

# WORKING CARERS News



workingcarers@rctcbc.gov.uk

All the latest information and updates  
for employees with caring responsibilities

## Survey on available support for staff members who have unpaid caring responsibilities:

A year on from the introduction of the Working Carers Guidance, and paid Carer's leave for Rhondda Cynon Taf County Borough Council staff, we would really appreciate it if you could possibly spare a few minutes to share your views with us on how you think the current support provision is working for working carers.

You do not need to personally identify as a working carer to complete this survey, as we are hoping to hear from colleagues from across the Council who have different perspectives.

Your responses will help us to have a better understanding of how the introduction of support for working carers has made an impact, and where there are areas for future improvement.

Please complete the survey here: <https://RCTCBC.welcomesyourfeedback.net/yeqt10>

## EVENTS THIS CARERS WEEK 2023:



Carers Week is an annual campaigning week starting on Monday 5th of June this year. Find out more about the wide range of activities and events taking place across the week which may be of interest to you.

*During Carers Week 2023, we will be holding an event for working carers who are employees of Rhondda Cynon Taf County Borough Council:*

### **Carers Caffi @ RCTCBC Carers Week Special: Self Advocacy for Working Carers with Carers Wales**



**Thursday 8<sup>th</sup> June, 1-2 pm via MS Teams.**

We are really looking forward to having Carers Wales join us in this session where we will be looking at self-advocacy. This workshop will cover three areas: Communicating effectively, Understanding your rights, and Recognising your feelings.

Meetings are relaxed and informal, confidential, open to all local authority staff with caring responsibilities, and will not be recorded.

Book here: <https://rct.learningpool.com/course/view.php?id=2058>

We will also be holding an event for SMEs in Rhondda Cynon Taf:

## Supporting your employees who are balancing work and care in RCT



Tuesday 6th June, 9.30am – 10.30am via MS Teams.

Employers for Carers will be explaining how SMEs can access free resources using the local authority's umbrella membership, to help them better support their staff members who are caring, including: e-Learning, case studies, employer toolkits, handbooks and guides.

SMEs can book onto the online session via the Eventbrite link here: <https://www.eventbrite.co.uk/e/supporting-your-employees-who-are-balancing-work-and-care-in-rct-tickets-626976221757>

Please share with any local SMEs you think might be interested.

## Events and activities during Carers Week with RCT Carers Support Project:

RCT Carers Support Project will be offering a broad range of exciting and welcoming activities across the week for unpaid carers living in Rhondda Cynon Taf, so hopefully there will be something for everyone to get involved with. If you are caring for someone and haven't attended one of their events before, what better time than the present?



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If you are interested in any of the activities and events on offer throughout the week, please contact: [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk) to book your place.

### Marvellous Monday – Monday 5th June

Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, from 10.30 am – 12 noon.

This event is an opportunity for husbands, brothers, sons, grandfathers, and dads to meet others who are in similar situations, over a hands-on activity in a laid-back setting.

### Chatterbox – Carers Week Special! – Tuesday 6th June

Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, 10 am – 11.30 am.

A relaxed and welcoming coffee morning for carers to chat over a cuppa, with an added surprise to mark Carers Week!

## **Our Creative Community – Tuesday 6th June**

Carers Support Project Hub, 11- 12 Gelliwastad Road, Pontypridd, CF37 2BW, 6.15 pm – 7.45 pm.

This soul-nurturing workshop will be an artsy opportunity to explore themes such as connections, personal stories, and community. Why not learn new skills from artist Hannah, and create your own piece to take home?

## **Wondrous Walkers – A Community Challenge – Wednesday 7th June**

Ynysangharad War Memorial Park, Pontypridd CF37 4PD, 10 am – 1.30pm.

Teamwork makes the dream work! Join RCT Carers Support Project on a fun and friendly walking challenge, getting together to do as many laps as possible in 3 hours. Whether you can help them do 1 lap or 10 laps, they need you! Picnics encouraged.

## **Thank You Thursday – A Celebration Event – Thursday 8th June**

Temple Baptist Church, Gelliwastad Road, Pontypridd, CF37 1QP, 11 am – 1pm.

This event will recognise and celebrate unpaid carers within our communities and the difference that they are making every day. If you can think of a carer who should be celebrated, please visit: <https://online1.snapsurveys.com/interview/e36b290b-eb13-4237-b02d-8cc8f4cdf980> to submit your nomination and find out more. If you would like to watch the event, please contact RCT Carers Support Project to register your interest to attend.

## **Bitesize: Money Matters – Friday 9th June**

Carers Support Project Hub, 11-12 Gelliwastad Road, Pontypridd, CF37 2BW, 1- 2pm.

This workshop will be finding out about what's available in the local community, to learn about new ways to look after our precious pennies, so the pounds can look after themselves!



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**To find out more about RCT Carers Support Project's services:**

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

**Tel: 01443 281463**

## **Supporting carers of people with cancer at work**

**Friday 9<sup>th</sup> June, 10am – 11.30, via Zoom.**

Maggie's will be running a webinar where special guest, Sam Mooney, will be sharing her personal experience of caring for her late husband while working for AXA Health. She will be in conversation with Maggie's Newcastle Centre Head on how best colleagues and workplaces can support carers, the impact a cancer diagnosis can have on friends and family relationships, and how Maggie's can help.

**The registration link is here: [https://maggies-org.zoom.us/webinar/register/WN\\_oZJ4oH1uR16v57GGZ9gWQ](https://maggies-org.zoom.us/webinar/register/WN_oZJ4oH1uR16v57GGZ9gWQ)**



## Working Carers Workshop with Social Care Wales –



Gofal Cymdeithasol Cymru  
Social Care Wales

Wednesday 21<sup>st</sup> June from 11 am – 12 noon via Zoom

Social Care Wales are holding an information session open to:

- Anyone who is an unpaid carer outside of work
- Anyone in a managerial role who wants to find out how they can support individuals from their team (who are unpaid carers outside of work.)

The session will also provide information on how to identify as well as support unpaid carers who are working.

Book your place here: <https://www.eventbrite.co.uk/e/gweithdy-gofalwyr-syn-gweithioworking-carers-workshop-tickets-637946423927>

## Recap on April event for RCTCBC's working carers:

We were fortunate to have Carers Wales join us to host a virtual session on coping with feelings of guilt as a working carer back in April. Following this session, we have updated our RCT Source page to include the resources mentioned during the session, and presentation slides from the day: <https://rct.learningpool.com/course/view.php?id=2058>

You can also find further information on coping with guilt, resentment and other difficult emotions on Carers UK's website here: <https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/wellbeing-hub/managing-difficult-emotions-guilt/>

## MORE RESOURCES FOR WORKING CARERS:

### Carers Wales' Wellbeing Hub–

Resources and ideas to help support your wellbeing, from mindfulness videos and resources on managing difficult emotions: <https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/wellbeing-hub/>

### Me Time – Online Support Sessions–

Me Time sessions cover a wide variety of topics. Upcoming sessions include: a wellbeing morning, a quilling art session, an adult first aid workshop, and information sessions on topics such as loan sharks, and fraud prevention.

It is worth keeping an eye out on their schedule here: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-support-sessions/>





## Care for a Cuppa sessions from Carers Wales –

If you would like to meet other carers, share experiences, and find mutual support, you may be interested in Carers Wales' Care for a Cuppa sessions.

Upcoming sessions include:

- Monday 12 June, 3-4pm
- Monday 19 June, 3-4pm
- Thursday 22 June, 7.30-8.30pm (working carers especially welcomed)
- Monday 26 June, 3-4pm



To find out more and book your place, visit: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/>

## C. A. L. L. Helpline – Community Advice & Listening Line –



For carers in Wales, C.A.L.L. can provide emotional support in both English and Welsh. They are available 24/7 by telephoning 0800 132 737 or by texting 'help' to 81066.

## Care First –

Available services include free telephone and online counselling and CBT. This service is FULLY CONFIDENTIAL and no personal information goes back to the organisation.

Care First is available to all staff and can be accessed 24 hours a day, 7 days a week and every day of the year.



Care first

Find out more here:

<http://inform/en/wellbeingforstaff/carefirst/carefirst.aspx>



## Disability and Carers Staff Network –

The Disability and Carers network is a space to make a difference and have a positive impact on other colleagues who have a disability or caring responsibilities.

For further information, or if you wish to join, please email:

[DisabilityandCarersNetwork@rctcbc.gov.uk](mailto:DisabilityandCarersNetwork@rctcbc.gov.uk)