

# NEWS

## CARERS

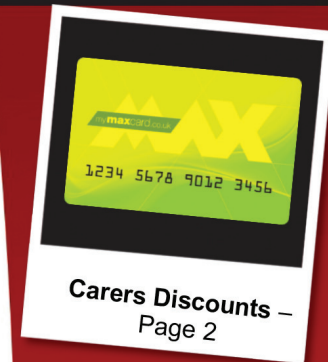
Updates from Rhondda Cynon Taf Carers Support Project



Issue 78 – Autumn 2023

### Carers Rights Day 2023

Join us to celebrate Carers Rights Day on Thursday 23<sup>rd</sup> November 2023 at YMa (formally YMCA), Pontypridd. There will be information stands, workshops including Future Planning, Money Matters, Working Carers Rights, Tai Chi, Craft, Beauty and much more. You can book a place by contacting the Carers Support Project on 01443 281463.



Carers Discounts – Page 2

#### CHATTERBOX

Chatterbox is an informal, friendly group and your time to relax, gain the information you need, and chat with other carers who understand the ups and downs of caring.

Chatterbox meets on the **first Tuesday each month at 10am – 11:30am.**

#### CONNECTS

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

We meet on the **second Tuesday of the month at 10am – 11.30 am.**

#### CARERS DISCOUNTED

Carers of all ages can access leisure, social and relaxation opportunities with discounts worth up to 40%.

Leisure for Life membership offers unlimited access to swims, gyms & classes at leisure centres throughout RCT. This includes pay-as-you-go or direct debit monthly membership. What's more, it's easy to join.

For more information, please call 01443 281463



Support for Working Carers – Page 2



Events, groups, training & activities – Page 3 & 4

#### IT'S GOOD TO TALK

A free confidential counselling service provided by qualified counsellors available to local Carers in Rhondda Cynon Taf.

Call 01443 281463 to find out more.

#### CWTCH

Carers Cwtch is an informal friendly group for individuals who care for a family member, friend, or neighbour. Join us for quizzes, games, bingo and fun! We meet on the **second Tuesday of the month from 6:30pm-8pm.**





## SAVE MONEY WITH MAX

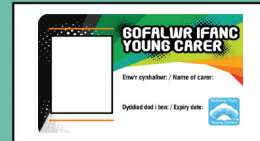


Max card is the leading discount initiative for looked after children (LAC) and children with special educational needs and disabilities (SEND) up to the age of 25. It provides discounted entry into lots of attractions UK wide. We are offering MAX cards to carers who are currently registered with us.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

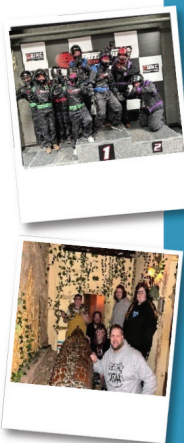
## YOUNG CARERS ID CARD

The ID Card provides Young Carers with photo-identification and access to a variety of discounts.

If you would like to apply for a card, or would like more information, please contact the Young Carers Assessment and Development Worker on 07824496485 or [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk) Alternatively, you can apply online at <https://customerportal.rctcbc.gov.uk/YoungCarersCard>



## YOUNG ADULT CARERS



Are you aged between 18-25 years old?  
Are you in a caring role?  
Join us and have the opportunity to meet new people, socialise, access counselling and emotional support, as well as information and signposting to agencies who can support with education & employment opportunities.



Please contact Darren for further info.

Do you want to find out more? Email: [Darren.young@rctcbc.gov.uk](mailto:Darren.young@rctcbc.gov.uk) or call 07385 401851, or 01443 281463

### Amser

Amser provides funding for flexible and creative short breaks to unpaid carers in Wales and aims to enable 30,000 carers to take a break from caring by 2025. A range of break options to meet the diverse communities of Wales have been funded through this programme. These aim to improve carer resilience and wellbeing and to support the sustainability of the carer's caring relationship.

To apply for a short break funded by Amser, unpaid Carers should contact their local provider directly.

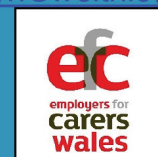
Visit: [www.carers.org/around-the-uk-our-](http://www.carers.org/around-the-uk-our-)

### Working Carers Mailing List

Are you a Rhondda Cynon Taf County Borough Council employee, balancing your unpaid caring responsibilities alongside your employment?

Are you interested in joining a mailing list to receive information and updates relevant to you?

If so, please keep a look out at your internal communications, or for more information, get in touch via [WorkingCarers@rctcbc.gov.uk](mailto:WorkingCarers@rctcbc.gov.uk) or [CynhalwyrSynGweithio@rctcbc.gov.uk](mailto:CynhalwyrSynGweithio@rctcbc.gov.uk)



## OUR CALENDAR OF SUPPORT

We offer a range of events, groups and training throughout the year, with the aim of supporting Carers in all aspects of their caring role.

### When can I book these events?

You can book onto these events from **10am on Tuesday 26<sup>th</sup> September 2023**.

### How can I book?

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

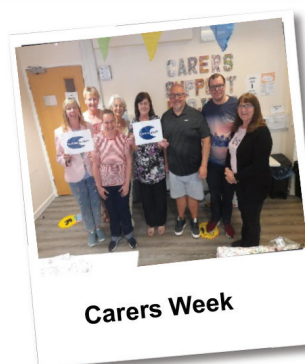
### Where do the events take place?

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

Event / Activity / Workshop	Venue, Date & Time	Information
<b>Chatterbox</b> - join us for a cuppa on the 1 <sup>st</sup> Tuesday of the month, chat with other carers and meet the team, who will be on hand to offer information and advice.	<b>Tuesday</b> 3 <sup>rd</sup> October 7 <sup>th</sup> November 5 <sup>th</sup> December 10am – 11:30am Carers Support Project Hub	Carer Only
<b>Day @ the Bay</b> – A Day out at Cardiff Bay with a Treasure Hunt! <i>Own transport is required.</i>	<b>Thursday 5<sup>th</sup> October 2023</b> 10am onwards Cardiff Bay	Carer Only
<b>Carers Connects</b> – Led by the Projects Counsellor, you can meet other Carers in a relaxed and informal environment, whilst learning skills, tips and techniques aimed at supporting you in your caring role.	<b>Tuesday</b> 10 <sup>th</sup> October 14 <sup>th</sup> November 12 <sup>th</sup> December 9 <sup>th</sup> January 2024 10am – 11:30am Carers Support Project Hub	Carer Only
<b>Carers Cwtch</b> - Fun, games, crafts, and food! Join us, meet other Carers and have some well-earned time out. Guaranteed laughs included.	<b>Tuesday</b> 10 <sup>th</sup> October 14 <sup>th</sup> November 12 <sup>th</sup> December 9 <sup>th</sup> January 2024 6:30pm – 8pm Carers Support Project Hub	Carer Only
<b>Bowling &amp; Burgers</b> - Ten Pin bowling, burgers, and lots of fun to be had!	<b>Thursday 12<sup>th</sup> October 2023</b> 6pm – 8pm Ten Pin, Nantgarw	Carer Only
<b>Crafty Café</b> - Join us for a cuppa, make new friendships and enjoy craft tasters every month.	<b>Monday</b> 16 <sup>th</sup> October 20 <sup>th</sup> November 18 <sup>th</sup> December 15 <sup>th</sup> January 2024 10am – 12noon Carers Support Project Hub	Carer Only



<b>Carers Brunch Club</b> - Hot brunch, tea, and coffee & opportunity to discuss issues that matter to you!	<b>Wednesday 18<sup>th</sup> October 22<sup>nd</sup> November 24<sup>th</sup> January 2024 10:30am – 12noon</b> Carers Support Project Hub	Carer Only
<b>Coping with caring &amp; the Menopause</b> – let's talk about it - informative session providing information and techniques on how to face our bodily changes.	<b>Monday 23<sup>rd</sup> October 2023 10:30am – 12noon</b> Carers Support Project Hub	Carer Only
<b>Halloween Spooktacular</b> – tickets for some spooky fun for all the family.	<b>30<sup>th</sup> October 2023 Time - TBC</b> Rhondda Heritage Park Museum	Carers & their immediate family
<b>New Carers Morning</b> - Are you a new Carer with the Carers Project? Or would you like to find out more about support available? Come along, meet other Carers and see what support we could offer you.	<b>Wednesday 8<sup>th</sup> November 10:30am – 12noon</b> Carers Support Project Hub	Carer Only
<b>Carers Rights Day</b> – celebrate with information stands, workshops, activities, refreshments plus lots more.	<b>Thursday 23<sup>rd</sup> November 2023 10am – 3:30pm</b> YMa, Pontypridd (formally the YMCA)	Carer & their families
<b>Stress &amp; Anxiety</b> – this workshop will develop your understanding and provide techniques on how to cope with and manage stress and anxiety.	<b>Thursday 30<sup>th</sup> November 2023 10:30am-12:30pm</b> Carers Support Project Hub	Carer Only
<b>Busy with Becs Christmas Special</b> – Christmas Jumper Day - Make your own Christmas themed gifts!	<b>Friday 8<sup>th</sup> December 2023 10:30am – 12:30pm</b> Carers Support Project Hub	Carer Only
<b>Food &amp; Mood</b> – Does what we eat really affect our mood? How can food improve our mood? What affects do certain foods have on the body? Join us to find out more.	<b>Thursday 11<sup>th</sup> January 2024 10:30am -12:30pm</b> Carers Support Project Hub	Carer Only
<b>New Carers Evening</b> - Are you a new Carer with the Carers Project? Or would you like to find out more about support available? Come along, meet other Carers and see what support we could offer you.	<b>Thursday 25<sup>th</sup> January 2024 6pm – 7:30pm</b> Carers Support Project Hub	Carer Only



Carers Week



Carers Cwtch



Carers Crafty Cafe



Carers Chatterbox



Carers Week Craft