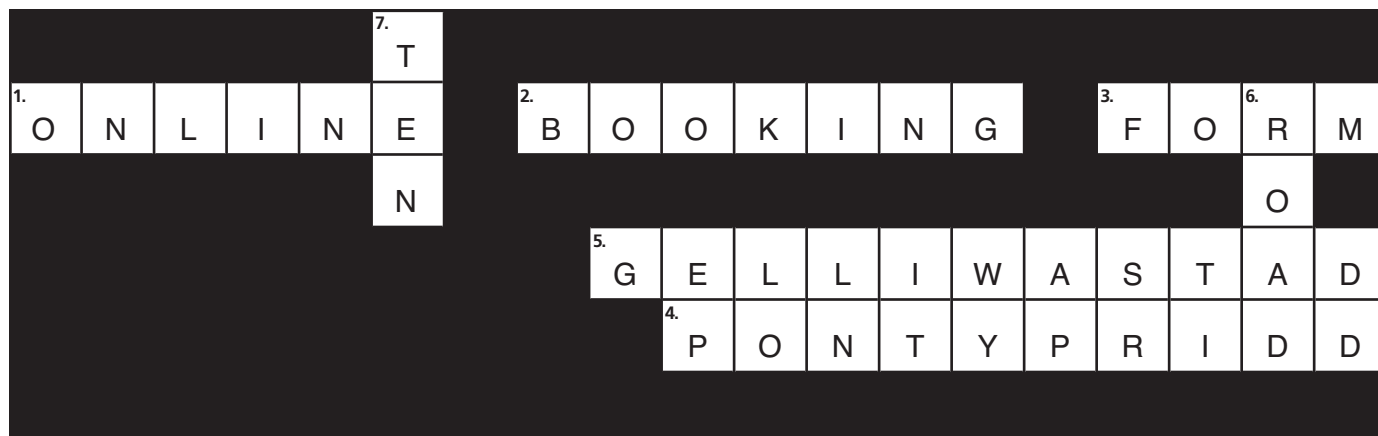
What house numbers is the Carer Support Project office?

What's our email address?

What's our phone number?

Answers on page 8

Carers Crossword Answers



Fill in the blanks Answers



1 0 - 1 2



C a r e r s S u p p o r t P r o j e c t @
r c t c b c . g o v . u k



0 1 4 4 3 2 8 1 4 6 3

What did you get?

More than 2?		"Hey hey, you're well on your way!"
Four or more?		"Impressive score!"
Six or above?		"We're in love!"
All correct?		"Big respect!"

Frequently Asked Questions

Can I bring my partner to the event?

Plus one events will be clearly stated.

If I book on one event which takes place regularly like Carers Cwtch or Chatterbox, does that mean I am booked on to all of them?

No, you will have to book on separately for each separate date.

Where can I find out how to receive carers allowance?

The www.gov.uk website hold information about this and how you can apply

Where can I find out how to get a Carers Assessment?

If the person you look after is a child call Children's Services on: 01443 425006. If they're an adult call Adult Services on: 01443 425003

How do I apply for a Leisure discount letter?

Contact us on 01443 281463 or email carerssupportproject@rctcbc.gov.uk to apply.

How can I apply for a Carers Emergency Card?

1. You can apply on our RCT webpage at <https://www.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/Supportforcarers/CarersEmergencyCard.aspx>
2. Contact us on 01443 281463 or email carerssupportproject@rctcbc.gov.uk to request a Carers Emergency Card application.

Young Adult Carers



New YAC's

Are you aged between 18-25 years old? Are you in a caring role?

Please get in touch and have the opportunity to meet new people, socialise, have access to counselling and emotional support, and have information and signposting to agencies who can support with education and employment opportunities. If so, please contact myself or the project and I'll be in touch! We have 2 assessment questionnaires annually where we meet up and chat about your caring roles and then that's it – you're registered and can tap into everything the service has to offer. Don't forget, YAC's can also have the benefit of accessing all the events and support the rest of the main project has to offer!

Existing YAC's – anything I can help with?

YAC's get in touch for all sorts of reasons, help with form filling, mediating with universities and colleges, referrals for counselling, references, verification for ID cards, referrals for Citizen's Advice Bureau, general advice – if I can't help, I'll be sure to point you in the right direction of someone who can!

Find out more!

Contact us by emailing: Darren.young@rctcbc.gov.uk or calling **07385 401851**, or alternatively via the office on **01443 281463**, or at carerssupportproject@rctcbc.gov.uk

Care And Support Each Other (CASE) – we need you!

Congratulations to Becky John and Kat Newman who have been voted in as Chair and Vice-Chair of CASE respectively. Thanks to all YAC's who put themselves forward and to those who took the time to vote! Circumstances have changed so in the interim any YAC's wishing to use this avenue for support and correspondence please liaise with Lara Collins who is temporary Chair.

CASE have been a positive platform for Young Adult Carers to have a formal voice, to share ideas about events they'd like to pursue, to share fundraising ideas and have catch up, offering emotional and practical support to one another. YAC's take ownership of the group and are always looking for YAC's new and old to be part of your group!

The YAC's have been given an amazing opportunity to fundraise towards a residential experience, we have the venues booked where we can have a stall, fundraise and raise awareness – just need your help now! Anyone wishing to help in any way please get in touch.

Events coming up – Undoubtedly the greatest Christmas film ever, Elf, is coming to the Motorpoint in Cardiff for a live stage version and we will be there! We've also got another go-karting session where you YAC's can get your revenge on the track as I won handsomely last time out! For the adrenalin fuelled YAC's we have an opportunity to ride the fastest zip wire in the world at Zip World, Hirwaun, a more relaxing option of a spa experience at The Vale Hotel for new YAC's and an impending visit to manor Wildlife Park, where YAC's will get to not only visit the park but also become a keeper and have a 'behind the scenes' experience with the Lemurs and Meerkats! YAc's will be attending this years' Anime Comicon at Cardiff University on mass, and we also have a bowling and pool competition at Nantgarw, which is a 'plus one' event, so please bring along the person you care for, a friend, partner or whoever you wish! If you are interested in any of these opportunities, please get in touch to book on!

YAC Achievements



Huge congratulations to Amy Gunning who has passed her degree in Event Management BA (hons) – well done Amy, I know who to call on now when I'm planning the next event for the YACS!



Well done to Sammyjo Childs who has passed her driving test first time! Loving the new set of wheels too! Huge congratulations, one 'L' of an achievement!



Also, a big shout out to Amy Burman who has been working hard and playing hard, managing to fit in a holiday to Brine Sands and a full-time job, all whilst undertaking her intense caring roles! Congratulations Amy!



Huge congratulations to Lauren who was one of four local talented artists, who headlined the GenZFest in Treorchy to celebrate International Youth Day. Lauren performed her slam poetry to audiences across four venues in the town,

sharing her experiences of growing up being a carer through the medium of Welsh & English in her own unique, expressive style. It was an honour to watch Lauren perform a spine-tingling, thought-provoking piece, littered with her dark humour. Hopefully the beginning of great things – well done Lauren!

Goodbye!



Kat Newman – Our newly appointed vice-chair of CASE has immediately handed in her resignation! She's forgiven though as Kat has been offered the amazing opportunity to undertake missionary work on a ship called Trinity. Huge congratulations Kat, your positivity and engagement within YAC's will be greatly missed. Keep in touch and we look forward to hearing about your life ventures!

Dragon's Den softplay

An opportunity for any YAC's with their own children, younger siblings, nieces or nephews or step-children was offered at Dragon's Den softplay centre in Aberdare. We had exclusivity of the venue and the experience offered YAC's opportunities to meet up with other YAC's in similar situations. Those who attended had a great time!

Citizen's Advice Bureau

The Citizen's Advice Bureau visited the office where a financial expert offered YAC's advice and support around benefits, budgeting and managing the increasing cost of living crisis. Advice around energy saving techniques and if people were in receipt of the correct benefits and income was imparted and many YAC's benefited from his advice.



Monthly Mindfulness Monday's

Once a month there is an opportunity for any YAC's to meet up in different villages and towns across RCT. If you fancy a chat over a coffee, some advice or just a chance to meet up with others more locally to where you live, come along and join us at 1pm on the first Monday of every month.

Young Adult Carers

First Aid Training

During a CASE meeting the YAC's identified that a first aid course would benefit them at work and would be a valued addition to any CV, along with needing the life skills in their caring roles. 8 YAC's undertook & passed the course, learning and having fun along the way.



Go-Karting

A highly competitive YAC Grand Prix took place at the Cardiff indoor karting track. There were some excellent skills on show, although some YAC's I'd strongly discourage from ever taking their driving test in the future!



Afternoon Tea

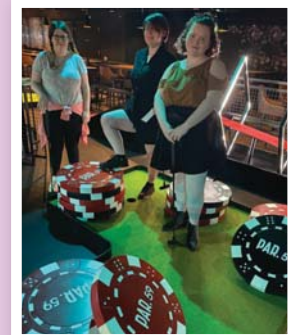
This event was arranged for YAC's to invite the person they care for to enjoy a mouth-watering tea together at Princes Café in Pontypridd. The food was delicious and plentiful. Everyone who attended enjoyed and took home plenty of leftovers so afternoon tea turned into afternoon supper, afternoon breakfast and afternoon dinner!

The Vale spa

The perfect setting for YAC's to be pampered for a few hours, drifting away with a massage and having a high tea amongst use of the excellent spa facilities the venue has to offer. Definitely a much needed re-set and a break for people from their intense caring roles.

Par 59 crazy golf & meal

We thoroughly enjoyed our night out in Cardiff at the new adult golf themed bar and restaurant 'Par 59' where we enjoyed a great night of competitive golf and delicious food. There were some holes in 1 and some holes in 101 but the company was the winner and everyone who joined stated they'd love to come back again.



Circus

We had a large crowd of YAC's attending the 'Circus Extreme' in Cardiff where we were treated to a show of immense skills and high adrenaline stunts! Seeing the daredevil antics of the professionals was the inspiration for booking Zip World!



RCT Young Carers Service

Young Carers Card update

The Young Carers Card Scheme, which is a partnership between Carers Trust and all Local Authorities across Wales, has been running in Rhondda Cynon Taf for over 18 months and nearly 100 young carers have so far applied for the card.

The Young Carers Card provides photo-identification for any young carer aged under 18 who would like one. This enables them to easily identify themselves to professionals without having to share personal details about their caring role. It is hoped that the card will give young carers the confidence to ask for help or understanding from professionals like teachers, doctors and pharmacists in a discreet way.

The YC Card also enables young carers to access discounts and we have just re-launched our partnership scheme with the council's Leisure team so that young carers who hold the YC Card can apply for a STARS leisure membership. This then entitles the young carer to use leisure centre facilities for £2 a time. So young carers aged between 11-15 can save £1.70 when they use the gym and those aged 16 & 17 will save £4 a time when using the gym or other facilities.

If you are a young carer living in Rhondda Cynon Taf and would like to apply for a card or would like more information about the scheme, please contact the Young carers assessment and development worker on **07824496485** or **youngcarerssupportteam@rctcbc.gov.uk**.

Alternatively you can apply online at **<https://customerportal.rctcbc.gov.uk/YoungCarersCard>** or ask a teacher or a professional who is supporting you to apply on your behalf.





Having a child with additional needs, disabilities or life limiting conditions can be a lonely, sometimes confusing, sometimes frustrating, sometimes frightening but also a rewarding journey. We are lucky in RCT to have some amazing peer support groups to help families face these range of emotions together and understand that they are not alone in what they may be experiencing.

Cynon Valley Pals

Play & Leisure for children with disabilities

You are welcome to join us for our family play sessions where your children can have fun while you relax and meet other parents.

Dragon's Den, 29 - 30, Aberaman Park, Aberdare CF44 6DA

1st and 3rd Wednesday every month.

We look forward to seeing you soon!

Cynon Valley Pals hold family play sessions twice a month at Dragons Den soft play, Aberdare but also offer lots of opportunities for families to get out and about during school holidays. To find out more contact pals via their facebook page or email cynonvalleypals@aol.co.uk



contact For families with disabled children

Contact are a charity who support families with disabled children in England, Northern Ireland, Scotland and Wales. Their website is a good source of information and includes an A-Z guide of medical conditions, information on early years support, benefits help, education and learning, childcare, cost of living advice and much more.

Visit contact.org.uk for more information.

CBS in your community

Supporting parent/cares of children with additional needs. No diagnosis required.

Parental Peer Support Group with regular guest speakers.

All sessions 10am-12pm.

No booking required.

1st Thursday of the month
CBS Hub Pontypridd
33 Gelliwastad Road, CF37 2BN

2nd Thursday of the month
Cynon Linc, Aberdare,
Seymour Street, CF44 7BD

3rd Thursday of the month
CBS Hub Pontypridd
33 Gelliwastad Road, CF37 2BN

4th Thursday of the month
Soar Centre, Penygraig,
Tylacelyn Road, CF40 1JZ

"The CBS group welcomed, listened, supported and guided me, let me cry and picked me up and got me back on track." - Parent

www.challengingbehavioursupport.org.uk



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

National Autistic Society Rhondda Cynon Taf (NAS RCT) provide support and information for autistic people and their families, and those going through the diagnosis process. They have regular guest speakers, organise courses and events, and support individuals, parents/carers through the diagnosis process and beyond.

RCT NAS are an inclusive group and all are welcome to attend.

They also provide high quality social and leisure experiences for individuals with ASD, whilst being supported by the NAS family.

They provide a range of fun activities where children with ASD, and the whole family, can make friends and enjoy experiences together.

Adults with a diagnosis of ASD and those going through the diagnosis process are very welcome to attend the ASD Peer Support Group. They meet monthly at various venues (please see the Facebook Page/group or email for details).

NAS RCT weekly exclusive sessions include...

- Youth Club at Canolfan Pentre, Pentre every Monday 6.30-8pm.
- Family Soft Play Session at FuZe each Wednesday 5pm-6.30.
- Exclusive Family Swimming Session at Bronwydd Pool, Porth every Sunday 2-3pm with inflatables the last Sunday of every month.
- Monthly Adult Peer Support Group
- Monthly Coffee Morning for Parent/carers
- Adult Drop In and Coffee Morning for Autistic individuals and those going through the diagnosis process.

Please contact NAS RCT Branch for further information and times.

NAS RCT also host additional events during the holiday period, such as bowling, trampolining, cinema visits, plus outdoor activities.

You can also contact via Facebook Messenger or email to book on to any of the sessions and events.

For further up to date info visit

 National Autistic Society Rhondda Cynon Taf

 rhonddacynontaff.branch@nas.org.uk



National Autistic Society

Rhondda Cynon Taf Branch
Cangen Rhondda, Cynon Taf



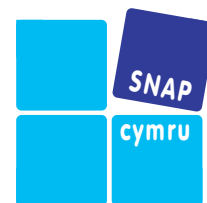
KIDScape

Kidscape's vision is for all children to grow up in a world free from bullying and harm, with adults who keep them safe and help them to reach their full potential. Their mission is to provide children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives.

Kidscape run a number of workshops for both parents and young people and RCT Carers support project have been lucky enough to work with them this year. If you would be interested to find out more about kidscape and to register your interest for future workshops, contact Lyndsey on **07887450717**. You can also visit www.kidscape.org.uk to find out more.

Supporting sibling carers

At RCT Carers Support Project we have the pleasure of working with a fantastic group of sibling carers. Siblings of brothers and sisters with additional needs, disabilities or life limiting conditions are amongst some of the most kind, patient, empathic group of young people and it really is a pleasure to support them. In April we hosted our first ever festival, celebrating sibling carers and all that they do. RCT Carers Support Project wanted to put them in the spot light for the day and show them the VIP experience. We have also had a jam packed 'summer of fun' thanks to government funding and given siblings carers and their parents some much needed fun, respite and quality time together. Here are a small number of highlights.



SNAP Cymru is a national charity with the aim of advancing the education of people in Wales and support their inclusion.

SNAP Cymru offers free and independent information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN)/additional learning needs (ALN) and disabilities. They give advice and support on a range of issues including assessments, individual education plans, statements of special educational needs, bullying, school attendance, exclusion, health and social care provision and discrimination.

They also provide advocacy, disagreement resolution, discrimination advice, advocacy and training for young people, parents and professionals.

SNAP Cymru has worked to facilitate partnership for over 36 years and has a wealth of knowledge and experience. They hold the Legal Aid Agency's Specialist Quality Mark, Investing in Volunteers Quality Mark and were awarded The Queen's Diamond Jubilee Award for Voluntary Service.








They are the leading provider of Parent Partnership and Disagreement Resolution Services in Wales, and have developed representation and advocacy services for children and young people, parents and carers.

SNAP Cymru works with the twenty two Local Authorities in Wales. They also work closely with Social Services, Health, Schools, Early Years Providers, Social Care providers, Careers Wales and Third Sector partners.

To find out more visit snapcymru.org.uk

Carers Support Project events, activities and workshops for Winter 2022

Event/Activity/Workshop	Venue, Date & Time	Information
October 2022		
<p>Lifestyle with Lynds – Join Lyndsey on this monthly challenge ‘steps for the soul’. Throughout the month you will set your own goals and be part of a group that will motivate and encourage you to get out and get active. Join us for some fabulous fun, meet new people and make friends along the way.</p>	<p style="text-align: center;">Monday 3rd October Initial zoom meeting 1:00pm This is a monthly challenge so will take place at various locations.</p>	 Bronze. Carer Only.
<p>Chatterbox – our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.</p>	<p style="text-align: center;">Tuesday 4th October 10am – 11.30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Bronze. Carer Only.
<p>Wellness, Me & Tai Chi – On World Mental Health Day 2022, we’ll be joined by Wellbeing Coordinator Melanie, who will be talking to us about promoting self-well-being and the importance of looking after our mental health. There will then be a Tai Chi ‘taster’ session to round the afternoon off.</p>	<p style="text-align: center;">Monday 10th October 1pm – 2.30pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Silver. Carer Only.
<p>Carers Connects – join this Carers 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 style="text-align: center;">Tuesday 11th October 10am – 11.30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Bronze. Carer Only.
<p>Carers Cwtch – join us for a fabulous evening of fun and games! You’ll have the opportunity to have a ‘night in’ with other Carers in a light-hearted atmosphere.</p>	<p style="text-align: center;">Tuesday 11th October 6.30pm – 8pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Bronze. Carer Only.
<p>Dementia Awareness Event – Do you care for someone with dementia? Would you like to find out more and feel better supported? Join us at this workshop and find out more about dementia and communication, the art of reminiscence, and take part in relaxation exercises. You will also be able to meet other Carers who are in similar situations to yourself.</p>	<p style="text-align: center;">Wednesday 12th October 10:30am – 12:30pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Bronze. Carer Only.
<p>Coping with caring & the Menopause – Join us and celebrate World Menopause Day! The physical and emotional changes that we experience as part of the menopause can often exacerbate the difficulties we face in our caring roles. Join us in this informative session, which will look to provide information and share practical skills on how we can best face our bodily changes.</p>	<p style="text-align: center;">Tuesday 18th October 10:30am-12:30pm Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	 Bronze. Carer Only.

Event/Activity/Workshop	Venue, Date & Time	Information
October 2022 (Continued)		
Carers Clinic – The Carers Team will welcome RCT Citizens Advice Bureau who will offer information on various money matters, from energy bills and discount water schemes, to savings and household bills.	Thursday 20th October 10:30am-12:30pm Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
Barbers & Butties – Following on from the success of our last 'Barbers and Butties', we are offering our male carers the opportunity for a free haircut, bacon butty and a good old blokey chat!	Tuesday 25th October 12:30pm-2:30pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Male Carers only. 
Self-Defence Workshop – join us for this self-defence taster session. The aim of the session is to give you some basic skills in the art of self-defence, all done in a fun and safe environment. All abilities welcome, however please be aware that due to the nature of the event a basic level of mobility is required.	Friday 28th October 10:30am – 12noon Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
November 2022		
Chatterbox – our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	Tuesday 1st November 10am – 11.30am Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
Autumn extravaganza – A fantastic opportunity for families this October half term. Join us for some arts, crafts, games and more - all guaranteed to go off with a 'bang'. Please specify when booking the total amount of adult and child tickets required.	Thursday 3rd November 11:00am-2:00pm Hawthorn Community Centre Fairfield Lane, Hawthorn CF37 5LN	Silver. Carers & their families. 
Sister Act the Musical – With songs inspired by Motown, soul and disco, this heavenly musical is joyous and uplifting in equal measures. A musical sent from above, Sister Act is the brilliant, must-see show which raises the spirits and warms the soul time after time! (Please note no transport is provided)	Thursday 3rd November Show Start time: 2:30pm Wales Millennium Centre, Cardiff Bay	Gold. Carer Only. 
Carers Connects – join this Carers 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.	Tuesday 8th November 10am – 11.30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
Carers Cwtch – join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light-hearted atmosphere.	Tuesday 8th November 6.30pm – 8.00pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 

Event/Activity/Workshop	Venue, Date & Time	Information
November 2022 (Continued)		
Come Dine With Claire – join us at our Carers Project cook-a-long, and lets make some delicious offerings, and all from the comfort of your own kitchen!	Wednesday 9th November 10:30-12noon Zoom	Bronze. Carer Only. 
Recharge with Art – We know how much art can provide an escape during difficult times. Art can be a fantastic way to manage emotions and help us to express our feelings, so join us for this therapeutic session, giving you the opportunity to switch off your minds and dive into art.	Friday 11th November 11:30am – 1:30pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Silver Carer only. 
Adult Quiz Night – Ever been sat at home shouting out the answers at the TV whilst watching The chase, Pointless or Who wants to be millionaire? Well, here is your opportunity to be put in the spotlight. We have a professional quiz master to host a Quiz night like no other. Guaranteed fun and laughter awaits!	Thursday 17th November 6:30pm-9:30pm Barry sidings Country Park, Trealaw CF37 2PE	Gold. Carer Only. 
Christmas Shopping Trip – join us for a jolly in Bristol for the day. There’s plenty of shops and restaurants to tickle your fancy, plus, an outdoor market to see. For those who prefer to sight-see, there’s lots of this available in this historic City too! (Please note this event is open to Carer and cared of, but not those who are school age).	Friday 18th November Coach pick up time: 8:30am Pontypridd Bus Station Bristol City Centre	Gold. Carer & Cared For. 
Carers Rights Day – join us and celebrate Carers Rights Day. There will be information stands, professionals on hand to answer any queries and provide support, a range of fun filled activities on offer throughout the day, and workshops aimed at supporting you in your caring role.	Friday 25th November 10:30am – 2:30pm Llantrisant Leisure Centre, Ty Meirbon Lane, Southgate Park CF72 8DJ	Bronze. Carer & their families. 
Busy with Becs Christmas Special – Come along and have a go at some Christmas Crafting or make some bespoke Christmas gifts in this one-off event – not one to be missed!	Tuesday 29th November 10:30am – 12:30pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Silver. Carer Only. 
December 2022		
Christmas in Cynon – come along to our ‘Christmas Cracker’ at Cynon Valley Indoor Bowls Club. There’ll be fun for all the family including music, a sit down meal and maybe a visit from the ‘main man’ himself – Father Christmas. <i>Please specify when booking the total amount of adult and child tickets required.</i>	Saturday 3rd December 11:00am – 2:30pm Cynon Valley Indoor Bowls Club, Duffryn Road, Mountain Ash CF45 4DA	Gold. Carer & Cared For. 
Chatterbox – our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	Tuesday 6th December 10.00am – 11:30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 

Event/Activity/Workshop	Venue, Date & Time	Information
December 2022 (Continued)		
Panto – Join us at this family panto and follow the fun and frolics of Jack and Daisy. With Castles in the clouds, a golden hen and a larger-than-life beanstalk, this panto is full of family fun and magical giant sized comedy. *This is a relaxed screening. Please specify when booking the total amount of adult and child tickets required.	Saturday 10th December 2pm start The Coliseum, Mount Pleasant, Trecynon, Aberdare CF44 8NG	Gold.  Carers & their families.
Bute Park Lights – As darkness descends this December, Christmas at Bute Park will illuminate and transform the grounds into a magical winter wonderland. Journey through a breath-taking spectrum of illuminations, sculptures and special effects, including a ‘hypnotic laser section’ and an ‘epic orb of iridescent colour’, which are some of the brand-new sights set to dazzle visitors of all ages this year. Please note due to demand, tickets will be available for 1 Carer / 1 Cared for.	Sunday 11th December 5:30pm onwards Bute Park, Cardiff (enter via the Castle Mews entrance which opens onto North Road)	Silver.  Carer & Cared for.
Carers Connects – join this Carers 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.	Tuesday 13th December 10.00am – 11.30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze.  Carer Only.
Carers Cwtch – join us for a fabulous evening of fun and games! You’ll have the opportunity to have a ‘night in’ with other Carers in a light-hearted atmosphere.	Tuesday 13th December 6.30pm – 8.00pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze.  Carer Only.
January 2022		
Carers Connects – join this Carers 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.	Tuesday 10th January 10.00am – 11.30am Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze.  Carer Only.
Carers Cwtch – join us for a fabulous evening of fun and games! You’ll have the opportunity to have a ‘night in’ with other Carers in a light-hearted atmosphere.	Tuesday 10th January 6.30pm – 8.00pm Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze.  Carer Only.
Escape Rooms – Escape rooms will include one of the following Escape Rooms - ‘Zombies’, ‘The Tomb’ and ‘Oculus’. All rooms require you to solve a series of puzzles within a certain time to ‘unlock’ the room. An activity full of fun and one that’s sure to get your brains thinking. (Please note no transport is provided).	Thursday 12th January 12noon onwards Escape Rooms, 119 St Mary St, Cardiff, CF10 1DY	Silver.  Carer Only.
Get Crafty – Pop along and join us for a cuppa and some craft during this ‘Get Crafty’ session with the Carers Support Project Staff.	Thursday 19th January 10:30 – 12:30 Carers Support Project Hub 10-12 Gelliwastad Road, Pontypridd CF37 2BW	Silver.  Carer Only.