

# NEWS

## CARERS

Updates from Rhondda Cynon Taf  
Carers Support Project



Issue: 77 • Summer 2023

Welcome to the Summer 2023 edition of Carers News. You might notice that this newsletter is a bit briefer than in the past, but we hope you'll find it short and sweet! If you have any questions, please get in touch using the contact details below.

## Celebrate Carers Week 2023 with us!

*This year's theme is: 'Recognising and supporting carers in the community'.*

### Marvellous Monday

Monday 5th June, Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, 10.30 am – 12 noon.

You might think of the caring you're doing as just what any good husband, brother, father, son, or friend would do, but it's important that you feel appreciated and acknowledged. To kick-off Carers Week, we would like to recognise all that you do, and offer an opportunity to meet others who understand and are in similar situations, over a hands-on activity in a laid-back setting.

### Chatterbox – Carers Week Special!

Tuesday 6th June, Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, 10 am – 11.30 am.

For Carers Week 2023, we just had to plan something extra special for Chatterbox. All will be revealed, but for now we're keeping the surprise up our sleeves!

### Our Creative Community

Tuesday 6th June, Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, 6.15 pm – 7.45 pm.

This soul-nurturing workshop will be an artsy opportunity to explore themes such as connections, personal stories, environmentalism, and community. We are looking forward to trying new techniques and learning new skills from artist Hannah, all whilst creating our own piece to take home. We can't wait to see all your crafty creations!

**Recent highlights –**  
Here's a flavour of what we get up to!



**Chatterbox** headed out into the sun! (April 2023)



**Dance Fit & Fun** got groovy! (February 2023)



**Cwtches at Jewellery Making!** (March 2023)



Getting crafting at **Carers Cwtch!** (January 2023)

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Mae'r ddogfen hon ar gael yn Gymraeg / This document is also available in Welsh



RHONDDA CYNON TAF



## Wondrous Walkers – A Community Challenge

*Wednesday 7th June, Ynysangharad War Memorial Park, Pontypridd CF37 4PD, 10 am – 1.30pm.*

Teamwork makes the dream work! This Carers Week, we would love you to join us on our biggest walking challenge to date. We will be getting together to do as many laps as possible in 3 hours, with each lap you do contributing to the total laps we record. Whether its 1 lap or 10, we need you! The event will include a presentation ceremony, where we will announce our total number of laps. Why not bring along a picnic and make a day of it?

## Thank You Thursday – A Celebration Event

*Thursday 8th June, Temple Baptist Church, Gelliwastad Road, Pontypridd, CF37 1QP, 11 am – 1pm.*

This Carers Week, we will be celebrating and appreciating RCT's unpaid carers. If you know a carer who goes the extra mile, then we would love to hear all about it! Please email nominations to us at: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk) by Thursday 1st June, telling us why this person deserves to be celebrated. It would be brilliant if you would like to join us in celebrating the fantastic carers we have here in Rhondda Cynon Taf. Awards will be presented from 11 am - 12 noon, with a light lunch to follow. Please get in touch to register your interest to attend. All nominees will be contacted and personally invited.

## Bitesize: Money Matters



*Friday 9th June, Carers Support Project Hub, 11-12 Gelliwastad Road, Pontypridd, CF37 2BW, 1-2pm.*

Are you wanting to become a bit more financially savvy? We'll be finding out about what's available in the local community, to help us look after our precious pennies, so the pounds can look after themselves! Bring along your questions and let's get you some answers!

As places are limited, please let us know if you would like to come along to our groups or events.



## Regular monthly meetups:



We run a wide range of groups and events, providing opportunities to make new friends, have new experiences, and gain the emotional support, information, and advice you need.

Unless otherwise stated, our groups meet at our Carers Support Project Hub at 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW.

★ **Chatterbox** is an informal, friendly group and your time to relax, gain the information you need, and chat with other carers who understand the ups and downs of caring. **Chatterbox meets on the first Tuesday each month at 10am – 11:30am.**

• Tuesday 6th June • Tuesday 4th July • Tuesday 1st August • Tuesday 5th September

★ **Carers Cwtch** is a friendly social group for carers. This is your time switch-off and join other carers for a 'night in'. Themed activities vary month-by-month with games, crafts, and baking just a flavour of what we get up to! **Carers Cwtch is held in the evening on the second Tuesday each month from 6.30pm – 8pm.**

• Tuesday 13th June • Tuesday 11th July • Tuesday 8th August • Tuesday 12th September



- ★ **Carers Connects** is an opportunity to talk to a trained counsellor and other carers, and explore different strategies which might help you to look after your wellbeing whilst you are caring. ***Carers Connects meets on the second Tuesday of the month at 10am – 11.30 am.***
  - Tuesday 13th June • Tuesday 11th July • Tuesday 8th August • Tuesday 12th September
  
- ★ **Welcome Wednesday** – If you're a newly registered with us, or perhaps have never attended any of our events before, this is a great opportunity to receive a warm welcome and meet others in the same boat. Why not pop along and check out our Hub over a cuppa, meet the team and some friendly faces, and learn more about what we have to offer? ***Welcome Wednesday takes place on the second Wednesday each month at 10.30am - 12 noon.***
  - Wednesday 14th June • Wednesday 12th July • Wednesday 9th August
  - Wednesday 13th September
  
- ★ **Listening Ears** – If you feel you might benefit from a sympathetic listening ear, perhaps if you're on our waiting list for counselling, or considering whether you might want counselling in the future, then this group is for you! Come along for a relaxed natter and talk things through with our understanding and compassionate team. ***Listening Ears sessions take place on the fourth Wednesday of each month from 10am – 11.30am.***
  - Wednesday 28<sup>th</sup> June • Wednesday 26<sup>th</sup> July • Wednesday 23<sup>rd</sup> August
  - Wednesday 27<sup>th</sup> September
  
- ★ **Me & Mine** – You told us that it can be tricky to make our groups when there isn't someone else available to look after the person you care for. Why not bring them along to Me & Mine? Our Hub has step-free access, lots of games, and will be filled with the most supportive and understanding group of people you'll ever meet– other carers! ***Me & Mine meets on the last Monday of each month from 10 am - 11.30 am.***
  - Monday 26th June • Monday 31st July • This group will not meet in August
  - Monday 25th September
  
- ★ **Crafty Café** – We're thrilled to introduce a new monthly group to enjoy all the therapeutic benefits of arts and crafts, in a friendly and sociable setting. Come get creative with us! ***Crafty Café is held the third week each month from 10 am - 12 noon.***
  - Monday 19th June • Monday 17st July • Monday 21<sup>st</sup> August (open to the whole family)
  - Monday 18th September
  
- ★ **Dance Fit and Fun** – What better what to get active than whilst having a laugh? Get together with other carers to put the feel-good factor in fitness. Guaranteed to make you smile and get you feeling energised! ***Dance Fit and Fun will be held each month from 12.30 pm – 2pm.***
  - Thursday 22nd June • Thursday 27th July (open to the whole family)
  - This group will not meet in August • Thursday 21st September

Making sure that you have the information and advice you need to feel empowered in your caring role is one of our top priorities. We're on-hand to support you with this, and are only ever a phone call away. Alternatively, why not look at our online webpages, drop us an email, or come say hello at one of our monthly meetups or events?



## Other events this summer:

- ★ **Picnic in the Park** – Let's make the most of picnic season! This Loneliness Awareness week, we're getting together on Thursday 15th June in Ynysangharad War Memorial Park, Pontypridd CF37 4PD from 12.30 – 2.30 pm. If you're caring for an adult, why not bring them with you?
- ★ **Bitesize** – Knowledge is power, and we want you to feel empowered! We will be running a series of information workshops, looking at different topics related to caring.
  - **Parent Carer Special**  
Are you a parent carer? Would you like to find out more about what support is out there for you and your child? Friday 7th July, 1pm – 2pm at the Carers Support Project Hub.
  - **Mental Health Special**  
Let's look at ways to look after our mental wellbeing and try out some relaxation techniques. Friday 8th September, 1pm – 2pm at the Carers Support Project Hub.
- ★ **Outdoor Family Fun** – Join us this summer for some family fun as we go exploring around Barry Sidings Country Park, Trehafod, Nr Pontypridd, CF37 2PP. We will be heading out into great outdoors for some fresh air, laughter, and exercise on Thursday 3rd August from 1pm – 3pm.
- ★ **Transitioning to Adulthood Workshop** – Does your child have a learning disability, and are they going into their final year of school or college? Are you wondering what comes next? Then this workshop will be for you! Bring along any questions to our virtual session taking place on Thursday 28th September from 10.30am – 12 noon at the Carers Support Project Hub.
- ★ **Lifestyle with Lynds** – Are you interested in joining a Whatsapp group to motivate and encourage each other to get out and get active? Take part in a challenge across the month, have some fabulous fun, and make new friends along the way. For more information contact: [Lyndsey.R.Williams@rctcbc.gov.uk](mailto:Lyndsey.R.Williams@rctcbc.gov.uk)

## Don't forget about the other services we offer!

- ★ Information and Advice
- ★ Carers Emergency Card
- ★ Counselling service
- ★ Carers leisure discount
- ★ Young Carers card
- ★ MAX card
- ★ Support for Young Adult Carers from our designated support worker

