

NEWS CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook.

Issue 73 • Spring 2022

THE HUB IS HAPPENING!

Welcome all Carers to the newly refurbished Carers Support Project Hub. Back in 2019 we were informed about renovation works being undertaken at the Gelliwastad Road premises. The building saw its transformation over a 16-week period and by the middle of March 2020 we were given the green light to move back in. However, the Covid-19 Pandemic put a stop to all plans and to date, this has remained the case. We are hoping to resume face to face activities from 1st March 2022, but this will be subject to the Welsh Government Guidelines at the time.



Inside

- Carers Support
- Carers Events
- Young Adult Carers
- Young Carers
- Smalltalk
- Events List



Working Carers
Page 7



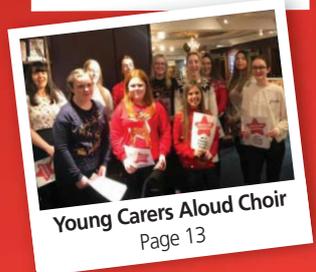
The Carers Support Project Hub address is:

**11-12 Gelliwastad Road,
Pontypridd,
RCT,
CF37 2BW.**

Please note there is no on-site parking available but there are plenty of car parks around this vicinity as well as good transport links.



RCT Young Carers Schools
and College Award...
Page 9



Young Carers Aloud Choir
Page 13

We have plans to hold our regular events at the Hub in the future. These include 'Chatterbox'; our monthly coffee morning; 'Carers Connects'; a monthly meet up with other Carers which is facilitated by the Project Counsellor, and 'Carers Cwtch' which takes place during the evening of every second Tuesday of the month. And many more! For a full list of our Carer events and workshops for Spring 2022, please refer to the calendar outlined on pages 15 to 18.

We look forward to hopefully seeing you soon, in person! Regards. CSP Staff.



RHONDDA CYNON TAF

If attending Carer events, please be mindful that you may have to show your COVID Passport or a negative lateral flow Test (LFT) if our events are at certain venues, or involve us being a part of a large-scale event or activity. This will be your responsibility, and failure to comply may result in you being unable to take part on Project activities. Please refer to current Government Guidelines.

STAR EVENTS & ACTIVITIES



How to book onto Events and Activities

Our activities and events are becoming more and more popular, as a result, all of our events have been marked **Gold, Silver or Bronze**. Please see our event list on pages **15 - 18** to see which category each event falls under.

Please note you can choose **2 Gold, 3 Silver** and **limitless Bronze activities and events**.

Places will be allocated on first come first served basis.

Our last booking day proved to be our busiest ever and placed an unmanageable demand on the Carers Project Team. It's because of this that moving forward we will be trialing a new booking procedure.

Event bookings will open on **Wednesday 16th February 2022** and booking will be available between **10am and 5pm**. If you are unable to contact us between these times, you will need to contact the team the following day to confirm your booking.

On the initial booking day (16th February) events will be able to be booked by **TELEPHONE ONLY** by calling **01443 281463**. Email bookings will be accepted after this date. 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.

Please be advised that our phone lines can be extremely busy, and we appreciate your patience when processing your booking requests. It would help us if you have the details of all of the events you would like to book in readiness for your booking phone call, in order for us to process your requests as quickly as possible and move onto the next Carer.

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.

Wish you were here!

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

Join us on 2nd Tuesday of the month 10am-11am
Booking essential.
The Group takes place on Zoom.



Carers Cwtch 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 currently takes place via Zoom.

If you would like to join us via Zoom, please let us know

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

Carers Cwtch



SAVE THE DATE 8TH JUNE 2022

Pen Y Fan, RCT Carers are coming for you!!!!

We know what a resilient, strong willed and determined bunch carers can be, so we thought we would test your grit and determination and set you a challenge in 2022. We are lucky enough to live in the shadow of one of wales' most beautiful natural attractions, Pen Y Fan. Set in the Brecon Beacons national park, Pen Y Fan stands proudly at 2907ft (886m). This popular destination has welcomed many a walker to its summit and RCT Carers project would like to take you too!!

So, lace up your walking boots, fill up your water bottles, pack your smile ready for the photo at the top, and join us on this epic walking challenge.

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.



Staying Well At Work

Direct and rapid access to physiotherapy, counselling and business support at no cost

Do you live or work in Rhondda Cynon Taf and are you employed by a small business with less than 250 employees?

The Staying Well at Work Service offers a proactive and integrated approach which supports the prevention of physical and mental ill health, whilst supporting rehabilitation and the management of long-term conditions. We provide clinical support for people to improve their daily functioning and symptom management so that they can return to or continue to work.

What problems can they help with?

The service, led by Rhondda Cynon Taf part funded by the European Social Fund through Welsh Government offers direct and rapid access to specialist support at no cost in the following areas:

- **Physiotherapy:** delivered by professionals who are specialists in Musculoskeletal (MSK) Physiotherapy, Occupational Health and ergonomics. They provide advice and treatment to individuals who are struggling with a MSK problem that is keeping them off work or affecting them at work. They also provide return to work rehabilitation programs for individuals trying to return to physically demanding job roles or environments after a period of sickness absence and/or surgery such as hip and knee replacements.
- **Counselling and therapeutic support:** skilled therapists that support people with mild to moderate mental health problems and also help them with their plans to return to or remain in work. This service is available to anyone who has any difficulties related to their psychological and emotional wellbeing.
- **Occupational Health Advice:** able to offer impartial advice and recommendations on managing long and short-term health conditions within the workplace, disability and workplace adjustments to support individuals with their return to work.

As well as 1 to 1 support the service offers access to group workshops to help address a range of Health and Wellbeing issues.

The Staying Well at Work team are able to offer virtual consultations via Attend Anywhere, telephone consultations and face to face appointments where

required following a risk assessment in our COVID secure consulting rooms in the communities of Mountain Ash and Ferndale for counselling and Pontypridd for physiotherapy.

What problems can't they help with?

Staying Well at Work cannot provide the service to individuals who:

- are unemployed
- are unable to provide proof of their right to live and work in the UK
- are employed by an organisation with 250 staff or more
- do not work or live in RCT.

If they are unable to help, they can signpost people to other services that may be more appropriate for them.

How to access the service?

You can self-refer without seeing your GP first.

For further information on how Staying Well at Work can support you (subject to eligibility) please contact us on **01443 827317** or stayingwellatwork@rctcbc.gov.uk.

You will be asked to complete a self-referral form prior to attending an appointment. Self-referral forms are available at the GP practice or alternatively can be sent out via post or email.

Contact details

Telephone: **01443 827317**

Telephone lines are open Monday to Friday
9.00 a.m. – 5.00 p.m.

Email: stayingwellatwork@rctcbc.gov.uk

Website:

<https://www.rctcbc.gov.uk/EN/GetInvolved/StayingWellAtWork/StayingWellAtWork.aspx>

Facebook:

<https://www.facebook.com/StayingWellAtWork/>



DATBLYGU CYDNERTHEDD, FFYNIANT A LLES
BUILDING RESILIENCE, PROSPERITY AND WELLBEING

Veterans

Did you know that Carers UK have a guide for Armed Forces veterans and their friends and family who have caring responsibilities?

You can find out more by visiting:
<https://www.carersuk.org/wales/help-and-advice/>

Or my calling Carers Wales on
029 20 811370

Stroke Support

The Stroke Association has a Coffee Meet once a month at the Ivor Hael Hotel in Tonypany. The Meet provides an opportunity to meet with other stroke survivors and Carers, to share experiences and support each other within your local community.

Please contact Lauren for further information
Email: Lauren.Heath@stroke.org.uk
Tel: **07932 265 274**

Stroke
association

HERBERT PROTOCOL

People with dementia can sometimes start to wander. This might only be into the garden or street for a short time, but sometimes people get lost and go missing.

Carers, family or friends of a vulnerable person, or the person themselves, can fill in a Herbert Protocol form in advance, containing information to help the police if the person goes missing.

Keeping a completed form means you don't have to try to remember the information when you are under stress if someone goes missing. And it saves time, so we can start the search sooner.

When to fill in a form

Use your professional opinion as a carer or your knowledge as a family member to decide whether a person is at risk of going missing. For example, you might decide it is time to fill in a form when someone cannot remember their address themselves.

Who fills in the form?

A carer at a care home, family, friends, or the person themselves can fill in the form.

Please get permission from the person at risk or their relatives before you complete a form. If that isn't possible, a care home can fill in a form if they think it is in the person's best interests.

Filling in the form with the person can trigger memories that they like to talk about and can enrich your time with them. Be mindful though that some memories might be upsetting.

What to do with the form

You can fill in this form on your computer or print it out and fill it in by hand. Keep it somewhere safe where you can easily find it if the person goes missing. You could give a copy to friends, family, and neighbours.

You only need to give it to the police if the person goes missing. The police will ask you extra questions about what happened around the time of the disappearance and what the missing person was wearing.

Care homes must store the form legally in accordance with data protection laws.

Make sure you keep the form up to date if something changes, for example their medication or their daily routine changes.

FIND OUT MORE BY VISITING:

<https://www.met.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol/>

Nominate a Carer

What a year 2021 was. 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

Protecting Those You Care For

Life can be unpredictable, as we've all learned over the past two years. None of us can foresee a life-changing injury or our health suddenly deteriorating. Therefore, whilst we have the capacity, we should make the necessary arrangements to protect our financial future.

Timing is everything. Without the right planning, any one of us could risk losing our hard-earned money to care fees or risk the wrong person being given the power to make decisions about our finances and health. For those already receiving care support, the countdown has already started. Certain plans need to be put in place before it's too late.

Here are several ways The Money Partnership can help those who you care for...

Setting up a Lasting Power of Attorney – Assigning someone they trust with the legal authority to make decisions on their behalf.

Setting up a Family Trust – Creating a legal entity through which they can safeguard money and other assets and rightly pass them on to their family.

Acting as a Deputy – For those who have already lost capacity, we are professionally authorised by the court to act on their behalf to manage their finances.

If you would like to offer peace of mind to those who you care for and their families, reach out to us for further guidance **01633 987070** |

www.themoneypartnership.com



Join us at our Money Matters Workshop on Tuesday 26th April 2022 - find out more on page 17.

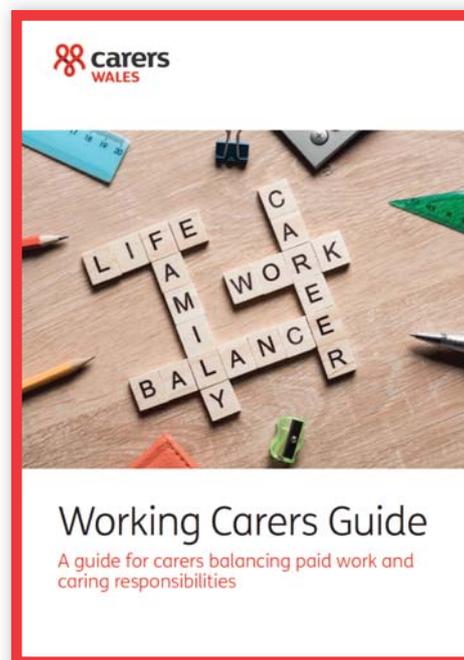
Working Carers

Carers Wales have produced a 'Working Carers Guide', which is a guide for Carers balancing paid work and caring responsibilities.

You can find out more by calling: **029 20 811 370**

or by visiting:

www.carersuk.org/wales



Working Carers Guide

A guide for carers balancing paid work and caring responsibilities



Canllaw i ofalwyr sy'n cydbwysu gwaith am ddi a chyfrifoldebau gofalu

Young Adult Carers



Goodbye Jackie

Summer 2021 saw us say goodbye to Jackie our Young Adult Carer Worker. Jackie has moved onto new ventures and we wish her well. Jackie, you will be missed!

Hello Darren

Darren our new Young Adult Carer Worker will be joining us in the New Year. He can't wait to meet and start working with our fantastic Young people.

Cinema Day

A group of YAC's enjoyed a cinema day on 13th November. A well-deserved break from their caring roles, where they met with each other and had some much-needed time out.

Watch this Space

We have been lucky to have been awarded a grant to take a group of our YAC's to have a fun, adrenaline fuelled day, White Water Rafting! No doubt this will be a day to remember. We'll be releasing the date in the new year, so keep your eyes peeled!

RCT Young Carers Schools and College Award...

The Young Carers Schools & College Award has been developed after speaking to Young Carers and obtaining their viewpoint about the support they receive in education. The Local Authority wanted to establish an Award to help Schools and Educational Staff develop an informed understanding of the issues faced by Young Carers in relation to their personal and school life.

The focus of the Award is for education establishments to work directly alongside the Young Carers Service in RCT to ensure that this vulnerable group is recognised and supported to go on and reach their full potential.

The Award ensures that good practice is taking place in education establishments as regards to Young Carers and their needs. Along with help from the RCT Young Carers Service Schools and Colleges can put plans in place to work towards set standards. These set standards are recognised in the shape of bronze, silver or gold levels of the Award. The Award the Schools and Colleges achieve will be dependent on what they put in place for Young Carers.

Over the last 7 years, since the Award was introduced, it has helped to develop a uniformed approach to Young Carers in all Schools and Colleges across RCT and helped raise the profile of Young Carers amongst pupils and staff. Young Carers have had a say in what the gold, silver and bronze standards should consist of and continue to be involved in the process.

If you would like to find out further information about Young Carers and Education, you can ask your School / College to be put in contact with

their designated 'Carers Champion'. Alternatively, you can contact RCT Young Carers Service for further information and support:

Email:

YoungCarersSupportTeam@rctcbc.gov.uk

Tel: **(01443) 425006 / 07824 496485**

The Carers Support Project would like to take this opportunity to Congratulate the 'Young Carers Champion' at Tonyrefail Community School – Mrs Leanne Parsons and her staff on achieving the Bronze Award Certificate of the RCT Young Carers Schools Award for this academic year. Keep up the amazing work and thanks to all the Young Carers at the School who also made this possible!





RCT Young Carers Service

Who we are, and what we do...

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

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

We offer advice, information, guidance, sign posting, practical and emotional support, skills development and confidence and self-esteem building. Having time out from their caring role, and having people they can

talk to is vital. During school holidays, we organise trips and days out that are age and ability appropriate. We also offer young carers the chance to take part in forums which helps shape the future delivery of the service. All young people have an allocated support worker.

Rhondda Cynon Taff is a large Authority, and we work across the Borough supporting young people of all ages.



What we've been doing

Firstly, Happy New Year to you all.

Well, we have been busy over the past few months. The service has now relocated from our base in Trealaw and have moved in with the Local Authority Carers services at their site: 11-12 Gelliwastad Road, Pontypridd, CF37 2BW Tel: 01443 407231.

There will be no disruption to our services, and they will carry on like before just that our office base has relocated.

I know the service hasn't been what we normally offer throughout the past 2 years however, we have managed to support our young carers throughout this pandemic via virtual groups, phone calls, text messages and through Microsoft Teams and when possible we have done Face to Face sessions.

What we've been doing the last few months

- Zip Line
- Virtual Group sessions / and face to face groups
- Virtual Games Nights
- Bush Craft
- Arts and Crafts Sessions
- Folly Farm Trip
- Family Lido Sessions

Young Carers ID Cards

The new Young Carers ID Card is now in place. The project along with national young carers projects have been in talks for many years to get an ID Card for Young Carers. The trial started back in December 2020 and we are now starting to roll out the scheme online so that it is easier for all young carers to access an ID card.



Christmas 2021

After the disappointment of not being able to have parties in 2020 we went all out, this year, we managed to have a party in all three key areas.

Great fun was had by all who attended, and we even had a visit from Santa at our Rhondda Party.

We would like to thank the following for helping us make the parties happen

Hannah's Hire – for all the fabulous decorations

Pats Café – for all the amazing food

John Rees Photography – for the DJ and taking all the pictures, which everyone loved

Abercwmboi Rugby Club

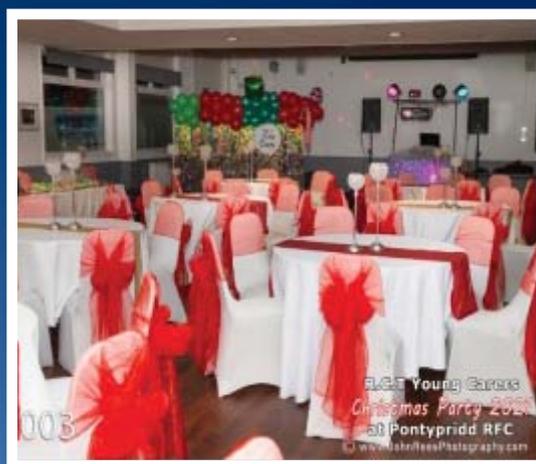
Pontypridd Rugby Club

Ystrad Rhondda Rugby Club

We would also like to give a big thank you once again to Gareth Morris and Natural Resources Wales for supporting our Secret Santa Appeal this year. Your organisation skills and generosity is amazing.

Mr Philip Jones for your amazing donation towards the project that was used to make the parties happen.

Thank you from all the staff and all the Young Carers that the project supports.





Taff Trail

One of our Young Carers entered a Transport for Wales competition to name a brand-new train. Transport for Wales loved her submission so much, it was selected as a Winner.

I love to walk the Taff Trail

To admire the Flowers and Trees

To see and hear the Birds and the Bees

I love to walk the Taff Trail

To view the rivers and waterfalls

Along railway paths and forest roads

Whether you cycle or scooter or walk

Or just go and talk

I love to walk the Taff Tail

Just enjoy the beauty from season to season

From Spring to Summer to Autumn to Winter

Do you need any other reason

I love to walk the Taff Trail

Seeing Castles from Cardiff to Castle Coch

Imaging being a princess or a knight fighting Dragons

Or escape in an open top wagon

I love to walk the Taf Trail

Through I have not walked all 55 miles

One day I am sure I will do it

It would definitely give me the biggest smiles

By Nia Morris

Upcoming for 2022

We are starting to look at planning trips for Feb Half Term and Easter, guidelines permitting.

All group sessions will start back in the New Year and staff will be in touch with dates etc.

Young Carers Forum

The project is working in partnership with other Action for Children Young Carers projects from throughout the UK and Northern Ireland, RCT have been trailing the new Young Carers Forum so that all young carers can access and chat, share experiences, get advice and ask questions in a safe environment. This will be going live in 2022 to all our services throughout the UK and Northern Ireland. We will also be setting up a pen pal service were young carers from RCT can have a pen friend from another AFC Young Carers Service.

Young Carers Aloud Choir



The choir are going from strength to strength and in December 2021 the Young Carers Aloud Choir had the privilege to sing at the famous Fortnum & Mason in Piccadilly London at a Star-studded event that Action for Children hosted.

They have also performed at Merthyr Tydfil Rugby Club for the Dialysis Units Annual Christmas Party and great fun was had by all.

And look out because the choir have loads planned for 2022.

Sibling Carers

We've been doing lots of activities with our Sibling Carers over the last few months and are in awe of the amazing creativity they've shown.



I see you...

Step out of the shadows,
You're a person too,
I see your kindness and all that you do.

Step out of the shadows,
You can shine like a star,
I see your empathy; I know who you are

Step out of the shadows,
It's your time to shine,
I see your guilt, But you also need time

Step out of the shadows,
Your future is bright,
I see your shyness, how you avoid the limelight.

Step out of the shadows,
You can struggle too,
I see your worry; I'll be there for you.

Step out of the shadows,
You ARE enough,
You're amazing, you're resilient,
even though life is tough!

RCT Carers project presents SIBS FEST 2022

A celebration of sibling carers across RCT.

What's going on?

Fire performances, circus workshops, live music, sports tasters, GTFM and much more.

Where?

Dare Valley Country Park

When?

Thursday 14th April

Time:

11:00am-3:00pm

The small print

All young people must be accompanied by an adult. Sibling carers are classed as anyone who lives with and helps support a brother or sister with additional needs, illness, or disability. To book this festival and to obtain a free all access pass contact the carers project on

01443 281463.



The Newsletter for the Rhondda Cynon Taff Parent and Carer Network



Save money with a **MAX card**

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

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

The MAX card usually costs £2.50 plus vat however the carers project are offering MAX cards to parent carers who are currently registered with us.

To find out more contact Lyndsey on **01443 281463** or email: Lyndsey.r.williams@rctcbc.gov.uk

Challenging behaviour support Pontypridd, supporting parent Carers across RCT.

CBS Pontypridd are committed to supporting parents who are experiencing a range of difficulties with their children.

CBS Zoom Peer Support Group is every 1st and 3rd Thursday of the month at 11am. 1st Thursday session will also include Snap Cymru. Families need to confirm their attendance via email as places are limited due to reduced number.

Currently CBS are running the following training courses for parents.

- Early Bird Plus Programme
- Early Bird Teen Life Programme
- Early Intervention Behaviour Programme
- The Parent Factor in ADHD
- Parental Well-Being

To find out more visit

www.challengingbehavioursupport.org.uk

Facebook Page for everyone is

<https://www.facebook.com/ChallengingBehaviourSupport>

Facebook parental support page is

<https://www.facebook.com/groups/challengingbehavioursupport.org.uk>



Empowering parents since 2014

Carers Support Project events, activities and workshops for Spring 2022

'Easter Bunny Bags' - Fancy a little egg-citement this Easter? Grab one of our Easter 'Bunny Bags' with some fun filled family activities to complete, some delicious treats and a Bunny themed movie for all the household to enjoy. Available from booking day onwards. Please note; priority will be given to those who did not receive a Devilish Delights box previously.

Event/Activity/Workshop	Venue, Date & Time	Information
February 2022		
<p>Family Outdoor Fun Session Outdoor play has many benefits for children so join us this February half term for some wild adventures and family fun as we go exploring around Barry Sidings Country park.</p>	<p>Wednesday 23rd February 11:00am – 1:00pm Barry Sidings Country park</p>	<p>Bronze. Carer/cared for</p> 
March 2022		
<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>Tuesday 1st March 10am - 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom</p>	<p>Bronze. Carer Only.</p> 
<p>Carers Connects – join this peer support group and meet other Carers, share experiences, and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p>Tuesday 8th March 10am – 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	<p>Bronze. Carer Only.</p> 
<p>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>Tuesday 8th March 6:30pm – 8pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom</p>	<p>Bronze. Carer Only.</p> 
<p>Come Dine with Claire – Join Claire and cook up a creative Springtime treat for you and your family right from the comfort of your own kitchen. Let your creative juices flow. Costs of ingredients will be reimbursed for those who attend this event.</p>	<p>Wednesday 9th March 10.30am – 12:30pm Zoom</p>	<p>Silver. Carer Only.</p> 
<p>Parent Carer 'Date Night' – are you a Parent Carer? Why not join us for a well-earned night off! Bring your husband, wife, partner, friend... and indulge in some delicious food and enjoy good company & laughter.</p>	<p>Tuesday 15th March 6:30pm – 8:30pm Trattoria, Pontypridd</p>	<p>Gold. Carer Only.</p> 
<p>Wednesday Walkers – put your best foot forward, join us at our Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!</p>	<p>Wednesday 16th March 10:30am – 12:30pm Ynysangharad Park, Pontypridd</p>	<p>Bronze. Carer Only.</p> 
<p>The Pop In Drop In – would you like to meet the team? Do you have any questions you are trying to find answers to? Do you need signposting to local services? Do you need some help to find out what support is available in your area? Then why not drop in to see us at the Carers Support Project, where we'll only be too happy to help.</p>	<p>Wednesday 23rd Match 10am – 1pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW</p>	<p>Bronze. Carer Only.</p> 

Event/Activity/Workshop	Venue, Date & Time	Information
March 2022 (continued)		
Busy with Bees – Easter Special – join our Bees for a fun filled morning decorating a Bunny shaped wreath decoration. Please note all materials will be provided to each Carer booked on, whether you attend the Carers Project Hub or join in via Zoom.	Friday 25th March 10am – 12noon CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Silver. Carer Only. 
April 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 5th April 10am – 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom	Bronze. Carer Only. 
We Will Rock you – the Worldwide smash hit musical by Queen and Ben Elton returns to the UK. With 24 of Queens biggest hits, delivered in a show that boasts the scale and spectacle that marked the bands legendary live performances. *At the time of printing, a COVID Passport, or negative Lateral Flow Test, was required to attend events at the Wales Millennium Centre. Please refer to current guidelines at the time of the event.	Thursday 7th April 2:30pm start Wales Millennium Centre	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 12th April 10am – 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
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 12th April 6:30pm – 8pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom	Bronze. Carer Only. 
Sibs Fest – destined to be the event of the year for Sibling Carers, 'sibs fest' is not to be missed!! This festival is designed to celebrate sibling carers and all that they do. There will be fire performances, live music, circus skills and much much more. Get your tickets before they go!!!!	Thursday 14th April 11am – 3pm Dare Valley Country Park, Aberdare CF44 7RG	Bronze. Carer Only. 
Family outdoor fun session – Join us for our second outdoor family adventure day at dare valley Country park. There will be scavenger hunts, pond dipping, arts and crafts and much more this Easter holidays.	Tuesday 19th April 11:00am – 1:00pm Dare Valley Country Park, Aberdare CF44 7RG	Bronze. Carer/cared for 

Event/Activity/Workshop	Venue, Date & Time	Information
April 2022 (continued)		
Wednesday Walkers – put your best foot forward, join us at our Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!	Wednesday 20th April 10:30am – 12:30pm Dare Valley	Bronze. Carer Only. 
Money Matters – an event to discuss all things financial. Join us and find out more about Wills, Power of Attorney, Deputyship, Trusts, and much more. You'll also have the opportunity to put your questions to a financial expert.	Tuesday 26th April 10:30am-12noon CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
The Pop In Drop In – would you like to meet the team? Do you have any questions you are trying to find answers to? Do you need signposting to local services? Do you need some help to find out what support is available in your area? Then why not drop in to see us at the Carers Support Project, where we'll only be too happy to help.	Wednesday 27th April 10am – 1pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
Adult Bushcraft – Ever fancied yourself as the next Bear Grylls? Ever wondered how to light a fire without the use of matches? Ever wondered what cooking on an open fire can do for the soul? If the answers is yes then this could be the workshop for you. Join Rhys from 'bearfoot and beyond' as he teaches you all there is to know about bushcraft.	Thursday 28th April 10am – 1pm Barry Sidings Country Park, Trehafod CF37 2PE	Silver. Carer Only. 
May 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 3rd May 10am – 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom	Bronze. Carer Only. 
Craft Pic 'n' Mix – Join in with other Carers undertaking crafts of your choice following our 'Spring Clean' of the office; we'll make sure there'll be plenty to choose from! Please note all materials will be provided to each Carer booked on, whether you attend the Carers Project Hub or join in via Zoom.	Wednesday 4th May 10am – 12:30pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Silver. Carer Only. 
Tai Chi & High Tea – Ever wanted to try something new? How about a 'taster' Tai Chi session with our fit and friendly instructor, Melanie. Once you've enjoyed the 'taster' you can sit down and be treated to a tasty Afternoon Tea to enjoy with other Carers and the Carers Support Project Staff. Any dietary requirements will be taken closer to the time of the event. Also, Tai Chi is suitable for all ages; However, if you have any concerns about any health issues prior to the session, Melanie will be happy to discuss these with you.	Friday 6th May 11am – 2pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Gold. Carer Only. 

Event/Activity/Workshop	Venue, Date & Time	Information
May 2022 (Continued)		
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. Have some fabulous fun, meet new people, and make new friends along the way.	Monday 9th May 10:30am – 11:30am Zoom	Bronze. 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 10th May 10am – 11:30am CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
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 May 6:30pm – 8pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom	Bronze. Carer Only. 
Jewellery Making – join us at our Jewellery Making workshop and make yourself a special piece of jewellery or even make one for a loved one. All materials provided.	Friday 13th May 10am – 12:30pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW OR Zoom	Silver. Carer Only. 
Parent Carer Bowling Night – open to all Parent Carers. Enjoy some good old fashion fun! Bring out your competitive streak, indulge in hot dogs & burgers and compete against fellow Carers to see who’s crowned King/ Queen of the bowling alley!	Tuesday 17th May 6pm – 8pm Ten Pin, Cefn Coed Park, Parc Nantgarw CF15 7QX	Gold. Carer Only. 
Wednesday Walkers – put your best foot forward, join us at our Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!	Wednesday 18th May 10:30am – 12:30pm Barry Sidings Country Park, Trehafod CF37 2PE	Bronze. Carer Only. 
Kidscape Bullying workshop – 'Kidscape are an anti-bullying charity who are passionate about creating a world where children can grow up free from bullying and harm, with adults who keep them safe and help them to reach their full potential. Kidscape are offering free CPD accredited Community Leader training for parent carers. The training aims to empower parents and adults working with, supporting, and participating in communities, to recognise the signs and symptoms of bullying, and to be confident in challenging and reporting bullying behaviour. To find out more about Kidscape please visit.	Thursday 19th May 11:00am – 1:00pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 
The Pop In Drop In – would you like to meet the team? Do you have any questions you are trying to find answers to? Do you need signposting to local services? Do you need some help to find out what support is available in your area? Then why not drop in to see us at the Carers Support Project, where we’ll only be too happy to help.	Wednesday 25th May 10am – 1pm CSP Office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW	Bronze. Carer Only. 