

NEWS

CARERS

All the latest Carers information from around Rhondda Cynon Taf



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Issue 62 • Spring 2018

Carers Rights Day Celebrations

The Carers Support Project and the Rhondda Cynon Taff Equality and Diversity Team worked together to provide a joint Carers and Disability Event for Carers Rights Day 2017.

The event took place at Hawthorn Leisure Centre on Friday 24th November 2017.

Information was made available from a variety of organisations including from the Stroke Association, who were on hand providing free blood pressure checks, Drugaid Family Support, the Welsh Ambulance Service, who shared some life saving skills, NEST, the Challenging Behaviour Support Group and Bosom Pals.

Carers had some "me" time as they took advantage of the free activities on offer including Indian Head Massage, Reflexology, Hand Massage, Floral Art and Cooking demonstrations. There was also arm chair yoga and two workshops on taxi licensing and housing and council tax benefits.

We would like to thank all partner agencies who attended for their support in making our Carers and Disability Event for Carers Rights Day 2017 a success.

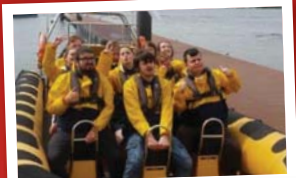


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RHONDDA CYNON TAF

Support from age UK

Although caring for an older person can be rewarding, it can sometimes be tough too. You may not even think of yourself as a carer or be aware of the many sources of emotional, practical and financial support that are available to you. Age UK cover the main things to help lighten the load a little.

They can offer support and advice on money worries, juggling work and care, looking after yourself and support when your caring role changes.

To find out more visit: <https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/>

Carers Wales Local Volunteers

As a carer, you'll know how caring can cut some people off from the outside world. It's hard to meet other people who know what you're going through and sometime it takes a while to even recognise you are a carer.



That's why Carers Wales has a network of volunteers who use their knowledge and expertise to help other carers, a team of volunteers who understand what caring is like in order to reach out to carers, raise awareness of carers' issues and improve local services. Whether you are still caring or your caring role has ended, your experience is valuable to other carers.



We'd love you to help us help carers like you!

Carers Wales needs more volunteers in Rhondda Cynon Taf raising awareness of the services and support available to carers and the issues affecting carers.

Being an Awareness Volunteer

- Raising awareness of the services available to carers
- Helping people recognise themselves as carers
- Building understanding and compassion in the local community

We know life can be unpredictable, so our volunteering role is very flexible, designed to fit around your life, if you can offer at least 2 hours a month, we'd love to hear from you.

There are lots of ways you can volunteer, either by getting out and about in your local community supporting information stands, putting up posters or leaving information leaflets in community hubs. You can pop along to local support groups to supply them with Carers Wales publicity materials or just pop along to talk with the group. You can even volunteer from the comfort of your armchair via social media.

Want to know more?

If you would like to know more contact Julie Skelton Julie.skelton@carerswales.org 029 2081 1370

LGBTQ & Caring

Some people feel the support services are 'not for them' and won't understand their needs. Some people may access support late or not at all because they anticipate stigma or discrimination. This adds to the impact on the carer's life, and can increase feelings of isolation.

However caring affects you, we're here. This booklet explores the experiences of LGBTQ+ carers, and outlines what support is available.

This factsheet contains information on:

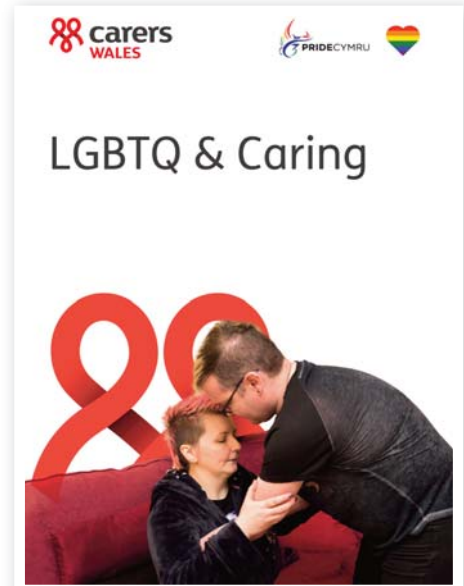
- Recognition as an LGBTQ+ carer
- Equality and diversity in public services
- What LGBTQ+ carers want from public services
- Getting support from the local council
- Different ways of managing someone's affairs
- Working LGBTQ+ carers
- Getting help and support

Download the leaflet at:

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



PRIDE CYMRU



Chwarae Teg Women's Development Programme

Benefit from our fully funded Career development programme to bring out the team leader in you.

Our Programme involves:

- Getting to know you – identifying your goals, barriers, skills, abilities and personal learning styles to create an action plan for your development journey
- Individual advice, support and guidance from our dedicated and experienced team
- Achieving a qualification accredited by the world renowned Institute of Leadership & Management (ILM)

- Tailored bite-sized learning modules to gain further knowledge, experience and confidence to reach your potential
- Opportunities to meet, share and learn from inspirational women in Wales

Our Women's Programme provides our graduates the opportunity to apply for:

- A training allowance of up to £750 for technical training you may need to progress in your career
- 1:1 Mentoring Scheme

CALL US TODAY TO FIND OUT MORE • 0300 365 0445 • WWW.MAKEYOURSELF.WALES

**Chwarae
Teg**

Parent Praise *Clarks*

Clarks' shoes have received a lot of press attention recently. The shoes that go by the name, Hula Yo Gore-Tex, have been popular with parents who say they are ideal for children with autism and sensory issues.

The shoes are black leather upper making them waterproof, with rubber sole and have a double velcro fastening. They come in a range of sizes for children and have wide fitting options.

The shoes are currently available in adult sizes 3-8, with Hula Go versions in infant sizes 10-12.5 and junior sizes 13-2.5, with F and G width fittings.

Visits Clarks to see the shoes.



Water Sure Wales

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

- ✓ Income Support
- ✓ Income Related Employment & Support Allowance
- ✓ Income-based Jobseeker's Allowance
- ✓ Pension Credit
- ✓ Housing Benefit
- ✓ Working Tax Credit
- ✓ Child Tax Credit (except families in receipt of the family element only)
- ✓ Universal Credit
- ✓ Disability Living Allowance (DLA)
- ✓ Personal Independence Payment (PIP)

AND

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

OR

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

- ✓ Desquamation (flaky skin disease)
- ✓ Weeping Skin (eczema, psoriasis, varicose ulceration)
- ✓ Incontinence
- ✓ Abdominal Stoma
- ✓ Crohn's Disease
- ✓ Renal failure requiring home dialysis (except where the healthy authority contributes to the cost of the dialysis)
- ✓ Other: another medical condition which requires the use of a significant amount of extra water

The WaterSure Wales charges are £126 for water and £182 for sewerage for the period 1 April 2017 to 31 March 2018.

Please note: You don't qualify for WaterSure Wales if:

- ✗ You don't have a water meter fitted at your property.
- ✗ You water your garden with a non-handheld appliance, such as a sprinkler or domestic irrigation system.
- ✗ You have a swimming pool or pond with a capacity of over 10,000 litres.
- ✗ This isn't your main home.
- ✗ Your property is used for commercial purposes.
- ✗ You share payment of your bill with your neighbour(s).



If you'd like to apply for WaterSure Wales, please visit www.dwrcymru.com

Communities for Work

Out of Work?

Communities for work have a dedicated team who can help:

- Develop the skills you need to find work
- Advise and support you with any problems you are facing with employment
- Help you find the job you would like

For more information please contact 01443 424761





THE place for well-being information in Wales. Find local organisations and services that can help YOU!

Being well

Being safe

Managing your money

Children and families

Being social

Looking after someone

Being at home



Dewis Cymru

Dewis Cymru is the place for information about well-being in Wales.

They have information that can help you think about what matters to you, along with information about local organisations and services that can help.

You can find things out around being well, being social, managing money, children and families and looking after someone.

For more information please visit:
<https://www.dewis.wales/>

Free Will Writing Service

Cancer Research UK have partnered with solicitors nationwide to provide a Will-writing service that is free for people over 55 who want to write or update a simple Will.

They can also offer guidance and information about leaving a legacy gift to Cancer Research UK.

If you would like your gift to be spent in a specific way, perhaps towards research into a specific cancer type or in your local area, please ask your solicitor to contact our Free Will Service Team who would be happy to help.

How to use the Free Will Service - 3 steps

1. Start thinking about what you have – your estate and assets – and who you'd like to be your executor
Use their Will Planner
2. Find your nearest participating solicitor to help you write or update your Will by:
Using their Free Will Service Solicitor Search or contact their Regional Legacy Team on 0300 123 7733
3. Fill out the Free Will Service Form and take it along to your appointment. The solicitor will then prepare everything for you and once your Will is finished and signed, they will invoice Cancer Research UK up to a fixed fee.

For more information visit:

<http://www.cancerresearchuk.org/support-us/donate/leave-a-legacy-gift-in-your-will/free-will-service>



**CANCER
RESEARCH
UK**

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:

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

Please email CarersSupportProject@rctcbc.gov.uk or call **01443 668813** to request a hardcopy form.



Grants and other sources of funding

There are many search tools you can use to try and find a grant that could help to support you and your individual circumstances.

Some Search tools include...

Turn2us: a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face. The website features a free and easy to use grants search and benefits calculator. www.turn2us.org.uk

A Guide to Grants for Individuals in Need: this book contains details of over 2,000 trusts and charities. Each entry includes eligibility information, the type of grant given, contact details and how to apply. It is available from the Directory of Social Change at a cost of £85: <https://www.dsc.org.uk/publications/>

Alternatively you can subscribe to the website www.Grantsforindividuals.org.uk to search online for funders.

Disability Grants: this website has details of a variety of charities and trusts which give out grants to disabled people and their families and carers. www.disability-grants.org

TURN2US **dsc**
directory of social change

helping you
to help others

Grantsforindividuals.org.uk

Valleys Steps Self Help Courses

Community based self help courses are available in this area, they are free and are being delivered by Valleys Steps in partnership with Communities First and supported by Cwm Taf UHB

For more information and course dates please see their website or give them a call.

Valleys Steps
Camau'r Cymoedd 

WWW.VALLEYSSTEPS.ORG
Telephone- 01443 803048

Past Carers Group RCT

Tel 01443 491850 for more information.

Monthly meeting in the Museum Pontypridd

Has your caring role recently come to an end?
Has the person you have been caring for entered residential or nursing care?
Have they passed away?
Or have they re-gained their health?
Either way this group could be for you...

The Past Carers group offers companionship and friendship, there will always be someone at the end of a telephone if needed. The group arranges lots of outings and day trips and truly will be like a second family.

The Past Carers Group meets at Pontypridd Museum, by the bridge, at 10:30am on the second Friday of every month (except Xmas).

Call in and meet them. If it helps you can bring a friend or relative to keep you company.

You can just turn up or for more information please call 01443 491850

The Royal British Legion Admiral Nurse Service

Supporting Carers and Families of those with dementia

What they do?

The Royal British Legion Admiral Nurse offers specialist support, information and advice to the Carers of people with dementia. The service aims to help family Carers gain the necessary skills to assist with dementia care, promote a positive approach to living well with dementia and improving quality of life. The service has been developed in partnership with Dementia UK.

Am I eligible?

To qualify for this service the Carer or person with dementia needs to be a beneficiary of the Royal British Legion. This includes anyone who has serviced in the British Armed Forces, their family and Carers.

THE ROYAL BRITISH
LEGION

**To find out more contact
Admiral Nurse Service
South Wales on 0333 011 4497**

A Living Hell

My wife has dementia and it's a living hell
But I know she's in there somewhere,
deep within her mortal shell
She speaks in a language that no one can decipher
Only she knows and it's locked deep down inside her
But when she awakens and opens her eyes
Her face lights up with a smile she can't disguise
And for that very brief moment in time
The woman I love is back and she's all mine
Gone is the anguish, stress and pain
The beauty inside is released and she is mine again
Then throughout the morning she's gone once more
Her thoughts her own, staring at the floor
Dementia is her life, mine is her care
But the love of each other we will always share.

By Austin Howells, an RCT Carer

Vehicle Tax

Did you know you may not have to pay any vehicle tax if you get:

- higher rate mobility component of Disability Living Allowance (DLA) or
- enhanced rate mobility component of Personal Independence Payment (PIP)

Also, you can get a 50% reduction in vehicle tax if you get the Personal Independence Payment (PIP) standard rate mobility component.

Find out more by visiting:

<https://carers.org/article/free-and-discounted-vehicle-tax>



Upfront

carers WALES
making life better for carers

Get straight to the information you need with Upfront - the free online tool.

Upfront is an online tool that gives you your own personalised guide to caring. As well as covering practical and financial support, it includes information to help with managing the impact of caring on health and relationships.

This is a simple tool for carers who are new to the maze of benefits and entitlements. Fill in your details, spend a couple of minutes answering questions and you'll be guided to the information you need.

<https://www.carersuk.org/upfront/>

The State of Caring Report 2017

The Carers Wales State of Caring report is based on a survey of unpaid carers looking after loved ones. The aim to capture the day to day experience of caring. Here are some statistics from the report:

- 1 in 10 Welsh people are unpaid carers
- £8.1 billion – the estimated value of unpaid care in Wales
- 72% carers of carers felt their contribution is not understood or valued
- 65% found it difficult to get a night's sleep
- 52% have suffered depression as a result of caring
- 73% said their GP knows they are a carer but don't do anything different as a result
- 40% said they haven't had a day off in a year
- 1 in 5 carers caring for 50 hours or more a week receive or buy no practical support to help them
- 66% of carers said they had not been offered or requested a carer's assessment
- A third were worried that support might be reduced in the future
- 43% said they are struggling to make ends meet
- 47% said they'd given up work completely to care

Find out more and read the full report by visiting <http://www.carersuk.org/wales/news-campaigns/news/press-release-state-of-caring-in-wales-2017-released>



Festive Frolics

Festive Frolics our Carers Christmas Party was a huge success. Carers young and old joined us with their families for festive fun.

There was a quiz, craft, Christmas sing-a-longs, party games, Christmas lunch and not to mention a visit from Santa. Much fun was had by all!



The Feelgood Factory, Llantrisant

Whatever your age or condition.... **Improve Mobility, Firm & Tone**

We all know that exercise is good for you, both physically and mentally. But it can be daunting attending a regular gym – especially if you haven't exercised in years!

Our gym is different!

Based in Llantrisant (near the leisure centre) we have a social enterprise toning suite which is made up of 12 pieces of power assisted equipment (6 beds and 6 chairs.)

Each machine is used for just 3 minutes and at the end of a circuit you will have had a workout that targets all of the main muscle groups.

Our motto is 'exercise for everyone' and the toning beds are suitable for people of all ages and abilities, whatever their fitness level or mobility issues.



In addition to our toning beds, we also have 2 treatment rooms and offer a full range of beauty, massage and complementary therapies, all carried out by our friendly therapists. (You don't need to be a member of the gym to access these treatments).

We also offer other classes such as relaxation (every Thursday evening) and dance fitness (Saturday mornings) at the centre.

The atmosphere at the FeelGood Factory is warm, friendly and sociable – a lifeline for people living alone, it's the perfect place to visit to make new friends, have a cuppa and a chat after working out.

But don't take our word for it, here are a few quotes from some of our customers ...

Amazing place, relaxing atmosphere and warm, friendly staff. Felt really good after my first session, will definitely be going back on a regular basis. Have been telling all my friends about it. A hidden gem of a place! A.M

To be greeted by smiles and being made to feel welcome is the reason people return, no feeling of competition just a feeling of support. Well done for getting it right. Highly recommended! KJ

Friendly welcoming environment with great staff - really does have that Feel Good factor. Easy to use equipment offers something suitable for everyone, with no pressure to push beyond your personal comfort zone. Relaxing atmosphere enhanced with the new complementary therapies now available on site help to make each visit a calming experience as well as physically beneficial. MO

Why not come along and try us out?

We offer a free induction and free weeks trial with no obligation to join and there are no contracts tying you in to membership, meaning you can cancel at any time.

We're also offering a special offer for new members who join in January and February 2018 of £10 off the usual monthly membership of £35. So you can shed those Christmas inches and start off the New Year as you mean to go on.

Contact us today to find out more or find us on facebook.
01443 224398
www.feelgoodwales.co.uk
Info@feelgoodwales.co.uk



FREE 7 CONSECUTIVE DAYS, NO OBLIGATION TRIAL

Family Support Drop In



Every other Tuesday at 12.30pm to 2.30pm

The Family Support Team welcome you to come along and meet us and other carers for support, information or just a chat.

Tea/coffee and biscuits provided.

We hope to see you there.

Dates for your diary in 2018

January 2nd, 16th, 30th

February 13th, 27th

March 13th, 27th

April 10th, 24th

May 8th, 22nd

For further information, please contact:

Family Support Team,
The Next Step,
8 Gelliwastad Road,
Pontypridd,
CF37 2BP
or telephone: **01443 408087**



**Dementia
Friendly
Maerdy**

DEMENTIA FRIENDLY MAERDY WELCOMES FAMILIES, FRIENDS & CARERS

Dementia Friendly Maerdy is a group of like minded individuals who are committed to making the Rhondda a safe and supportive community for people living with dementia.

In the New Year we will be developing new ideas to help people living with dementia **and all their family members, friends and carers.** We wish to include everyone in the process.

If you are interested, or want to join us, then please contact:-

✉ dementiafriendlymaerdy@gmail.com

f [dementiafriendlymaerdy](https://www.facebook.com/dementiafriendlymaerdy)

☎ 07542 877224



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 individual event write ups to see which category each event falls under.

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

Places will be allocated on first come first served.

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

Event bookings will open on Tuesday 23rd January.

To book on any of the events please call or email the Carers Support Project on **01443 668813** or email: **CarersSupportProject@rctcbc.gov.uk**

THERE IS NO LONGER A BOOKING FORM.



Spring Awakening

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

Would you like two days (and a night) away from your caring role? Would you like to take part in some fun filled activities? Would you like to meet other Carers? If so, read on....

Where will the residential take place?

For 2 days our home will be Dare Valley Country Park, Aberdare. Parking, if needed, is available free of charge on site.

When is the residential?

The residential will take place on Friday 23rd March through to Saturday 24th March 2018.

Where will I be staying?

We have booked out the hotel rooms at Dare Valley. (Please note there may be a requirement to share a room with another Carer(s)).

What's the aim of the residential?

The idea is that you get time to focus on yourself. This residential is about giving you respite from the demands of your caring role.

What can I expect?

Day 1 - Arrival will be at 10am. You will take part in a team building session where you will get to know each other through fun filled activities. Following this there will be a Laughter Workshop, where there will be lots of laughter guaranteed.

After a tasty lunch there will be a mindfulness and stress busting session, followed by a leisurely stroll through Dare Valley Country Park.

After our yummy 2 course evening meal we will have a movie and games night...fun fun fun!

Day 2 - Starts with a wholesome breakfast, choose from a full English or classic continental. This will be followed by Indian Head Massage tuition, where you will learn and practice the techniques of Indian Head Massage. After lunch you will try your hand at Archery and Laser Shooting. Then at 4pm it's time to say goodbye.

What about food and drink?

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

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, only one Carer allowed per household.

There is an expectation that you take part in the whole residential, this is from 10am on Friday 23rd March to 4pm on Saturday 24th March.

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

Contact the Carers Support Project on 01443 668813 to reserve your place. Please note places are limited and will be allocated on a first come first serviced basis.

Carers Mental Health Forum

Join us at our new venue -
St Catherines Church,
Gelliwasted Road,
Pontypridd CF37 2UF
(upstairs)

Do you care for someone
with a mental illness?

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

If so, join us, meet other carers and share
experiences over a cup of
tea or coffee. Guest
speakers are arranged for
each forum to keep you
up to date with the
services that could
support you and the
person you look after.

The Forum is an informal
group, there's no need to
book just come along.



Dates for 2018
Tuesday 16th January
Tuesday 17th April
All from
10:30am - 12:30pm

Chatterbox

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

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

No booking needed. Just turn up on the day.

Get in Touch...

Contact Claire on 01443 668813.

CarersSupportProject@rctcbc.gov.uk



Join us on...
First Tuesday
of the month
10am - 11:30am
St Catherine's Church
Gelliwastad Road,
Pontypridd CF37 2UF

Free Carers Legal Clinic

RCT Carers Support Project is
providing a free Carer Legal Clinic on
the last Thursday of the month.
Starts Thursday 25th January 2018

Are you a Carer? Do you care for a family member,
friend or neighbour? Would you like some free
legal advice?

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

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

If so, why not book a free initial 40 minute
consultation appointment in a relaxed informal
environment. All appointments will take place
in Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN

**Booking essential. To book a place or for more
information, please call the Carers Project on
01443 668813.**

Get in Touch...

Rhondda Cynon Taf Carers Support Project
CarersSupportProject@rctcbc.gov.uk



Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board



Mamgu's Cakes and Bakes



When? Wednesday 28th February 2018

Where? Coleg Y Cymoedd, Nantgarw Campus, Parc Nantgarw CF15 7QX

What time? 9:30-12:30pm

Join us for some traditional Welsh baking to create your very own St. David's Day feast, just like Mamgu used to make.

You will make blasus (tasty) Welsh cakes and bendigedig (wonderful) bara brith, and lots more yummy, scrummy, Welshy yummys.

If you wish, you can wear a daffodil, a leek, or your favourite Welsh rugby shirt.

This is a carer only event.



CrISP anyone?



Carer Information and Support Programme (1) (CrISP)

taking place on; Thursday 15th March and Friday 16th March 2018, starting at 9.30am – 3.30pm Hawthorn Leisure Centre – Pontypridd.

Outline of the Programme;

The Carer Information and Support Programme (CrISP) (1) is for those who are supporting or caring for someone with a dementia (any type or form) at the early to moderate stage of dementia.

It will be running over two days (see above dates/times) with lunch and refreshments provided.

The CrISP 1 has had great success in providing information and peer led support in the past. This has enabled those caring or supporting a person with dementia to continue to do so by having more awareness of dementia and also the services that can support when needed.

We will be covering;

- What is Dementia?
- Supporting a person with dementia
- Legal and Financial Affairs
- Carers looking after themselves

If you would like any further information, or to book a place please call the Carers Project on **01443 668813**.

Breakout : The Cursed Carnival



When? Wednesday 25th April 2018

Where? Unit 9a, The Brewery Quarter, Caroline Street, Cardiff, CF10 1FG. Coach transport will be arranged locally

What time? 9:30am – 2:30pm

Lunch will be provided for this event. There will be some opportunity for free time.

Breakout is a live escape room in Cardiff. Collaborate with other carers to solve a series of puzzles and mysteries to escape the Cursed Carnival in 60 minutes. You'll have to search high and low for clues and work together if you want to escape. You'll escape only by using your brain, utilising your problem solving, teamwork and critical thinking skills; this is not a physical challenge.

It is a mixture of the following: The Crystal Maze, The Cube (TV show) and, Fort Boyard.

Can YOU Break Out of the Cursed Carnival?

The story goes...you and your friends have won a prize at the local carnival, but it's a prize with a difference. Since you've taken it home, you have been tormented by strange dreams and a haunting voice that tells you that you must return your prize within 7 days. You return to the carnival on the 7th day and enter the old repair shed where you must solve the mystery with only an hour left before the clock strikes midnight. Can you break the curse in 60 minutes or will your nightmares come true...

There is no fear intended in the rooms, only puzzle games. There are no clowns in any room. Light maybe limited.

Carer only event.



Money Matters

Join us for a Money Matters Workshop where you can find out about your legal rights as a Carer. There will also be a welfare benefits update to ensure that you are aware of any changes that could affect you or the person you are caring for.

You will have the opportunity to speak with professionals and ask any questions you may have.

Where? Abercwmboi RFC, Cardiff Road, Aberdare CF44 6AX

When ? Tuesday 20th February 2018

What time? 10-3pm

Carer only event.



Sugar Craft



Back by popular demand!

Have you always wanted to try sugar crafting?

Here's your opportunity to come along and be creative with other Carers.

During this one day workshop you will learn how to achieve super smooth icing and mould sugar paste into different shapes that could be used to decorate a cake or just to show off to your friends. No previous experience needed.

When? Wednesday 18th April 2018

Where? Garth Olwg Centre for Lifelong Learning, St Illtyd Road, Vhurch Village CF38 1RQ

What time? 10am- 3pm

Carer only event



Thank you to our Carers

We would like to say a big thank you to two of our Carers Ffion and Sue for sharing their caring stories at the Social Care Award Ceremony in November 2017. You gave a great insight into your lives as Carers and touched the hearts of all those that attended. Well Done.



Malice Through the Looking Glass: A Murder at Miskin Manor

When? Friday 20th April 2018

Where? Miskin Manor - Pendoylan Road, Groesfaen, Pontyclun CF72 8ND

What time? 7pm – 10:30pm

A year to the day after Alice was crowned Queen of Wonderland, a nightmare has broken loose across the Kingdom – the White Queen is on the rampage, Tweedle Dum isn't speaking to Tweedle Dee, and Humpty Dumpty is behaving very strangely. Worse still, Alice has just discovered a dastardly plot to put the Red Queen back on the throne...

Join us for a spectacular spin on Alice: Through the Looking Glass in a fully interactive murder mystery, where you will watch a cast of actors play out a dramatic sequence over a luxurious three course dinner. You'll see your most loved characters from Alice in Wonderland as you've never seen them before... It will be up to you to work out who did it, why they did it, and what they did it with. There will be a fabulous prize for the best detectives!

This is an 18+ event.

Fancy dress option: Your favourite "Alice" character.

Carer only event.





Journey to Wellbeing



Where? Dare Valley Country Park, Aberdare CF44 7RG

When? Monday 23rd April 2018

Time? 10-3pm

Join us on a journey to wellbeing. Develop your understanding of your own wellbeing, learn key techniques to support your wellbeing journey and most importantly meet and share your experiences with other Carers.

Carer only event.

Easter EGGstravaganza at Daerwynno!



Where? Daerwynno Outdoor Centre

When? Saturday 7th April 2018

What time? 10.30 - 3pm

'Hop' along and join us at Daerwynno Outdoor Centre for our Easter EGGstravaganza! We will have a fun filled day of Easter egg hunts and outdoor activities in the beautiful surroundings of St Gwynno Forest.

This event is for families with children who have additional needs.

You will need a packed lunch and wear suitable clothing for the weather and outdoor activities. Hot drinks and squash provided.



Introduction to Safe Handling



When? Wednesday 2nd May 2017

What time? 10-2pm

Where? Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN

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

Carer only event.

Concerts and Cakes



When? Wednesday 14th March 2018

What time? 1-3pm

Where? Coliseum, Aberdare CF44 8NG

Relax, have some quality time and indulge in delicious cake and a cup of tea or coffee whilst enjoying music from some outstanding vocalists and musicians.

Carer and cared for event.



January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Chatterbox 10am - 11.30am	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Carers Mental Health Forum 10.30am - 12.30pm	17	18	19	20	21
22	23	24	25 Carers Legal Clinic	26	27	28
29	30	31				

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6 Chatterbox 10am - 11.30am	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Money Matters 10am - 3pm	21	22 Carers Legal Clinic	23	24	25
26	27	28 Mamgu's Cakes & Bakes 10am - 1pm				

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6 Chatterbox 10am - 11.30am	7	8	9	10	11
12	13	14 Concerts and Cakes 1.00pm - 3.00pm	15 Crisp 9.30am - 3.30pm	16 Crisp 9.30am - 3.30pm	17	18
19	20	21	22	23 Spring Awakening	24 Spring Awakening	25
26	27	28	29 Carers Legal Clinic	30	31	

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 Chatterbox 10am - 11.30am	4	5	6	7 Easter Eggstravaganza 10.30am - 3.00pm	8
9	10	11	12	13	14	15
16	17 Carers Mental Health Forum 10.30am - 12.30pm	18 Sugar Craft 10.30am - 3pm	19	20 Malice through the looking glass 7pm - 10.30pm	21	22
23 Journey to Wellbeing 10.00am - 3.00pm	24	25 Breakout: The Cursed Carnival 9.30am - 2.30pm	26 Carers Legal Clinic	27	28	29
30						



Update on the RCT Young Carers Schools Award

RCT Young carers service has been working in partnership with Secondary schools over the past year or so to develop better support for young carers through the roll out of the RCT Young Carers Schools Award.. There are three levels to the award: Bronze, Silver and Gold. Each level consists of a set of standards with the aim being to offer additional support to young carers in schools. The vast majority of Secondary schools in RCT now have a member of staff in place who has taken on the role of Carers Champion. This person works to raise awareness of young carers in their school and actively offers support to identified young carers in their establishments.

Congratulations to the following schools who have recently started the Young Carers Schools Award with the intention of achieving the Bronze level:

- Porth County Comprehensive School
- Hawthorn High School
- Pontypridd High School
- Aberdare Community School
- Tonyrefail Comprehensive School
- Tonypandy Comprehensive School
- Y Pant Comprehensive School
- Ysgol Gynradd Gymraeg Cwm Rhondda
- Ferndale Comprehensive School



Congratulations to the following schools who have all achieved their Bronze level of the young carers schools award:

- Ysgol Gynradd Gymraeg Llanharry
- St Johns Church in Wales School
- Ysgol Gyfun Gymraeg Rhydywaun
- Treorchy Comprehensive School



Congratulations to the following school that has achieved the Bronze level and is now actively working on the Silver level of the award:

- Cardinal Newman Comprehensive School

Congratulations to the following schools who have successfully completed their Silver award:

- Bryncelynog Comprehensive School
- Mountain Ash Comprehensive School

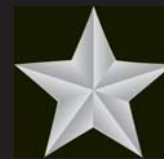


We will be supporting all the participating schools to take part in the new 'Young Carers In Schools Wales Programme,' developed by Carers Trust, in the New Year.

Following the success of the work in Comprehensive Schools, a unit of work for Primary Schools has now been developed and will be piloted in the following schools:

- Gabriel and Raphael Church In Wales School
- Tonyrefail Primary School
- Maerdy primary School
- Perthcelyn Primary School

We are very much looking forward to working with these Primary schools in order to raise Primary School pupils awareness of young carers, the difficulties they may face and support available to them both locally and nationally.



Young Carers Awareness Day 2018

This year we will again be supporting Carers Trust's Young Carers Awareness Day on Thursday 25th January 2018. This is a national day of recognition for the UK's 700,000 young carers. As well as promoting and publicising the day, we will be holding this year's 'Young Carers Count' Recognition Event the following evening at Rhondda Heritage Park.

The Recognition Evening is our opportunity to acknowledge the incredible role young people living in RCT take on in caring for family members that may be struggling with ill health or disability. Young carers and Young Adult Carers are often quite isolated as a result of their caring role so we aim to bring everyone together for a night of relaxation and fun where young people can enjoy spending time with

others who are in a similar situation to themselves. This is our chance to show the young people in RCT, who spend a considerable amount of time caring for family members, just how important and valued they are. Young Carers and their guests will enjoy a buffet celebration meal, a chance to showcase their talents and will receive awards for all their hard work. We will also be presenting some special achievement awards during the evening that family members and professionals will have nominated young carers for.



Socialising and keeping in touch with friends



Socialising and keeping in touch with friends can be difficult when you are looking after someone. Our Young Adult Carers get together every month for a social event and to see one another. In July we went Speedboating and had a swim session at Cardiff Bay and in September we had a cinema evening. Other times we may just all meet up for an evening meal at Wetherspoons. We also have small group meets for those who can't make it in the evening and 1:1 sessions are available for those needing extra support.

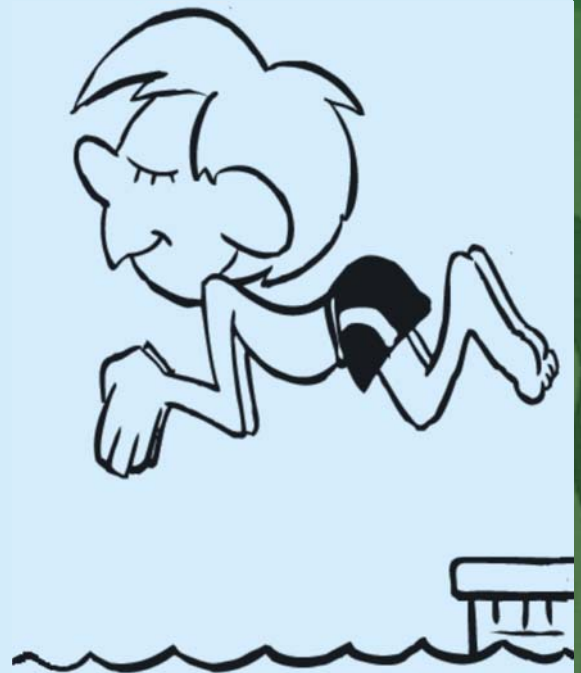
In addition to the monthly events, the YACs are hoping to be able to plan something a little more special, so they have been arranging fundraising activities. Carers have been busy collecting prizes and selling raffle tickets for the Christmas fair on December 9th and in the new year we will be packing bags in supermarkets to raise funds. We are also planning a sponsored walk up Pen y Fan.

These activities give the carers an opportunity to see more of each other and to raise money for a good cause and this is helpful for improving wellbeing - so positives all round. Their next challenge will be deciding what special activity they will arrange to use the money raised!

Swimming Lessons for Young Carers & Young Adult Carers

RCT Young Carers Service are working in partnership with RCT Leisure in order to provide reduced cost swimming lessons for registered Young Carers & Young Adult Carers. Is your child able to swim 2 lengths of your local swimming pool? If not, we can offer swimming lessons for just £2 per session. Children under 13 will be able to join a timetabled session at your local pool and young people age 13 and over will be offered a small group lesson with other young carers/young adult carers. All children and young people will undergo an assessment initially to see which lessons will best suit their ability level.

Please contact (01443) 668839 for more information and to book a place.





Cynon Valley Pals

Established in 1995, we are a non-profit organisation who provide respite and support for children with additional needs and their families.

Cynon Valley P.A.L.S work with both children and their families to offer respite care. The children we work with range from 3 to 11 years.

• Play Schemes • Parent training

Our aim is to help the children gain confidence and develop social skills, with a secondary benefit of discovering new activities.

• Soft Play Sessions • Family Trips

If you would like to find out more information about how we can support your child or If you would like to find out information with regards to becoming a volunteer with us, then please feel free to contact us- We look forward to hear from you!

Visit our website; www.cynonvalleypals.co.uk

Send us an email; cynonvalleypals@aol.com

Find us on Facebook; Cynon Valley PALS



The Autism COMMUNITY PROJECT

In Rhondda Cynon Taf & Caerphilly



Support & Advice to individuals and families living with Autism through all stage of life.



Job club for adults with autism looking for work experience and employment.



Workshops for Parents & Carers on Autism, Behaviour, Anxiety, Diagnosis, Sleep, Eating & Drinking, Sensory and others.



Training for Local Organisations to be more accessible to the autism community.

For more info and to get involved please email hello@theautismdirectory.com, call us on 01443 844764 or visit www.theautismcommunity.co.uk



The Autism DIRECTORY CHARITY
Registered Charity 1143855
You Are Not Alone



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NATIONAL
LOTTERY FUNDED

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

BRANCHING OUT

The proverb 'mighty oaks from little acorns grow' may well have been written to describe the journey of our newly created branch - NAS RCT - in Rhondda Cynon Taf.

Some 20 years ago a small group of like-minded parents planted that acorn as Rhondda Autism Parent Support (RAPS). The first group put down roots in the Rhondda. Successive groups of parents have tirelessly nurtured its growth to provide much needed support and guidance for local families of children with a diagnosis of ASD. By 2016, our current group had grown sufficiently in number, strength, commitment and passion to branch out and reach the wider community of Rhondda Cynon Taf.

We realised that, following the diagnosis of our own children, we had all turned to the NAS website as a source of accurate information, and had all become members of the NAS individually. As we shared the common objective of the NAS, and wished to offer support to local autistic young people and their families, we approached the NAS branch development officer to volunteer to develop a branch in RCT.

Launching in November 2017, the new branch - NAS RCT - are very proud to be selected as one of the 115 NAS branches and groups across the UK. With the support of the NAS, we will offer a variety of social and leisure activities for children on the autism spectrum and their families living within RCT.

Also, we know that advice from parents and carers in similar situations is support, that often no one else can give. We intend to provide opportunities to exchange information, advice and support in a sociable and friendly atmosphere.

Weekly Events NAS RCT Organise or Attend

- FuZe Play Session, Wednesday 6.30-8pm, including our youth session.
- Shining Stars on Tuesday 5-6pm, Tylorstown Sports Centre.
- NAS RCT at Rhondda Athletic Club, Tonypany Community School, Tuesday and Thursday, 6-8 pm.

Other Events NAS RCT Organise or Support

- NAS RCT Branch parent support evening, first Monday of the month, Penygraig Rugby Club, 7.30pm
- Coffee Morning Friday, monthly from 9am at The Fulling Mill, Tonypany. This is a time for parents/ carers to get together and share experiences. There is an opportunity to speak with branch volunteers at these sessions.
- Exclusive swimming sessions suitable for the whole family, Porth Swimming Pool.
- Family fun - including horse riding, ten pin bowling, trampolining, family discos.
- ASD friendly cinema screenings at Showcase Cinema Nantgarw.

Our desire at NAS RCT is to branch out and to continue grow for the benefit of children and families.

Contact details: Facebook – NAS RCT



NAS RCT - Our Wonderful Volunteers



The National
Autistic Society
Cymru

Cymdeithas
Genedlaethol
Awtistiaeth
Cymru



Life With Autism
United in strength, hope and acceptance

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

Set up in 2017 we provide welcoming support for families living with autism in Rhondda, Cynon and Taff areas (pre and post diagnosis). Our dedicated activities with exclusive use of facilities include:

- Swimming • Play Yard • Messy Play • Soft Play
- Training Courses • Coffee Evenings • Family Support

For more information contact:

Rebecca Bethell 07841482249

Alison Tovey 07540189228

Facebook: Life with Autism

CHALLENGING BEHAVIOUR SUPPORT GROUP RCT

Don't know where to turn next?

Struggling to cope with your child behaviour?

Would like to learn more about your child's diagnosis?

Would like to find out what help is in the area for you?

Would like to help improve the system?

Just want to talk to like minded parents/carers in a friendly confidential group

Practical support and advice from regular guest speakers

Everyone welcome

"RUN BY PARENTS FOR PARENTS"

St Catherine's Church,

Pontypridd,

CF37 2UF

(upstairs in the new cafe)

We meet every

1st & 3rd Thursday of the month

(term time only)

10am-12noon

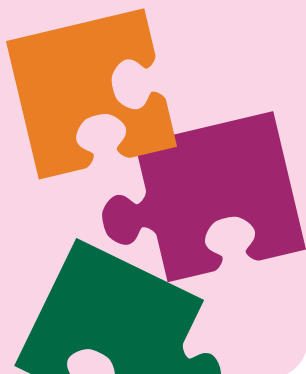
contact us on

Facebook: (CBS group RCT)

Donna : 07969739770

Claire: 07855974947

Email: cbsgroupRCT@hotmail.com



Life with Autism

Life with Autism was set up by a dedicated group of people who want to provide support and services to children and their families with a pre/post ASD diagnosis in the RCT area.



Rebecca Bethell started the group in February when she ran activity sessions at Trebanog Community Centre specifically for children with Autism. Staff nurse and a mum of three children with autism, Rebecca felt she wanted to broaden the support already on offer in RCT for families of children with ASD. Rebecca said that making the group pre and post diagnosis was important to ensure all children going through the diagnosis process were included and that parents felt supported through the most difficult stage. A committee was formed in March and all its members have worked tirelessly on making the group a success since then.

Contact them below for more information-

Weekly Soft Play Sessions

Every Thursday 5-6 & 6-7pm at
Waun Wen Community Centre,
Trebanog CF39 9LX



Weekly Swimming Sessions

Every Sunday 3-4:30pm at
Rhondda Fach Sports Centre,
Tylorstown CF43 3HR



Coffee Mornings/Evenings

Flo's Tea Room, 81 Bute Street,
Treorchy CF42 6AH

For dates and times please see
our facebook page.



Training Seminars

Please see our facebook page
for details of training events.



For all upcoming events please see our facebook page...

For info please contact us on 07983028544

 Life with Autism



Life With Autism
United in strength, hope and acceptance

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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



Llywodraeth Cymru
Welsh Government

Respite Funds for Parent Carers

The Welsh Government has recently allocated a small amount of funds to be used for additional respite opportunities for Parent Carers. This is an amazing opportunity for us to be able to provide respite events for Parent Carers and their families but it is a one-off fund that will only be available to us until the end of March 2018.

After consulting with Parent Carers we have arranged 3 events ranging from a long day out with travel involved to a more local event lasting a couple of hours. We hope that one of these events will be suitable for you and your family to take part in.

As this is a one-off limited fund, we want to make sure as many Parent Carers as possible are able to benefit and so, if you would like to book, we will be asking you to **choose one event** that is most suitable for your family. You can then also choose a second choice event and will be placed on that reserve list in case there are still places available once everyone has had the opportunity to book.

In addition, all Parent Carers can book to come along to the Social meal and drink and can apply for the £100 fund (see next page)

To book you must be registered as a Parent Carer with the Project.

Event one:

Day trip to Thorpe Park theme park

Open to parent carers and their families

Saturday 21st April 2018

Coach leaving Heddfan at 8am. Returning approx 8pm



Event two:

Disney On Ice 'Worlds of Enchantment' Ice skating spectacular!

Cardiff Motorpoint Arena

Saturday 28th April 2018 (6.30pm show)

Coach leaving Heddfan at 5pm and returning approx 9.30pm





Respite Funds for Parent Carers

Event three:

Funtastic Play Centre!

We have hired the Funtastic Play Centre in Caerphilly for a 2 hour exclusive use session to include a buffet and drinks for the children and food platters for the adults.

We will make this session as inclusive as possible so please let us know any special requirements (such as quiet music etc) for your child when you book

Sunday 11th February 2018

4 - 6pm



In addition we are arranging a Social get together for a meal and drink. All Parent Carers are welcome.

Thursday 15th March 2018

6.30pm

Frankie and Benny's restaurant, Nantgarw

Includes a 2-course meal and soft drink

Come along and meet other Parent Carers and enjoy a meal and a chat.



Lastly, we have set aside some of the funds for individual Parent Carers to apply for a small sum of money to use for respite just for themselves.

Following consultation with Parent Carers, each Parent Carer is able to apply for funding up to the value of £100 and can be used for respite such as:

Paying for tickets to see a show

A spa day or pampering session

Cinema tickets and meal vouchers

Tickets to a comedy show

These are just some examples and we are very open to all respite suggestions from individual Carers.

Once the Carer has chosen what they would like the funds for, they will need to contact the project and provide all details. The project will then arrange to make payment or will purchase relevant gift vouchers.

Closing date for applications is Wednesday 28th February but will be allocated on a first come first served basis.

