

NEWS CARERS



All the latest Carers information from around Rhondda Cynon Taf

find us on facebook.

Issue 56 • Spring 2016

Carers Rights Day

Rhondda Cynon Taf Council Carers Support Project Celebrated Carers Rights Day 2015 in style.



Organised by Rhondda Cynon Taf Council's Carers Support Project, Carers Rights Day 2015 took place at the Sobell Sports Centre in Aberdare on Friday 27th November 2015 and was opened by Cllr Mike Forey, Rhondda Cynon Taf Carers Champion.

Carers from throughout the County Borough attended this specialised day where they found out more about rights, support and advice available to them.

Carers Rights Day allowed carers the opportunity to gain information to support them in their caring role and focused on ensuring that carers understand their rights and get access to good quality advice that

can support them to continue caring.

Carers Rights Day included the Schools Award Bronze level presentations, a celebration of the fantastic work being carried out in supporting young carers, a welfare benefits update, which highlighted the changes to benefits for Carers and the person they look after, and also a presentation from a solicitor on Carers and their legal rights.

The Carers Support Project would like to thank all partner agencies who attended for their support in making our Carers Rights Day 2015 a success.

The Smalltalk Newsletter has now been included inside the main Carers News to provide all Carers with as much information as possible and all in one place! See the Smalltalk inside on pages 10 to 12



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Past Carers Group RCT

Tel 01443 491850 for more information.

Monthly meeting in the Museum Pontypridd

We meet in the Pontypridd Museum, by the bridge, on the second Friday of every month (except Xmas). Feel free to come along and if it helps you can bring a friend or relative to keep you company.

Become part of an extended family of friends and colleagues. Learn many new things.

Our group was started over five years ago by Linda Davies who was responsible for carers out of Heddfan. Linda recognised there was no support for people once they stopped being carers. Since it started the group has grown considerably, so why not come along and see for yourself, where a warm welcome awaits you.

Come on day trips, Xmas Turkey and Tinsel and amazing visits to places of interest.

Trips of interest are selected by the group to places like Weston Super-Mare, Bath, Aberglasney, Abbey-Cwm-Hir, Bourton-on-Water and Xmas markets to name but a few. A long weekend Turkey and Tinsel event as well as a free Xmas lunch with entertainment is always planned. We even go 10 pin bowling every month to keep fit.

If you join our group you will never be alone, always have someone to call on and have a full year of things to do.

Our group offers companionship and friendship, there will always be someone at the end of a telephone if needed. Anyone in hospital has regular visits from members. We also send a birthday card from the group. Members bring in unwanted books, videos for anyone to take away and occasionally have a bring and buy event to boost our group funds.

If you are interested in joining us and to belong to an amazing and unique group, come along (with a friend if you prefer) to our monthly meeting, every second Friday of the month in the Museum Pontypridd. Otherwise call the number at the top for more information.

In the last three years we have been fortunate to have been awarded £5,000 from the big Lottery fund.



Our Group at Xmas Lunch 2013



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

AskSARA

AskSARA is provided by the Disability Living Foundation and is an easy-to-use, award-winning online **self-help guide** that is particularly useful if you are not sure what items might help you.

Visit: <http://asksara.dlf.org.uk/> for more information



If things are getting to you

Samaritans are available around the clock, every single day of the year. They are available to talk to anyone about anything. It doesn't have to be a big life event, it can be about day to day things that are getting you down. And you don't have to be suicidal to contact them.

Call free of charge **116 123**

Email: jo@samaritans.org

Visit: www.samaritans.org



HAFAL'S CARER & FAMILY TRANSPORT SCHEME



Hafal operates a transport system for Carers and families to visit hospital mental health wards, including psychiatric wards and the older persons mental health unit, at Royal Glamorgan Hospital and Ysbyty George Thomas.

It operates on an alternate daily system and is a free service for Carers.

For the Royal Glamorgan the service leaves Merthyr at 5pm on week days picking up in Merthyr and the Cynon Valley. On Saturdays and Sundays it leaves Merthyr 1pm picking up in Merthyr and the Cynon Valley.

For Ysbyty George Thomas in Treorchy, the service leaves Merthyr at 3pm on week days picking up in Merthyr, Pontypridd and the Rhondda Valley. On Saturdays and Sundays it leaves Merthyr at 1pm picking up in Merthyr, Pontypridd and the Rhondda Valley.

Hafal ask where possible that people make their way to a pick up point on a main road.

For further information call Hafal on **01685 373322**



MS Support

The Multiple Sclerosis Society holds its support meetings once a month at Pontypridd High School in Cilfynydd. The meetings can be attended by both carers and people living with MS. There is very much a family friendly emphasis and carers, families and children are invited to attend and take part in branch activities.

For further information please call Ann Jones, MS Branch Secretary on 01443 422745.



Rhondda Cynon Taf
Carers Support Project

CARERS MENTAL HEALTH FORUM



The Forum meets quarterly
at Heddfan, Ilan Avenue,
Rhydyfelin CF37 5PN

Do you care for someone with a
mental illness?

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

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

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

Call the Freephone
Carersline on
0808 100 1801 or call
Claire on 01443 668813 or
Nanette on 01443 486856
for more information.



Don't forget the Mental Health
Forum for Carers has a
new venue. All 2016 forums
will be held at Heddfan,
Rhydyfelin CF37 5PN

Dates for 2016
Tuesday 19th January
Tuesday 19th April
Tuesday 19th July
Tuesday 18th October
All from
10:30am - 12:30pm



Mental Health Measure

Outcome Focused Care Planning

This training is for Care Coordinators, Service
Users, Carers & Third Sector Agencies.

It aims to provide an understanding of:

- The Mental Health Measure
- Meaningful care & treatment planning
- Setting SMART goals and actions
- Crisis planning & Recovery

Dates for training are:

17th February 2016

1.00pm-5.00pm

Ty Draw CMHT,
Social Room

16th March 2016

1.00pm-5.00pm

Group Room 2,
Ground Floor Kier Hardie Health Park

Please book via Tracy Stinchcombe -
Call: 01443 443712

Email: Tracy.Stinchcombe@wales.nhs.uk



Carers Space

The Carers Trust have a dedicated Carers chatroom where
Carers can go to talk through the daily realities of being a
Carer, or just have a break and some light-hearted fun.
Carers can join in or start a conversation on their
discussion boards and ask questions, share advice or tell
their story to hundreds of other Carers using their own
blog space.

This is a personal community for Carers, so get involved.

Visit <http://www.carers.org/carers-space>
to find out more.



What is Hynt?

Hynt is a new initiative working with theatres
and arts centres in Wales to create a clear
and consistent offer for audiences in need of
support from an assistant or Carer.

THE HYNT CARD will
entitle cardholders to a
ticket free-of-charge for
personal assistants or
Carers to be used across
participating theatres and venues in Wales.



THE HYNT WEBSITE will be the place to go
to access information. They provide an up-to-
date and simple website with information
about performances and access guides for all
Hynt venues.

Visit their website to find out more about the
eligibility criteria and how to apply.

<http://www.hynt.co.uk/en/>



GP Out of Hours Service

The GP Out-of-hours service is an urgent care service that is accessible when your own GP surgery is closed in the evening, at night and on weekends. This service is for urgent care only and not for routine medical matters.

The GP Out-of-hours service operates during the following times:

Mon - Fri: 6.30pm - 8.00am

Weekends: Fri 6.30pm - Mon 8.00am

Bank Holidays: 24 Hours

All out of hours appointments are made by telephone.

The telephone number for the GP Out of Hours service is:

Tel: 0300 123 50 60

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK invites you to join them at their Cynon Valley Social Café for people with Parkinson's.

The group meets on the last Monday of the month at **St Mair's Day Centre, Seymour Street, Aberdare CF44 7BD from 2-4pm.**

Join them for a cuppa and a chat. Refreshments provided.

For more information please contact **Rebecca Lydon, Volunteer Coordinator, on 0844 225 3714** or **rlydon@parkinsons.org.uk** or **Sharon Martin on 07547108176**



'Life After Stroke' Grants

The Stroke Association in partnership with the Royal Mail can provide one-off 'Life After Stroke' grants of up to £300 to support stroke survivors with their recovery.

Examples of items provided by recovery grants include:

- a specialised respite/family holiday inside the UK
- white goods such as washing machines, tumble dryers or fridges
- beds and bedding
- riser-recliner chairs
- medical equipment/disability aids not available from NHS
- travel costs for compassionate reasons, for example hospital visiting, or travel to visit family.

Please call **0303 30 33 100** for more information on the application process.

Please note that a doctor's certificate confirming diagnosis of stroke will be needed, and that the grants are means-tested to ensure that they are targeted at those in most need.



Support for Carers Survey

In June 2015 we sought your views on how caring has impacted on your lives. We would like to thank all those Carers who participated and shared their experiences of caring. We have analysed the completed surveys and a report is now available online at: **www.rctcbc.gov.uk/carers**

If you have any questions please contact Claire on 01443 668813.

Mental Health Support Service Directory

Mental Health Support is a project managed by New Horizons Mental Health Charity. Mental Health Support aims to provide accessible advice and information about mental health issues and services to people with mental health problems, their carers, health professionals and anyone else with an interest in mental illness.

The Directory can be found at:

<http://www.mentalhealthsupport.co.uk/>

Did you know - 1 in 4 British adults experience at least one diagnosable mental health problem in any one year.



Llantrisant Parish Dementia Support Group

The Llantrisant Parish Support Group is for those living with Dementia and their Carers.

This is a joint Project between Llantrisant Parish and the Cwm Taf Memory Assessment Service. The group provides an informal, safe and supportive environment within the community and is open to anybody in the Cwm Taf Area (RCT and Merthyr) that is affected by Dementia, regardless of any religious persuasion or beliefs.

The group meets on the 1st and 3rd Wednesdays of the month from 11am to 2:30pm at Llantrisant Church Hall, Swan Street, Llantrisant.

Future meeting dates for 2016 are:

3rd and 17th February

2nd and 16th March

6th and 20th April

For more information please ring Viv on 01443 223356 or email vivparkinson@parishofllantrisant.org.uk

MS Helpline

MS can be tough to deal with. Whether you have MS yourself or you're close to someone who does, it can throw a lot at you, often without warning. You don't have to face it on your own. The MS Society can help you get the right support.

The MS Helpline is available for free on 0808 800 8000 Monday to Friday from 9am-9pm and provides support to anyone affected by MS in the UK.

- Phone – 0808 800 8000 Monday to Friday 9am-9pm (not including bank holidays)
- Email – helpline@mssociety.org.uk
- Text - 18001 0808 800 8000
- Post – 372 Edgware Rd, London, NW2 6ND

If the line is busy when you call, please leave a message with your name and phone number and someone will return your call within 3 working days.

The Helpline is there for you whoever you are, and whatever your connection to MS.

Silver Linings

Are you experiencing mild to moderate anxiety or depression?

If so, join the Silver Linings peer support group. The group meets every week to share experiences, provide mutual support and gain information and advice on how to manage symptoms. This is a friendly group held in a private and confidential setting.

Where? Chill Out Room at Llanharan Drop In Centre

When? Every Monday 1.00pm - 3.00pm

Would you like more information?

Contact Phoebe Walford on 01443 229723

Rhondda Cynon Taf Carers Support Project

TRAINING AND EVENTS FOR CARERS - SUPPORT US TO SUPPORT YOU

The Carers Support Project / Parent and Carer Network funds events and training for unpaid carers living in Rhondda Cynon Taf (RCT). These events aim to assist carers to cope with their caring responsibilities whilst also providing opportunity for carers to meet other carers and take a well earned break from their caring role.

Sometimes, due to high numbers of carers interested in our events we cannot always accommodate everyone who would like to attend. This means that we have reserve lists for some events. Unfortunately, we are experiencing increasing numbers of people who book to attend our events, then do not turn up and do not let us know that they are unable to attend. We now hold a list of Carers who fail to turn up to events without letting us know. If these Carers request to attend future events they will be placed on the reserve list and will only allocated a space prior to other Carers having first refusal.

We fully understand that cancellation is sometimes unavoidable as caring is your first priority and it may not always be possible to let us know of your unavailability prior to the event. However, where it is possible please can we ask that you do let us know either by telephone on **01443 668839** or by email at **CarersSupportProject@rctcbc.gov.uk** providing as much notice as possible so that we can allocate your place to someone on the reserve list.

In current times of service cuts, we are feel fortunate in Rhondda Cynon Taf to provide our carers service and hope you will support us to continue to support you.

WOULD YOU LIKE TO REGISTER AS A CARER?

Rhondda Cynon Taf Carers Support Project provides information and support to Carers living in RCT. By registering with the Project you will receive regular newsletters, a Carer A-Z Directory, access to training & information sessions, the Carers Counselling service, discounted access to leisure services and support, advice and guidance from the Project.

To register please call RCT's Carers Project Officer on **01443 668813**



CARERS UK LAUNCH UPFRONT

Your online guide to caring

Upfront is a simple tool for carers who are new to the maze of benefits and entitlements. You simply fill in your details, spend a couple of minutes answering questions and they'll guide you to the information you need. If you can't find what you're looking for, you can always give them a call – **0808 808 7777**



Upfront

carersUK
making life better for carers



YOUNG CARERS & YOUNG ADULT CARERS MUSICAL EXTRAVAGANZA!



Last year many of our young carers and young adult carers took part in a series of song writing and singing workshops which culminated in a recording session and production of a CD. Since then, the songs have been performed at various events and audiences always feedback how impressed they are and how touched they are by the songs. The songs have been so well received that we wanted to find a way to use them and so we will be working with Jesse Jenkins again in the New Year to create a musical based around the songs!

The aim is to involve as many young and young adult carers in the production and then perform the musical to celebrate Carers Week 2016. There will be lots of

different opportunities to get involved with the show from creating the story, writing scripts, designing costumes and backdrops to acting, singing and recording the live show. So even if you don't fancy being in the limelight, you can still use your skills and interests behind the scenes.

We will be sending out more information about the event soon but in the meantime, if you would like to get involved please either speak to your key worker at the Young Carers Project or contact Rachel or Kerris on the numbers below.

01443 668839 or 01443 668845

BABBLE

Babble is an online community for Young Carers.

Babble has been created by Carers Trust as an online space where those aged under 18 who are caring for a family member or friend can chat, share their experiences and access information and advice.

The site aims to bring together young carers from across the UK in an online space which is safe, fun and supportive.

There is an online team who are on hand to answer any questions young carers may have, and to offer support and advice via e-mail or one-to-one webchats.



YOUNG ADULT CARERS NEWS

YOUNG ADULT CARERS - ARE THEY MUGGLES OR WIZARDS?



10 RCT Young Adult Carers were given an amazing opportunity to visit The Warner Bros Studio in London to see the making of Harry Potter. A number of people in the young adult carer group grew up watching Harry Potter so a chance a visit the Studio and see how the films were made was incredible. The group had a chance to sit in the Weasley's flying car, take a ride on a broomstick and run into the train station wall in order to access platform 9 3/4 .

It was lovely to see the young adult carers being able to have a day away from their caring responsibilities in an environment that allowed them to relax and reminisce on their childhoods as well as having an opportunity to spend time with other young people in similar situation to themselves.

Everyone who attended had an absolutely fantastic day. Many thanks goes to Crossroads care who funded the day for our group.



Sponsored Stay Awake



In order to fund an activity for themselves over the Christmas period the Young Adult Carer group decided to organise a 24 hour Sponsored Stay Awake!

There were 15 young people taking part and it was going to be a very long night for all those involved!! However, the young adult carers conducted themselves admirably and although not all of the sponsorship money has been collected in yet it looks as though enough has been raised to give the young people a memorable experience over the Christmas period.

Playzone, Swansea



The Young Adult Carer group consists of 18 - 25 year olds, many of whom have missed out on opportunities that childhood normally offers. It was lovely to be able to offer this group of young adults a chance to relax, unwind and re-visit their childhood - if only for an evening. The group were invited to attend an 'adult only' play session at Playzone, Swansea. The evening included an opportunity to play Laser tag, which the group absolutely loved, but it did make everyone just a little bit competitive! An evening of fun gave everyone a chance to relax and enjoy themselves.



Did you know?

Did you know that in October 2015 Sesame Street introduced its first autistic character.

Sesame Street's newest character, a little girl called Julia, is on the autism spectrum.



Julia, who "does things a little differently", has been introduced as part of a Sesame Street initiative in the US called 'See Amazing in all Children'. It is aimed at both the autistic community and the wider public. It was launched to improve public understanding of autism and challenge the many misconceptions that still exist around the condition.

For more information visit:
<http://www.autism.org.uk/news-and-events/>

Social Group for Adult with Aspergers Syndrome and High Functioning Autism

This is a social support group open to all adults (over 18) with Aspergers or High Functioning Autism. The group aims to assist individuals in developing and improving their social skills, as well as widening their social networks by making new friends. Members are encouraged to be themselves in a relaxed, positive and supportive environment.

The group meets on the third Tuesday of the month from 7-9pm at St David's United Church, Gelliwasted Road, Pontypridd. For further information please contact **Claire Hughes on 01443 424350 or Natalie Eshelby on 01443 486856.**

Parent to Parent Carers

Parent to Parent is a confidential telephone support service for parents or carers of an adult or child with autism or Asperger syndrome.

This service is provided by volunteer parents who themselves have a child or adult on the autistic spectrum.

You can contact the service on 0808 800 4106. Calls are free from landlines and most mobiles (please check with your provider).

Parents or carers can phone the freephone number and leave a message on the 24 hour answerphone. They will then be contacted by a trained parent volunteer, at a convenient time, who will provide the opportunity for the parent to talk through issues, feelings and problems. The scheme makes the most of a wealth of experience, knowledge and insight that only parents have.

Volunteers are there to offer a listening ear from the perspective of someone else who knows what life can be like for families affected by autism. They can also act as a signpost to other sources of help and information.

The National Autistic Society Parent to Parent scheme has volunteers, both mothers and fathers, who have a huge range of experiences. So if you are the father of a young adult with Asperger syndrome, the mother of a newly diagnosed child with autism or a carer, Parent to Parent can put you in touch with someone to talk to.

FamilyPoint Cymru

FamilyPoint Cymru is for parents, Carers and anyone responsible for children and young people.

It aims to connect parents and anyone responsible for a child or young person to key services in Wales. You can find local and national support and information and up to date news for you and your family.

For more information visit:
<https://familypoint.cymru/>

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 Cinema Screenings

Dimensions work with over 250 cinemas, including Cineworld, ODEON, Showcase and Vue, to offer autism Friendly screenings.

Every month, each participating cinema shows a different film from a selection of new releases and classics including Pixar animations, Disney adventures and many more films suitable for all age ranges.

What makes the screenings autism friendly?

- The lights will be on low
- The volume will be turned down
- There will be no trailers at the beginning of the film
- You'll be able to take your own food and drinks
- You'll be able to move around the cinema if you like

For more information on which cinemas are participating, and what films will be shown each month then please visit:

<http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/>

CBS Group RCT

Don't know where to turn next? Struggling to cope with your child's behaviour?

Would you like to learn more about your child's diagnosis and what help is available for you in your area?

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

The CBS Support Group is a group for parents of children with challenging behaviour, run by Carers for Carers. It has been setup in Pontypridd and the group meets on the first and third Thursday of the month from 10am-12noon at St Catherine's Church, Pontypridd (upstairs in the new cafe).

The group is open to all - no diagnosis needed!

It is a place for parents/carers to go along and become part of a support group that provides people with a chance to share problems and talk confidentially.

For more information you can visit their web page www.rctcbc.gov.uk/parentandcarersupportnetwork where you can download a copy of their flyer or alternatively, for more information, you can contact:

Andrea on 07817540292 or

Donna on 07969739770

Email: cbsgroupRCT@hotmail.com



smalltalk

Take a look at our booking form on pages 13 & 14 for information on the variety of courses and workshop we have on offer.

R.A.P.S.



Rhondda Autism Parent Support Group

(Rhondda Autism Support Group)

Monthly evening meeting for parents and carers.

Family events arranged throughout the Year

Fortnightly Play Sessions @ Rumble in the Jungle.

Monthly Coffee Morning. All Welcome!

Contact:

Julie

07866225611

Bethan

07772197098

Claire

07866903948

Email:

rapsgroup@outlook.com

Rebounders Trampolining for all



REBOUNDERS
TRAMPOLINING FOR ALL

- Looking for a relaxing and low impact way to exercise, socialise and have fun?
- Rebounders specialises in working with adults with any type of additional needs or disabilities.
- Sessions are suitable for all ages and abilities - individuals can stand, sit or lay down and enjoy the movement of the trampoline.
- A large number of individuals in their 60's and 70's already attend one or more sessions a week in their Cardiff Centre. From January 2016 they will also be providing sessions in Hawthorn Leisure Centre, Rhydyfelin, Pontypridd.
- The movement of the trampoline can help improve balance, strength, coordination and muscle tone; it helps improve digestion and relieves constipation and is great for general fitness and well-being - but above all, it's great fun!
- All sessions are run by qualified, experienced and insured coaches.
- Steps or a hoist are available for mounting the trampoline.
- Sessions are available to groups from care homes, day centres etc or are available on a one-to-one basis for individuals who would prefer this.
- Many wheelchair users attend Rebounders as they love the freedom it gives them from the confines of their chair. The fact that it helps with strength, muscle tone, digestion and relieves constipation is an added bonus!
- Many adults with autism, learning difficulties or mental health problems love the sensory benefits of trampolining, and you will find that a session on the trampoline will assist in calming and focussing an individual.

For more information, or to register your interest, please contact Heather on 07841 424845 or email: heather@rebounderstramp.com Rebounders Charity no: 1117704 BG no: 69893 website: www.rebounderstramp.com



CARERS BOOKING FORM

Event/Training	Venue	Time	Date	Tick
February				
Beginners Makaton - The Beginners' Workshop provides a practical introduction to the Makaton Language Programme. Sessions include discussing commonly asked questions, hints and tips for effective signing and symbol use and how to start using Makaton in everyday situations at home. This Workshop aims to teach you how to use signing and symbol skills effectively, everyday, to communicate with the person you look after. Refreshments and a light lunch will be provided.	Interlink, Unit 6 Melin Corrwg, Cardiff Road Pontypridd CF37 5BE	10-3pm	Wednesday 3rd and 10th February 2016	
Moving and Handling - this course provides an introduction into moving and handling techniques aimed at limiting the risk to yourself and the person you care for.	Heddfan, llan Avenue, Rhydyfelin CF37 5PN	10-1pm	Friday 5th February 2016	
Carers Dementia Information Session - this workshop is for people looking after someone with memory problems and those 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.	Hawthorn Leisure Ctr, Fairfield Lane, Pontypridd CF37 5LN	10-3:30pm	Thursday 18th February 2016	
Functional Reflex Therapy for Children with Learning Disabilities and/or Autism - Due to the very positive feedback received following the last FRT workshops, we have arranged another 2 courses. The course, delivered over two 2.5hr sessions and will teach you how to apply two short routines of FRT, designed to help relax, calm and reduce anxiety in your child. In the first session you will learn how to apply FRT to specific reflex points on your child's hand and forearm whilst the second session will focus on your child's feet and lower leg. Participants must commit to attend both sessions.	Rhydyfelin Childrens Ctr, Holly Street, Rhydyfelin CF37 5DB	10-1:30pm	Wednesday 24th February & 2nd March OR	
			Wednesday 9th & 16th March 2016	
Sleep Workshop - This workshop will help you explore some of the sleep problems that children with learning disabilities and/or on the Autistic spectrum may experience. It will then look at developing personal strategies to help you and your family on the path to a better night's sleep. There will also be an opportunity for a question and answer session.	Gallery Room, The Muni Arts Ctr, Pontypridd	10-1pm	Thursday 25th February 2016	
March				
Cook-a-long - Join us for a fun day of cooking some naughty but nice recipes. You will learn to create new dishes and get to eat and take home your creations.	Coleg Y Cymoedd, Nantgarw Campus, Heol Y Coleg Nantgarw CF15 7QX	10-3pm	Wednesday 2nd March 2016 OR	
			Saturday 5th March 2016	
Carers Strategy Consultation - This is a follow up consultation from the engagement workshop we held in October 2015. During this consultation we will share with you the new Draft Cwm Taf Carers Strategy, explain how your views have been incorporated and invite you to share any comments you may have before its official sign off. Refreshments and a light lunch will be provided.	Nantgarw College, Heol Y Coleg, Nantgarw CF15 7QX	10-12:30pm	Thursday 3rd March 2016	
Mister Maker - first ever live theatre tour! - Come and join your ultimate arts and craft hero Mister Maker, for his first ever live theatre tour! Packed full of arty adventures there'll be a big 'make' to take part in, super songs to join in with, a fabulous supporting cast, and not forgetting, The Shapes! This show is tons of arty fun for all the family! We will be providing space in the bar area for families to have 'time out' if things get too much for the children. 2 tickets per carer will be available initially.	The Coliseum, Aberdare CF44 8NG	1:30pm	Sunday 6th March 2016	

Event/Training	Venue	Time	Date	Tick
March				
Developing toileting routines for children and young adults with learning disabilities and/or on the Autistic Spectrum – This interactive workshop will help you unpick issues around toileting and develop personal strategies to help you and your family. There will also be an opportunity for a question and answer session.	Gallery Room, The Muni Arts Ctr, Pontypridd	10-1pm	Thursday 10th March 2016	
How to identify sensory issues in children with learning disabilities and/or on the Autistic Spectrum and how to reduce their impact on behaviour – This workshop will focus on the impact that day to day living has on the sensory system. We will look at the reasons for differences in behaviour between schools, the community and home, along with gaining an understanding of why this happens. Then we will develop a range of coping strategies to help you and your child.	Gallery Room, The Muni Arts Ctr, Pontypridd	10-1pm	Thursday 24th March 2016	
April				
Daerwynno – Join us for a fun filled day where activities could include pond dipping, canoeing, orienteering, rock climbing, puzzle games and arts and crafts. For families with children who have additional learning needs.	Daerwynno Outdoor Centre, Llanwonno	10-3pm	Thursday 7th April 2016	
Carers Mental Health Forum Meet and Greet – Do you look after someone who has 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 Meet and Greet. Come along, find out about how the forum could help you, meet other members of the group and chat over a light lunch.	Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN	10:30- 12:30pm	Tuesday 19th April 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**

***Transport and respite can be provided if needed.**

Name:

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

Address:

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

.....

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

.....

Daytime Tel. No.:

.....

Date of Birth:

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

Email address:

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