

# News

## CARERS

All the latest Carers information  
from around Rhondda Cynon Taf



find us on facebook

Issue 71 • Summer 2021

## Carers Week 2021

7th – 13th June

Join us as we celebrate the fantastic work of Rhondda Cynon Taf Carers

### WHAT IS 'CARERS WEEK'?...

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring

responsibilities to identify as carers and access much-needed support. The campaign is brought to life by thousands of individuals and organisations across the UK. This years theme is "Helping to make caring visible and valued"

Find out what's on offer from the Carers Support  
Project for 2021 Carers Week on pages 10 - 11.

Carers Week



prosiect cynnal y cynhalwyr

Chwaraeon RCT  
Sport RCT

### Active Together

The Carers Project are working with RCT Sport to provide 'Active Together' sessions to our Carers. These will include armchair aerobics and dance fit. Sessions will run every Monday/Thursday for six weeks starting:

**Monday 7th June – Armchair Aerobics**

**Thursday 10th June – Dance Fit**

All sessions are suitable for beginners and we'd encourage those new to the exercise world to join us. Sessions will take place via Zoom. Please see our booking pages for more information.

Get on your comfy clothes, and join us for fitness, fun and friendship...lets get 'Active Together'!

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RHONDDA CYNON TAF

# 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 **23 - 28** to see which category each event falls under.

Please note you can choose **1 Gold, 4 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 26th May** 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 (26th May) 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.**

Join us on 2nd Tuesday  
of the month  
10am-11am  
This group is held via  
Zoom. Booking essential.

*Wish you were here!*

For further information please contact:

Tel: 01443 281463

Email: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)



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 takes place via Zoom.**

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

## Carers Cwtch



## Dementia Support

If you are worried about your memory, have a diagnosis of dementia, care for someone with a diagnosis of dementia or are interested in what local support could be available to you, please contact the Alzheimer's Society on: **0333 150 3456 OR 03300 947 400 (Welsh speaking line)**





# 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. At present Counselling sessions are taking place via telephone only.

## 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](mailto:CarersSupportProject@rctcbc.gov.uk)

# 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.

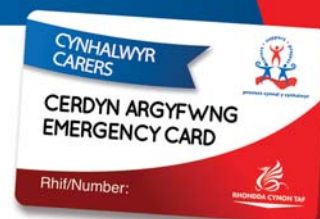
What's more, it's really easy to join.

**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/Forms/  
CarersEmergencyCard/  
RegisterforaCarersEmergencyCard.aspx](https://www.rctcbc.gov.uk/EN/Forms/CarersEmergencyCard/RegisterforaCarersEmergencyCard.aspx)**

Please email

**[CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)**

or call **01443 281463**

to request a  
hardcopy form.



## Carers Comedy Night

On Saturday 12th June 2021 from 7:15pm onwards – via Zoom – join us for fun & frolics!

Like Comedy?, Like Music? Well, this is the one for you - Join 10 hilarious individual acts for a riotous celebration of the UK's best up and coming performers. If you enjoy acts that combine comedy with music such as Bill Bailey, Tim Minchin and Flight of the Conchords, you will love this show!

Bookings taken from Wednesday 26th May.

Please call  
**01443 281463**  
to reserve  
your place.



## Happy Hampers

We all know that the last few months have been challenging once again and for those of us who have been unable to leave our home, this has been particularly challenging. The Carers Project Team have put together some 'Happy Hampers' which include a range of things that can hopefully bring a smile to your face and promote wellbeing; help you to make sure you look after yourself and keep you busy during such testing times. Please note these are for Carers Only. Maximum of 2 Hampers per household.

To request a 'Happy Hamper' free of charge, please contact the Carers Support Project on or after 26th May on: **01443 281463** or email: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk)

The hamper will be delivered to your home address

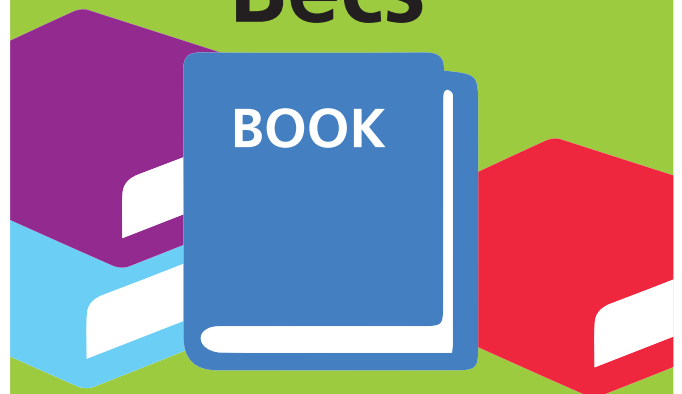
## Becs'



## Bonanza

Join in with our Becs and other Carers who love nothing but a bit of Bingo, fun and laughter. On the evening we will be playing for top prizes and we'll have a few 'theme' games thrown in the mix too; Interested? Get those dabbers out ready!!

## Becs'



## Buddies

Do you have a favourite read? Would you like to engage with others who do too? Every month we'll meet virtually as a group over a cuppa to discuss a book of your choice; please note all books will be provided to each Carer. So, come and join this exclusive club; it's on a "read to know" basis!

# LONELINESS AWARENESS WEEK 14th-18th June 2021

Loneliness awareness week is an annual campaign hosted by the Marmalade Trust. This UK charity has a very clear mission "to create a society where we recognise that loneliness exists and support each other to find new social connections."

Most of us will experience loneliness at some point in our lives regardless of age, gender and background. It is often thought that older people are most likely to feel lonely but according to recent studies the 18-24 age group are the most likely to feel lonely.

## TYPES OF LONELINESS

- **Emotional loneliness** - When someone you were very close with is no longer there. This could be a partner or a close friend.
- **Social loneliness** - When you feel like you're lacking a wider social network of friends, neighbours or colleagues.
- **Transient loneliness** - A feeling that comes and goes.
- **Situational loneliness** - Loneliness which you only feel at certain times like Sundays, bank holidays or Christmas.
- **Chronic loneliness** - When you feel lonely all or most of the time.

Studies have shown that loneliness can have an impact on our physical as well as mental health.

## What are the Carers Project doing this LONELINESS AWARENESS WEEK?

### Thursday 17th June - Becs' Bingo Bonanza

- Join in with our Becs and other Carers who love nothing but a bit of Bingo, fun and laughter. On the evening we will be playing for top prizes and we'll have a few 'theme' games thrown in the mix too; interested? get those dabbers out ready!

**Friday 18th June** coincides with international picnic day so what better way to feel connected than to meet a friend or go out with your family in the fresh air and have a picnic (please follow current government coronavirus guidelines). The Carers Project are giving out FREE picnic hampers to make your picnic that bit more enjoyable. Request yours on booking day ON Wednesday 26th May (please note there is limited availability).

## TIPS ON COMBATTING LONELINESS

- TALK about how you feel.
- Head out into nature and take a socially distanced walk with someone.
- Smile and say hello to passers by. The connection you make through a small interaction can make a big difference.
- Shop locally, you may start to see familiar faces.
- Organise a weekly video call with friends or family.
- Join a virtual club.
- When restrictions lift, volunteer your time at a local charity.
- Pick up the phone...the other person may be feeling lonely too.
- Connect with your neighbours.
- Reach out to someone you know who may be feeling lonely.

To find out more about loneliness visit the Marmalade Trust <https://www.marmaladetrust.org>

## Chorizo sausage rolls

- Preparation time: 40 minutes
- Cooking time: 25 - 30 minutes
- Serves: 15 - 17

### Ingredients

- 400g (13oz) pack pork sausages, casings removed
- 75g (3oz) cooking chorizo (2 small sausages), casings removed, finely diced
- small handful flat leaf parsley, finely chopped
- 1 egg yolk
- 2 tbsp milk
- 320g (11oz) ready rolled, all-butter puff pastry
- a little plain flour, for dusting
- 2 tbsp sesame seeds



### How to prepare chorizo sausage rolls

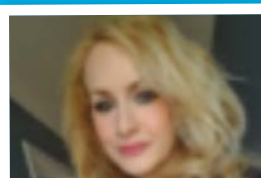
1. Preheat the oven to gas 5, 190°C, 170°C fan.
2. In a mixing bowl, combine the sausage meat, chopped chorizo and parsley with a little black pepper.
3. Mix the egg yolk and milk together in a cup to make an egg wash.
4. Unroll the pastry on a lightly floured surface. Roll out so that the rectangle is a little longer. It should measure about 25 x 35cm.
5. To make large sausage rolls, form the sausage mixture into a cylinder of about the same length as the long side of the pastry rectangle.
6. Dust with flour and lay on the pastry, about 4cm from one edge.
7. Roll the pastry round the sausage, sealing the edges with egg wash.
8. Slice into 15-17 pieces, each about 3cm wide.
9. To make small sausage rolls, cut the pastry in two, lengthwise, so it forms two strips. Divide the sausage mixture into two and form each half into a cylinder the same length as the pastry strips.
10. Lay a cylinder on each strip and roll the pastry round, sealing the edges with egg wash.
11. Slice each cylinder into 15-17 pieces, each about 3cm wide.
12. Transfer the sausage rolls to a large baking sheet lined with non-stick baking paper. If not needed that day, the rolls can be refrigerated overnight or even frozen at this stage. Just defrost when needed and bring them up to room temperature before baking.
13. Brush the tops of the rolls generously with egg wash and sprinkle a few sesame seeds on to each. Bake for 25-30 minutes, depending on the size of the rolls, until golden brown and well risen. Serve warm or at room temperature.

**You can call the Macmillan Support Line on 0808 808 00 00.**

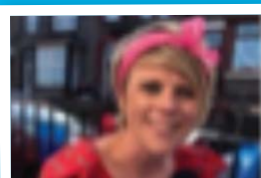
## Listening Ear

Staff at the Project know that now more than ever, our Carers need support, a listening ear, or simply someone to chat too. We want you to know that we're here for you.

If you would like to arrange a one on one chat with one of the team give us a call and we can arrange it for you.



Call Claire:  
07880 044498



or Lyndsey:  
07887 450717



## Nominate a Carer



prosiect cynnal y cynhalwyr

What a year 2020 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](mailto:CarersSupportProject@rctcbc.gov.uk)



# WHAT WE'VE BEEN UP TO...

Since the outbreak of the Covid-19 Pandemic, it would be fair to say our lives have changed incredibly! Over the last 9 months in particular, the Carers Support Project have been working behind the scenes to reform the Service in terms of providing support in a safe and suitable means.

We would like to take this opportunity to say a HUGE Thank You to you all for bearing with us through this process of change. It would be an understatement to label this period as 'trial and error'. However, your continued support has certainly not gone unnoticed and we are very thankful for your patience whilst we have progressed.

Here are a few images we have captured since August 2020 in terms of what we've been up to:







## 7 - 13 JUNE

### WHAT IS 'CARERS WEEK'?...

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The campaign is brought to life by thousands of individuals and organisations.

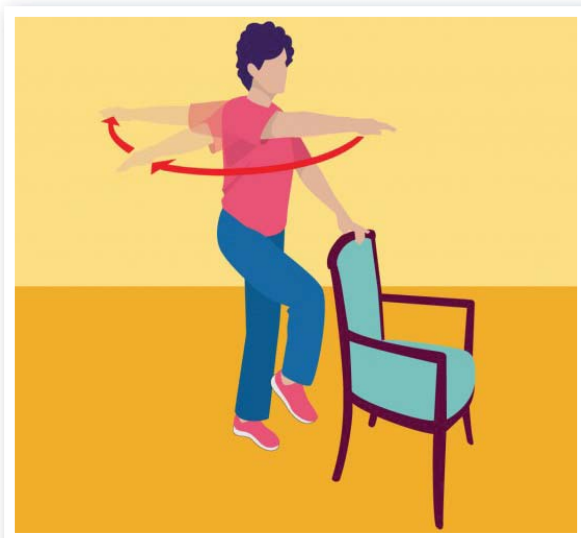
### How we will be celebrating Carers Week this year....

#### ARM CHAIR AEROBICS

**MONDAY 7th JUNE**

**11am - 12 noon**

Join in the fun from the comfort of your own seat whilst the Sports RCT Team give you a work out to remember!



#### CARERS CWTCH

**TUESDAY 8th JUNE**

**6:30pm - 8pm**

To celebrate 'Carers Week' at this special Carers Cwtch session we will be hosting a 'Luau' with lots of Hawaiian themed fun and a mocktail-making class!



#### CARERS CONNECTS

**TUESDAY 8th JUNE**

**10am - 11am**

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.



# Make Caring Visible and Valuable

carersweek.org

## MONEY MATTERS WORKSHOP

**WEDNESDAY 9th JUNE**  
**10:30am - 12:30pm**

For this one-off session, we will be joined by a representative from C.A.B. who will be able to discuss topics and issues with yourselves relating to debt, benefits etc and provide information regarding energy and utilities as well as Carer discounts!

## DANCE FIT WITH SUZIE

**THURSDAY 10th JUNE**  
**11:30am - 12:30pm**

Join in this aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!

Bronze.  
**Carer Only.**  
**Booking required for**  
**access code.**

## CARERS AFTERNOON TEA

### MORNING DELIVERY

**FRIDAY 11th JUNE**  
**10:30am - 12:30pm**

Unfortunately, there will be no physical meet up to celebrate Carers Week 2021. However; we would still like to offer you a tasty treat in recognition of all your continuous hard work, care and support. This will be in the shape of a delicious individually boxed afternoon tea that you can enjoy at whatever time suits you.



## COMEDY NIGHT

(Suitable for those Age 16+)

**SATURDAY 12th JUNE**  
**7.15 pm ONWARDS**

Like Comedy?, Like Music?  
Well, this is the one for you -  
Join 10 hilarious individual live-streamed acts for a riotous celebration of the UK's best up and coming performers.





# Young Adult Carers



## YACTY YAC

**The feedback from the YACs (Young Adult Carers) is that there is a strong sense of missing being together. However, the online service means that social networks can be created and sustained, so the sense of isolation is reduced. The YACs' online events are also said to be something to look forward to.**

Lockdown has given many YACs time to think about their education, skills, employment and personal development needs and some have been asking what opportunities may be available to them. The YAC Service aims to respond to the expressed needs of the YACs.

We have invited The Prince's Trust to come and speak to us about the help and skills development opportunities they can offer. We also posted information on The Kickstart Scheme, which is open to YACs aged 16 to 24 who are on Universal Credit. It provides opportunities for work experience so that when employers ask whether you have experience, you can say 'yes'.

As lockdown restrictions begin to lift there is a realisation that new challenges lie ahead. The first is just to go out, interact and feel safe! As carers, YACs are very aware of the continued need for COVID restrictions and how these keep our vulnerable loved ones safe.

## CASE

A big thank you goes out to Sean, our acting Chair. We will shortly be announcing the opening nominations for our new Chair and deputy Chair. This is a great opportunity to play an active, important and supportive role in developing the YAC service AND to develop your CV. You can learn a wide range of new skills and be supported while you get experience running a recognised group.

Nominations will open on 15th May and close on 15th June. This could be your chance to shine!

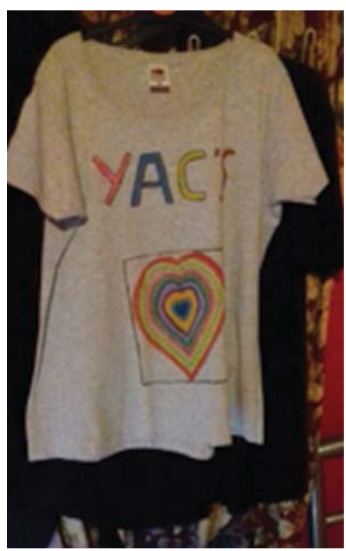
## In the Spotlight

My name is Zoe and I'm 19. I am currently studying engineering at Leicester University in England. Leicester has been one of the COVID hotspots I have found myself in five lockdowns in total, so it's been challenging to say the least. Going to university has changed the way in which I support my brother who has a disability, and how I support my family. I still keep in contact I have had to take a break from uni to help out at home, but I've also had support to continue my studies.

Being in the YAC service has prevented me from feeling isolated, and it's nice to know that I have people I can turn to who understand my concerns, and the fact that my brother's welfare is always on my mind, so I am always ready to return home if needed. We have YACs in Uni who are studying art, maths, drama, child development and psychology and all are aware that there is support available as carers if needed.

## Wha's Gone Down? YAC Fest

We may have been physically in lockdown, but our limitless imagination has been set free! YACFest took the last week in January. YACs created a true festival vibe in their homes! Each night we gathered around our tents in our crafted YAC Fest t-shirts and were whisked away to our virtual festival. We were even entertained by our invited magician and learned the secrets of a few magic tricks. We have learned that our imagination is not in lockdown! It can provide us with a sense of well being and freedom when we need it...



## What's Occurin'?

**April**

**Mindfulness**

breathing and meditation for stress and anxiety reduction.

**May**

**Princes Trust**

Introduction Personal development opportunity.

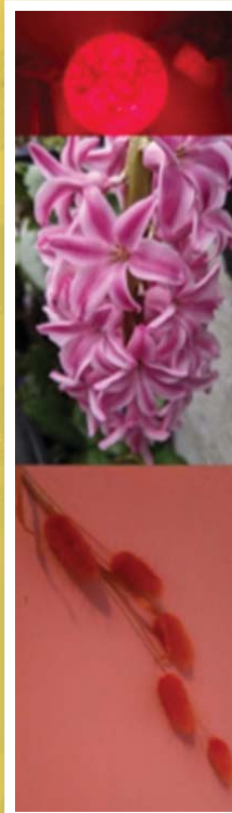
**June**

**Outdoor socially distant compliant event**  
(Guidelines permitting)

## Creative YACs

We took part in a PhotoRenga workshop with Cardiff artist, Katie Woodward. Using just our own phones or cameras and our own imaginations, we created beautiful photo poems. The pictures were taken in our own homes and local areas and showed that we can all be creative and take great pictures!

Here is one of the PhotoRenga poems we created Each person as responded to a picture taken by group.



## New YAC Leaflet

A special thank you goes out to Danielle Griffith who created the illustration work for our updated YAC service leaflet. YACs really do have hidden talents! Danielle will shortly be starting an art illustration course.

The YACs leaflet will be used to promote the YAC service and to give new or potential YACs an overview of the service we provide and the support they can get.





# RCT Young Carers Schools and College Award...



In Rhondda Cynon Taff we are always looking to improve things for Young Carers. Over the last six years we have continued to roll out the RCT Young Carers Schools and College Award.

This Award is aimed at improving the identification and recognition of Young Carers in Education settings, as well as ensuring Young Carers get the support, information and guidance that they need. Each Secondary School and College Campus within RCT has a designated 'Carers Champion' who is the recognised key person to oversee that a Young Carers needs are identified and met within the Education Setting and to oversee the implementation of the Award. The Awards are structured units of work which are underpinned by different levels of certificates; Bronze Silver and Gold.

For Primary Schools, they are equally tasked of raising awareness of Young Carers but through a different unit of work consisting of five sessions, each exploring what a Young Carer is and how they can access support if required. This unit of work is elective.

## GOING FOR GOLD

During the last year, we have been faced with an unprecedented situation and despite all the issues the Covid-19 Pandemic has brought about, our Carers Champions in each establishment have continued to dedicate themselves to Young Carers and work with services to ensure continued support through extraordinary times. We would like to draw your attention in particular to Laura Wilson and her wonderful devoted Team at Coleg Y Cymoedd who have been working towards achieving the RCT Young Carers College Gold Award. In January 2020 I was delighted to present Coleg Y Cymoedd with their Bronze and Silver Awards and despite the fact I cannot present the Gold Award in person at this moment in time, I wanted to make sure this huge accomplishment was noted within this source of media.

Councillor Christina Leyshon, Cabinet Member for Children's Services, said: "I am delighted to see Coleg y Cymoedd being awarded the Gold Award in recognition of the support they provide to our Young Carers. The dedication and commitment shown by Young Carers in providing essential care to their loved ones is truly remarkable and a huge responsibility."

"However, this can have an impact on them academically, socially and emotionally, and it is absolutely vital that organisations not only work to identify Young Carers, but also implement systems to provide the support they need to continue with their studies and provide opportunities for respite."

"I would like to thank and congratulate all involved at Coleg y Cymoedd for their fantastic work in continuing their efforts to achieve the Gold Award, and I am sure that they will continue to make a positive difference to the lives of Young Carers attending the college."

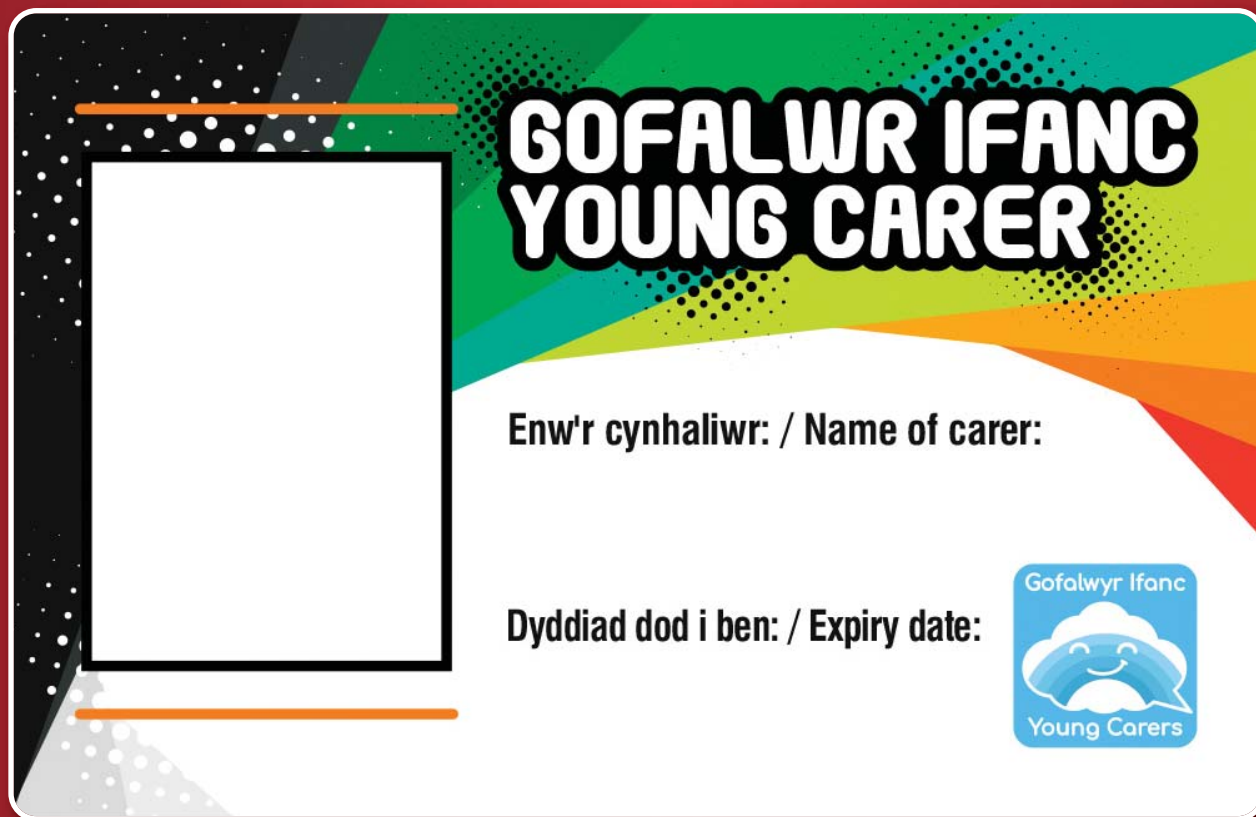
The latest 2020-21 figures show that around a fifth of all Young Carers referred to RCT's Young Carers' Service come from schools and colleges, highlighting the number of young people trying to balance studies and care duties. In the last year alone, the service has received 86 referrals.

Once again, Congratulations Coleg Y Cymoedd on such another wonderful success!

**Rebecca Knight—RCT Young Carer School & College Award Assessor**



# The Young Carers Card has launched in Rhondda Cynon Taf!



The Young Carers Card Scheme in Rhondda Cynon Taf has launched and we are accepting applications! Young Carers have been asking for an ID card to be developed for the last few years and so we hope that this new Welsh Government funded ID card scheme will help them to be identified, feel validated and receive the support they deserve.

The national ID card scheme has been developed as a partnership between Carers Trust Wales and all local authorities across Wales, working to test and develop a nation-wide approach to improving the experiences young carers have in health, social care and education settings.

The Young Carers Card will provide photo-identification for any young carer aged under 18 who would like one. This will enable them to easily identify themselves to professionals without having to share personal details about their caring role. It is hoped that the card will give young carers the confidence to ask for help or understanding from professionals like teachers, doctors and pharmacists in a discreet way.

The YC Card also enables young carers to access discounts at some local shops and eateries and we plan to expand the range of discounts and benefits available as we develop the scheme.

If you are a young carer living in Rhondda Cynon Taf and would like to apply for a card or would like more information about the scheme, please contact the Young Carers Assessment and Development Worker on **07824496485** or [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk).

We are also developing a 'trusted referrer' system where you will be able to apply for the card through professionals working with young people. Initially this will be trialed with our Carers Champions in the comprehensive schools and colleges.



## 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

speak 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

Well we have been busy over the past few months. We know the service hasn't been what we normally offer however we have managed to support our young carers throughout this pandemic via virtual groups, phone calls, text messages and through Microsoft Teams and 1 to 1 sessions.

Throughout January, February and March, we have run over 13 online sessions/ groups. It was lovely seeing so many Young Carers back after the Christmas Break. We are looking forward to getting things back up and running again sometime in 2021.

Young Carers worked alongside sibling Young Carers took part in some virtual art sessions, these sessions took place over three week's where they designed pieces of art to go into the new offices that the project will be moving into within the next few months. We can't wait to see the final pieces and see them all together.



# What we've been doing the last few months through Covid 19

- Quiz Nights
- Virtual Group sessions / and face to face groups
- Virtual Games Nights
- Bingo
- Arts and Crafts Sessions
- 39 Families took part in our Film Night
- Cooking Sessions



## In the next few months...

The project is working in partnership with other Action for Children Young Carers Projects from throughout the UK and Northern Ireland, and we are looking to set up a Young Carers Forum so that all young carers can access and chat, share experiences, get advice and ask questions in a safe environment. We will also be setting up a pen pal service, where young carers from RCT can have a pen friend from another AFC Young Carers Service.

We are hopeful that over the next few months, and if the restrictions start to ease, we will be able to reintroduce our face to face group sessions, and look forward to seeing everyone old and new.

## Congratulations Trudy

Lastly, we would like to congratulate our Service Co-Ordinator Trudy Fisher for being recognised for everything she's done over the years and in particular the past year supporting our young carers and their families. Trudy was shortlisted from hundreds of applicants in the prestigious St David's Awards for her role as a Critical Worker throughout the pandemic.



## A guide to benefits and other financial support

### Disability Living Allowance and Personal Independence Payment

If you have a disabled child under 16, you may be able to claim a benefit called Disability Living Allowance (DLA) for them. DLA has two components. The mobility component may be paid if your child has problems with getting around, and the care component may be paid if they have care needs which are more than most children of their age.

You cannot get the mobility component for a child under three. There is no age requirement for the care component, but you cannot usually claim it for a baby under three months old. This is because your child must have had care needs or mobility problems for at least three months before they can be entitled to DLA, unless they are terminally ill. It can be difficult to claim DLA for a young child and it may help to get specialist advice.

If your child is 16 or over and on DLA, they will be invited to claim Personal Independence Payment (PIP) instead of DLA, unless they are terminally ill (when they stay on DLA until their award expires). There is more information about the transition to PIP on the Contact website (it's

well worth looking at this website for information on the rights of families with disabled children).

If your child is 16 or over and doesn't have an existing DLA claim, they will have to claim PIP.

DLA and PIP, claimed for you or your children, do not depend on income so are not affected when you move into or out of paid work.

DLA and PIP are complex benefits. It is advisable to seek personal advice when applying because the claim forms are long and you are more likely to be successful with professional advice. Whilst your child is under 16, you claim for them as an appointee. When they reach 16, they can claim in their own right or if appropriate, you can continue to be an appointee, but don't assume this happens automatically as you may need to show why they are unable to act as the claimant themselves.

DLA and PIP are 'passports' to other benefits and services – for example, you may get more Universal Credit if your child receives DLA or PIP.

### Carers allowance

If you are a carer for your disabled child and they get the middle or higher rate care component of DLA, or the daily living component of PIP, you may be able to get Carer's Allowance (see Benefits if you care for a disabled person). If you are thinking of taking up work you may want to consider the effect it may have on your entitlement to Carer's Allowance.

### The family fund

The Family Fund gives discretionary grants to families with severely disabled children under 18. They have their own definition of 'severely disabled'. The grants are for things not supplied by statutory authorities. Usually the grants are made to families on benefits, but the fund may also be able to help other families on low incomes.

### Direct Payment

If your disabled child, has had a formal assessment from the local authority and meets all eligible criteria, you can choose to have direct payments (DP) and buy the services for your child yourself. Direct payments are not dependent on how much you earn and can be used for things such as employing a PA, arranging support via an agency, equipment to support your child's care and specific things like clubs/courses to learn new skills.

To find out more speak with your designated social worker.

If you are in doubt about any benefits you are entitled to, Citizens advice are always good to talk too.

Contact a national charity for families with a disabled child also have lots of benefit advice on their website

<https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/>

# The Newsletter for the Rhondda Cynon Taff Parent and Carer Network

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

## Financial support after the loss of a child

The Welsh Government has announced a new £500 payment for bereaved parents to be introduced from April 2021.

Under this new scheme, families in Wales who register the death of a child under the age of 18 will receive £500 as a contribution towards their child's funeral costs.

Parents will not need to make a claim for this benefit. Instead, it will be offered by the Registrar at the point when the death is registered.

For more information, see £500 support for bereaved parents in Wales from gov.wales.

## What is Healthy Start?

If you're pregnant or have children under the age of 4 you can get free vouchers or payments every 4 weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

### How to apply...

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

**In addition, you must be receiving any of the following:**

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support

- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

### You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

## The Waving not Drowning Network

If you're caring for a disabled child, you may find yourself going down a different life path than the one you had planned, so remaining in paid work can be quite challenging. Knowing your rights can help you combine paid work and caring for your child. Working Families has set up 'Waving not drowning' – a dedicated network and advice service for people who work or wish to work and have caring responsibilities for dependants with a disability. To find out more visit

<https://workingfamilies.org.uk/articles/wavingnotdrowning/>

# Social or socially distanced summer.....We've put together a list of fun things you can do as a family.

## Make a summer bucket list...some examples of things you can do;

- Fly a Kite
- Have a picnic
- Hold your own summer sports day
- Have a garden festival
- Make a fairy garden
- Go pond dipping
- Summer scavenger hunt
- Go on a bear hunt (if that's too scary just explore your local forest)
- Build a den
- Hold your own restaurant night at home.



## If you'd like to go further afield here are a few local gems you can visit for free (parking charges may apply at some venues)

### Barry siding country park Trehafod

This place has good coffee, even better hot chocolate and extreme burgers but more importantly space to explore. For biker lovers there are numerous forestry trails, a pump track and a bike track for those a bit more confident on two wheels. There is also a play area, three lakes to explore pond life and the use of public toilets (COVID restrictions may be in place so check in advance if these are open). To plan your visit before hand check out their facebook page - Barry Sidings café.

### Forest Fawr

a beautiful piece of woodland to explore where den making is a must!!! Tucked away between castle coch and tongwynlais you can explore a magical sculpture trail, or just enjoy the walk and cycle paths.

### Maerdy reservoir

if you are looking for a nice walk head to Maerdy reservoir. Popular with walkers and runners but without the hustle and bustle, take a walk through time and pass some of the old colliery buildings. Head past the first reservoir and you will come to the second where you can view the gigantic windmills.

### Aberdare country Park

with it's newly refurbished adventure play ground and lot's of picturesque picnic spots there's not much you can't like about Aberdare country park. Take a net and try to look for some pond life or just enjoy an ice cream in the sun. Aberdare country park is definitely one to visit.

### Garw Nant

a personal favourite, Garw Nant is situated just outside Merthyr. The place is alive with wildlife and there are lot's of walking routes to explore. Grab yourself a map at the visitors centre to follow one of many trails including the puzzle trail. Can you work out which wooden animal you may meet along the way?? Garw Nant also has a café serving hot and cold food and public toilets are available.

### Bryngarw Country park, Bridgend

a place to explore and have adventure Bryngarw Country park is host to a large play area, numerous woodland walks, a lake the charming oriental gardens and lot's and lot's of space to have fun. Nestled amongst all of this you will also find Bryngarw country hotel, a popular location for weddings.

## And don't forget about the parks

### Ponty Park

### Aberdare Park

### Cyfartha Park

## Family festival of fun

Join the Carers Project on Wednesday August 25th for an evening of fun and games. There will be a family friendly quiz, family challenges, kids vs parent games and lots more. All attendees will receive a pre event festival kit ahead of the big night. To book your place contact us on booking day.

**To book your place please contact us on booking day on Wednesday 26th May 2021.**





# BE A SUMMER EXPLORER

Can you find the following things whilst out and about this summer?

Butterfly ☐

Ladybird ☐

Spider ☐

Caterpillar ☐

Berries ☐

Worm ☐

Blue flower ☐

A nest ☐

Buttercup ☐

Shell or stone ☐

Ice cream ☐

Seaweed ☐

Bird of prey ☐

Something hard ☐

Squirrel ☐

Tadpole ☐

Crab ☐

A sand castle ☐

A Stream ☐

Something soft ☐

Seagull ☐

Photograph your completed hunt sheet (along with your name and address and some of the things you've found) and send to [carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk) to win a summer explorer prize.











## Carers Support Project events, activities and workshops for Summer 2021

Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2021</b>		
<b>Chatterbox</b> - 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.	Virtual <b>Tuesday 1st June</b> <b>10:00am – 11:30am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Active Together – Armchair Aerobics</b> - If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 7th June</b> <b>11:00am – 12:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Cwtch</b> - 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. <b>To celebrate 'Carers Week' at this special Carers Cwtch session we will be hosting a 'Luau' with lots of Hawaiian themed fun and a mocktail-making class!</b>	Virtual <b>Tuesday 8th June</b> <b>6:30pm – 8:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Connects</b> - join this Carer 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.	Virtual <b>Tuesday 8th June</b> <b>10:00am – 11:00am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Money Matters</b> - For this one-off session, we will be joined by a representative from the CAB (Citizens Advice Bureau), who will be able to discuss topics and issues with yourselves relating to debt, benefits, etc. and provide information regarding energy and utilities as well as Carer discounts!	Virtual <b>Wednesday 9th June</b> <b>10:30am – 12:30pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Active Together – 'Dance fit' with Suzie</b> - Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 10th June</b> <b>11:30am – 12:30pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 








Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2021 (Continued)</b>		
<b>Carers Week Afternoon Tea Celebrations -</b> Unfortunately, there will be no physical meet up to celebrate Carers Week 2021, however – we would still like to offer you a tasty treat in recognition of all your continuous hard work, care and support.  This will be in the shape of a delicious individually boxed afternoon tea that you can enjoy all to yourself or share with your cared for. <b>Please Note: Maximum of 3 Tea boxes per household.</b>	<b>Friday 11th June</b>  <b>Deliveries made throughout the day from 9:30am onwards</b>	  Gold. <b>Carer &amp; Cared for.</b> <b>Booking required.</b>
<b>Carers Comedy Night -</b> Like Comedy?, Like Music? Well, this is the one for you - Join 10 hilarious individual live acts for a riotous celebration of the UK's best up and coming performers. If you enjoy acts that combine comedy with music such as Bill Bailey, Tim Minchin and Flight of the Conchords, you will love this show!	Virtual <b>Saturday 12th June</b> <b>7:15pm – onwards</b>	  Silver. <b>Carer &amp; Cared for (age 16 years+).</b> <b>Booking required for access code.</b>
<b>Active Together – Armchair Aerobics -</b> If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 15th June</b> <b>11:00am – 12:00pm</b>	  Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b>
<b>Come Dine with Claire -</b> join Claire and cook up a creative treat for you and your family right from your own kitchen. Step aside Nigella, Gordon, Jamie – RCT Carers are moving in! All ingredients will be provided.	Virtual <b>Tuesday 15th June</b> <b>11:00am – 1:00pm</b>	  Silver. <b>Carer Only.</b> <b>Booking required for access code.</b>
<b>Active Together – 'Dance fit' with Suzie -</b> Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 17th June</b> <b>11:30am – 12:30pm</b>	  Bronze. <b>Carers only.</b> <b>Booking required for access code.</b>









Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2021 (Continued)</b>		
<b>Becs' Bingo Bonanza</b> - Join in with our Becs and other Carers who love nothing but a bit of Bingo, fun and laughter. On the evening we will be playing for top prizes and we'll have a few 'theme' games thrown in the mix too. Interested? Get those dabbers out ready!	Virtual <b>Thursday 17th June</b> <b>7:00pm – 8:30pm</b>	Bronze.  <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b>
<b>International Picnic Day</b> - This week is loneliness awareness week and what better way to feel connected than to meet a friend, or go out with your family in the fresh air and have a picnic (please follow current government coronavirus guidelines). The Carers Project are giving out FREE picnic hampers to make your picnic that bit more enjoyable.	<b>Friday 18th June</b> <b>12:00pm – 2:00pm</b> Picnic hampers will be delivered on the morning of Friday 18th June	Gold.  <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b>
<b>Active Together – Armchair Aerobics</b> - If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 21st June</b> <b>11:00am – 12:00pm</b>	Bronze.  <b>Carer Only.</b> <b>Booking required for access code.</b>
<b>Lifestyle with Lynd's</b> - 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.	Virtual <b>Tuesday 22nd June</b> <b>10:30am – 11:30am</b>	Bronze.  <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b>
<b>Night Night, Sleep Tight Workshop</b> - Does your child have sleep issues? If so this may be the session of your dreams. We are lucky to offer you a fantastic opportunity of attending a sleep workshop hosted by leading sleep consultant Louise Goncalves. In the words of Louise "sleep is not a luxury it is vital to so many aspects of our wellbeing."	Virtual <b>Thursday 24th June</b> <b>11:00am – 12:30pm.</b>	Bronze.  <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b>
<b>Active Together – 'Dance fit' with Suzie</b> - Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 24th June</b> <b>11:30am – 12:30pm</b>	Bronze.  <b>Carer Only.</b> <b>Booking required for access code</b>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2021 (Continued)</b>		
<b>Active Together – Armchair Aerobics</b> - If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 28th June</b> <b>11:00am – 12:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>July 2021</b>		
<b>Active Together – 'Dance fit' with Suzie</b> - Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 1st July</b> <b>11:30am – 12:30pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Active Together – Armchair Aerobics</b> - If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 5th July</b> <b>11:00am – 12:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Becs' Book Buddies</b> - Do you have a favourite read? Would you like to engage with others who do too? Every month we'll meet virtually as a group over a cuppa to discuss a book of your choice; please note all books will be provided to each Carer. So, come and join this exclusive club; it's on a "read to know" basis!	Virtual <b>Monday 5th July</b> <b>2:00pm – 3:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Chatterbox</b> - 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.	Virtual <b>Tuesday 6th July</b> <b>10:00am – 11:30am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Busy with Becs</b> - Join our Becs for some summer inspired themed crafting and an opportunity to expand those creative fingers and minds! All craft items will be provided beforehand.	Virtual <b>Thursday 8th July</b> <b>10:30am – 12:00pm</b>	Silver. <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b> 



Event/Activity/Workshop	Venue, Date & Time	Information
<b>July 2021 (Continued)</b>		
<b>Active Together – ‘Dance fit’ with Suzie -</b> Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 8th July</b> <b>11:30am – 12:30pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Active Together – Armchair Aerobics -</b> If you have physical limitations, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for. Suitable for all ages and ability – inclusive to all.	Virtual <b>Monday 12th July</b> <b>11:00am – 12:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Connects -</b> join this Carer 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.	Virtual <b>Tuesday 13th July</b> <b>10:00am – 11:00am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Cwtch -</b> 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.	Virtual <b>Tuesday 13th July</b> <b>6:30pm – 8:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Macrame Craft Workshop -</b> Macrame is becoming more and more popular, and is the technique of knotting textiles to create anything from plant pot holders to handbags. Join us in this fun and interactive workshop where you will learn the basics of Macrame and make your very own creation. All materials will be provided.	Virtual <b>Thursday 15th July</b> <b>10:30am – 1:30pm</b>	Silver. <b>Carer only.</b> <b>Booking required for access code.</b> 
<b>Active Together – ‘Dance fit’ with Suzie -</b> Dance fit is a type of group exercise class that will incorporate many different forms of dance. It is easy to follow choreography that will keep you moving. The class is accessible to all fitness levels, as you can go to your own pace. It is an aerobic workout that provides different peaks of intensity, it will increase your daily step count and most of all it is lots of fun!	Virtual <b>Thursday 15th July</b> <b>11:30am – 12:30pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>CRISP – Carers Information &amp; Support Programme -</b> these sessions are designed to support individuals who care for someone with a dementia diagnosis. They include what is dementia, managing behaviours that challenge, medication and looking after yourself.	Virtual <b>Tuesday 20th July</b> <b>Thursday 22nd July</b> <b>Tuesday 27th July</b> <b>Thursday 29th July</b> <b>6:00pm – 7:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>July 2021 (Continued)</b>		
<b>Family Fake away – Pizza Night</b> - have fun with the family in creating your very own Fake away. All ingredients will be delivered to your door, ready for you to have fun cooking and creating pizza perfection with your loved ones.	<b>Friday 30th July</b> Ingredients will be delivered on 30th July. To be enjoyed at your leisure.	Silver. <b>Carers &amp; their families.</b> <b>Booking required for access code.</b> 
<b>August 2021</b>		
<b>Beccs' Book Buddies</b> - Do you have a favourite read? Would you like to engage with others who do too? Every month we'll meet virtually as a group over a cuppa to discuss a book of your choice; please note all books will be provided to each Carer. So, come and join this exclusive club; it's on a "read to know" basis!	<b>Monday 2nd August</b> <b>2:00pm – 3:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Chatterbox</b> - 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.	Virtual <b>Tuesday 3rd August</b> <b>10:00am – 11:30am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Connects</b> - join this Carer 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.	Virtual <b>Tuesday 10th August</b> <b>10:00am – 11:00am</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Carers Cwtch</b> - 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.	Virtual <b>Tuesday 10th August</b> <b>6:30pm – 8:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Family Frenzy</b> - join the Carers Project an evening of fun and games. There will be a family friendly quiz, family challenges, kids vs parent games and lots more. All attendees will receive a pre-event festival kit.	Virtual <b>Wednesday 25th August</b> <b>6:00pm – 8:00pm</b>	Bronze. <b>Carers &amp; their families.</b> <b>Booking required for access code.</b> 
<b>September 2021</b>		
<b>Beccs' Book Buddies</b> - Do you have a favourite read? Would you like to engage with others who do too? Every month we'll meet virtually as a group over a cuppa to discuss a book of your choice; please note all books will be provided to each Carer. So, come and join this exclusive club; it's on a "read to know" basis!	Virtual <b>Monday 6th September</b> <b>2:00pm – 3:00pm</b>	Bronze. <b>Carer Only.</b> <b>Booking required for access code.</b> 
<b>Chatterbox</b> - 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.	Virtual <b>Tuesday 7th September</b> <b>10:00am – 11:30am</b>	Bronze. <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b> 
<b>Carers Connects</b> - join this Carer 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.	Virtual <b>Tuesday 14th September</b> <b>10:00am – 11:00am</b>	Bronze. <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b> 
<b>Carers Cwtch</b> - 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.	Virtual <b>Tuesday 14th September</b> <b>6:30pm – 8:00pm</b>	Bronze. <b>Carer &amp; Cared for.</b> <b>Booking required for access code.</b> 
<b>Come Dine with Claire</b> - In celebrating Macmillans 'The World' Biggest Coffee Morning' join Claire and cook up a creative treat for you and your family right from your own kitchen. Step aside Nigella, Gordon, Jamie – RCT Carers are moving in! All ingredients will be provided.	Virtual <b>Friday 25th September</b> <b>11:00am – 1:00pm</b>	Silver. <b>Carer Only.</b> <b>Booking required for access code.</b> 