

NEWS

CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook

Issue 66 • Summer 2019

WHAT'S ON?

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.

Take a look below to find out what we have on offer during Summer 2019. Find out more on pages 14 - 16.

Functional
Reflex Therapy

Chatterbox

Sunny Side Up

Afternoon Tea

Carers Cwtch

Carers Mental
Health Forum

BBC Good
Food Show and
Gardeners
World Live

Craft

Silent Night

Pause and Play

Recharge

Samaritans Talk

Indian Head
Massage

Circus Skills

The Unexpected
CV of a Carer

Sea Safaris

Ponty Park
Takeover

Carers Connects

Mystery Trip

Cantref

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Carers Cwtch

Chatterbox

Smalltalk

Events List



Discounted Access
to Leisure Services
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Forum for Carers
Page 10

The Carers Project
will be moving to
a new home this year.
Keep an eye out
for our new details.



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 **14 - 16** to see which category each event falls under.

Please note you can choose **1 gold, 2 silver** and **limitless bronze activities and events**.

Places will be allocated on first come first served basis.

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

Event bookings will open on Wednesday 15th May 2019 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 281463** or email: CarersSupportProject@rctcbc.gov.uk

THERE IS NO LONGER A BOOKING FORM

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

10 - 16 JUNE

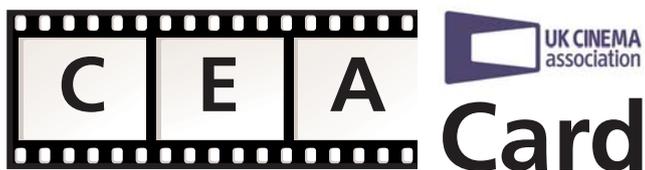
Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

Carers Week 2019 runs from Monday 10th – Sunday 16th June 2019

Take a look at our events pages to find out what we have planned to celebrate Carers Week!

Find out more and how you could get involved by visiting: <https://www.carersweek.org/>



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 for the card holder of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

You can apply or renew online or by post. 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

For more information visit:

<https://www.ceacard.co.uk/>

What is hynt?

Hynt cardholders are entitled to a ticket free-of-charge for a personal assistant or Carer at all the theatres and arts centres participating in the scheme.

To be eligible for the scheme the person will need to be receiving one of the following:

- 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

You can apply online or by post.

For more information please visit:

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



HelpU? Dŵr Cymru Welsh Water

HelpU is a Welsh Water tariff aimed at households that have an annual income of less than £15,000. If you qualify for the scheme they will cap your water bill which means you won't pay over a certain amount for the year. If you have a water meter and the payment would be lower than the HelpU amount, your bill will be based on the reading from your water meter.

A list of types of incomes to consider (but not limited to) are: Carers Allowance, Child Maintenance, Child Benefit, Child Tax Credits, ESA, Childcare Credits, Income Support, Incapacity Benefit, Pension Credit, JSA and Fostering Allowance.

To find out more visit:

<https://www.dwrcymru.com/en/My-Account/Helpu.aspx>

Active Woods



Are you long-term unemployed? A full-time carer? Retired or have a work limiting health condition? Want to meet new people, learn new skills and enjoy some time outdoors?

Actif Woods Treherbert explores how woodlands can be made more accessible for people with chronic physical and or mental health conditions, and gets people with those conditions out and active visiting their local woodlands

Find out more by emailing:

actifwoodstreherbert@smallwoods.org.uk

barod

Barods aim is to support anyone who is ready to change and to make a difference to their own lives or the lives of others.

This means providing high-quality, free and confidential support and guidance to anyone who is affected by drug or alcohol use, either their own or someone else's; and raising awareness about the ways we can all help to reduce the harm caused by substance misuse.

The Next Step Drop-in is at 8 Gelliwastad Road, Pontypridd CF37 2BP every Monday, Wednesday and Friday 11am-4pm

Please contact 01443 408087 for further information please call 01443 408087 or visit www.barod.cymru

To make a referral telephone DASPA (Drug & Alcohol Single Point of Access) on: 0300 333 000

Free and Reduced TV Licence

Over 75?

Do you know you are entitled to a free TV licence if you're over age 75?

After your 75th birthday, you can get a free TV Licence. It covers you as well as anyone you live with. Please remember that you don't automatically get an over 75 TV Licence on your 75th birthday. You have to apply for one.

Visually impaired?

Blind or severely sight impaired customers are entitled to a reduced-fee TV Licence. To apply you can complete an online application form, print it out, and send it to TV licensing along with proof of your entitlement.

For further information please visit:

<https://www.tvlicensing.co.uk/>



Malnutrition Universal Screening Tool

If you are worried about weight loss, to help you check if you or the person you are caring for are losing too much weight and are at risk of becoming malnourished, BAPEN has developed a simple screening tool you can use along with advice to follow if you are at risk of becoming malnourished.

For more information please visit:

www.malnutritionselfscreening.org/self-screening.html



Do you have type 2 diabetes?

Take control of your type 2 diabetes with a free course.

The courses are prescribed by your GP's to help people with diabetes live well. Delivered in a relaxed and enjoyable environment where you learn more about diabetes, ask questions and meet others with diabetes.

Whether you've had diabetes for many years or are newly diagnosed, there's a course for you.

The different programmes include a 2hr awareness workshop, the X-PERT Diabetes Programme, the E-PERT Insulin programme and EPP Cymru.

Please talk to your GP if you are interested in attending any of the courses.

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 281463



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

Care2Chat

**Are you a Carer?
Do you feel isolated or alone?
Do you need to chat?**

Then join the Care2Chat? Group
All carers are welcome. It's an informal group of people who need to talk to others about what they are experiencing.

The group meets on the second Thursday of the month from 2-3pm at Canolfan Pentre, 78 Llewellyn Street, Pentre, CF41 7BS

The group provides a safe place to talk about what's bothering you, make new friends, even have a laugh and relax over a cup of tea or coffee.

No formal structure, no professionals, just people like you so pop in and say hello and join us.

Want to know more?

Contact Carolyn
on 07944 082642

Future dates are:
13th June,
11th July,
15th August &
12th September

CASA

CASA (Carers for autistic spectrum adults) is a recently formed support group for carers of autism spectrum adults (Age 18+).

The informal meetings are held monthly on the 4th Tuesday of the month, 11am – 1pm at the offices of The Challenging Behaviour Support (CBS) Group, 33 Gelliwastad Road, Pontypridd (opposite St Catherine's Church).

The group provides a forum for like-minded parent/Carers to meet with each other, share experiences and gain information. The group is open to all.

For more information we can be contacted on rctcasagroup@gmail.com

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.

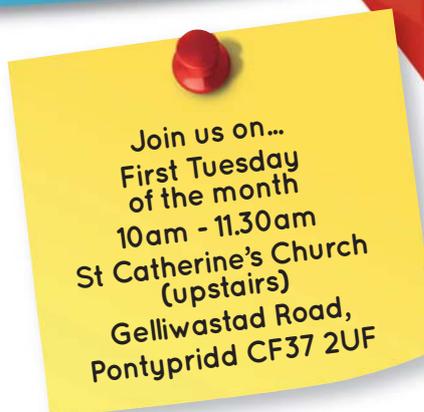
Chatterbox is run by RCT Carers Project staff who are available to answer any queries, offer signposting or are simply there for a cuppa and a chat.

No booking needed. Just turn up on the day.

Get in Touch...

Contact Claire on 01443 281463.

CarersSupportProject@rctcbc.gov.uk



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%.

Rhondda Cynon Taff Council is offering all RCT Carers discounts of up to 40% on Leisure for Life membership prices.

A Leisure for Life Membership gives you unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. Go as often as you like, to whichever centre you like!

The discounted access includes pay monthly (direct debit) plans and pay-as-you-use prices.

Whats more it's really easy to join.

For more information call 01443 281463



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 281463

Email: CarersSupportProject@rctcbc.gov.uk

**Carers Support Project,
Rhondda Cynon Taf
11-12 Gelliwastad Road,
Pontypridd CF37 2BW**



RHONDDA CYNON TAF

CAB FOR CARERS

Citizens Advice Merthyr Tydfil has a new project aimed at helping carers.

We want to help people identify that they are a Carer and make sure they are getting the help & support they need.

We can provide specialist advice to carers regarding:

- Benefits
- Debt
- Housing
- Employment
- Energy & Utilities
- Hospital Discharge
- Carers Assessments
- Discrimination

Our adviser will be available to meet with you at both Prince Charles Hospital & Ysbyty Cwm Cynon.

If you would like further information or to make a referral contact our adviser

Jack 07950 946 605



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

Care to Write?

RCT Carers Creative Writing Group meets on the first Tuesday of the month at Pontypridd Museum, 11-1pm. For more information please contact **Anne lord on annelrd928@gmail.com**

Memories of Summer

Mountain walks and long bike rides
Pony treks and grassy slides
Building dens among the ferns
Ouch, how much the sun can burn
Midnight fishing on the river
Seaside dips make you shiver
Cormorants perched to dry their wings
Swallows swoop and blackbirds sing
Stromy petrols in a pack of cards
Cow for milking in the yards
Exploring rocks pools, climbing trees
Sling shots and scabby knees
Candy floss makes you sticky
Coracle salmon as they leap
Small boys whistle-in the sheep
Dolphins playing in the bay
Flaming sunsets at the close of day

By Anne Lord (Group Secretary)



Hafal Carers Link Service

Do you support someone who needs help with day-to-day living because of illness or disability?

Hafal's new project is aimed at providing help and support for anyone who may be identified as a Carer.

They can point you towards the people who can help with:

- Accommodation
- Work and occupation
- Training & education
- Finance & money
- Drug and alcohol issues illness
- Social, cultural and spiritual matters
- Personal care and physical wellbeing
- Parenting or caring responsibility
- Medical treatment for your mental health
- Other forms of treatment

If you would like further information, or to make a referral contact their advisors:

Gill - 07976 624332 or email: gill.bundy@hafal.org

Donna - 07805 665527 or email:

donna.evans@hafal.org

www.hafal.org

Their advisors are available at Ysbyty Cwm Rhondda and the Royal Glamorgan Hospital.

Carers Transport Service

Hafal's Carers' Transport Service is a FREE daily transport service provided for carers of individuals with a mental illness who are inpatients at the Royal Glamorgan Hospital

The service operates:

Monday – Friday 5pm - 10pm

and Weekends 1pm - 6pm

To book a transport appointment, or for information on our services please contact:

Hafal Cwm Taf on 01685 884918.

Please note: There is an answer phone service available so please leave a message and they will get back to you!

*dyw adferni
u afiechyd
meddwl dirofi*

hafal

*for recovery
from serious
mental illness*

Do you look after someone with cancer or another terminal illness?
Marie Curie Support Line offer free and confidential advice and support.
Contact them on 0800 090 2309
or visit their website:
www.mariecurie.org.uk/help

RCT Mobile Library

Mobile libraries visit local areas that are some distance from a library building. They also visit sheltered housing complexes throughout Rhondda Cynon Taf.

From Monday 11th February 2019 your mobile library service changed. They will no longer be having short stops in a community but will be offering a long stay stop with enhanced services at one convenient community location.

If you don't have your own transport and are physically unable to get to your nearest library or mobile library stop due to illness or disabilities then you could be eligible for transport.

Contact:

Mobile Library Service

Email: mobilelibrary@rctcbc.gov.uk

Tel: 01685 880061

For further information please visit:

<https://www.rctcbc.gov.uk/EN/Resident/Libraries/Libraries.aspx>

Home Library Service

If you cannot access your local library due to temporary or permanent illness or frailty we can deliver material to your home.

The service is free, and users receive a visit to their home every four weeks.

The service can deliver books in ordinary print and large print as well as talking books on CD, music CDs and some films.

If you think you would be eligible, or have a family member who would benefit from either of these services, you can contact us to arrange an assessment.

Contact:

Home Library Service

Email: HomeLibrary@rctcbc.gov.uk

Tel: 01685 880061



Discounts for Carers

Discounts for Carers whether you're paid, unpaid, volunteering or retired

We have a huge range of money saving deals and vouchers, from mouth-watering restaurant vouchers, discount holidays, money off fashion fixes through to deals on gym membership, mobile phones, and utilities. Your hard work should be rewarded. We're here to make sure you are.

Find out more by visiting:

<https://www.discountsforcarers.com/>



The Grapevine

A group of parents & carers of adults with learning disabilities.

Our group aims to challenge and change service provision to ensure people with learning disabilities and their parents & Carers lead a "good life".

Interested in joining one of our groups for coffee and a chat?

Meet other carers and share your experiences or if you choose just listen to others.

TOGETHER WE CAN MAKE A DIFFERENCE

If you would like more information you can email the Grapevine at:

EleanorGrapevine@gmail.com

Or telephone: 01443 439799 and leave a message for Eleanor.

MENTAL HEALTH FORUM FOR CARERS



Join us at:
St Catherines Church,
Gelliwasted Road,
Pontypridd CF37 2UF
(upstairs)

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
the Carers Project on 01443 281463 or
Nanette on 01443 486856
for more information.**



Dates for 2019
Tuesday 16th June
Tuesday 15th October
All from 10:30am - 12:30pm



RHONDDA CYNON TAF



Celebrate Summer with the Carers Project

Circus Skills Workshop

(Family event/booking essential)

Roll up Roll up for your very own circus experience!!

Ever wondered how to juggle?

Fancy yourself as the greatest showman/woman?

Come along and learn some circus skills but mainly have fun with the family.

Families may book 1 session only

When?

Thursday 1st August

Session 1: 11am-12:30pm or

Session 2: 1pm – 2:30pm

Ponty Park takeover!!

(Family event/booking essential)

Join us and other families for some old school fun at Ponty Park. Take part in some old fashioned sports day games, go for a scavenger hunt walk, eat your picnic in the sun (Unfortunately, the sun is not guaranteed and will be confirmed nearer the day) and enjoy all that the park has to offer.

When?

Thursday 8th August from 11am – 3pm

Discover and explore at Cardiff Bay, Technquest and the millennium centre

(Family event/booking essential)

Choose how to spend your day. First stop will be Technquest where you can discover the fun behind science and enjoy all the interactive activities on offer. Then it's up to you to explore the beauty of Cardiff bay. Head over to the beach or simply watch the boats go by. If Technquest isn't your thing, then join us for a behind the scenes tour of the millennium centre. Find out why there isn't a dress room 13 and walk in the footsteps of some of the greatest stars.

When?

Thursday 15th August from 9am – 3pm

Fun at the farm, Cantref Brecon

(Family event/booking essential)

Whatever the weather, Cantref is the perfect place for a fun filled family day out.

Cantref is just 3 miles from Brecon with stunning views of the Brecon Beacons and Black Mountains. Onsite Children's Farm Park, with indoor/outdoor play zones and animal shows and café.

When?

Tuesday 20th August from 9:30am - 4pm

Summer Workshops

The Unexpected CV of a Carer

(Carer only/booking essential)

This workshop looks at developing personal confidence & assertiveness, overcoming challenges, recognising your skills as a Carer, top tips for CV creation and preparation for future caring, training, volunteering and/or employment.

When?

Tuesday 4th June from 10-2pm

Where?

CBS Offices, 33 Gelliwastad Road, Pontypridd

Functional reflexology workshop

(Carer only/booking essential)

The Functional Reflex Therapy Framework for Reflexology is designed for children and adults of all ages with high levels of anxiety, intellectual difficulties, autism, special educational needs and disabilities and is an enjoyable beneficial experience for more vulnerable adults with dementia and Alzheimer's. Join us at this two day workshop to learn new skills to use with your loved ones at home. Find out more on page 13.

When?

Thursday 6th and 13th June (you must attend both dates) from 10:30-1pm

Where?

The Feel Good Factory, Abercynon Rd, Mountain Ash, CF45 4XZ



SAMARITANS



Samaritans offers anyone struggling to cope, the time and space to talk about what's getting to them. They offer a listening ear and believe that callers are the experts in their own lives. As part of their strategy to reach out to groups at a high risk of suicide, they feel it's important to go out to sections of the community who might not go to them directly. Building strong partnerships with like-minded organisations locally can only strengthen the service. The Samaritans goal is that fewer people die of suicide. They try to achieve this by:

- Being available round the clock, every single day of the year to offer a listening ear for people who are having a difficult time. Callers don't have to be suicidal to talk to us – they can talk to us before they get to this point.
- Reaching out to high-risk groups and communities to reduce the risk of suicide.
- Working in partnership with other organisations, agencies and experts.
- Influencing public policy and raising awareness of the challenges of reducing suicide.

The Carers project a pleased to welcome the Samaritans to an informal coffee morning on Wednesday June 12th from 11-1:00 at the CBS office. Come along for a cake and cuppa and meet a member of the Samaritans team who can explain about the support they offer.

Merlins Magic Wand charity

The charity Merlins Magic wand makes 'FUN' accessible for children facing challenges with illness, disability or adversity. 'Magical days out' is just one of the things they do and provides tickets to enjoy a day out for the family at merlin attractions such as Legoland, sea Life Centres and Madame Tussauds. Find out how to apply at www.merlinsmagicwand.org/



Don't forget we have some fantastic peer support groups in RCT for families of children/young people with additional needs. For more details of your nearest group or if you would like information about specific activities available in the area contact Lyndsey on 01443 281463 or email Lyndsey.r.williams@rctcbc.gov.uk

TMI



National Autistic Society

Rhondda Cynon Taf Branch

(Too Much Information) Campaign

As you have probably experienced, trips to the shop can be stressful for autistic adults and children. Stress can affect behaviour and can have a profound effect on a person's ability to do day-to-day activities like shopping. Frustration or anxiety can be caused by not knowing why we need to shop or what will happen when shopping, and a person can be overwhelmed by sensory experiences at the shops.

Watch the national autistic societies short film on you tube 'Can you make it to the end' from their TMI campaign which shows you what being in a shopping centre can feel like to some autistic people.

https://www.youtube.com/watch?v=Lr4_dOorquQ

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 the MAX Card free of charge to Parent Carers who are currently registered with us. To find out more contact Lyndsey on 01443 281463 or email CarersSupportProject@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

What is Functional Reflexology?



The Functional Reflex Therapy Framework for Reflexology is designed for children and adults of all ages with high levels of anxiety, intellectual difficulties, autism, special educational needs and disabilities and is an enjoyable beneficial experience for more vulnerable adults with dementia and Alzheimer's.

The holistic package of Functional Reflex Therapy offers a unique framework accessible to all. It uses a combination of relaxation techniques drawn from original theories and practices of the complementary therapy of reflexology, supported where appropriate with the easily recognisable logo and the FRT tool kit to help with communication, preparation and involvement with the session.

FRT may reduce stress, anxiety, relieve tension, help improve mood, encourage engagement, social interaction and increase receptiveness. The basic techniques, which can be shared with parents and carers in a nurturing, positive touch activity workshop, taught by a qualified FRT reflexologist.

We are excited to announce we will be running a Functional Reflexology workshop this June. See the events section for more information. The workshop will include:

What is reflexology?	Technique
What is Functional Reflex Therapy?	Demonstrations
The Benefits	Practical application
Toolkits	Q&A Session

Working Families – Waving not drowning Network

The Waving Not Drowning network operates a phone helpline service, which parents and Carers can call to chat to one of their legal advisers about combining paid work with caring responsibilities, their employment rights or entitlement to benefits. Their calls surround questions like how to go about requesting a flexible working pattern, needing time off work for appointments, how to take parental leave, and what benefits parents and children can claim. They also send out monthly newsletters and e-bulletins updating parents and Carers on the work that they are doing and legislative changes, policy work, and events all around the UK that might be of interest to them. Finally, their Facebook Group with around 600 members functions as a peer-to-peer support network and a way for parents and Carers to get in touch with them if they have any specific questions. And of course, parents and Carers can use their website articles to gather information about their employment rights and benefits entitlements.

Working families have also recently published their 'From Child to Adult' guide outlining what happens to benefits and family finances when young disabled children become adults. The guide includes information on help with travel, banking, employment rights, a step-by-step guide to better-off calculations, information about benefits and more! It is fully free and downloadable online:

<https://www.workingfamilies.org.uk/publications/from-child-to-adult/>

Treetop Adventure Golf

Looking for something to do in the School holidays?

Treetop Adventure Golf in St Davids 2, Cardiff offer quiet sessions on the last Sunday of each month, between 9-11am. Tickets can be purchased at reception as usual, and ear defenders will be made available if you'd prefer.

They understand that not all of our visitors enjoy the special effects, so to allow everyone to have a fantastic time on their mini golf courses they keep them turned off. Their early bird offer will still run, so visitors can enjoy both courses for the price of one too!

Please note as this is not a private session, they will be open to the public. Strobe lighting and background noises will be switched off, however the interactive holes will still play on a quieter setting.



Carers Support Project events, activities and workshops for Summer 2019

Event/Activity/Workshop	Venue, Date & Time	Information
June 2019		
Chatterbox - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) Tuesday 4th June, 10-11:30am	Bronze Carer only. Just turn up. 
The Unexpected CV of a Carer - This workshop looks at developing personal confidence & assertiveness, overcoming challenges, recognising your skills as a Carer, top tips for CV creation and preparation for future caring, training, volunteering and/or employment.	CBS Office, 33 Gelliwastad Road, Pontypridd CF37 2BN Tuesday 4th June, 10-2pm	Bronze Carer only. Booking essential. 
Functional Reflex Therapy - 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 of the person you care for. In the first session you will learn how to apply FRT to specific reflex points on your cared for's hand and forearm whilst the second session will focus on your their feet and lower leg. Participants must commit to attend both sessions.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 6th AND 13th June 10:30-1pm	Bronze Carer only. Booking essential. 
Afternoon Tea - Lets kick start Carers Week off with an indulgent afternoon tea and tempting treats. Join us in celebrating the fantastic work of Carers in RCT.	Brynffynnon Hotel, Llanwonno, Ynysbwl, Pontypridd CF37 3PH Monday 10th June 2019, 1-3pm	Silver Carer only. Booking essential. 
Carers Connects - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 11th June 2019, 10-12noon	Bronze Carer only. Just turn up. 
Carers Cwtch - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) Tuesday 11th June 2019 6:30-9pm	Bronze Carer only. Just turn up. 
Samaritans Talk - Join us at our informal coffee morning. Come along for a cake and cuppa and meet a member of the Samaritans team who can explain about the support they offer.	CBS Office, 33 Gelliwastad Road, Pontypridd CF37 2BN Wednesday 12th June, 11-1pm	Bronze Carer only. Booking essential. 
BBC Good Food Show and Gardeners World Live - A fabulous foodie day out. Packed with top speciality producers, free tasty samples, live cookery demonstrations on stage from top chefs including James Martin and Tom Kerridge, plus hundreds of exhibitors featuring some of the best produce in Britain. You will also have entry to the Supertheatre to see Tom Kerridge cook live. Coach transport provided from Pontypridd Bus Station.	NEC, Birmingham Thursday 13th June, 8am-7pm	Gold Carer and Cared for. Booking essential. 
Craft of Hearts – join us for a craft filled treat. Take part in and learn new craft techniques and skills and test your creative flare. All materials provided.	Rhondda Heritage Park Museum, Coedcae Road, CF37 2NP Tuesday 18th June, 10-3pm	Silver Carer only. Booking essential. 
Pause & Play - Join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and a stroll around the park. Children are welcome.	Dare Valley Country Park, Aberdare CF44 7RG Wednesday 19th June, 10-12noon	Bronze Carer & cared for. Just turn up. 
Sunny Side Up - Join us for our hearty breakfast and a good old chat setting you up for the day ahead.	Taffys Cafe, Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 20th June 2019, 9:30-11am	Bronze Carer only. Booking essential. 
Recharge - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 20th June, By appointment	Bronze Carer only. Booking essential. 
Future Planning Workshop - Do you ever worry about what would happen to the person you care for if you were taken ill or passed away? What would happen to my house? Savings? What if my cared for couldn't manage finances without me? My cared for doesn't have capacity, what happens then? What happens to me if I'm suddenly taken ill and can no longer live independently? Join us at our Future Planning Workshop and get your questions answered, This workshop will focus on Future Planning from a financial perspective.	Hawthorn Leisure Centre, Fairfield Lane, Hawthorn CF37 5LN Wednesday 26th June, 10-12noon	Bronze Carer only. Booking essential. 
Mystery Trip - join us on our Carers Mystery Shopping Trip. They'll be opportunity to explore the sites, take in the history, visit the museums and galleries, indulge in the eateries, catch a quiet cuppa or shop 'til you drop – The choice is yours! Where will the road take us?	Mystery Venue Thursday 27th June, 8am-7pm	Bronze Carer only. Booking essential. 

Event/Activity/Workshop	Venue, Date & Time	Information
July 2019		
Chatterbox - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) Tuesday 2nd July, 10-11:30am	Bronze Carer only. Just turn up. 
Indian Head Massage Tuition Workshop - this workshop will teach you a specialised massage technique that works on pressure points to stimulate the movement of blood, lymph and oxygen in the upper body. Not only will you learn how to perform the treatment, you will also learn the history and benefits of Indian Head Massage.	Pop Factory, Jenkin Street, Porth CF39 9PP Thursday 4th July, 10-2pm	Silver Carer only. Booking essential. 
Carers Connects - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 9th July, 10-12noon	Bronze Carer only. Just turn up. 
Carers Cwtch - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) Tuesday 9th July, 6:30-9pm	Bronze Carer only. Just turn up. 
Sea Safaris - you will board the vessel at Cardiff Bay and head towards Cardiff Barrage for a look out to sea. Once into the Bristol Channel you will cruise along the Welsh coastline taking in the sights of Penarth, Lavernock Point and Sully before powering off to Flat Holm Island where our tour guide will offer you information on some of the history, geology and nature of the island including the most southerly pub in Wales, the Gull & Leek. We will conclude with a fast trip back to Cardiff Barrage Locks before returning back to Mermaid Quay. We will then enjoy a hearty lunch in Cardiff Bay. There will be opportunity for free time throughout the day.	Cardiff Bay, Mermaid Quay, Cardiff CF10 5BZ Thursday 11th July, 10-5pm	Gold Carer only. Booking essential. 
Carers Mental Health Forum - If you care for a loved one with a mental illness, if you have any questions/queries involving your caring role, or are interested in meeting other Carers, join us at our informal group. Guest speakers are arranged for each forum.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF Tuesday 16th July, 10.30am-12.30pm	Bronze Carer only. Just turn up. 
Pause & Play - Join our Parent Carer Officer and our young Parent Carers for a cuppa, good conversation and a stroll around the park. Children are welcome.	Dare Valley Country Park, Aberdare CF44 7RG Wednesday 17th July, 10-12noon	Bronze Carer & cared for. Just turn up. 
Silent Night – Join us at our Silent Night workshop which aims to help you understand your sleep difficulties and provide you with techniques which can help you to improve the quality of your sleep cope with poor sleep.	Feel Good Factory, Abercynon, Mountain Ash CF45 4XZ Thursday 18th July, 10-12noon	Bronze Carer only. Booking essential. 
Recharge - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 18th July, 10-3pm By appointment	Bronze Carer only. Booking essential. 

Event/Activity/Workshop	Venue, Date & Time	Information
August 2019		
Circus Skills - Roll up Roll up for your very own circus experience!! Ever wondered how to juggle? Fancy yourself as the greatest showman/woman? Come along and learn some circus skills but mainly have fun with the family.	St Johns Church, Graig Street, Pontypridd CF37 4AR Thursday 1st August 11-12:30pm OR 1-2:30pm (one session per family)	Silver Carers and their families. Booking essential. 
Chatterbox - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) Tuesday 6th August, 10-11:30am	Bronze Carer only. Just turn up. 
Ponty Park Takeover! - Fun for all the family. Join us and other families for some old school fun at Ponty Park. Take part in some old fashioned sports day games, go for a scavenger hunt walk, eat your picnic in the sun and enjoy all that the park has to offer.	Ynysangharad Park/Ponty Park, Bridge Street, Pontypridd CF37 4PE Thursday 8th August, 11-3pm	Bronze Carers and their families. Booking essential. 
Carers Connects - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 13th August, 10-12noon	Bronze Carer only. Just turn up. 
Carers Cwtch - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) Tuesday 13th August, 6:30-9pm	Bronze Carer only. Just turn up. 
Day at the Bay - Choose how to spend your day. First stop will be Techniquet where you can discover the fun behind science and enjoy all the interactive activities on offer. Then it's up to you to explore the beauty of Cardiff bay. Head over to the beach or simply watch the boats go by. If Techniquet isn't your thing, then join us for a behind the scenes tour of the millennium centre. Find out why there isn't a dress room 13 and walk in the footsteps of some of the greatest stars. Fun for all the family.	Cardiff Bay, Mermaid Quay, Cardiff CF10 5BZ Thursday 15th August, 9-3pm	Bronze Carers and their families. Booking essential. 
Recharge - Book a one to one holistic therapy sessions with a qualified therapist. Therapies on offer include, reiki, Indian head massage and aromatherapy.	The Feel Good Factory, Abercynon Road, Mountain Ash CF45 4XZ Thursday 15th August, 10-3pm By appointment	Bronze Carer only. Booking essential. 
Cantref - A good old fashioned family day out. Whatever the weather, Cantref is the perfect place for a fun filled family day out. Cantref is just 3 miles from Brecon with stunning views of the Brecon Beacons and Black Mountains. Onsite Children's Farm Park, with indoor/outdoor play zones and animal shows and café.	Cantref, Upper Cantref Farm, Brecon LD3 8LR Tuesday 20th August, 9:30-4pm	Bronze Carers and their families. Booking essential. 
September 2019		
Chatterbox - our regular drop-in monthly coffee morning on the 1st Tuesday of every month. Join us for a cuppa and a chat in this friendly and informal group.	St Catherine's Church (upstairs), Gelliwastad Road, Pontypridd CF37 2UF (upstairs) Tuesday 3rd September, 10-11:30am	Bronze Carer only. Just turn up. 
Carers Connects - Join this peer support and meet other Carers, share experiences and provide guidance and support to other Carers. You will have the opportunity to discuss your concerns or if you choose just listen to others.	Pontypridd Library, Library Road, Pontypridd CF37 2DY Tuesday 10th September, 10-12noon	Bronze Carer only. Just turn up. 
Carers Cwtch - Join us for a fabulous evening of games, crafts, food and fun! You'll have the opportunity to have a classic "night in" with other Carers in a light hearted atmosphere, with a different takeaway every month.	St Catherine's Church, Gelliwastad Road, Pontypridd CF37 2UF (Cafe) Tuesday 10th September, 6:30-9pm	Bronze Carer only. Just turn up. 