

# NEWS

## CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook

Issue 63 • Summer 2018

## CARERS WEEK 2018

### 11 - 17 JUNE



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

#### Carers Afternoon Tea and Dance

Monday 11th June 2018  
12.30-4pm



Rhondda Heritage Park Hotel,  
Coedcae Lane, Pontypridd CF37 2NP

Join us for an afternoon of tasty tea, tempting treats and exciting entertainment. You will listen to the beautiful voice of our very talented Young Adult Carer, Kirsty, and watch some classic vintage dancing. You will have the opportunity to learn some classic 'moves like Foxtrot and Cha-Cha. **Carer Only. Booking Essential.**

#### 'Carers Cwtch' - Theme Night

Tuesday 12th June 2018  
6.30pm-9.30pm



St Catherine's Church, Gelliwasted Road,  
Pontypridd CF37 2UF

Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available. Finished off with a delicious takeaway to complete our "night in". **Carer Only.**

#### First Aid & Heart Start

Thursday 14th June 2018  
10am-2pm



Heddfan, Ilan Avenue,  
Rhydyfelin CF37 5PN

Join us on this workshop designed specifically for Carers, to help you in your caring role. Learn CPR, basic first aid skills, as well as emergency life-saving skills in this not-to-be-missed workshop. There will be opportunity for Q&A session with a qualified professional. **Carer Only. Booking Essential.**

#### Job Centre Information Day

Friday June 15th  
10am-1pm

Tonypandy Job Centre,  
Thistle House, Llwynypia Rd,  
Tonypandy CF40 2EP

Join us to find out about support and services available to support you in your caring role. There will be information from a number of different organisations highlighting support available to you in your local area. A member of the Carers team will also be in attendance to answer any questions.

#### National Botanical Gardens of Wales

Saturday 16th June 2018  
9.30am-5.30pm



National Botanical Gardens of Wales,  
Camarthenshire

There really is something for everyone at the National Botanical Gardens. Whether you want to learn about healing herbs in the Apothecary's Garden, see a kaleidoscope of colourful butterflies in the Butterfly House, eat real Welsh cheeses and cakes at the Y Pot Blodyn Garden Centre, or discover their scientific research in a range of beautiful themed gardens.

To find out more or to book your place please call the Carers Support Project on

**01443 668813.**

**Bookings open 15th May**

**[www.rctcbc.gov.uk/carers](http://www.rctcbc.gov.uk/carers)**

**"Supporting life alongside caring"**

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RHONDDA CYNON TAF

# STAR EVENTS & ACTIVITIES

## How to book onto Event 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 **22 - 24** to see which category each event falls under.

Please note you can choose **1 gold, 3 silver** and **limitless bronze activities and events**.

**Places will be allocated on first come first served.**

**Activities and events can now be booked by either telephone or email.**

**Event bookings for will open on Tuesday 15th May at 8am. This will be for both email and telephone bookings.**

To book on any of the events please call or email the Carers Support Project on **01443 668813** or email: **CarersSupportProject@rctcbc.gov.uk**

## **THERE IS NO LONGER A BOOKING FORM**

to return in the post. Bookings are now only taking my telephone or email, as above.

# Carers Rights and Entitlements

## What's new in 2018?

**April 2018:** Universal Credit claimants who receive housing support will get an extra two weeks' housing benefit payments to reduce the amount of rent arrears they might build up.

**April 2018:** Carer's Allowance earnings limit will increase to £120, including deductions. Carer's Allowance will increase to £64.60 alongside other benefit upratings.

**April 2018:** Loan payments to replace support for mortgage interest. Anyone receiving help with their mortgage interest via a means tested benefit will lose this from April 2018, and will instead be offered support in the form of a loan. The DWP is writing to people affected asking them if they wish to accept the loan. Those who are no longer entitled to a means tested benefit once support for mortgage interest is removed will still be eligible for the loan, but they will no longer be entitled to passported benefits.

### Continuing Roll-out of Universal Credit

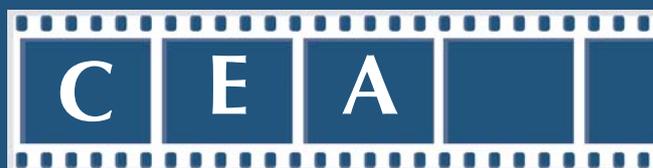
UC is a single means-tested benefit replacing Income Support, income-based Jobseekers Allowance, income-related Employment and Support Allowance, Housing Benefit, Child Tax Credit and Working Tax Credit.

UC will be made up of a personal allowance (dependant on your circumstances) and 'elements' rather than the existing premiums, for example a carer element paid to certain carers.

Whether carers can claim UC depends on whether they live in a "live service" or "full service" area. They can only claim if they live in a "full service" area. They will only need to claim UC if they have a change in circumstances that means they have to make a new claim for one of the above means-tested benefits.

The roll out of UC across the UK is continuing and by December 2018 the whole of the UK is expected to be a "full service" area. The managed migration of people on existing benefit to UC is due to start in 2019 and be complete by 2022.

With thanks to Carers UK.



## CARD

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

You will need to provide evidence that the card holder receives one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

The CEA Card is available to applicants aged 8 years and above.

### To apply, you will need:

- Proof of eligibility
- A photo
- Payment of £6.00

The CEA Card is valid for one year from the date of issue. You can pay for your card online at <https://www.ceacard.co.uk/apply> or by post.

## Are you a Carer?

### Carers Surgeries at Tonypandy Job Centre

Would you like a one to one discussion with staff from the Carers Support Project on what is available locally to support you in your caring role?

Carers Surgeries take place on the last Monday of the month.

If so, call Tonypandy Job Centre on **0800 169 0190** to arrange your free appointment.

# Rhondda Cynon Taf Carers Support Project

## COUNSELLING SERVICE

**A free confidential telephone and face to face 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. We are aware of the busy nature of caring so sessions can take place face-to-face or over the telephone, whichever is more appropriate.

### **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 668813**

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



RHONDDA CYNON TAF

## 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:

<http://www.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/Supportforcarers/CarersEmergencyCard.aspx>

Please email [CarersSupportProject@rctcbc.gov.uk](mailto:CarersSupportProject@rctcbc.gov.uk) or call **01443 668813** to request a hardcopy form.



Helping people in Cwm Taf make healthier choices about alcohol as they age. If you live in Cwm Taf and are over 50 we can offer:

- free, confidential support and advice for you, your family or anyone concerned about how alcohol is affecting them
- advice and support in your community, including visits in your home
- free local activities and social opportunities to meet new people, or develop skills
- free training on starting the conversation, recognising and responding and alcohol's impact as we age
- free alcohol awareness sessions for local organisations and employers

Call us today on **0800 161 5780** or email: [wales@drinkwiseagewell.org.uk](mailto:wales@drinkwiseagewell.org.uk)

## Questions about cancer? We can help

Find free, expert and easy to understand information about cancer.

We cover a wide range of topics for people with cancer, their loved ones and their Carers.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Get in touch with the [be.mac@macmillan.org.uk](mailto:be.mac@macmillan.org.uk)

For fundraising enquiries **0300 1000 200** or at [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

## Past Carers Group RCT

Tel 01443 491850 for more information.

### Monthly meeting in the Museum Pontypridd

Has your caring role recently come to an end?  
Has the person you have been caring for entered residential or nursing care?  
Have they passed away?  
Or have they re-gained their health?  
Either way this group could be for you...

The Past Carers group offers companionship and friendship, there will always be someone at the end of a telephone if needed. The group arranges lots of outings and day trips and truly will be like a second family.

The Past Carers Group meets at Pontypridd Museum, by the bridge, at 10:30am on the second Friday of every month (except Xmas).

Call in and meet them. If it helps you can bring a friend or relative to keep you company.

**You can just turn up or for more information please call 01443 491850**

## The Royal British Legion Admiral Nurse Service

Supporting Carers and Families of those with dementia

### What they do?

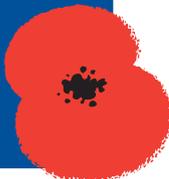
The Royal British Legion Admiral Nurse offers specialist support, information and advice to the Carers of people with dementia. The service aims to help family Carers gain the necessary skills to assist with dementia care, promote a positive approach to living well with dementia and improving quality of life. The service has been developed in partnership with Dementia UK.

### Am I eligible?

To qualify for this service the Carer or person with dementia needs to be a beneficiary of the Royal British Legion. This includes anyone who has serviced in the British Armed Forces, their family and Carers.

THE ROYAL BRITISH  
**LEGION**

**To find out more contact  
Admiral Nurse Service  
South Wales on 0333 011 4497**



## Free Carers Legal Clinic



**RCT Carers Support Project is providing a free Carer Legal Clinic on the last Thursday of the month.**

Are you a Carer? Do you care for a family member, friend or neighbour? Would you like some free legal advice?

**Would you value speaking to a qualified solicitor face-to-face about issues such as:**

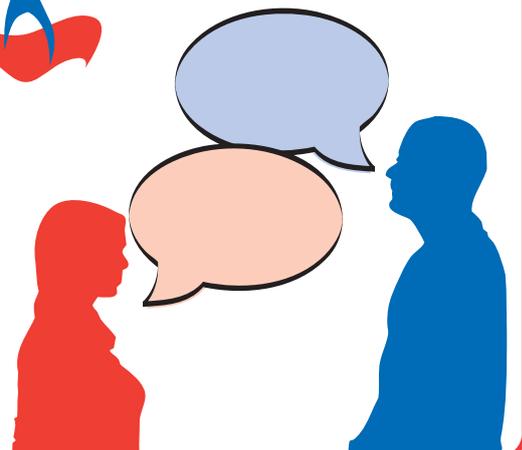
- Wills
- Probates and Trusts
- Care fees
- Power of Attorney
- Any other legal issues that many carers have to deal with?

If so, why not book a free initial 40 minute consultation appointment in a relaxed informal environment. All appointments will take place in Heddfan, Ilan Avenue, Rhydyfelin CF37 5PN

**Booking essential. To book a place or for more information, please call the Carers Project on 01443 668813.**

**Get in Touch...**

**Rhondda Cynon Taf Carers Support Project  
CarersSupportProject@rctcbc.gov.uk**



## Empower Disability Advice & Support Surgery

The surgery provides information and support for people with disabilities and their family.

This is a drop in service which takes place at Hirwaun Village Hall, on the 1st Wednesday of the month, between 11am - 1pm

For more information:  
Call 01685 810432  
Email: [info@accessible-news.co.uk](mailto:info@accessible-news.co.uk)  
[www.accessible-news.co.uk](http://www.accessible-news.co.uk)



**"Making news about accessibility accessible"**

## Live Well with Dementia Programme

Have you been diagnosed with dementia? If so, the Alzheimers Society can help.

The Live Well with Dementia Programme has been designed with and for people in early stages of dementia with a diagnosis. The sessions are once a week and runs for seven weeks.

Trained facilitators will be on hand to guide the sessions, provide information on other support services and direct you to further help and advice. Sessions will include life after diagnosis, managing my feelings, managing my health, managing my daily life and future planning

For more information please call **0300 222 11 22** or email [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)



## Chatterbox

Chatterbox is an informal friendly group for individuals who care for a family member, friend or neighbour. It's a place to relax, take part in crafts and get information on support available.

Chatterbox is run by RCT Carers Project staff who are available to answer any queries, offer signposting or are simply there for a cuppa and a chat.

**No booking needed. Just turn up on the day.**

**Get in Touch...**

**Contact Claire on 01443 668813.**

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



Join us on...  
First Tuesday  
of the month  
10am - 11.30am  
St Catherine's Church  
Gelliwastad Road,  
Pontypridd CF37 2UF

## Is your home hard to heat?

The Welsh Government Warm Homes Nest scheme is here to help you keep warm and save money on your energy bills.

Nest is open to all householders in Wales and provides advice on saving energy, money management, energy tariffs, and benefit entitlement.

In addition to free advice, if you own or privately rent your home and you or someone you live with receives a means tested benefit you may be eligible for home improvements at no cost. These may include a new central heating boiler, loft insulation, or cavity wall and solid wall insulation.

If your home is hard to heat, please contact Nest on Freephone **0808 808 2244** for free advice and to see if you are eligible for energy saving home improvements, or visit [www.nestwales.org.uk](http://www.nestwales.org.uk) for more information.



**Nyth Nest**  
Gwneud Cymru'n Glyd  
Making Wales Cosy



# DIGITAL FRIDAYS



**FREE**

**10AM-12PM**

## EVERY FRIDAY (DURING TERM TIME)

Digital Fridays is an exciting new project between Communities First, Digital Communities Wales, RCT Libraries, Newydd, Cynon Taf, Hafod and Trivallis Housing Associations which is aiming to increase Digital Skills across RCT.

If you, or someone you know, need support with using the Internet or need help to do something on your computer, tablet or phone then come along to Digital Fridays.

We can help get you started, show you how to use things like Skype and staying safe online. Whatever your digital query, pop in and we will do our best to help.

## FIND YOUR DIGITAL FRIDAYS LOCATION

Our current sessions are open for you to simply drop in to, no booking is required. Sessions are free and they run every Friday from 10am until 12pm at these locations:

Hirwaun Library  
Aberdare Library  
Mountain Ash Library  
Abercynon Library  
Pontypridd Library  
Rhydyfelin Library

Pontyclun Library  
Porth Library  
Ferndale Library  
Tonypandy Library  
Treorchy Library  
Capel Farm Resource Centre

**FOR FURTHER INFORMATION ON CONTACT COMMUNITIES FIRST ENQUIRIES  
TEL: 01443 425761 OR EMAIL: [COMMFIRSTENQUIRIES@RCTCBC.GOV.UK](mailto:COMMFIRSTENQUIRIES@RCTCBC.GOV.UK)**



Trivallis.

Wales Cooperative Centre  
Cwmwl Cyfnewidiadau Cymru

Cymunedau  
Digidol  
Cymru  
Digital  
Communities  
Wales

Wales  
Government  
Programme

Cynon Taf  
Community Housing Group  
Grŵp Cymuned Cynon Taf

communities first cymunedau yn ymgyngedig

Hafod  
Housing

newydd

Rhondda  
Community Housing Group  
Grŵp Cymuned Rhondda

RHONDDA CYNON TAF

RHONDDA CYNON TAF



## Spring Awakening

18 Carers aged between 21 and 81 joined us on our Spring Awakening Adult Carers Residential.

The residential was held at Dare Valley Country Park, Aberdare and took place over 2 days and one night. Lots of different activities were on offer including a Laughter Workshop, Mindfulness, Indian Head Massage, Laser Shooting and Archery. Lots of laughter and fun was had by all.

With thanks to Cwm Taf Health Board for funding this residential, along with thanking staff at Dare Valley Country Park, all facilitators, the wider Carers Team and of course, the Carers who joined in with a light heart, sense of humour and good spirit.

**"Incredible, amazing, relaxing, chilled. I thoroughly enjoyed. Please can we do it again?"**

**"Absolutely outstanding. It truly gave us the opportunity to relax and de-stress and have down time. Thank you very much"**

**"Started as strangers, ended as friends"**



## Technology and caring

**Many of us use technology in our everyday lives but seven out of ten people don't think of technology when it comes to caring.**

There is a world of technology available that can help to make your lives easier. Simple devices and apps can help someone live independently for longer or give you peace of mind when you can't be around.

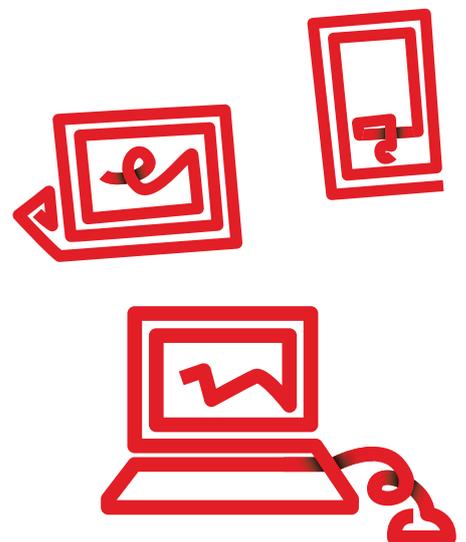
Whether you're worried about your mum getting lost or need help with your husband's medication management, there are tech solutions that could help take the stress out of caring.

### Technology could help you:

- Be more efficient
- Reduce unplanned visits or hospitalisation
- Take some of the worry out of caring
- Give you or the person you care for more independence

**Carers UK has developed a booklet with suggestions of tech solutions that may help you. You can download the booklet at:**

**<https://www.carersuk.org/help-and-advice/technology-and-equipment/tech-for-you>**





communities first cymunedau yn gyntaf

# AT THE HEART OF YOUR COMMUNITY

Upper and Lower Cynon Cluster Communities First

## MEN'S LIFESTYLE GROUP



**Every Thursday morning  
10.00 - 12.00**

Communities First Offices,  
The Long Room, 108 John Street  
Abercumbol CF44 6BN

**Open Access Free Sessions**  
- pop along or call us on  
**01685 872364**, or  
**01443 476750**  
for further information.



Llywodraeth Cymru  
Welsh Government



RHONDDA CYNON TAF



communities first cymunedau yn gyntaf

# AT THE HEART OF YOUR COMMUNITY

Upper Cynon Communities First

## Coffee Afternoons

Everyone Welcome



**Wednesday**

**12.30 - 2.30**

**The Parish Hall,  
Monk Street,  
Aberdare**

Drop in and have  
a free cuppa and a chat,  
Information and advice  
available on what is going  
on in your communities.



**For further information  
contact**

**01685 872364**



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Welsh Government



RHONDDA CYNON TAF



communities first cymunedau yn gyntaf

# AT THE HEART OF YOUR COMMUNITY

## Upper Rhondda Support Dementia Group

**The group is for those living with Dementia and their Carers.**

Meetings take place at St Matthews Church Hall, Treorchy from 11-2.30pm.

You do not need to attend the whole session and drop in as needed.

**Future dates are:**

- Monday 21st May
- Thursday 7th June
- Monday 18th June
- Thursday 5th July (outing)
- Monday 16th July
- Thursday 2nd August
- Monday 20th August



Llywodraeth Cymru  
Welsh Government

**Dementia Advisors and Support Workers will be at each group meeting to offer advice and support.**



RHONDDA CYNON TAF



## Women's Aid RCT

Breaking the cycle of violence and abuse

### The Freedom Programme

The Freedom Programme is a domestic violence programme to help women who have been involved with domestic abuse. It helps us to develop our own awareness and understanding, how to distinguish between abusive and non-abusive behaviours and to develop our own selves through assertiveness and confidence building.

The programme offers the opportunity to meet new people in a safe, friendly environment.

Call **01443 400791** for more information or to discuss what's available.

### Athena project

Feeling unsafe in your relationships?  
You're not alone.

The Athena Project can assist you to increase your wellbeing, whilst also supporting you to maintain your safety.

There is a range of support available including advocacy, help reducing isolation, peer groups and learning, safety advice and signposting.

For more information call **01443 400791** or visit [www.wa-rct.org.uk](http://www.wa-rct.org.uk)

## Get Ready & Move On Tenancy Training

### What is get ready & move on?

Get Ready & Move On is a learning and information programme that provides training to those who are preparing for a tenancy. It can be provided on its own, or part of a wider support package. The training is also relevant and useful to those who are already tenants who need to build skills in an area of managing their tenancy.

If you would like more information please call Karl Griffiths, Project Coordinator, on **07458 047310** or email [Karl.Griffiths@Trivallis.co.uk](mailto:Karl.Griffiths@Trivallis.co.uk)

# Trivallis.



### South Wales Valleys Project

#### CHANGE A LIFE : VOLUNTEER AND CHANGE YOUR OWN

So many people have it in them to be a Samaritans volunteer. To touch another person's life when it really matters, by helping them directly or by keeping our project running, it's a rare gift.

Many different vacancies available, to find out more please call Sherryl Maggs on **07701 314 254**

Or email: [valleys.samaritans@gmail.com](mailto:valleys.samaritans@gmail.com)

116 123 **FREE**

Chris, PO Box 90 90  
Stirling FK8 2SA

[jo@samaritans.org](mailto:jo@samaritans.org)

Visit Us - find your  
nearest branch on  
our website

[www.samaritans.org](http://www.samaritans.org)

## Western Power Priority Service Register

### Benefits of being on our register

Sometimes power cuts can happen for reasons beyond our control.

This can be particularly worrying if you rely on electricity for medical equipment or if you are elderly, very ill or disabled.

If you join the FREE Priority Service Register Western Power can:

- Give you a direct number to call in the event of a power cut so you can get straight through to us;
- Agree a password with you before we visit, so you feel safe;
- Provide special help, if needed, through the British Red Cross;
- Inform you about planned interruptions to your electricity supply;
- Keep you as informed as possible in the event of an unplanned power cut.

## Joining the Priority Services Register

To join Western Powers Priority Services Register, please contact them using the contact details below or you can complete an online form.

They will need your name, address and telephone number(s) and the reason for you being medically dependent on electricity, or vulnerable.

### Priority Customer Services Records Team

Western Power Distribution  
Lostwithiel Road, Bodmin

Cornwall PL31 1DE

Tel: 0800 096 3080

Email:

[wpdpriorityservices@westernpower.co.uk](mailto:wpdpriorityservices@westernpower.co.uk)

If you are deaf or hard of hearing, you can speak to us on the number above using Text Relay by dialing 18001 first using your textphone.

For more information please visit:

<https://www.westernpower.co.uk/About-us/Priority-Services.aspx>

**WESTERN POWER DISTRIBUTION**

*Serving the Midlands, South West and Wales*

## Carers Cwtch

Carers Cwtch is an informal friendly group for individuals who care for a family member, friend or neighbour.

Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.

**So come along, have some time out, relax and have fun.**

**No booking needed. Just turn up.**

**If you would like any further information please call the Carers Project on 01443 668813**



Join us on...  
Second Tuesday  
of the month  
6.30pm-9pm  
St Catherine's Church,  
Gelliwasted Road,  
Pontypridd  
CF37 2UF

# Vision Products



**Vision Products**  
Quality Assured  
Sicrwydd Ansawdd

**Making a difference in our local community**

Vision Products is a supported business that is a part of Rhondda Cynon Taff County Borough Council (RCTCBC). The business provides a range of diverse services and employment opportunities for people with disabilities, and supports adults through apprenticeships and volunteering schemes.

## Vision Products

As part of Rhondda Cynon Ta Council, we're a well established provider of a wide range of mobility equipment. We pride ourselves in offering high quality equipment at affordable prices with excellent customer service.

Visit us online and view our product catalogue

[www.rctcbc.gov.uk/visionmobility](http://www.rctcbc.gov.uk/visionmobility)

OR

Call us and order over the phone  
**01443 220811/ 01685 378769 and**

**benefit from FREE DELIVERY & INSTALLATION on all mobility products**

## Vision PVCU Windows and Doors

We have over 25 years experience in the manufacturing and installation of UPVC windows and doors. From the quotation, to the manufacturing and installation, we do the work so that you don't have to.

- ✓ **Fensa Registered Company**
- ✓ **Over 25 years experience**
- ✓ **Secured by Design accredited**
- ✓ **Disability confident committed**
- ✓ **Quality Assured**
- ✓ **UPVC window manufacture and installation**
- ✓ **Professional, reliable and friendly**
- ✓ **10 year guarantee**

We have stores in

## Pontyclun & Aberdare



Coedcae Lane  
Industrial Estate,  
Pontyclun, Mid  
Glamorgan CF72 9GP

### Opening Hours

Monday - Friday  
9.00am - 4.30pm  
Tel: (01443) 220811



35 Commercial Street,  
Aberdare,  
Rhondda Cynon Taf  
CF44 7RW

### Opening Hours

Tuesday - Saturday  
9.00am - 4.30pm  
Tel: (01685) 378769

Call us on 01443 229988 to book your  
**FREE NO OBLIGATION QUOTE**



**VISION MOBILITY**



INVESTORS  
IN PEOPLE



**bsi.**



**FENSA**  
Registered Company



## Young Carers & Young Adult Carers Recognition Evening

To coincide with Young Carer Awareness Day 2018, the Young Carers Service held a recognition event at Rhondda Heritage Park Hotel. Nearly 200 guests enjoyed an evening of celebration while awards were presented to all the young people to recognise their personal achievements and caring roles. During the evening, some young people were brave enough to demonstrate their musical and sporting talents on stage, a young carer read out a moving poem he had written about caring for his Mum and the young carers choir performed a number of songs.

Cllr Tina Leyshon, Rhondda Cynon Taf Council's Cabinet Member for Children and Young People, Cllr Rhys Lewis, Deputy Cabinet Member for Prosperity and Wellbeing and Huw Irranca-Davies AM, Welsh Government Minister for Children and Social Care attended the event to show their support for the young people, along with many representatives from the partner agencies that the service works closely with.



**The Recognition Evening has become an annual event that everyone looks forward to!**

## RCT Young Carers Schools Award - Primary Schools get involved!



The Young Carers Schools Award is working so well in the Secondary Schools in RCT that we have decided to expand the Award to Primary Schools. We have been working in partnership with several Primary schools to create a unit of work that is being delivered by the

school's Year 6 teacher. The unit of work encourages pupils to consider the life of a young carer and recognise the difficulties that these young people might face, as well as providing pupils with knowledge of the support that is available to young carers should they become one or recognise a friend as a young carer. The unit of work culminates in an assembly where Year 6 pupils present what they have learnt to the rest of the school.

St. Gabriel & Raphael R.C.P. School, Tonypany and CwmClydach Primary School, Tonypany have successfully completed the unit of work with their Year 6 pupils. The pupils enjoyed learning about young carers and gained a lot from the experience. Both schools produced brilliant assemblies that were very informative. Well done both!



## Respite fund for Carers



The Young Carers Service was pleased to be allocated some funds from Welsh Government to be used for additional respite opportunities for the carers it supports. Some of the funding was used to fund events for young carers and young adult carers, such as the recognition evening which was attended by over 80 young people and their special guests. We also organised a residential break to Morfa Bay Adventure Centre, Pendine for 35 Sibling, Young and Young Adult Carers. They had an amazing time trying new activities such as archery, team skills, climbing and a muddy assault course! When we asked what the young people



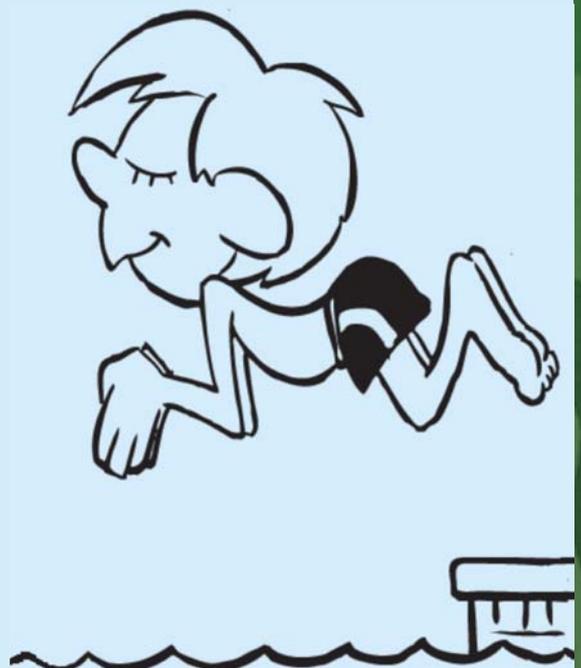
enjoyed most, they said 'meeting other carers', 'having fun and time to myself', 'making friends and working together' and 'it was fun, friendly and challenging'.

The additional money has also been used to support Parent Carers and their families. Three trips and events took place, supporting over 100 families, ranging from a local play centre to Thorpe Park so that families could choose something that was appropriate for them. We held our first Parent Carer social evening at Frankie & Benny's and received such positive feedback that we are going to make this a regular get together. We also managed a small fund that over 140 parent carers used for respite just for themselves, spending time relaxing, seeing a film or trying a new activity. From the feedback we've received, having a break and a bit of time to relax makes such a difference to Carers.

## Swimming Lessons for Young Carers & Young Adult Carers

RCT Young Carers Service are working in partnership with RCT Leisure Services to provide discounted swimming lessons to all registered young and young adult carers. This scheme is aimed at those young people who are not yet able to effectively swim 2 lengths of the swimming pool. For just £2 a session, young carers under the age of 13 will be offered lessons in a 'wave' appropriate for them and those over 13 will be given the opportunity to join an adult 'learn to swim' session. All RCT leisure centres are participating in this scheme so you should be able to book a swimming session in your local leisure centre. The first young carers to benefit from the scheme are about to start their course of lessons and we look forward to hearing all about their progress. Swimming is an essential life skill as well as being great fun!

If you are a registered young carer or young adult carer and would like to take advantage of this scheme, please contact us on **(01443) 668839** or email [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk)





## Summer is only around the corner which means longer day's to fill!!



As you know having a child with additional needs means that you often have to plan things in advance. We have put together a collection of popular attractions, useful websites, tips on saving money, and some local events to hopefully make those 'sunny' (and possibly rainy) day's easier to plan.

## Theme parks and adventure parks

Theme parks are a great day out, but the long queues and big crowds can sometimes be quite distressing. The good news is that many theme parks will offer discount tickets and annual passes for helpers or carers for guests with additional needs.



Chessington World of Adventures - Guests who can provide evidence of their disability can bring a helper free of charge and an additional helper can also get a ticket at a reduced price.

Ride Access Passes are available for those who may struggle to understand the concept of queuing, find it difficult to follow instruction or get distressed waiting for long periods of time. The pass gives you 10 tokens to use, each for one turn on a ride.

Present your token at each ride and you'll be given a time for your next ride which will correspond to the main queue for that ride.



Alton Towers - Ride Access Passes are available to guests who struggle to stand for long periods of time due to a disability. Guests who have the correct documentation can get one free carer ticket and a second carer ticket half price.



Legoland lets one carer in without charge while those with additional needs can request a ride access pass. For more information visit [legoland.co.uk](http://legoland.co.uk)



At Folly Farm visitors with disabilities get discounted entry and an accompanying carer is admitted free of charge. If possible, please take along proof of disability with you (such as proof of disability entitlement, blue badge).



Oakwood offers a concessionary rate for visitors with disabilities and their carers. Proof of disability may be required. They also offer ride access passes to guests with autism, allowing alternative access to most of the rides via quiet entry points.

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

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

## TECHNIQUEST

Techniquet have various ways of providing assistance and support for the varying needs of all visitors.

### **Wheelchair access**

Available throughout Techniquet. There are also a limited number of wheelchairs which are available to borrow while you visit — just ask when you arrive.

(Unfortunately, wheelchairs cannot be accommodated in the Planetarium).

### **Essential carers visit free**

All essential carers of disabled visitors get FREE admission to Techniquet. Please just bring along a form of ID to process your admission on arrival.

### **Hearing loop systems**

The hearing loop systems in the Science Theatre and Planetarium help those who use a hearing aid or loop listener. A Portable Induction Loop is also available for use at the Admissions Desk or in the shop and cafe.

### **Parking**

Disabled badge holders may park on the forecourt, and staff can assist with access into the building upon request.

Please discuss any specific needs you may have on **029 2047 5475**.

## Jazzy Jungles Disabilities and Special Needs Exclusive Play!

**Every Tuesday Afternoon  
4pm -6pm**

\*\*All sessions are closed off to the public

\*\*Meal deals applicable

01443 858778

[info@jazzyjungleplay.co.uk](mailto:info@jazzyjungleplay.co.uk)

Unit 7A Hepworth Park,  
Coed Cae Lane,  
Pontyclun,  
CF72 9DX





## Relaxed Cinema Screenings

Dimensions is a not for profit organisation supporting people with learning disabilities, autism, challenging behaviour and complex needs. They have worked with ODEON, Cineworld, Vue and Showcase cinemas to screen films in a sensory friendly environment for people of all ages to enjoy the cinema.

**Cineworld** host an autism friendly cinema screening on the first Sunday of every month at 11am.

**Showcase** host an autism friendly cinema screening on the second Sunday of the month at 10am.

**ODEON** host an autism friendly cinema screening every month at 10:15am. At a select number of cinemas, ODEON are trialling screenings for older audiences.

**Vue** host an autism friendly cinema screening on the last Sunday of every month at 10:15am, from £1.99.

Visit the individual cinemas website for more information.



## Parent/Carer Forum

We will be holding our first parent carer forum on Wednesday 4th July at Pontypridd museum 10-12am. This will be an opportunity for parent/carers to come together to discuss any common problems you face as a parent who cares for a child with additional needs and to provide you with a voice to hopefully bring about change. This will be the first of many and I am hoping that future forums will be an opportunity for us to invite key people who may be able to answer any questions/queries you may have or to share useful information.

Joining us at the first Parent Carer Forum will be Donna Morgan from Snap Cymru and Rebecca Knight from the Integrated Autism service.

Refreshments including cake will be provided.

For more info and to register your interest in coming along you can contact Lyndsey on **01443 668702** or e mail **Lyndsey.r.williams@rctcbc.gov.uk**

## Treetop Adventure Golf

Treetop adventure Golf offer quiet sessions on the last Sunday of each month, between 9-11am. Tickets can be purchased at reception, and ear defenders will be made available if you'd prefer.

Level P3  
St David's  
Cardiff, CF10 2EL



Email: [info@adventuregolf.com](mailto:info@adventuregolf.com)

## Save money with a MAX card

Max card is the leading discount initiative for looked after children (LAC) and children with special educational needs and disabilities (SEND).

The scheme was set up to make days out more accessible and affordable for families. You can have discounted entry into lot's of attractions including go air trampoline park, Caerphilly castle, castell Coch, Jump, Tenpin bowling and further afield Drayton Manor, Alton Towers, Legoland and go ape.

The MAX card usually costs £2.50 plus vat however the carers project are offering MAX cards to parent carers who are currently registered with us. To find out more contact Lyndsey on 01443 668814 or email [Lyndsey.r.williams@rctcbc.gov.uk](mailto:Lyndsey.r.williams@rctcbc.gov.uk)



## Forum Events

### 'Support Group Forum'

**After discussions with parent support groups within the area I have been really pleased to hear that there has been interest in starting a 'support group' forum.**

The idea behind the forum would be for key members of support groups to get together to share good practice, discuss training and funding opportunities and to discuss any barriers/common problems parent carers are experiencing. If you are a representative of a support group and would like to be invited to our discussion events we would really like to hear from you.

You can contact Lyndsey on **01443 668702** or email **Lyndsey.r.williams@rctcbc.gov.uk**.

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

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

## Margam Country Park



Steeped in history, wildlife and natural beauty, there's something for everyone at Margam Country Park. The magnificent Margam Castle, Orangery with ornamental gardens and Deer Park, are set within 1000 acres of breathtaking countryside.

### Upcoming events

For dinosaur lovers there will be a fun filled bank holiday day out this May

Meet the life-size baby T Rex and our Safari Ranger who will answer all your dino questions, say 'Hello' to the Newborn Baby Dinosaur – super-cute and newly-hatched!

There is also a Giant Dinosaur Egg which is a great photo opportunity!

Why not go in your best dino costume!

Adults £7.00, Children £5.00, Family (2 plus 2) £23.00.

3's and under are free

Margam park will also be hosting a kite festival from 25th - 29th May 2018 (including Bank Holiday Monday)

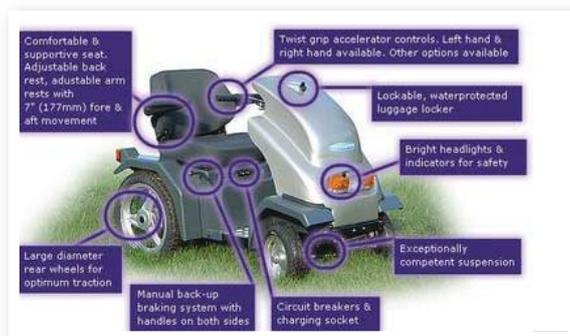
Margam Park has a Shopmobility Beamer Trampler Buggy which is available to hire for use within the Park. This unique all terrain buggy give the physically challenged the ability to go further than ever before.

2 distinct routes have been prepared for use in the Park- both start from the disabled parking area behind Margam Castle.

Route 1 Takes a trip through the Orangery gardens taking in the historic features of the Orangery and monastic ruins. It also visits the Childrens' Fairytale Land.

Route 2 Visits the Deer Park and returns to the castle via the Farm Trail. (Gates need to be opened and closed on this route, this will need help, the recommendation is to be accompanied).

For more info visit [www.margamcountrypark.co.uk](http://www.margamcountrypark.co.uk) or phone **01639 881 635**



## Picnic at the Park

On 15th August we will be running a family trip to Margam Park. Join us for a picnic and games on the grass or explore the wonders of Margam Park. There will also be an opportunity to attend the 'marvellous mammals event' held at the discovery centre. A chance to learn about the mammals in the park and take part in some FUN free activities. Transport will be provided, Coach pick up points will be confirmed nearer the date.

Bookings open on Tuesday 15th May. Call **01443 668813** to book your place(s).

## Make things easier with a HYNT card



### What is hynt?

Hynt is a new national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants.

If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join hynt. To become a Hynt member and receive your Hynt Card you will need to apply through the scheme's application process.

You will need to send the relevant paperwork confirming that you, or the person you are applying for are in receipt of one of the benefits listed in the criteria.

- Enhanced or Standard PIP Daily Living Component
- High or Middle rate DLA Care Component
- High Rate Attendance Allowance
- Certificate of Visual Impairment
- War Disablement Pension
- Armed Forces Independence Payment (AFIP)
- Direct Payments
- Social Services Care Package
- Continuous Healthcare Package
- Dual Sensory impairment

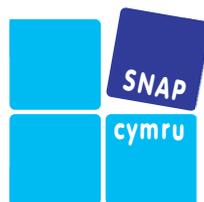
**FOR MORE INFO VISIT  
WWW.HYNT.CO.UK  
OR EMAIL INFO@HYNT.CO.UK**

## SNAP Cymru

SNAP Cymru offers free and independent information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN) and disabilities. We give advice and support on a range of issues including assessments, statements of special educational needs, bullying, school attendance, exclusion, health and social care provision and discrimination.

We also provide advocacy, disagreement resolution and training for young people, parents and professionals.

**Snap Cymru now has a new FREEPHONE Helpline 0808 801 0608. This number is free to call from all network providers.**



## Cerebra's Postal Lending Library



Have you ever wanted to explain something in a child friendly way? Or find out useful information to support you in your role as a parent carer. Books can be a useful source of information for parents, carers and children. Cerebra have a free postal library service that anyone can access.

To join simply fill in the webform of the library page on the website [www.cerebra.org.uk](http://www.cerebra.org.uk) or phone their Freephone number **0800 32 81 159** and ask to speak to the librarian.

If you cannot find a particular book you are looking for or you cannot find the subject area you are interested in you can also email the librarian at [janetp@cerebra.org.uk](mailto:janetp@cerebra.org.uk) with your request and she will let you know what is available.

Topics include Brain injury, Brain tumour and stroke, ADHD, ASD, Challenging behaviour

Carers and Respite care, Speech and language, Neurology and Brain development,

Personal care including feeding, diet and toilet training and Sensory processing disorder.

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

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

## Parent Carer Workshops

We are excited to announce we will be running three training sessions for parent carers facilitated by **AUTSIDE EDUCATION and TRAINING**



### Managing Anger (7th June 10am – 2.00pm)

This course explores why autistic children often struggle to manage their emotions, particularly anger. How we can help to understand their behaviour and become a detective when children struggle to communicate their feelings.

- What is anger?
- Exploring links between anger and anxiety
- Cycle of Anger
- How to cope with meltdowns
- Low arousal approach
- Strategies and practical advice

### Sibling Support (27th June 10am – 2.00pm)

This course helps to explore the perspective of a sibling of an autistic child. How we can support siblings to develop an understanding of autism. We will be looking at how to provide appropriate information and support the relationships between all of the sibling in a family.

- Exploring family relationship
- Sibling perspective
- How to explain autism and support sibling knowledge
- Practical strategies to support family relationships

### Puberty (10th July 10am – 2.00pm)

This course explores how to better support an autistic child through the phase of puberty. What the differences might be and how we can ensure we support their wellbeing and enable them to develop positive relationships.

- Exploring the issues of puberty, sexuality and relationships
- Key Skills to develop during puberty
- Explaining public and private and appropriate behaviour
- Sexuality
- Boundaries and rules of intimate relationships
- Planning ahead

Places are limited. Booking opens Tuesday 15th May.

To book please call **01443 668813** or email **CarersSupportProject@rctcbc.gov.uk**

### Venue for all 3 courses

Rhydyfelin Childrens Centre,  
Holly Street,  
Rhydyfelin CF37 5BD

## Parent Carer Social Event

Following the success of our last Parent Carer Social event at Frankie and Benny's in March we have decided to hold another social evening. We invite you to join us for an evening of food and good conversation at

**Barini's Bar and Grill on Thursday 12th July at 6.30pm.**

**To book your place contact 01443 668813 or email CarersSupportProject@rctcbc.gov.uk**



## Funtastic

As the winter weather put a stop to our last FUNTASTIC event we have rearranged the date to Sunday 10th June 4.00pm – 6.00pm

We have hired the FUNTASTIC play centre in Caerphilly for a 2 hour exclusive play session which will include a buffet and drinks for the children and some refreshments for adults to enjoy.

If you were booked on to this in March you will automatically have a place but if you missed out last time not a problem just contact us to book your place. Please let us know if you or your child has any special requirements (quiet music, dietary needs) when you book.



# FUNTASTIC

## Carers Support Project events, activities and workshops for Summer 2018

Event/Activity/Workshop	Venue, Date & Time	Information
<b>May 2018</b>		
<b>Chatterbox</b> - Our regular drop-in monthly coffee morning on the 1st Tuesday of the month. Join us for a cuppa and a chat in this friendly and informal group.	St. Catherine's Church, Gelliwasted Road, Pontypridd CF37 2UF <b>Tuesday 1st, 10-11.30am</b>	Bronze Carer only. 
<b>Introduction to Safe Handling</b> - Join us to learn about key techniques in safe moving and handling to assist you in caring for your loved, one whilst protecting your own health. Opportunity for Q&A with a qualified professional.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Wednesday 2nd, 10am-2pm</b>	Bronze Carer only.  <b>Booking essential.</b>
<b>Carers Peer Support Group</b> - Join us at our friendly and informal peer support group on the 2nd Tuesday of the month. You can have a chat with other Carers, share your experiences, offer some advice and lend a listening ear. Our qualified counsellor (Menny) will also be present.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Tuesday 8th, 12pm-2pm</b>	Bronze Carer only. 
<b>Bookings open!</b>		<b>Tuesday 15th</b>
<b>Carers Clinics</b> - Meet with a member of our Carers Support Project team to ask questions and address any issues you may have as a Carer.	Tonypany Job Centre, Thistle House, Llwynypia Road, Tonypany CF40 2EP <b>Tuesday 29th. By appointment</b>	Contact the Job Centre on <b>0800 169 0190</b>
<b>Legal Clinic</b> - If you feel that you would benefit from any legal advice, join us for a free initial 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Thursday 31st. By appointment</b>	Bronze Carer only.  <b>Booking essential.</b>
<b>June 2018</b>		
<b>Chitty Chitty Bang Bang</b> - Join us on a fantastic musical adventure with an out-of-this-world car that flies through the air and sails the seas. Based on the beloved 1968 film of Ian Fleming's children's book, Chitty Chitty Bang Bang is the perfect family musical that audiences will find "Truly Scrumptious".	New Theatre, Park Place, Cardiff CF10 3LN <b>Friday 1st, 6pm-10pm</b>	Gold Carer only.  <b>Transport provided. Booking essential.</b>
<b>Chatterbox</b> - Our regular drop-in monthly coffee morning on the 1st Tuesday of the month. Join us for a cuppa and a chat in this friendly and informal group.	St. Catherine's Church, Gelliwasted Road, Pontypridd CF37 2UF <b>Tuesday 5th, 10am-11.30am</b>	Bronze Carer only. 
<b>Managing Anger</b> - This course explores why autistic children often struggle to manage their emotions, particularly anger, how we can help to understand their behaviour when they struggle to communicate their feelings. Find out more in the Smalltalk section.	Rhydyfelin Childrens Centre, Holly Street, Rhydyfelin CF37 5DB <b>Thursday 7th, 10am-2pm</b>	Bronze Parent Carer event. Carer only.  <b>Booking essential.</b>
<b>Funtastic Play Centre</b> - Join us for exclusive use of the indoor soft play area, which includes a buffet and drinks for the children and refreshments for the adults. We strive to make this event as inclusive as possible, so please let us know of any special requirements for your child. [This event has been rescheduled from 4th March.]	Funtastic Play Centre, Unit 1 Forward House Western Industrial Estate, Caerphilly CF83 1BQ <b>Sunday 10th, 4pm-6pm</b>	Bronze Carer and family.  <b>Booking essential.</b>
<b>Afternoon Tea</b> - Join us for an afternoon of tasty tea, tempting treats and exciting entertainment. You will listen to the beautiful voice of our very talented Young Adult Carer, Kirsty, and watch some classic vintage dancing. You will have the opportunity to learn some classic 'moves like Foxtrot and Cha-Cha.	Rhondda Heritage Park Hotel, Coedcae Road, Pontypridd CF37 2NP <b>Monday 11th, 12:30-4pm</b>	Silver Carer only.  <b>Booking essential.</b>
<b>Carers Peer Support Group</b> Join us at our friendly and informal peer support group on the 2nd Tuesday of the month. You can have a chat with other Carers, share your experiences, offer some advice and lend a listening ear. Our qualified counsellor (Menny) will also be present.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Tuesday 12th, 12pm-2pm</b>	Bronze Carer only. 
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.	St. Catherine's Church, Gelliwasted Road, Pontypridd, CF37 2UF <b>Tuesday 12th, 6.30pm-9pm</b>	Bronze Carer only. 
<b>First Aid &amp; Heartstart</b> - Join us on this workshop designed specifically for Carers, to help you in your caring role. Learn CPR, basic first aid skills, as well as emergency life-saving skills in this not-to-be-missed workshop. Opportunity for Q&A with a qualified professional.	Rock Grounds, Aberdare CF44 7AE (by the old Aberdare One4All) <b>Thursday 14th, 10am-2pm</b>	Bronze Carer only.  <b>Booking essential.</b>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2018</b>		
<b>Job Centre Carers' Information</b> - Join us to find out about support and services available to support you in your caring role. There will be information from a number of different organisations highlighting support available to you in your local area. A member of the Carers team will also be in attendance to answer any questions.	Tonypany Job Centre, Thistle House Llwynypia Road, Tonypany CF40 2EP <b>Friday 15th, 10am-1pm</b>	Bronze.  Contact the Job Centre on <b>0800 169 0190</b>
<b>National Botanical Gardens</b> - There really is something for everyone at the National Botanical Gardens. Whether you want to learn about healing herbs in the Apothecary's Garden, see a kaleidoscope of colourful butterflies in the Butterfly House, eat real Welsh cheeses and cakes at the Y Pot Blodyn Garden Centre, or discover their scientific research in a range of beautiful themed gardens.	Botanical Gardens, Middleton Hall, Llanarthne SA32 8HN <b>Saturday 16th, 9.30am-5pm</b>	Gold  <b>Carer and cared for.</b> <b>Transport provided.</b> <b>Booking essential.</b>
<b>Pottery</b> - Join us to learn about and make your own beautiful ceramics from a talented local artist. There will be opportunity to paint your creation and the opportunity to spend time with Carers.	BASE Art Taffs Well, Unit B1-1, Garth Works Estate, Taff's Well, Cardiff CF15 7RN <b>Wednesday 20th, 10am-4pm</b> <b>OR</b> <b>Thursday 21st, 10am-4pm</b>	Silver  <b>Carer only.</b> <b>Booking essential.</b>
<b>Carers Clinics</b> - Meet with a member of our Carers Support Project team to ask questions and address any issues you may have as a Carer.	Tonypany Job Centre, Thistle House Llwynypia Road, Tonypany CF40 2EP <b>Monday 25th By appointment</b>	Bronze.  Contact the Job Centre on <b>0800 169 0190</b>
<b>Residential Get Together* (Closed Group)</b> - "Meow meow meow". If you attended Spring Awakening, join us for an evening of laughter, good food and reminiscing with new friends.	Rhondda Heritage Park Hotel, Coedcae Road, Pontypridd CF37 2NP <b>Tuesday 26th, 6.30pm-9.30pm</b>	Bronze  *For attendees of "Spring Awakening" only. <b>Booking essential</b>
<b>Sibling Support</b> - This course helps to explore the perspective of a sibling of an autistic child. How can we support siblings to develop and understanding of autism and how can we support the relationship between siblings. Find out more in the Smalltalk section.	Rhydfelin Children Centre, Holly Street, Rhydyfelin CF37 5DB <b>Wednesday 27th, 10am-2pm</b>	<b>Parent Carer event.</b> <b>Carer only.</b> <b>Booking essential.</b>
<b>Legal Clinic</b> - If you feel that you would benefit from any legal advice, join us for a free initial 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Thursday 28th By appointment</b>	Bronze  <b>Carer only.</b> <b>Booking essential.</b>
<b>Swansea Air Show</b> - Enjoy the incredible aircraft displays and sunshine on Swansea Bay. At the Swansea Air Show, you can view breathtaking aerial aerobatic displays, state-of-the-art military aircraft and vintage planes fly the skies.	Swansea <b>Saturday 30th, 10am-5.30pm</b>	Silver  <b>Carer and family</b> <b>Transport provided</b> <b>Booking essential</b>
<b>July 2018</b>		
<b>Chatterbox</b> - Our regular drop-in monthly coffee morning on the 1st Tuesday of the month. Join us for a cuppa and a chat in this friendly and informal group.	St. Catherine's Church, Gelliwasted Road, Pontypridd CF37 2UF <b>Tuesday 3rd, 10-11.30am</b>	Bronze  <b>Carer only.</b>
<b>Job Centre Carers' Information</b> - Join us to find out about support and services available to support you in your caring role. There will be information from a number of different organisations highlighting support available to you in your local area. A member of the Carers team will also be in attendance to answer any questions.	Porth Job Centre, 33 34, Hannah St, Porth CF39 9RB <b>Wednesday 4th, 10am-1pm</b>	Bronze.  Contact the Job Centre on <b>01443 614125</b>
<b>Parent Carer Forum</b> The Forum will provide an opportunity for Parents/Carers to get together and discuss any common problems you face when looking after a child with additional needs. It is also a platform which is aimed at supporting and influencing change.	Pontypridd Museum, Bridge Street, Pontypridd CF37 4PE <b>Wednesday 4th, 10am-12noon</b>	Bronze.  <b>Parent Carer event.</b> <b>Carer only.</b> <b>Booking essential.</b>
<b>Managing Anxiety</b> - Did you know 3 million people in the UK suffer with anxiety? This session is for Carers who have personal experience of anxiety and stress, or those that provide support for somebody who struggles with managing their anxiety. The session will include an overview of stress and anxiety, what anxiety is, why we get anxious, and introducing practical ways to manage our thoughts and feelings when suffering with anxiety.	Glenview House, Court House Street, Pontypridd, CF37 1JY (behind Pontypridd train station) <b>Thursday 5th, 10am-2pm</b>	Bronze  <b>Carer only.</b> <b>Booking essential.</b>
<b>Breakout**</b> - Join us to break out of a live escape room in 60 minutes. Collaborate with other Carers to look for clues, solve a series of puzzles, utilising your problem solving, teamwork and critical thinking skills. Followed by a hearty lunch. Please note: this is not a physical challenge **available to those who did not attend previous Breakout events	Cardiff City Centre <b>Friday 6th</b> <b>10am-3.30pm</b>	Silver  <b>Carer only.</b> <b>Transport provided.</b> <b>Booking essential.</b>

Event/Activity/Workshop	Venue, Date & Time	Information
<b>July 2018</b>		
<b>Puberty</b> – This course explores how to better support an autistic child through different phases of puberty. Find out more in the Smalltalk section.	Rhydyfelin Childrens Centre, Holly Street, Rhydyfelin CF37 5DB <b>Tuesday 10th, 10am-2pm</b>	Bronze. <b>Parent Carer event</b> <b>Carer only</b> <b>Booking essential</b> 
<b>Carers Peer Support Group</b> - Join us at our friendly and informal peer support group on the 2nd Tuesday of the month. You can have a chat with other Carers, share your experiences, offer some advice and lend a listening ear. Our qualified counsellor (Menny) will also be present.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Tuesday 10th, 12pm-2pm</b>	Bronze <b>Carer only.</b> 
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.	St. Catherine's Church, Gelliwasted Road, Pontypridd, CF37 2UF <b>Tuesday 10th, 6.30pm-9pm</b>	Bronze <b>Carer only.</b> 
<b>Parent Carer Social Evening</b> - Following the success of our last Parent Carer Social event, we have decided to hold another social evening. We invite you to join us for an evening of food and good conversation.	Barinis, Unit 2, Treforest Retail Park, Treforest Pontypridd CF37 1BH <b>Thursday 12th, 6.30pm-9pm</b>	Bronze. <b>Parent Carer event</b> <b>Carer only</b> <b>Booking essential</b> 
<b>Indian Head Massage Tuition</b> - Join us to learn about the history of Indian Head Massage, the benefits of massage and how to carry out basic Indian Head Massage techniques. You can take these skills home to practice on the person that you're caring for, as a wonderful way to unwind and spend time together.	The Feel Good Factory, Bryncynon Healthy Living Centre Abercynon Road, Mountain Ash CF45 4XZ <b>Monday 16th, 10am-2pm</b>	Silver <b>Carer only.</b> <b>Booking essential.</b> 
<b>Mental Health Forum</b> - If you care for a loved one with a mental illness, have any queries/problems regarding your caring role, or are interested in meeting other Carers, join us in our informal group. Guest speaker arranged each forum.	St. Catherine's Church, Gelliwasted Road, Pontypridd, CF37 2UF <b>Tuesday 17th, 10.30am-12.30pm</b>	Bronze <b>Carer only.</b> 
<b>Self-Care to Care</b> - We all know caring can be demanding and often we don't have time for ourselves. Join us at this workshop and learn some key techniques in helping to better manage your caring role, stay well and most importantly to look after yourself.	Rhondda Heritage Park MUSEUM Coedcae Road, Pontypridd CF37 2NP <b>Wednesday 18th, 10am-2pm</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Legal Clinic</b> - If you feel that you would benefit from any legal advice, join us for a free initial 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Thursday 26th By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>August 2018</b>		
<b>Chatterbox</b> - Our regular drop-in monthly coffee morning on the 1st Tuesday of the month. Join us for a cuppa and a chat in this friendly and informal group.	St. Catherine's Church, Gelliwasted Road, Pontypridd CF37 2UF <b>Tuesday 7th, 10-11.30am</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 
<b>Carers Peer Support Group</b> - Join us at our friendly and informal peer support group on the 2nd Tuesday of the month. You can have a chat with other Carers, share your experiences, offer some advice and lend a listening ear. Our qualified counsellor (Menny) will also be present.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Tuesday 14th, 12pm-2pm</b>	Bronze <b>Carer only.</b> 
<b>Carers' Cwtch</b> - Join us for a fabulous evening of movie, games, food and fun! You'll have the opportunity for a classic "night in" with other Carers, with plenty of films and games available, as well as a different takeaway each month.	St. Catherine's Church, Gelliwasted Road, Pontypridd, CF37 2UF <b>Tuesday 14th, 6.30pm-9pm</b>	Bronze <b>Carer only.</b> 
<b>Picnic in the Park</b> - Join us for a picnic and games on the grass or explore the wonders of Margam Park. There will also be an opportunity to attend the "Marvellous Mammals Event" held at the Discovery Centre., offering a chance to learn about the mammals in the park and take part in some fun, free activities.	Margam Park, Neath Port Talbot <b>Wednesday 15th, 10am-4pm</b>	Bronze <b>Carer and family.</b> <b>Transport provided.</b> <b>Booking essential.</b> 
<b>Legal Clinic</b> - If you feel that you would benefit from any legal advice, join us for a free initial 40 minute consultation with a qualified solicitor in a relaxed and informal environment.	Heddfan, Ilan Avenue, Rhydyfelin, Pontypridd, CF37 5PN <b>Thursday 30th By appointment</b>	Bronze <b>Carer only.</b> <b>Booking essential.</b> 