

NEWS

CARERS

All the latest Carers information from around Rhondda Cynon Taf



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Issue 57 • Summer 2016



Carers Week

6-12 June

All events below have been organised during or around Carers Week.
All events are free of charge for RCT Carers

Cinderella Musical
Saturday 4th June 2016
12:30pm -5:30pm
New Theatre, Cardiff

Sing along with the modern day hits in this unique telling of this magical fairytale. Cinderella is an enchanting musical loved by people of all ages. Carer and the cared for are invited to attend.

Afternoon Tea & Talk
Tuesday 7th June 2016
2pm-4pm
Llechwen Hall

Carers are invited to indulge in Afternoon Tea whilst having a chat with other Carers and taking a well deserved break from their caring roles.

Legal Appointments
Wednesday 8th June 2016
Appointments available from 9:30-3:30pm
Heddfan, Rhydyfelin

Do you need legal advice? Are you thinking of making a will? Would you like to find out more about Power of Attorney? Or do you have any general legal queries you would like advice on? If so, then book an appointment free of charge to find out more and answer any queries you may have. (A member of the team will then be in touch with your appointment time).

Dementia Workshop - Carers Information & Support Programme (CrISP 1)
Thursday 9th June 2016
10am-3pm
Interlink, 6 Melin Corrwg, Pontypridd

This day is specifically designed for Carers of those with dementia. It will assist in helping you understand dementia, coping with day to day challenges dementia can bring and discuss how care and support can be provided. Lunch will be provided.

Priscilla Queen of the Desert
Saturday 11th June 2016
12:30pm-6pm
Bristol Hippodrome Theatre

With a dazzling array of outrageous Olivier and Tony award-winning costumes and a hit parade of dancefloor favourites including I Will Survive, Hot Stuff, Finally, Boogie Wonderland, Go West, Girls Just Wanna Have Fun, and I Love The Nightlife, this wildly fresh and funny musical is a journey to the heart of FABULOUS! This event is for Carers aged 18-25 only.

"We will Rise Again"
Tuesday 14th June 2016
6pm-9:30pm
Coliseum, Aberdare

Come and support the young carers as they perform a mini-musical, written and performed by the young carers themselves, to celebrate Carers Week. Welcome reception at 6pm.

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STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR

Funeral Payment

You could get a Funeral Payment if you're on a low income and need help to pay for a funeral you're arranging.

Although, you'll usually have to pay back any money you get from the deceased person's estate (if they have one). If the carer is responsible for the funeral, and meets these criteria, then for these purposes the estate includes any money or property they had but not a house or personal things left to a widow, widower or surviving civil partner.

Eligibility

To get a Funeral Payment you must be responsible for the funeral and:

- claim in time
- get certain benefits or tax credits
- meet the rules on your relationship with the deceased.

How much you get depends on your circumstances. The Funeral Payment can help pay for:

- burial fees and exclusive rights to burial in a particular plot
- cremation fees, including the cost of the doctor's certificate
- up to £700 for funeral expenses, eg funeral director's fees, flowers, coffin
- travel to arrange or go to the funeral
- the costs for moving the body within the UK - but only for the part of the journey that's over 50 miles

You can claim a Funeral Payment using form SF200 or over the phone. You must claim within 3 months of the funeral.

Find out more by visiting www.gov.uk/funeral-payments

CHANGE STEP

A Peer Mentoring Service for military veterans.

Change Step is a peer mentoring and advice service delivered by veterans for other veterans who wish to make positive changes in their lives. The service aims to support those seeking help for problems encountered as a result of military or operational duty through peer support, training opportunities and signposting to relevant health and welfare services.

The team can help with homelessness, unemployment, mental health problems and substance misuse issues.

For more information please contact your local peer mentors for RCT:

Martin Watson – 07733 890779

Barry Miller – 07733 890745

Office – 01443 495813

GetOnline@Home

Getonline@home is a Microsoft-backed digital inclusion initiative to provide low cost access to an internet-ready, refurbished personal computer from £99 (subject to eligibility). This local promotion, brings together Microsoft's local PC refurbishment

partner (Computer Recyclers in Penygraig) and RCT's Credit Union (Dragonsavers) to also assist in spreading the finance costs of any purchases for its members.

To find out more:

www.rctcbc.gov.uk/getonlineathome

FREE Diabetes Test

Diabetes occurs because the body can't use glucose properly, either because of a lack of the hormone insulin or because the insulin available doesn't work effectively. If left untreated, this can lead to serious health problems, like high blood pressure, heart disease, kidney failure and nerve damage.

More than 3.9 million people in the UK have the condition, and the charity Diabetes UK estimates that there around 850,000 with undiagnosed Type 2 diabetes. Symptoms of the condition include:

- Extreme thirst
- Needing a wee all the time, especially at night
- Tiredness
- Unexplained weight loss
- Blurred vision

If you're worried that you may have the condition, you can take a free diabetes test at your nearest participating Lloyds Pharmacy or Asda Pharmacy or visit your local GP surgery.

100 Things I wish I'd known about living with diabetes - Get your free book full of useful tips for living with diabetes at www.diabetes.org.uk



Hearing Loss

It's never too early to start looking after your hearing. Start by checking your hearing today with the easy online hearing check. It only take a few minutes, and it will help you find out what action you can take for your hearing.

Visit: <http://www.actiononhearingloss.org.uk/>

You can also call the Action on Hearing Loss Helpline on:

0808 808 0123

Did you know that **1 in 6 people** in the UK have some level of hearing loss.

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 is a credit card size card that you can carry with you at all times. It is used as an instant source of identification in case of accident or sudden illness.

The Council's Carelink Service will hold your registration number and details where help can be co-ordinated to assist you both, while you are receiving attention. By making a brief phone call, help can be summoned for the person you look after. The scheme is staffed 24 hours a day 365 days of the year.

Why was the Emergency Card Support Service developed?

It was requested by local carers who were concerned about what would happen if they were out alone and had an accident or suddenly became ill. They wanted a service that would give them peace of mind and access to 24-hour, seven days a week assistance. They also wanted a service that ensured maximum security for the people they were looking after.

How does the service operate?

You register with the service by completing an enrolment form and sending it to the Carers Support Project. This form holds information about you, the person you look after and the action that needs to be taken in the event of an emergency the Council then holds this information securely and confidentially. You are then issued with the emergency card.

Is it a safe system?

The system is confidential. No personal details are held on the card, so that all identities are protected. The only means of identification is the number on the card. In an emergency the Council responds by carrying out the instructions on the enrolment form.

Does the service work?

Yes, similar schemes are in operation elsewhere in Wales and carers like and use them. It is a simple and easy to use service and has proved successful in ensuring that help is quickly available when needed.

What are the benefits to Carers?

Carers are offered 24 hours a day emergency cover if they have an accident or sudden illness. Carers feel less anxious and more free to go out and have peace of mind if something happens to stop them getting home.

How do I join the service?

You can join the service by completing an enrolment form, which can be obtained from:

Email: carerssupportproject@rctcbc.gov.uk

Telephone: 01443 668813

What next?

Return your completed form to the Carers Support Project. On receipt of your form, the Carers Support Project will issue you with a card. Your details will then be recorded and you are then registered with the service.

How do I use the card?

Always carry the card with you. It is important that this identification is found quickly. It needs to be one of the first things that anyone who comes to your assistance sees or finds. If possible clip it to your coat, wallet or handbag.

Do you already have a Carers
Emergency Card?
Need to update your details?
Call

01443 668813

for more information

Protecting those who need us the most

Partner agencies who provide care and support to the most vulnerable adults in our communities held one of the most important events ever to be held in Safeguarding.

They came together with members of the public, including adult carers, to form the Cwm Taf Safeguarding Adults Board's official response to Welsh Government on the lessons learned following a Gwent Police investigation into the neglect of older people living in care homes in Torfaen, Blaenau Gwent and Caerphilly – and how they will work together to ensure it never happens again.

The event was organised following the release of Dr Margaret Flynn's report "In search of Accountability" into the neglect of older people in care homes following Gwent Police's Operation Jasmine investigating into "suspicious" deaths and neglect at a number of facilities.

At the event they were personally addressed by Dr Flynn who compiled an independent report into that police investigation, as well as by the families of those who were living in the care homes involved, who spoke openly about the heartbreaking loss of care, dignity and respect their loved-ones



experienced. Known as the Justice for Jasmine group, these families have come together to raise awareness and to share with others their stories about the decline they witnessed in the care of their mothers, fathers and grandparents.

The workshop also gave those who work in the care of older people an opportunity to consider how we would respond locally if the kind of issues that were investigated during Operation Jasmine were raised in Cwm Taf and how we can all consider the standards of care of older people.

To find out more about the report visit:
<http://gov.wales/topics/health/publications/socialcare/reports/accountability/?lang=en>

Online Today

helping people with sensory loss get online

Technology can make life easier if you have hearing or sight problems, but knowing where to start isn't always easy – Online Today can help.

Online Today can help support everyone with sensory loss to get online and feel confident using technology in their everyday lives. They can help you find out how to get the most out of being online – from browsing websites and sending emails, to keeping in touch with family and friends and keeping up to date with news and leisure interests.

Through one to one sessions at home, group sessions and demonstrations of products such as laptops, tablets, Smartphone's and e-readers, you can find out how easy it is to gain basic skills and confidence to use technology.

Online Today is for you if you have little or no experience of being online, if your skills need updating, or if you have recently acquired sensory loss and need to learn new ways to get and stay online.

Start your journey now:

Call 02920 828 518

Email: onlinetodaycymru@rnib.org.uk

Or visit: www.rnib.org.uk/onlinetoday

Find a Group

Findagroup is an easy way to find local groups and services.

Looking for something in your community – a community Centre, Youth or Sports Club? Find a Group does all the searching...saving you the time. You can then pick the best group for you. Already know of a group and would like to find out more information? Then you can find their details by searching their group name.

Vist: <http://findagroup.cymru/>

findagroup

Disability Advice Project

DAP (Disability Advice Project) provides a welfare rights service to support disabled people, their families and carers. They have a specific form filling service where they can sit with you and complete forms on your behalf. Their caseworkers are fully trained to help with forms that can seem daunting and complex.

What forms can the Disability Advice Project (DAP) help you with?

The Disability Advice Project can assist you with all forms concerned with disability benefits. These include:

- Disability Living Allowance (Adults 16 – 65th birthday)
- Disability Living Allowance (Children under 16 years old)
- Attendance Allowance (Over 65 years)
- Carers Allowance
- Employment Support Allowance (ESA)
- All renewal claim forms

What you need to do if you need help to complete a form

Contact the Disability Advice Project office; due to the detailed information that is required to complete such forms, they run an appointment system that ensures you receive individual attention.

Unit 9A Ground Floor, 1 Caldicot Way,
Avondale Business Centre, Avondale Way,
Cwmbran NP44 1UG

Tel: 01633 485865 Email: info@dap-wales.org.uk
Visit: www.dapwales.org.uk

Being Heard

Being Heard is Carers UK's self-advocacy guide, there to help you navigate a confusing system, get your message across and cope with complex thoughts and emotions when you are caring.

When caring, it can be hard to get your voice heard. You might not know what help to ask for, or indeed who to ask. Self-advocacy is about learning the skills to speak up for yourself and for the person you are caring for.

Carers UK have produced Being Heard – a self-advocacy guide for carers to help Carers get their voice heard. It stems from work carried out by Carers Scotland and the Scottish Government since 2011, and has been updated to reflect the situation for carers in each nation.

To find out more and to download your guide visit:

www.carersuk.org/help-and-advice



GREENDAYS

Green Days is an Innovate Trust project which supports disabled people to carry out environmental improvement work in the local community.

Activities include footpath and site clearing, litter picking, planting and maintenance of wildlife areas, habitat improvement to increase biodiversity, general landscape improvement and recording of local wildlife plus development of nature walks.

Activities take place in the Cardiff, Vale and RCT areas, and are supported by Green Days staff and volunteers.



How do I get involved?

If you'd like to attend a Green Days activity, you or someone acting on your behalf can get in touch with the team by calling 02920 382151.

Or you can email Sophie or Arwen, the Project Officers!

Sophie.Faupel@innovate-trust.org.uk

Arwen.Thomas@innovate-trust.org.uk

They'll send out a referral form to be completed and invite you in for an informal chat at their office. This will give you an opportunity to meet the staff and find out more about the project. It also helps them to find out what you'd like to achieve from taking part, and what kind of activities you might enjoy.

Dementia Support

If you or someone you are caring for would like to receive support and information regarding your journey with dementia, there is an experienced Dementia Support Worker available in the local area. Dementia Support Workers are able to come to the home and discuss individual needs and available services. Please call **01685 353919** for further information.

The Alzheimers Society Arts and Craft Group

**Every Wednesday from 1pm-3pm
(Term time only. Please call prior to attending)**

Lifelong Learning Centre
Gartholwg Community Campus
St. Illtyd's Road
Church Village
Pontypridd CF38 1RQ

Advocacy Service

The Alzheimers Society's Advocacy Service can help you with key decisions in your life and will empower and support you while you live with dementia. They will do this by expressing your wishes and views to key professionals, organisations and carers, standing by your side every step of the way. The Advocacy service is free, independent and confidential. If you have a diagnosis of dementia you can access this service by contacting your local Alzheimers Society Office on **01685 353919**



Saga Respite Carers Trust Award

Do you, or someone you know deserve a break from their caring role?

The period for submitting applications for 2016 is now open, and will close on 31st August 2016. At the end of the nomination period applicants will be contacted by the Trust with the outcome of their nomination.

Who can I nominate

The Carer should be:

Aged 50 and over

Have been caring for someone for more than a year

Not have taken a significant holiday away from their caring responsibilities within the last year

Must not be a professional Carer

How to apply

You can apply yourself or nominate someone you think deserves a break from their caring role. Nomination forms can be found on Segas website and can also be obtained by post.

Send a stamped address envelope to:
Saga Respite for Carers Trust, Enbrook Park,
Folkstone, Kent CT20 3SE and a paper form will be posted out to you.

Find out more by visiting **www.saga.co.uk**

Carers Council Tax Discount

To be 'disregarded' as a carer for Council Tax purposes, you must meet all the following criteria:

- You must provide care for at least 35 hours a week.
- You must live in the same property as the person you care for.
- You must not be the spouse or partner of the person you care for, or their parent if you care for a child under 18.
- The person you care for must receive either the middle or higher rate of the care component of Disability Living Allowance, the daily living component of Personal Independence Payment at any rate, Attendance Allowance at any rate, Armed Forces Independence Payment or the highest rate of Constant Attendance Allowance.

You do not have to claim Carers Allowance to qualify for this discount, and your income and savings will not affect your eligibility. If there is more than one carer in the property, they can both be disregarded for council tax purposes as long as they all meet the conditions.



For more information visit:
<http://www.carersuk.org/CouncilTax>

Carers Measure Achievements

Over 200 Carers Champions have been recruited throughout Council Departments, Schools and Job Centres.

Over 4,000 training opportunities in Carer Awareness have been provided for staff

A Teacher's guide has been developed to support Teachers to identify Young Carers in school

22 Carers Matters e-bulletins have been published to provide staff with information.

University Social Care and Nursing students have been trained in Carer Awareness

An e-learning package is available for continuous staff training

Printed A-Z Directory of support services for Carers. 50,000 made available

Carers have been consulted enabling us to tailor the support provided

Anne Morris Carers Measure Coordinator Leaving

Due to Welsh Government funding coming to an end, Anne Morris has now left her role as Carers Measure Coordinator with the Carers Support Project. Staff at the Project would like to thank her for all her hard work and dedication in making great improvements for Carers in RCT over the past two and a half years. Anne, we wish you good luck in the future; you will be missed.

Macmillan Grants

These are small, mostly one-off payments to help people with costs caused by or related to their cancer.

Grants are available for a variety of things. Whether you need extra clothing, help paying heating bills or even a relaxing break, you may be entitled to a Macmillan Grant.

How much you receive will vary depending on your circumstances and needs, but the average grant is less than £400. A grant from Macmillan will not affect the benefits you're entitled to. It's an extra help, not a replacement for other forms of support.

Who are they for?

You can apply for a Macmillan Grant if you have cancer, or are still seriously affected by your illness or treatment, and both of the following apply:

- Your savings amount to no more than £6,000 if you're single, or £8,000 as a couple or family.
- You have a low net income once rent, mortgage and council tax have been paid*.

They allow a weekly net income of £170 for a single person, £289 for a couple or household of two people, £85 for each child, and £119 for each additional adult.

*Please note that Disability Living Allowance, Personal Independence Payment and Attendance Allowance don't count as net income in the calculations.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

How to apply

1. You need to apply through a health or social care professional. This may be a social worker, a district nurse or a Macmillan nurse if you have one.
2. They'll fill in a grant application form with you and send it to the Grants team at Macmillan. They will also include a short medical report from your specialist nurse, doctor or consultant.
3. The Macmillan Grants team will process your application on the day they receive it.
4. If your application is approved, payments are generally sent out within three working days.

If you have any questions about Macmillan Grants or if you're having problems getting someone to fill in an application form with you, please contact

0808 808 00 00.

Blue Badge Parking Permit

A Blue Badge parking permit is designed to help people with walking difficulties, cognitive impairment or other mobility problems to travel independently, as a driver or as a passenger.

The Blue Badge scheme allows people who meet the eligibility criteria to park, when displaying their blue badge, where restrictions for other motorists may otherwise apply. The scheme plays an important role in helping people with mobility problems to overcome some of the barriers they face when accessing jobs, shops and other important services.

In Wales, there is no charge for individual applications, although a charge of £10 can be made for organisational and replacement badges.

**For more information visit:
www.rctcbc.gov.uk**

Did you know?
The Open University and Carers Trust Wales have a free online course for Carers

'What about me?'
Further information can be found online at:
<http://www.open.edu/openlearnworks/>



Young Carer & Young Adult Carer Joint Residential



Young carers spend a lot of time thinking and worrying about the person they care for and often overlook their own needs. So, following the success of the 'Taking care of me' residential last year, we decided to organise a similar event in February

half term, using the feedback from last year to make the event even better.

The event was attended by **35 Young carers and Young adult carers** aged approx 12 - 24 yrs and we spent 2 nights at the Village Lodge, Betws, Bridgend.



The young people had the opportunity to take part in workshops that developed their skills and knowledge such as:

- Emergency first aid
- Volunteering
- Sexting and safe use of social media
- Cooking healthy meals on a budget
- Looking after our hair and nails

Plus some positive wellbeing sessions:

- Drama and script writing
- Street dance
- Wood art
- Theatrical make up & a trip to the cinema!

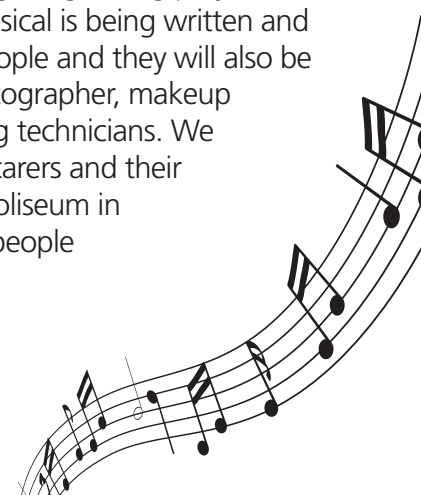
All the young people who attended said they had fun and met new friends. They had a break from caring at home and some time for themselves.

Young Carers Musical



To celebrate Carers Week 2016, young carers and young adult carers will be performing a 'mini-musical' at the Coliseum in Aberdare. This is a joint project with RCT Arts Development and is building

on the success of the singing/songwriting project we completed last year. The musical is being written and performed by the young people and they will also be taking on roles such as photographer, makeup artist and sound and lighting technicians. We would love to see as many carers and their families as possible at the Coliseum in June to support the young people so if you'd like free tickets, please use the enclosed booking form.



YOUNG ADULT CARERS NEWS

Young Adult Carers are having a well deserved treat

In order to celebrate Carers Week RCT young adult Carers group will be travelling to Bristol Hippodrome to watch the West End and Broadway feel-good international hit sensation Priscilla, Queen of the Desert musical. With a dazzling array of outrageous costumes and a hit parade of dance floor favourites including I Will Survive, Hot Stuff, Finally, Boogie Wonderland, Go West, Girls Just Wanna Have Fun, and I Love The Nightlife, this wildly fresh and funny musical is a journey to the heart of FABULOUS! It is important

that the RCT young adult carers are offered similar opportunities to their peers as their caring role often means they miss out on such experiences. The evening will provide the young people with a rare opportunity to be care-free and relaxed.

If you know a young person between the ages of 18 to 25 who cares for someone who has a disability, additional need, poor mental health or substance misuse issue please contact Kerris on (01443) 668845 or email Kerris.Olsen-Jones@rctcbc.gov.uk.

RCT Young Adult Carers are running Treorchy Rotary Shop.

The Young Adult Carers group learnt many new skills over the Easter Break by volunteering to run the Rotary shop in Treorchy. From Stock-taking, developing effective communication, stock presentation techniques and good customer service skills were developed throughout the week by our young adult carer volunteers. For a week commencing from the 4th April the group

volunteered from 10am until 4pm and many customers that attended commented on how helpful the individuals in the group were. All stock that was sold and profits made will be spent to give the young adult carer group a well deserved break from their caring role. Thanks must be extended to the Rotary shop for their friendly approach and hospitality.

RCT Young Adult Carer group reach for the stars on a sponsored Pen - Y- Fan Walk

RCT Young adult carers are attempting to walk Pen-Y-Fan on Saturday 25th June in order to raise money for the young adult carer group, which will be spent on a night out where the young people will have an opportunity to sit back and relax.

We will be leaving Storey Arms, Brecon at 11am and will walk up to Pen-Y-fan's summit before taking a well deserved break and descending the mountain. If anyone would like to get involved sponsor forms are available from Kerris.Olsen@Jones:rctcbc.gov.uk.



Did you know?

Marks and Spencers have launched their special needs clothing range for children? It includes large bodysuits, sleep suits and vests with poppers that have been designed for older children that need to wear nappies



The National Autistic Society

The National Autistic Society Cymru works with people living with autism across Wales. They provide a wide range of quality, personalised support services for people on the autism spectrum and their families and carers.

What can NAS do?

- They can help support people to be independent at home and be a part of the local community.
- They provide individually tailored short breaks for autistic individuals.
- Their support centres provide a place for autistic adults to socialise and learn valuable new skills.
- They help to empower students on the autistic spectrum to develop their academic skills and independence through their studies.
- They help support children and adults access the local community, education services and the workplace.

For further information call 029 2062 9301 or visit www.autism.org.uk/waleservices

Welcome to Your Community

The National Autistic Society has a 'Your Community' discussion forum where you'll find people talking about autism and sharing their thoughts, questions and experiences. To join in with the discussions you'll need to register with the website and set up your Community profile.

For more information visit: <http://community.autism.org.uk/>

The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

Autism Friendly Football Matches



Sunderland Football Club has reached an incredible landmark that will help people with autism enjoy the game.

The club is the first to install a sensory room at the Stadium of Light that allows fans to enjoy the game even if the noise of the crowd can be a problem.

The sensory room is equipped for fans of all ages with sensory difficulties to enjoy the game in a comfortable environment.

The room is assumed to be the only one of its kind in the UK, but here's hoping more clubs take the step to bring the match day experience to fans who otherwise would have to keep away.

The Shippey Campaign is looking to promote the concept throughout the Premier League with the aim of getting sensory rooms installed at sports stadia across the UK. For further information about their campaign please visit <http://www.theshippeycampaign.com>.

See Ability



Seeing **beyond** disability

SeeAbility is a specialist registered charity enriching the lives of people who have sight loss and other disabilities, including learning and physical disabilities, mental health difficulties, acquired brain injury and life limiting conditions.

SeeAbility has a database of optometrists and dispensing opticians who have shared information on their services for people with learning disabilities.

Additional services could include the availability of picture tests, eye tests at home, wheelchair access and extended appointment times.

For more information visit:
www.seeability.org.uk

Did you know?
Did you know that people with learning disabilities are 10 times more likely to have a serious sight problem than others?



SP1:



First Hair Salon for People with Special Needs

Liz Stewart from Rhiwbina has set up the first hair salon for people with special needs in Wales' capital city.

Liz had the idea to open the shop after her son, Delroy, who is now aged 22 and has Down syndrome, developed a phobia of getting his hair cut. After speaking to other parents of children with special needs she found out he wasn't the only one.

The salon, called "SP 1", aims to hire people with special needs, employs fully trained hairdressers and offers work experience to college aged students with learning difficulties.

It looks slightly different to a 'normal' hairdressers - there are no pictures on the wall, no loud music or equipment being used. There's also changing facilities and a sensory room - a space where customers can go and relax.

"SP 1" opened at the end of August 2015 on 105 Heol Llanishen Fach in Rhiwbina. You can contact the salon on 029 20 624038 or visit www.sp1haircare.co.uk

Cerebra Free Lending Library

Cerebra have a popular postal lending library of books on topics relating to neurological conditions, media (DVDs) and sensory equipment, such as fibre optics and the ever popular Sensory in a Suitcase, which contains a range of equipment to stimulate all the senses.

Anyone in the UK can borrow items from their library and it's free to return them using their freepost address for books, or a courier service that they arrange for you for sensory equipment. You can borrow two books at a time and one sensory item for a month at a time.

You can download a catalogue of the books and sensory equipment available by visiting www.cerebra.org.uk or contacting them on 0800 328 1159 to request a paper copy.

Touch Trust

The Touch trust is a registered charity based in Cardiff, at the iconic Wales Millennium Centre.

They provide unique creative movement programmes for individuals with learning disabilities, those affected by autistic spectrum disorder (ASD), complex needs, behaviour which challenges, and other vulnerable groups in the community.

**For further information please call:
029 20 635660**



The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

Cynon Valley P.A.L.S.

Play and Leisure Service for children with disabilities.

Cynon Valley P.A.L.S works with both special needs children and their families to offer respite care. The children they work with range from 3 to 11 years and participate in organised activities and day trips. The children are taken on trips daily to parks, leisure centres, adventure playgrounds, farms and soft play centres. The children gain confidence as they participate in team games and attempt new activities with the support of volunteers.

For more information please call: 07967 845056 or 07875 701847

WellChild

There are thousands of children and young people in the UK living with a long-term or complex health condition. WellChild is the national charity working to ensure the best possible care and support for all these children and their families wherever they are and whenever they need it.

Through their UK-wide network of children's nurses, home adaptation projects, family support groups and research, they make it possible for children with serious illness to be cared for at home with their families wherever possible.

Their website includes a dedicated Family Area, for families caring for a seriously ill child or young person.

Visit their website and see how you could benefit from, or get involved with WellChild.

Visit: www.wellchild.org.uk



MOBILITY ROADSHOW 2016

Silverstone Circuit, Silverstone,
Northants NN12 8TN

**Opening times: 10am-5pm Thursday
26th & Friday 27th May, 10am-4pm
Saturday 28th May.**

FREE ADMISSION

The UK's original hands-on consumer event, showcasing mobility innovation for over 30 years!
The Mobility Roadshow provides a wealth of product and service information for ANYONE seeking to regain, or maintain, independent mobility, whether drivers with disabilities, young and novice disabled drivers seeking their first adapted vehicle, options for wheelchair accessible vehicles, older drivers looking for comfortable driving solutions, plus independent living innovations for personal mobility in and out of the home.



If you would like to pre-register your interest in the event as a visitor, please visit:

www.mobilityroadshow.co.uk



CARERS BOOKING FORM

Event/Training	Venue	Time	Date	Tick
May				
First Aid & Heart Start - This course aims to teach you CPR and other emergency life saving skills, along with covering some basic first aid.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10-1pm	Friday 20th May 2016	
June				
Bowling - Join us for a fun morning of bowling followed by a light lunch. This event is open to the Carer and Cared for.	Ten Pin (formally Bowlplex), Nantgarw CF15 7QX	11am – 1pm	Friday 3rd June 2016	
Rebounders - This activity is aimed at Parent Carers and the person they care for. Join us in a mini taster session and find out all about Rebounders trampolining for all. Rebounders specialise in working with all types of additional needs or disabilities. Steps and hoist are available if needed. Join us and find out about the physical and sensory benefits of the trampoline.	Hawthorn Leisure Centre, Fairfield Lane, Hawthorn CF37 5LN	10-11am	Thursday 2nd June 2016	
Cinderella Musical - Cinderella, with a wicked stepmother and two jealous stepsisters who keep her enslaved and in rags, stands no chance of attending the royal ball. When her fairy godmother appears and magically transforms her reality into a dream come true, Cinderella enchants the handsome Prince Charming at the ball, but must face the wrath of her stepmother and sisters when the spell wears off at midnight. Sing along with modern day hits in this unique telling of the magical fairytale. Cinderella is an enchanting musical that all the family will love. Open to the Carer and cared for. Coach transport from Heddfan, Rhydyfelin provided.	New Theatre, Park Place, Cardiff	12:30pm – 5:30pm	Saturday 4th June 2016	
Afternoon Tea and Talk - Carers are invited to indulge in Afternoon tea whilst having a chat with other Carers and taking a break from their caring roles.	Llechwen Hall, Llanfabon, Pontypridd CF37 4HP	2pm – 4pm	Tuesday 7th June 2016	
Legal Appointments - Do you need legal advice? Are you thinking of making a will? Would you like to find out more about Power of Attorney? Or do you have any general legal queries you would like advice on? If so, then book an appointment free of charge to find out more and answer any queries you may have. (A member of the team will then be in touch with your appointment time).	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	Appointments available from 9:30am- 3:30pm	Wednesday 8th June 2016	
Dementia Workshop - Carers Information & Support Programme (CrISP 1) - This day is specifically designed for Carers of those with dementia. It will assist in helping you understand dementia, coping with day to day challenges dementia can bring and discuss how care and support can be provided. Lunch will be provided.	Interlink. 6 Melin Corrwg Cardiff Road, Pontypridd CF37 5BE	10-3pm	Thursday 9th June 2016	
Priscilla Queen of the Desert - With a dazzling array of outrageous Olivier and Tony award-winning costumes and a hit parade of dancefloor favourites including I Will Survive, Hot Stuff, Finally, Boogie Wonderland, Go West, Girls Just Wanna Have Fun, and I Love The Nightlife, this wildly fresh and funny musical is a journey to the heart of FABULOUS! This event is for Carers aged 18-25 only.	Bristol Hippodrome Theatre	12:30pm – 6pm	Saturday 11th June 2016	
"We will Rise Again" - Come and support the young carers as they perform a mini-musical, written and performed by the young carers themselves, to celebrate Carers Week. Welcome reception at 6pm.	The Coliseum, Mount Pleasant, Aberdare CF44 8NG	6pm – 9:30pm	Tuesday 14th June 2016	
Puberty & Relationships - This is an Information Workshop for Parent Carers who have children with additional learning needs. The workshop aims to support parents in speaking to their children about a range of issues associated with growing up, relationships and sex.	Gallery Room, The Muni, Pontypridd	10-1pm	Tuesday 28th June 2016	

Event/Training	Venue	Time	Date	Tick
June (Continued)				
Functional Reflex Therapy Follow on Workshop – this workshop is aimed at Parents/Carers who have already undertaken the 2 day Initial Reflex Therapy Course. This follow on Workshop will provide an opportunity to discuss any difficulties you've experienced and allow you to refresh the functional reflex therapy skills you learnt at the initial 2 day course.	TBC	10-1pm	June 2016	
July				
Introduction to Safe Handling – 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 the opportunities on the day to have any of your queries answered by a qualified professional.	Heddfan, Ilan Avenue Rhydyfelin, Pontypridd CF37 5PN	10-2pm	Monday 18th July 2016	
Mental Health Forum for Carers – Do you look after someone with a mental illness? This could be anything from depression and bi-polar, to an Obsessive Compulsive disorder, an eating disorder or an Autistic spectrum disorder. If so, we invite you to our Mental Health Forum for Carers. No need to book, you can just turn up on the day.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN	10:30-12:30pm	Tuesday 19th July 2016	
August				
Family Fun Day – A day out for Carers and their family. An event which promises fun for all the Family. Register your interest now. Further details will be available shortly.	Venue to be confirmed	10-3pm	August 2016	
September				
Carers Dementia Information Session – This workshop is for people looking after someone with memory problems and those who would like to find out more about dementia. You will meet other people in similar situations, find out about your legal rights, benefits available to you and the person you care for, emotional aspects of caring and much more. Lunch provided.	Mountain Ash YMCA, Duffryn Road, Mountain Ash CF45 4DA	10-3:30pm	Tuesday 20th September 2016	

If you have any particular requirements to enable you to enjoy any of our events, please let us know

*Places for some events are limited and will be allocated on a first come first served basis

*There is an expectation that Carers make their own travel arrangement to attend Carers Project Events, however, transport can be provide if needed.

Name:

How many places would you like for Cinderella? (please circle):

1 or 2

Address:

How many places would you like for The Family Fun Day? (please circle):

1 or 2

.....

Do you require respite? **YES/NO**

.....

Have you attended one of our events before? **YES/NO**

Daytime Tel. No.:

Do you have any special requirements? e.g. dietary, access, etc.:

Date of Birth:

.....

Email address:

.....

I confirm I am the Main Carer: Signed:.....

Return to:

Freepost No. RTKE-ACJL-JBUC Carers Support Project,
Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd CF37 5PN

If you have any queries regarding an event, please call Claire on 01443 668813 or CarersLine Freephone on 0808 100 1801 or alternatively email CarersSupportProject@rctcbc.gov.uk