

# NEWS

## CARERS

Updates from Rhondda Cynon Taf  
Carers Support Project



Issue 79 – Spring 2024

### Carers Grant

The Carers Project has been successful in receiving a grant from Welsh Government (WG) to provide opportunities for unpaid carers to take a break from their caring roles to support their mental health and wellbeing. The primary aims of this funding is to:

- Increase the availability and access for short breaks for unpaid carers.
- Provide the option to personalise the form this takes as much as possible with the unpaid carer.
- Target unpaid carers who need this the most.

This should support unpaid carers to improve or maintain their wellbeing, enabling them to continue their caring role, build resilience and sustain their caring relationship. Find out more on pages 2 and 3.

### SAVE MONEY WITH MAX



Max card is the leading discount initiative for looked after children (LAC) and children with special educational needs and disabilities (SEND) up to the age of 25. It provides discounted entry into lots of attractions UK wide. We are offering MAX cards to carers who are currently registered with us. Contact the Carers Project on 01443 281463.

### CONNECTS

**Carers Connects** is an opportunity to talk to a trained counsellor and other carers, and explore different strategies, which might help you to look after your wellbeing whilst you are caring.

We meet on the **second Tuesday of the month at 10am – 11.30 am** at the **Carers Hub, 11-12 Gelliwastad Rd, Pontypridd.**

### IT'S GOOD TO TALK

The Carers Project provides a free confidential counselling service provided by qualified counsellors available to local Carers in Rhondda Cynon Taf.

Call 01443 281463 to find out more.



Llywodraeth Cymru  
Welsh Government

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RHONDDA CYNON TAF

## WHAT IS A SHORT BREAK?

*Any Break, which strengthens and/or sustains informal caring relationships and enhances the well-being of carers and the people they support. This may be achieved through a service, an activity or an item.*

## BETTER BREAKS GRANT FUNDING

### ELIGIBILITY

- Carers must be aged 18 or over, and registered with the Carers Support Project.
- The grant is limited to one application per household.
- The carer must be providing care on an informal/unpaid basis.
- The carer must live in the Rhondda Cynon Taff CBC area .
- The funding provided will one off and not be an ongoing commitment.

The Carer cannot apply to the Creative Breaks Carers Short Breaks Funding, if an application is being submitted for the Better Breaks Funding (*The Creative Breaks funding is aimed at those Carers who are receiving an intervention from our statutory assessment services (social work teams).*)

### HOW TO APPLY

Complete the 'Better Breaks Carers Short Breaks Funding Application Form' available via Snap Survey. Please see the below link, or scan the QR code below:

<https://RCTCBC.welcomesyourfeedback.net/o01lby>



Due to the limited resource within the CSP Team, we encourage all Carers to submit their application themselves electronically via snap survey.

Carers can contact the CSP Team on [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk) or 01443 281463, to request a member of the CSP Team to complete the Snap survey application on their behalf. If a member of the team is unavailable, please leave a message, and the CSP Team will get back to you.

No grants will be issued prior to the grant application closing date on 1<sup>st</sup> March 2024.

The Carer will be informed of the outcome of the application **via email** by 31<sup>st</sup> March 2024. Please note, if you have not had a response by 31<sup>st</sup> March 2024, unfortunately your grant application has been unsuccessful.

# CREATIVE BREAKS GRANT FUNDING

## ELIGIBILITY

- Applicants must be aged 18 and over.
- The maximum amount of grant is £200.00 per household.
- Carers must be receiving an intervention from our statutory assessment services (social work teams).
- The carer must be providing care on an informal/unpaid basis.
- The funding purchased must provide the Carer with a short break from their caring role.
- The carer must live in the Rhondda Cynon Taff CBC area.
- The funding provided will be one off and bespoke, and not be an ongoing commitment.

The Carer cannot apply to the Better Breaks Carers Short Breaks Funding, if an application is being made for the Creative Breaks Funding.

## WHAT COULD THE GRANT BE USED FOR

The Creative Breaks Grant should be aimed at improving the Carers access to short breaks.

The following are examples, but are not limited to, how the Creative Breaks Carers Short Breaks Grant funding may be used:

- a. Leisure/Activity/Relaxation
- b. Spa Days
- c. Gym Membership – RCT Leisure Centres
- d. Theatre Tickets
- e. Travel
- f. Overnight accommodation
- g. Afternoon Tea/Meals out
- h. Entry costs to attractions of facilities
- i. Activities
- j. Tickets

## HOW TO APPLY

Applications for the Creative Breaks Grant will need to be submitted by your Care Manager or Social Worker. Please speak to them about the grant, and they will be able to apply on your behalf. For further information, please contact the Carers Support Project on 01443 281463.

## OUR CALENDAR OF SUPPORT

### When can I book these events?

You can book onto these events from **10am on Tuesday 30<sup>th</sup> January 2024**. All events are Carer only.

### How can I book?

You can contact the Carers Team on 01443 281463 or email [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

### Where do the events take place?

All of the events take place at the Carers Support Project Hub, 11-12 Gelliwastad Road, Pontypridd CF37 2BW, unless otherwise stated.

Event / Activity / Workshop	Venue, Date & Time
<b>Chatterbox</b> - join us for a cuppa on the 1 <sup>st</sup> Tuesday of the month, chat with other carers and meet the team, who will be on hand to offer information and advice.	<b>Tuesday</b> 6 <sup>th</sup> February, 5 <sup>th</sup> March, 2 <sup>nd</sup> April 10am – 11:30am
<b>Carers Connects</b> – Led by the Projects Counsellor, you can meet other Carers in a relaxed and informal environment, whilst learning skills, tips and techniques aimed at supporting you in your caring role.	<b>Tuesday</b> 9 <sup>th</sup> January, 13 <sup>th</sup> February, 12 <sup>th</sup> March 9 <sup>th</sup> April 10am – 11:30am
<b>Carers Cwtch</b> - Fun, games, and food! Join us, meet other Carers and have some well-earned time out. Guaranteed laughs included.	<b>Tuesday</b> 9 <sup>th</sup> January, 13 <sup>th</sup> February, 12 <sup>th</sup> March 9 <sup>th</sup> April 6:30pm – 8pm
<b>A Sweet Escape: Chocolate Making Workshop</b> - Are you a chocoholic? Do you want to learn how to make your own delicious treats? If so, join us for a fun and delicious chocolate making event! This event is perfect for anyone who wants to indulge their sweet tooth, have fun getting creative, or surprise their loved ones with a homemade gift. No prior experience is required, just a passion for chocolate!	<b>Thursday 15<sup>th</sup> February</b> 10am – 2pm Rhondda Heritage Park MUSEUM
<b>A Stitch in Time: Craft Morning</b> - Do you enjoy stitching or want to learn a new skill? Join local artist Hannah for a fun and therapeutic stitching craft morning! All the materials and equipment will be provided, but you are welcome to bring your own.	<b>Tuesday 20<sup>th</sup> February</b> 6:30pm – 8pm
<b>Tai Chi: A Relaxing and Rejuvenating Break</b> - Tai chi is a gentle and relaxing martial art that can reduce stress, improve mood, and enhance well-being. Learn and practice tai chi with a qualified instructor. Meet other carers and relax.	<b>Thursday 7<sup>th</sup> March</b> 10:30am – 11:30am
<b>Spring in Your Step: A Wreath Making Workshop</b> - Join us for a fun and relaxing wreath making workshop, where you can unleash your creativity and celebrate spring. You will learn how to make a beautiful spring wreath using flowers and foliage. All materials are provided.	<b>Thursday 21<sup>st</sup> March</b> 10am – 2pm

