

# NEWS

## CARERS

All the latest Carers information  
from around Rhondda Cynon Taf



find us on facebook.

Issue 76 • Spring 2023

For this Spring edition of Carers News, we are excited to share that we have a theme:

### **'Love Where You Live'.**

We are really fortunate, and deeply proud, to have so many great activity providers, locations and services, right here on our doorstep in Rhondda Cynon Taf.

By running as many of our trips and events within the local area as possible, we are showing our support for our communities' local businesses and services, which is especially important during these tough economic times.

We hope that you will be willing to get on board and 'love local' with us. You may even find out something new about your local area which you can share with family and friends!

**LET'S LOVE  
WHERE  
WE LIVE  
THIS SPRING!**

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RHONDDA CYNON TAF

# EXCITING NEWS FOR SPRING '23 – Updates from the Carers Support Project:

## We've given Carers News a facelift!

Our first exciting development is that Carers News has had a bit of a facelift! We're doing our best to help the environment, so we've made our newsletter a little more compact than normal. All our important updates and details of how to book on our events will still be in every issue, but we've reduced some of the regular information sections, that don't change from month to month. All this information will continue to be available on our website, social media pages, leaflets, and factsheets. If you would like to join us in our eco-friendly efforts, please get in touch and let us know you're happy to receive Carers News electronically.

**Why not follow us to keep up to date with information relevant to support you in your caring role?**



Find us on Facebook: <https://www.facebook.com/RCTCarersSupportProject/>



Find us on Twitter: <https://twitter.com/RCTCarerProject>

## We're introducing three new groups!

### Listening Ears

Our counselling service is extremely popular, which unfortunately means that we have a waiting list. If you are waiting for counselling, we encourage you to come along to access support in the meantime. Although not trained counsellors, our carer support workers really understand the challenges of caring, the impact it can have, and the importance of making sure you have a listening ear when you need one. Listening Ears sessions will provide opportunities to talk through things you may be struggling with, while you wait for your counselling appointment to be arranged.



If you are caring for someone who has dementia, and waiting for counselling, please give us a ring at **01443 281463** as there may be options to be seen sooner by other services.

### Welcome Wednesdays

We know that you might feel nervous to attend your first event or get in contact with our team for the first time. That's why we'll be running a welcoming and relaxed monthly group, just for newly registered carers, or carers who haven't previously accessed our services.

Come join us for a hot drink, meet other carers in the same boat, check out our Carers Support Project Hub, and get to know our warm and welcoming team. This will be a great opportunity to meet a few friendly faces and to find out more about what the project has to offer!

### Sunny Side Up

We're thrilled to welcome back one of our old beloved events. What better way to get together and show our support for our local businesses than over a hearty plate of brekkie? This group will see us heading out to fantastic local eateries across Rhondda Cynon Taf for a free breakfast and a good old chat. Why not come along and find out more about how the Carers Support Project can support you? We're looking forward to seeing you there!



## We've made booking better (and fairer!)... Changes to booking onto events

We've listened to your feedback and made changes to our online booking system. We understand that the morning isn't a convenient time to get online for everyone.

For this reason, we will now offer two time slots during which you can book on our events: one in the daytime and one in the evening. The online booking system will be open from: 10 am until 2 pm and reopen from 6pm until 10 pm.

We will hold half the spaces back for the evening. Please be aware that staff will not be available to help with any queries during the evening booking period.

We hope you feel this is a fairer process and look forward to hearing what you think!

## Action for Children wins Young Carers contract!

Action for Children will continue to be the provider offering support to our young carers within RCT over the next 3 years.

They provide a range of practical support including: personal support, advice and guidance, individual and group support, trips and activities, help to access specialist services, and help to access leisure and youth services.

To contact Action for Children to find out more, call: **01443 433079**.

If you would like to arrange for a Young Carers Needs Assessment, please call: **01443 425006**.



## We're ready and waiting to hear more from you!

It's really important to us that we are offering you the best support we possibly can. We've put together a short survey and would really appreciate it if you could help us by completing it.

It's your chance to tell us what we do well, if we need to improve anything, and what else you would like to see offered by the project in future.

**You can access the survey here:**

<https://RCTCBC.welcomesyourfeedback.net/ttwd92>

Alternatively, why not scan our QR code to open the survey up on your smartphone?



## Good news! RCTCBC is a Carer Confident employer

Rhondda Cynon Taf County Borough Council has been successfully awarded the Carer Confident Active benchmark from Employers for Carers (Carers UK) in recognition of its ongoing commitment to supporting its members of staff who are working carers. This is a fantastic achievement as we are one of only 6 Carer Confident local authorities across England and Wales!



## New Regular Meeting for Working Carers!

*Working for Rhondda Cynon Taf County Borough Council? This group is for you!*

This group will meet via Microsoft Teams at lunchtime of the second Thursday every other month.

This is an opportunity to meet up within a supportive setting and talk to colleagues who are also caring. Each session advice, hints, and tips will be shared, with topics chosen by working carers themselves. This Spring, sessions will be:

- Looking after my Mental Health as a Working Carer, Thursday 9th February, 1- 2pm
- Coping with Guilt as a Working Carer, Thursday 20th of April, 1-2 pm. (This session will not follow the usual pattern due to the Easter holidays).

**Find out more at:**

<https://rct.learningpool.com/enrol/index.php?id=2058> or contact: [WorkingCarers@rctcbc.gov.uk](mailto:WorkingCarers@rctcbc.gov.uk).

# RECENT HIGHLIGHTS:

## What have we been up to?

Looking after your wellbeing is one of our top priorities, so we make sure we offer lots of events around your mental and physical health and well-being, including:

### Chatterbox, Cwtch, and Carers Connects



Our regular wellbeing events include our **Chatterbox**, **Cwtch** and **Carers Connects** groups. These groups are opportunities for you to meet other carers, as well as to receive support from our counsellor or carer support workers. If you haven't come along to a **Chatterbox**, **Cwtch**, or **Carers Connects** group yet, you've been missing out! Get in touch to find out more – there's always a warm welcome and a cuppa waiting for you.

### Roll up, roll up, one day only! More outstanding events:

As well as our regular events, we offered some extra well-being events throughout the Autumn. We celebrated World Mental Health Day with **Wellness, Me & Tai Chi**. In October, we held a taster **Self-Defence Workshop** – helping our carers feel a whole lot safer! For our **Autumn Extravaganza** we offered arts, crafts, and games for the whole family – not just checking in with your wellbeing but looking out for the people you care for too! Back in November, we offered you a little bit of a therapeutic break in the form of **Recharge with Art**.

One of our personal highlights here at the project had to be the **Carer Quiz Night**. You'll likely recognise the quizmasters, our very own Lynds and Becs, down to whom the night was a huge success! We hope our well-being events reminded you what an incredible job it is you do, and helped you take some time out, and learn some new ways to look after yourself too.



### Information and Training for Carers

Something else that is really important to us at the Carers Support Project, is making sure you have the information and advice you need to feel empowered in your caring role. Over the Autumn, we ran a **Dementia Awareness Event**, a **Coping with Caring & the Menopause** event, and a **Carers Clinic** with Citizens Advice.

We'd love to hear about what information sessions you would like us to offer in the future. Why not complete our new survey on **page 3** and let us know?

## Carers Rights Day

### CELEBRATING AND EMPOWERING YOU!

After facing restrictions the past few years, it was brilliant to be able to get together and hold our biggest Carers Rights Day event to date.

We would like to say a huge THANK YOU to all the local services which joined us to provide information and advice during the day. As part of the day, we held a workshop for working carers, covering carers' rights and entitlements in the workplace.

Thank you Carers Wales and Employers for Carers for coming to speak to us—and for giving us all copies of their Working Carers Guide to take away too! If you would like to be sent the slides from this workshop, please contact: [WorkingCarers@rctcbc.gov.uk](mailto:WorkingCarers@rctcbc.gov.uk)



# Feeling Festive at the Carers Support Project!

## Christmas Shopping at Bristol

Two coach loads full of carers came along for a day of shopping and socialising. We had some great feedback, particularly about the brilliant bingo calling skills of our very own Darren, who apparently kept everyone entertained all the way there and all the way back. What a lovely way to kick start Christmas!

## Busy with Becs Christmas Special

Thank you everyone who came along to this cracking Christmas craft event! It was fantastic to see you, and we hope whoever was lucky enough to receive the gifts you made loved them. We sure did!

## Christmas in Cynon

We know how important family-friendly events are, so we make sure we offer events where you can bring along the person you care for whilst enjoying yourself in a supportive environment. Many thanks to Father Christmas and his trusty elves for making this happen! We really enjoyed seeing you and your families – and hope you all enjoyed this fabulous festive event!

Why not check out the back of this edition and find out more about the family events we are running this spring?

## Bute Park Lights

Sub-zero temperatures didn't put you off getting out there to see the stunning displays! What a lovely activity to get you in the mood to Christmas – let us know if you enjoyed it and send us your photos! You can even tag us on social media!

## Jack and the Beanstalk - We're behind you!

**Oh yes, we are!**

We hope you all enjoyed this event, and that no one fell off the giant beanstalk!

It was great to hear so much laughter and seeing you all having fun – now where are those magic beans?



# Young Adult Carers



## Young Adult Carers Update

After enjoying a busy summer full of high adrenaline events, we visited the world's fastest zip wire at Zip World Tower. Don't worry, there have also been relaxing opportunities for our carers who prefer a more chilled out way to relax too. The Anime Comicon Festival and Elf the Musical trip were both really great events (with us all looking a fair bit less windswept at the end!).

We've had bowling and pool evenings recently too. Congratulations to Cameron and Sam who won the bowling and pool competitions respectively, and both proudly took home trophies!

## Care & Support Each other (CASE)

The latest meeting of CASE has resulted in an event being planned called 'Fibre Art Friday!'. This will take place on Friday 27th January 2023, with many of our talented young people volunteering their time and skills to give demonstrations of their talents. The event will be held at the Carers Support Hub and is open to all registered Young Adult Carers! The idea was suggested hoping that people could use their newfound skills and talents, get crafty and creative over the winter, and then sell everything they make at a craft fayre in the spring (with all proceeds going to the CASE Young Adult Carer Fund). If you have a crafty talent and would like to participate, or just attend and learn a new skill, please get in touch! We have the opportunity to learn how to knit, crochet, cross-stitch, felt, model with clay, sew and make scrunchies!

## Young Adult Carer logo – COMPETITION!

We have had an opportunity to collaborate with professional local artist, Bagsy, to produce a new logo for Young Adult Carers. The design will come from one of you! Bagsy will be delivering online sessions and then invite us to his studio to print the winning logo onto hoodies and t-shirts! There will be a prize for the winning design, so get creative over the cold winter months, and as always, if you'd like to take an active role and join the competition, please get in touch!

## Events coming up in early 2023...

We have a busy early 2023 planned with events and activities ranging from Go-karting to Escape Room Experiences to a Comedy Show, the aforementioned Fibre Art and Design-a-logo opportunities, and we also have planned in a First Aid course, a Talk about Safe Relationships and a University Tour Trip: an opportunity for young adult carers to visit and have discussions about higher and further education opportunities open to them. I'm tired just thinking about it!

## Young Adult Carer achievements!

There's good news aplenty with new employment opportunities for Yavi working for Cobra Workwear, Hannah-Rose secured a job at a new Home Bargains store, Lara has begun working at an Italian restaurant and Jasmin is working at New Look. Congratulations to you all and I'm hoping for a discount when I visit!

Huge congratulations to Katie who has passed her driving test! Anyone looking for lifts for future events you know who to get in touch with!



## RCT Young Carers Service Young Carers Card update

What do you think of this awesome design? Following a workshop in the school holidays, some of our young carers came up with this creative poster to promote the Young Carers Card. Well done to everyone involved. If you would like more information, check out the poster below.

# ARE YOU UNDER 18?

Do you look after a family member or friend who because of illness, disability, mental health condition or addiction couldn't cope without you?

If yes, you could be entitled to a **Young Carers Card**.

To find out more contact the Young carers assessment worker on **01443 425006**  
**[youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk)**,  
or speak to a member of staff at your school or college.

Young Carers  
Gofalwyr Ifanc

RHONDDA CYNON TAF

YMDDIRIEDOLAETH  
GOFALWYR  
CYMRU

CARERS  
TRUST  
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Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

# WHAT WE DO IN A NUTSHELL: PHOTOS FROM AUTUMN/ WINTER 2022

Our pictures say a thousand words. Why not watch this brilliant video montage of what we've been up to over the past few months?

<https://fb.watch/hmJUgMe-4C/>



Please do get in touch if you would like to find out more about our future events, getting involved with us at the Carers Support Project, or for any more information about the services we offer.

## Thank you for your feedback!

Thank you to everyone who got in touch to tell us what a difference we are making. We always love hearing how our services are helping you. Here's a small selection of what some of you said!

“ I had a great time in Tai Chi and found the wellness really helpful. Bec was amazing as always and put us at ease and helped us to open up. Thank you to all at CSP and thank you for all the projects you put on for us. ”

“ We both really enjoyed ourselves and the dinner was delicious. Mum did very well...Thanks for all the hard work everyone, we had a super time. ”

“ I really do find these conversations very useful and really helpful for my mental ability to cope with work as I do feel like it offers support to a very hidden section of full-time work. ”

“ Lovely to chat to other people who understand what a variety of different tasks you have to do as a carer! ”

# Useful Numbers

Organisation:	Key information:	Contact details:
<b>Action for Children</b>	Offering personal and emotional support to young carers in RCT including regular social groups.	01443 433 079
<b>Adult Services</b>	Providing a range of services to assist adults in meeting their care and support needs so that they can live as independently as possible.	01443 425003 socialservices@rctcbc.gov.uk
<b>Age Connects Morgannwg</b>	Supporting older people with information and advice, advocacy, befriending, nail cutting, socialising, and having their voices heard.	01443 490650 information@acmorgannwg.org.uk
<b>Carers Support Project</b>	Supporting carers of all ages across Rhondda Cynon Taf, with information, advice, wellbeing activities, support groups, and much more!	01443 281463 CarersSupportProject@rctcbc.gov.uk
<b>Carers Wales</b>	Supporting carers in Wales with information, advice, training, and wellbeing activities.	029 2081 1370 Info@carerswales.org
<b>Children's Services</b>	Providing a range of services to protect and support children, young people and their families and carers, to make sure their needs are met.	01443 425006 socialservices@rctcbc.gov.uk
<b>Citizens Advice</b>	Offering independent and confidential information and advice with financial, legal, benefits-related, energy or bills-related, grants-related, or housing-related queries.	0800 7022 020
<b>Care &amp; Repair</b>	Helping older people with funded home adaptations and repairs, advice, and guidance.	01443 755696
<b>Dewis CIL</b>	Supporting with setting up and managing Direct Payments. Providing Advocacy services.	01443 827930
<b>Interlink</b>	Offering wellbeing advice for individuals and opportunities to get involved in your community.	01443 846200 info@interlinkrct.org.uk
<b>MIND</b>	Providing opportunities to talk about what you are going through and get mental health support.	01685 707480 info@ctmmind.org.uk
<b>New Horizons</b>	Offering regular creative and social groups, including a walking group, a men's group, and a creative writing group.	01685 881113 info@newhorizonsmentalhealth.co.uk
<b>Platform</b>	Offering training, guidance, and advice for anyone who provides care to someone living with dementia, including counselling opportunities.	01443 845975 connect@platform.org
<b>Samaritans</b>	Opportunities to talk to someone if you're having a difficult time on the phone, by email, or by writing a letter—whatever works for you.	116 123 (24-hour service) 0808 164 0123 (Welsh line)
<b>The Care Collective</b>	Providing information and advice around your rights, health, or money. Offering emotional support and assistance with applying for grants.	01495 769996 contact@thecarecollective.wales
<b>Valleys Steps</b>	Providing free mindfulness and wellbeing courses.	01443 803048 info@valleysteps.org
<b>Vision Products</b>	Specialist shop selling daily living aids and mobility products which can assist individuals with disabilities or older people.	01443 229988

There are many other brilliant organisations out there. Sadly we can't fit them all in on one page and do them justice. That's why we have a Spotlight on Support section on the following page. Don't hesitate to get in touch with us if you're looking for something specific so we can help point you in the right direction. We're always more than happy to help!

# SPOTLIGHT ON SUPPORT



Each issue of Carers News, we shine the spotlight on a different support service. This Spring, we are looking at Pontyclun Bosom Pals. There is a little bit about what they do

further down, but if you would like to find out more, get in touch with Sue on the number below!

Pontyclun Bosom Pals recently produced a fantastic Calendar Girls themed calendar for 2023. We think it's fantastically creative! If you would like to support this great cause, it costs £10 and is available in The Bulls Head or Café 50 in Pontyclun or give Sue a ring on the number below!

"In 2023, Pontyclun Bosom Pals celebrates 15 years of supporting breast cancer patients and their families through their cancer journey and beyond. A friendly smile, a hug, and a cuppa means so much to someone facing a Cancer diagnosis. We have events throughout the year, special lunches, afternoon teas, garden centre visits and fundraising events. We have members from Pontypridd through to Pencoed.

We meet every first Wednesday of the month at The Boars Head, Tyla Garw, Pontyclun, CF72 9EZ from 11 am until 1pm."

**FOR MORE INFORMATION, CONTACT: SUE HADLOW,  
AMBASSADOR, PONTYCLUN BOSOM PALS: 07889044697**

## Everything You Need to Know About How to Book Events!

**To book, visit <https://customerportal.rctcbc.gov.uk/CarersEvents> on Thursday 26th January 2023 during 10am – 2pm or 6pm – 10pm**

The online booking system will close outside of these times and the link will not work.

Only if you are unable to book online, call: (01443) 281463 during 10am – 2pm. Make sure you have all details of every event you wish to attend ready.

### What if I have dietary requirements or accessibility needs?

**You** will need to let us know at the time of booking so that we can plan ahead and make suitable arrangements. There will be space on the online booking form to mention what you will need.

### How many events can I book?

A maximum of 1 Gold event and 3 Silver events, and unlimited Bronze events.

### What else do I need to know?

- All places are allocated first come first served.
- Half of the spaces on events will not be available to book until the evening booking period, so you will not be disadvantaged if you choose to book then.
- No booking requests received over social media will be accepted.
- Email booking requests will only be considered the following day on Friday 27th January. It is always quickest and easiest to book via our online booking portal to make sure you don't miss out.
- We hold reserve lists for all our events. Contact us from 10am on Friday 27th January via telephone or email if you wish for your name to be added.
- Staff will not be available during the evening booking period. If you have any queries, please call us beforehand.



### A short and sweet polite reminder...

We understand plans change and things crop up, but please do continue to let us know as soon as possible when you can't

attend an event. Most of our events have reserve lists, and if you let us know, another carer can come instead.

It's such a shame to know that others have missed out on our events when people don't turn up on the day. Please think of others and let us know if you can't come along.

## Carers Support Project events, activities and workshops for Spring 2023

Event/Activity/Workshop	Venue, Date & Time	Information
<b>February 2023</b>		
<p><b>Carers Dance: Fit &amp; Fun Session</b> – Come along and loosen up! Have fun with other Carers and try some new dance steps. Guaranteed to make you smile and get you feeling energised!</p>	<p><b>Wednesday 1st February</b>  <b>10.30am – 12 noon</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Pottery Workshop</b> – Join the very talented Anne-Mie as she demonstrates some simple but effective pottery styles. During the workshop you will have the opportunity to create your own masterpiece. Session one will be exploring clay and creating your piece. In session two you will finalise your work so that you can take it home and enjoy.</p>	<p><b>Session 1:</b>  <b>Thursday 2nd February</b>  <b>10.30am – 12.30pm</b>                      and  <b>Session 2:</b>  <b>Thursday 9th March</b>  <b>10.30am – 12.30pm</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Silver.  <b>Carer Only.</b></p> 
<p><b>Chatterbox</b> – Our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.</p>	<p><b>Tuesday 7th February</b>  <b>10am – 11.30am</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Welcome Wednesday</b> – Are you a newly registered member of RCT Carers Support Project? Or maybe you have never attended any of our events before? Why not pop along and visit the Hub for a cuppa, meet the team and learn more about what the Project has to offer!</p>	<p><b>Wednesday 8th February</b>  <b>10.30am – 12 noon</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Carers Connects</b> – This regular monthly group provides a relaxed opportunity to talk to others, as well as a trained counsellor, and looks at different ways to take care of your wellbeing, and strategies which might help you to look after yourself whilst caring.</p>	<p><b>Tuesday 14th February</b>  <b>10am – 11.30am</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Carers Cwtch</b> – Join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light-hearted atmosphere.</p>	<p><b>Tuesday 14th February</b>  <b>6.30pm – 8pm</b>                      Carers Support Project Hub,                      10-12 Gelliwastad Road,                      Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Sunny Side Up</b> – Word on the street is Rhondda Cynon Taf does one hell of a breakfast! Come meet other carers, enjoy a free hearty brekkie, support our local cafés, have a good old chat, and find out more about how the Carers Support Project can support you. Ready to tuck in?</p>	<p><b>Thursday 16th February</b>  <b>10am – 11.30am</b>                      Cwm Farm Shop,                      Ynyswen Rd, Ynyswen, Treorchy,                      Rhondda, CF42 6DL</p>	<p>Bronze.  <b>Carer Only.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>February 2023 (Continued)</b>		
<p><b>Royal Mint Experience</b> – The Royal Mint Experience has fast become one of South Wales’ most beloved attractions. Venture behind the scenes of one of our local treasures to discover a whole world of coinage and experience local history brought to life!</p> <p><i>Please note due to ticket demand / group size tickets will be allocated for 1 Carer and 1 Cared for.</i></p>	<p><b>Saturday 18th February</b>  <b>Tour starts at 10am</b>            The Royal Mint,            Ynysmaerdy,            Pontyclun,            CF72 8YT</p>	<p>Silver.  <b>Carer &amp; Cared for.</b></p> 
<p><b>Listening Ears</b> – Are you currently on our waiting list for counselling? If you feel you might benefit from a sympathetic listening ear, come along for a relaxed natter with our understanding and compassionate team over a cup of tea and a biscuit!</p>	<p><b>Wednesday 22nd February</b>  <b>10am – 11.30am</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Outdoor Family Fun</b> – Could you be the next Robin Hood? Why not test your archery skills this February half term? Let’s make the most of this fantastic attraction right on our doorstep and get outdoors. With 75 acres of natural woodland, where better to explore our local environment? Fun for the whole family!</p>	<p><b>Friday 24th February</b>  <b>10.30am – 12.30pm</b>            Glyncornel Outdoor Centre,            Llwynypia, Rhondda,            CF40 2JF</p>	<p>Bronze.  <b>Carer &amp; their family.</b></p> 
<p><b>Communication and Dementia</b> – This session is being hosted by our friends at Effro and will focus on communication strategies for loved ones who have dementia. The workshop will cover: communication strengths and issues, communication tips and ideas, understanding behaviour and how to respond, dealing with distress, and communication methods to try.</p>	<p><b>Tuesday 28th February</b>  <b>10.30am – 12 noon</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<b>March 2023</b>		
<p><b>Recharge with Art</b> – We know how much art can provide an escape during difficult times. Art can be a fantastic way to manage emotions and help us to express our feelings, so join us for this therapeutic session, giving you the opportunity to switch off your mind and dive into art.</p>	<p><b>Friday 3rd March</b>  <b>11.30am – 1.30pm</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Silver.  <b>Carer Only.</b></p> 
<p><b>Lifestyle with Lynds</b> – Join Lyndsey on this monthly challenge. Throughout the month you will set your own goals and be part of a group that will motivate and encourage you to get out and get active. Join us for some fabulous fun, meet new people and make friends along the way!</p>	<p><b>Monday 6th March</b>  <b>Initial Zoom Meeting at 1pm</b>            This is a monthly challenge and will take place at various locations.</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Chatterbox</b> – Our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.</p>	<p><b>Tuesday 7th March</b>  <b>10am – 11.30am</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>March 2023 (Continued)</b>		
<b>Welcome Wednesday</b> – Are you a newly registered member of RCT Carers Support Project? Or maybe you have never attended any of our events before? Why not pop along and visit the Hub for a cuppa, meet the team and learn more about what the Project has to offer!	<b>Wednesday 8th March</b> <b>10.30am– 12 noon</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Carers Connects</b> – This regular monthly group provides a relaxed opportunity to talk to others, as well as a trained counsellor, and looks at different ways to take care of your wellbeing, and strategies which might help you to look after yourself whilst caring.	<b>Tuesday 14th March</b> <b>10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Carers Cwtch</b> – Join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light-hearted atmosphere.	<b>Tuesday 14th March</b> <b>6.30pm – 8pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Sunny Side Up</b> – Word on the street is Rhondda Cynon Taf does one hell of a breakfast! Come meet other carers, enjoy a free hearty brekkie, support our local cafés, have a good old chat, and find out more about how the Carers Support Project can support you. Ready to tuck in?	<b>Thursday 16th March</b> <b>10am – 11.30am</b> The Feel Good Factory, Mountain Ash Road, Abercynon, Mountain Ash, CF45 4XZ	Bronze. <b>Carer Only.</b> 
<b>Gong Bath</b> – People often ask, "What is a gong bath?" Don't worry, no water is involved and no clothes are removed! A gong bath is an immersion in sound waves produced by gongs. These can reduce stress and anxiety, aid pain relief and even improve sleep. You simply lay on a yoga mat, cover yourself in a blanket and let the sound waves wash over you. Utter Bliss!	<b>Friday 17th March</b> <b>10.30am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Silver. <b>Carer Only.</b> 
<b>Bingo Bonanza</b> – Join in for a Bonanza session of Bingo where there'll be some awesome prizes up for grabs!	<b>Thursday 23rd March</b> <b>6pm – 7.30pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer &amp; Cared for.</b> 
<b>Jewellery Making</b> – Come along and make the perfect pair of earrings to match that outfit. Or if you're in need of a new necklace, this is the one for you! Join other Carers in this relaxing and creative session. <b>All materials will be provided.</b>	<b>Monday 27th March</b> <b>10.30am – 12.30pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Silver. <b>Carer Only.</b> 
<b>Listening Ears</b> – Are you currently on our waiting list for counselling? If you feel you might benefit from a sympathetic listening ear, come along for a relaxed natter with our understanding and compassionate team over a cup of tea and a biscuit!	<b>Wednesday 29th March</b> <b>10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>March 2023 (Continued)</b>		
<b>First Aid, Basic Life Support</b> – In an emergency, first aid could potentially save someone’s life. During this workshop you will learn CPR, and how to deal with choking, burns and minor injuries. A tasty lunch will provided too, a great time to show off your new certificate!	<b>Thursday 30th March 11am – 2pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Silver. <b>Carer Only.</b> 
<b>April 2023</b>		
<b>Chatterbox</b> – Our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	<b>Tuesday 4th April 10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Easter Egg-stravaganza</b> – All egg hunters can roam around one of Rhondda Cynon Taf’s most popular tourist destinations, searching for giant eggs, and of course there’s a chocolate egg at the end!	<b>Thursday 6th April Time: TBC</b> Rhondda Heritage Park Museum, Coedcae Rd, RCT, CF37 2NP	Gold. <b>Carer &amp; their family.</b> 
<b>Carers Connects</b> – This regular monthly group provides a relaxed opportunity to talk to others, as well as a trained counsellor, and looks at different ways to take care of your wellbeing, and strategies which might help you to look after yourself whilst caring.	<b>Tuesday 11th April 10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Carers Cwtch</b> – Join us for a fabulous evening of fun and games! You’ll have the opportunity to have a ‘night in’ with other Carers in a light-hearted atmosphere.	<b>Tuesday 11th April 6.30pm – 8pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Welcome Wednesday</b> – Are you a newly registered member of RCT Carers Support Project? Or maybe you have never attended any of our events before? Why not pop along and visit the Hub for a cuppa, meet the Team and learn more about what the Project has to offer!	<b>Wednesday 12th April 10.30am – 12 noon</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Outdoor Family Fun</b> – Outdoor play has a whole host of benefits for children. Join us during the Easter Holidays for some wild adventures and family fun as we go exploring around our beloved local Dare Valley Country Park!	<b>Thursday 13th April 1pm – 3pm</b> Dare Valley Country Park, Aberdare, CF44 7RG	Bronze. <b>Carers &amp; their family.</b> 
<b>Sunny Side Up</b> – Word on the street is Rhondda Cynon Taf does one hell of a breakfast! Come meet other carers, enjoy a free hearty brekkie, support our local cafés, have a good old chat, and find out more about how the Carers Support Project can support you. Ready to tuck in?	<b>Thursday 20th April 10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>April 2023 (Continued)</b>		
<b>Anxiety in Children Workshop</b> – Many children, particularly those with additional needs struggle with anxiety. This workshop delivered by Outside Education and Training, will focus on ways to support your child and understand some of the factors that contribute to anxiety in children.	<b>Tuesday 25th April</b> <b>10.30am - 12.30pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Listening Ears</b> – Are you currently on our waiting list for counselling? If you feel you might benefit from a sympathetic listening ear, come along for a relaxed natter with our understanding and compassionate team over a cup of tea and a biscuit!	<b>Wednesday 26th April</b> <b>10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Carers Quiz Night</b> – Following the success of our last quiz night, Becs & Lynds are back to host another showdown incorporating all your favourite quiz shows! Did we also mention you can get a banging burger when attending?!? There may even be some local trivia thrown in!	<b>Thursday 27th April</b> <b>6.30pm – 8.30pm</b> Barry Sidings Café, Barry Sidings County Park, CF37 2PE	Gold. <b>Carer + 1.</b> 
<b>May 2023</b>		
<b>Chatterbox</b> – Our regular coffee morning held on the 1st Tuesday of every month. Make your own cuppa and join us for some craft and a good old chat in this friendly informal group.	<b>Tuesday 2nd May</b> <b>10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Crafty Carers</b> – Come along for some creative crafting and a cuppa in a welcoming, friendly environment and maybe learn a new skill or two!	<b>Thursday 4th May</b> <b>10.30am – 12 noon</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Silver. <b>Carer Only.</b> 
<b>Carers Connects</b> – This regular monthly group provides a relaxed opportunity to talk to others, as well as a trained counsellor, and looks at different ways to take care of your wellbeing, and strategies which might help you to look after yourself whilst caring.	<b>Tuesday 9th May</b> <b>10am – 11.30am</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 
<b>Carers Cwtch</b> – Join us for a fabulous evening of fun and games! You'll have the opportunity to have a 'night in' with other Carers in a light-hearted atmosphere.	<b>Tuesday 9th May</b> <b>6.30pm – 8pm</b> Carers Support Project Hub, 10-12 Gelliwastad Road, Pontypridd, CF37 2BW	Bronze. <b>Carer Only.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>May 2023 (Continued)</b>		
<p><b>Love My Local Landscape</b> – As part of our ‘Love Where You Live’ theme, what better way to capture the beauty around us than through the lens of your camera? Join us at this fun and interactive session and learn hints and tricks when using your smartphone camera!</p>	<p><b>Friday 12th May</b>  <b>11am – 1pm</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW            (Carers will be expected to            take photographs in            surrounding areas)</p>	<p>Bronze.  <b>Carer Only.</b> </p>
<p><b>Wednesday Walkers</b> – Put your best foot forward and venture into local beauty spots. Join us at our walking group and brush away the winter cobwebs. Guaranteed to put a Spring in your step!</p>	<p><b>Wednesday 17th May</b>  <b>1pm – 2pm</b>            Clydach Vale Countryside Park,            Clydach Vale, CF40 2XX</p>	<p>Bronze.  <b>Carer Only.</b> </p>
<p><b>Sunny Side Up</b> – Word on the street is Rhondda Cynon Taf does one hell of a breakfast! Come meet other carers, enjoy a free hearty brekkie, support our local cafés, have a good old chat, and find out more about how the Carers Support Project can support you. Ready to tuck in?</p>	<p><b>Thursday 18th May</b>  <b>10am – 11.30am</b>            Chocolate House’ Café,            Rhondda Heritage Park Museum,            Trehafod, CF37 2NP</p>	<p>Bronze.  <b>Carer Only.</b> </p>
<p><b>The Commitments</b> – This show tells the story of Jummy Rabbitte, a young ‘working-class’ music fan who transforms an unlikely bunch of amateur musicians into an amazing live act! This musical is a fantastically feel-good celebration of soul!</p> <p><b>Please note: No transport is being provided for this event.</b></p>	<p><b>Wednesday 24th May</b>  <b>Show starts 7.30pm</b>            Wales Millennium Centre,            Cardiff, CF10 5AL</p>	<p>Gold.  <b>Carer Only.</b> </p>
<p><b>Caring and Mental Health</b> – Do you support someone with a mental health condition? MIND will be joining us to discuss not only how you can support your loved one, but also ways you can look after yourself too, what to do in a crisis, and legal aspects of caring.</p>	<p><b>Thursday 25th May</b>  <b>10.30am – 12 noon</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b> </p>
<p><b>Listening Ears</b> – Are you currently on our waiting list for counselling? If you feel you might benefit from a sympathetic listening ear, come along for a relaxed natter with our understanding and compassionate team over a cup of tea and a biscuit!</p>	<p><b>Wednesday 31st May</b>  <b>10am – 11.30am</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Bronze.  <b>Carer Only.</b> </p>
<p><b>Carers &amp; Cupcakes</b> – Fun for all the family with a little competition thrown in! Head down to the Carers Support Project Hub and bring your best cake decorating designs with you.</p> <p><b>All materials will be provided.</b></p>	<p><b>Wednesday 31st May</b>  <b>1pm – 3pm</b>            Carers Support Project Hub,            10-12 Gelliwastad Road,            Pontypridd, CF37 2BW</p>	<p>Silver.  <b>Carer &amp; family.</b> </p>