

Rhondda Cynon Taf Carers Support Project



Are you a Carer?

A carer is anyone who cares, unpaid (except for Carers Allowance) for a partner, family member or friend who, due to an illness, frailty, disability, mental health problem or addiction, cannot cope without their support. A Carer can be **ANYONE** of **ANY** age. Even if you don't think of yourself in that way.



To find out about what support could be available to you, or to register with the Carers Support Project, please contact us using the information below.

About us

The Carers Support Project offers support to Carers of all ages.

The Carers Support Project are based at

11-12 Gelliwastad Road, Pontypridd, CF37 2BW

Get in touch...

 **01443 281463**

 **CarersSupportProject@rctcbc.gov.uk**



RHONDDA CYNON TAF

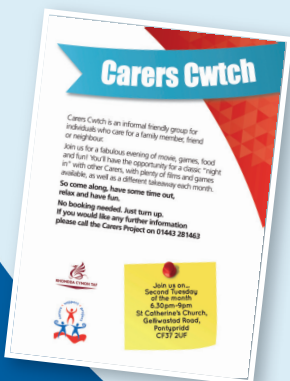
Carers News

At the Carers Project we are constantly working to provide a range of events, workshops and training for Carers in order to support you in your caring role. The 'Carers News' provides up to date information on services available for Carers and their cared for, as well as access to co-ordinated events & workshops three times per year. The 'Carers News' is issued during Spring, Summer & Winter. These booklets contain detailed information about our events and how you can 'book on'.



Monthly Meet-ups

Chatterbox is an informal friendly group for carers. A place to relax, chat, get information on support available and take part in crafts! Held on the first Tuesday of each month 10am - 11:30am, upstairs at St Catherine's Church, Gelliwastad Rd, Pontypridd CF37 2UF.



Carers Cwtch is held on the second Tuesday of each month 6.30pm - 9pm at St Catherine's Church, Gelliwastad Road CF37 2UF.

This is an opportunity for carers to have a relaxing 'night in' including food, games, craft and plenty of fun!

Carers Connects runs on the second Tuesday of the month between 10am and 12 noon from Pontypridd Library CF37 2DY. Come a long, meet other carers and have opportunity to share experiences and be provided with guidance & support.



Past Carers Group is an informal group offering companionship and friendship to individuals whose caring roles have ended. The group meets on the on the second Friday of the month 11am - 1pm, at Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE.



Mental Health Forum for Carers

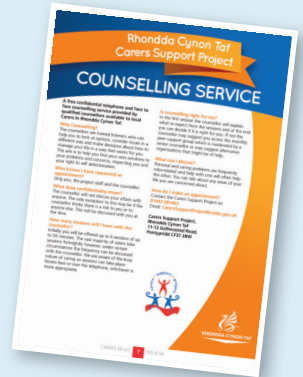
Do you care for someone with a mental illness?
Do you have any queries or problems regarding your caring role?

There's an opportunity for you to meet with other carers and share experiences in a relaxed, informal and friendly environment. Guest Speakers are arranged for each Forum to keep you up to date with the services that could support you as well as the person you look after. No need to book; just come along to St Catherine's Church, Pontypridd, CF37 2UF between 10:30am and 12:30pm. Meetings are held on the third Tuesday of the month during January, April, July and October. For details about the next date contact the Carers Support Project on 01443 281463 or Nanette on 01443 486856.



Counselling Service

A free, confidential, telephone or face to face counselling service is available to carers who reside within Rhondda Cynon Taff. Have access to qualified counsellors who can help you to look at options, consider issues in a different way and make decisions on how to manage your life in a way that works for you. Contact 01443 218463 to request an appointment.



Carers Discounted Access to Leisure Services

Carers of all ages and interests can now have access to a world of leisure, social and relaxation opportunities with discounts worth up to 40% at Rhondda Cynon Taff Leisure facilities. This discounted access is available via pay monthly (direct debit) plans as well as pay-as-you-go prices so you can come and go as often as you like to a Leisure Centre of your choice! It's really easy to join, just contact 01443 218463 for further information.



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 RCT Carers Emergency Card Support Service may help to ease your concern. This credit card size card is used as an instant source of identification in case of accident or sudden illness.

There are no obvious personal details included on the card, only a unique number which identifies you. Information you submit when applying for the card gets confidentially stored on RCT's 'Carelink Service'. This then identifies not only you but details of the person you care for. In emergencies help can then be co-ordinated to assist you both. You can request to join this service by contacting RCT Carers Support Project on 01443 281463. Alternatively you can contact the Carersline Freephone number on 0808 100 1801.

