

# NEWS

## CARERS

All the latest Carers information from around Rhondda Cynon Taf



find us on facebook.

Issue 74 • Summer 2022

## Carers Week 2022

During Carers Week, we are coming together to **MAKE CARING VISIBLE, VALUED AND SUPPORTED.**

Carers Week™

### What is Carers Week?

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 provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

### What's happening during Carers Week 2022?

#### Chatterbox -

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.

**Tuesday 7th June**

**10am – 11.30am**

**Carers Support  
Project Hub**

#### Carers do Zip World! -

join in with other carers on this fun, exciting adventure where you can take in the breath-taking scenery of the South Wales Valleys and experience perhaps a once in a lifetime thrill!

**Thursday 9th June**

**11am**

**Zip World Tower,  
Aberdare, CF44 8UF**

#### Climbing Carers -

join the CSP Team celebrate 'Carers Week' by climbing Pen Y Fan and proving you can conquer any challenge!

**Wednesday 8th June**

**10:30 am onwards**

**Meet at the  
'Storey Arms' Car Park,  
Brecon LD3 8NL**

#### Carers & Cakes -

enjoy a fabulous Afternoon Tea at Miskin Manor Hotel, the perfect treat for any occasion. Indulge in a beautiful selection of pastries and cakes in a historic Grade II Manor House located in beautiful grounds.

**Friday 10th June**

**2pm – 4pm**

**Miskin Manor Hotel,  
Pontyclun, CF72 8ND**

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RHONDDA CYNON TAF

# STAR EVENTS & ACTIVITIES



## How to book onto Events and Activities

Our activities and events are becoming more and more popular, as a result, all of our events have been marked **Platinum, Gold, Silver or Bronze**. Please see our event list on pages **17-22** to see which category each event falls under.

Please note you can choose **1 Platinum, 2 Gold, 3 Silver** and **limitless Bronze activities and events**. **Places will be allocated on first come first served basis.**

Our last booking day proved to be our busiest ever and placed an unmanageable demand on the Carers Project Team. It's because of this that moving forward we will be trialing a new booking procedure.

Event bookings will open on **Friday 27th May 2022** and booking will be available between **10am and 5pm**. If you are unable to contact us between these times, you will need to contact the team the following day to confirm your booking.

On the initial booking day **Friday 27th May 2022** events will be able to be booked online at <https://customerportal.rctcbc.gov.uk/CarersEvents>, or by **TELEPHONE ONLY** by calling **01443 281463**. Email bookings will only be accepted after this date. NO bookings will be taken via social media, including Facebook

**Please note; where possible, email will be used for all correspondence so please check your email, junk/spam on a regular basis to check for updates from the Project.**

Please be advised that our phone lines can be extremely busy, and we appreciate your patience when processing your booking requests. It would help us if you have the details of all of the events you would like to book in readiness for your booking phone call, in order for us to process your requests as quickly as possible and move onto the next Carer.

Please be advised that places for events are limited. We endeavour to make the booking process as fair as possible and aim to accommodate the wishes of all Carers, however owing to the demand on our events and training this may not always be possible.



## Carers Connects

Dear Carers,  
Come along, meet other Carers, share experiences and provide guidance & support to each other.

You will have the opportunity to discuss your concerns, or if you choose, just listen to others. This group is facilitated by the Carers Support Project Counsellor.

Look forward to seeing you.

**From the Carers Connects Group.**

*Wish you were here!*

For further information please contact:

Tel: 01443 281463

Email: CarersSupportProject@rctcbc.gov.uk

Join us on 2nd Tuesday of the month 10am-11:30am  
Booking essential.  
The Group takes place at our Carers Hub,  
11-12 Gelliwastad Road,  
Pontypridd CF37 2BW



Carers Cwtch is an informal friendly group for individuals who care for a family member, friend or neighbour. We meet on the second Tuesday of the month from 6:30pm-8pm.

Join us for a fabulous evening of games, quizzes, bingo and fun! You'll have the opportunity for a classic "night in" with other Carers.

**So join us, have some time out, relax and have fun. Booking essential.**

**The Group takes place at our Carers Hub, 11-12 Gelliwastad Road, Pontypridd CF37 2BW.**

**If you would like any further information, please call the Carers Project on 01443 281463**

## Carers Cwtch



## SAVE THE DATE 24TH MAY 2022

### Pen Y Fan, RCT Carers are coming for you!!!!

We know what a resilient, strong willed and determined bunch carers can be, so we thought we would test your grit and determination and set you a challenge in 2022. We are lucky enough to live in the shadow of one of wales' most beautiful natural attractions, Pen Y fan. Set in the Brecon Beacons national park, Pen Y Fan stands proudly at 2907ft (886m). This popular destination has welcomed many a walker to its summit and RCT Carers project would like to take you too!!

So, lace up your walking boots, fill up your water bottles, pack your smile ready for the photo at the top, and join us on this epic walking challenge. Book your place on Tuesday 24th May 2022.

## It's good to talk

A free confidential telephone 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.

### 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](mailto:CarersSupportProject@rctcbc.gov.uk)

Do you work for RCT Council?  
Are you a Carer?  
Have you heard about the  
Carers Network?  
Find out more by calling  
Hannah on **01443 425743**

## Carers Leisure Discount

**Carers of all ages and interests can access a world of leisure, social and relaxation opportunities with discounts worth up to 40%.**

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

A Leisure for Life membership offers unlimited access to swimming, gym, classes and indoor sports at leisure centres throughout RCT. You can go as often as you like to whichever centre you like.

Discounted access can include pay-as-you-go or direct debit monthly membership.

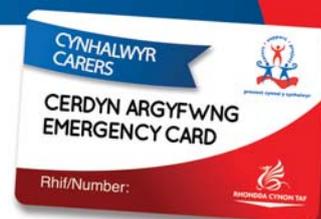
What's more, it's really easy to join.

For more information  
call the Carers  
Support Project on  
**01443 281463**



## Carers Emergency Card

**Do you worry about what would happen to the person you look after if you were suddenly taken ill or had an accident?**



If the answer is YES then the 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:

<https://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 281463**

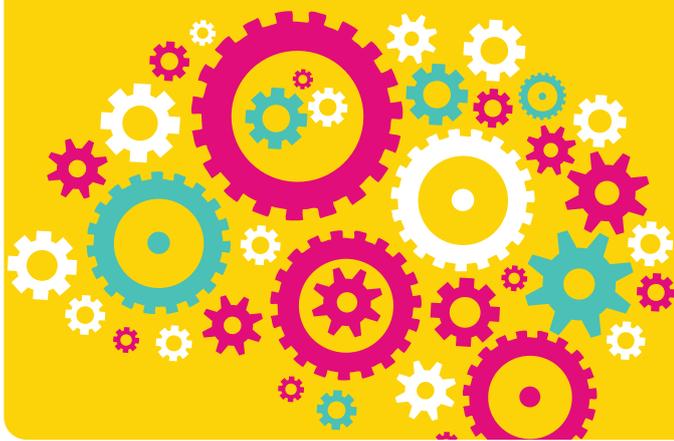
to request a  
hardcopy form.



# Dementia & Me

**Friday 17th of June 2022**  
**10.30am – 3pm**

Carers Support Project,  
11-12 Gelliwastad Road,  
Pontypridd, CF37 2BW



**A day of interactive and creative activities for people whose lives are, or have been, affected by dementia.**

**We will be using music, poetry, and illustration to help you to express your voice and share your stories.**

Things discussed during the day will help us to understand your experiences and will be used to create a plan for future support.

This will be a very relaxed, welcoming, and accepting environment where people can be themselves. This session will also be an opportunity to meet others who have had similar life experiences.

If you are currently looking after someone who has dementia you are warmly encouraged to bring them with you if you feel that you can.

Lunch and refreshments throughout the day will be provided. If you have dietary requirements or allergies, please let us know.

If you can only attend part of the day, please come along to what you can.

To book your place, please call: **01443 281463** or email: **CarersSupportProject@rctcbc.gov.uk**

If you are unable to attend but would like to share your thoughts about what future support for people who have dementia and those who look after them might look like, we would love to hear from you.

For further information, please don't hesitate to get in touch at: **marion.nuttall@rctcbc.gov.uk**

## Welsh Government Carers Grant

A one-off £500 payment is available to all eligible unpaid Carers in Wales who were in receipt of Carers Allowance on 31st March 2022.

The payment is being made in recognition of the increased financial pressures many unpaid Carers have experienced during the pandemic, and to help with some of the additional costs they have incurred. The payment is targeted towards those individuals who are for someone at least 35 hours a week and have low incomes.

Individuals are not eligible for the payment if:

- They have an underlying entitlement to Carers Allowance, but do not receive a payment because they are in receipt of another benefit at the same, or higher rate; or.
- They receive a Carer premium within a means tested benefit

If you believe you may qualify for this support, you can submit a claim through this website: **www.rctcbc.gov.uk/carepayment** on 16th May 2022.

Hardcopy applications can be requested by emailing: **CarersSupportProject@rctcbc.gov.uk** or calling **01443 281463**.

Payments for successful claims will be made from June through to the end of September 2022.

Please note, you should register with the Council where you live, not the Council where the person you care for lives (if it is different).

Further updates, including the link to the online form, will be posted on RCT Council and the Carers Support Project social media in due course.



Llywodraeth Cymru  
Welsh Government

# Nominate a Carer

We know that Carers, probably more than ever, have come up against great challenges over the past year. We, at the Carers Project, have heard some amazing stories of resilience, perseverance, and sheer determination from our Carers. This made us think – wouldn't it be lovely to recognise some of the amazing work you do!

So, if you know of someone, who you feel deserves special recognition, let us know and show them how amazing they are!

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



prosiect cynnal y cynhalwyr

## Supporting Our Working Carers

Are you a Rhondda Cynon Taf County Borough Council employee?



Do you provide unpaid care alongside your employment role or want to learn how to be more supportive of your colleagues who do?

**COME ALONG TO OUR VIRTUAL WORKSHOPS  
DURING THIS YEAR'S CARERS WEEK!**

Save the date and come along to whichever session is most convenient for you:

**Wednesday 8th June 2022, 1- 2 pm**

**Thursday 9th June 2022, 1- 2 pm**



We are fortunate to have Carers UK's Employers for Carers team coming to talk to staff.

These sessions will help to raise awareness amongst our staff, including those who line manage others, about how to recognise if you or a colleague are a carer. The workshops will include why we need to be supportive of colleagues who have unpaid caring responsibilities and how to do this. These sessions will cover the support which is available and how to access it, including the incoming Working Carers Guidance and paid Carers leave which shall be launched this summer.

**All staff will be warmly welcomed.**

At both workshops there will be an opportunity to interact, ask questions and chat.

Please keep a look out at your internal staff communications for further details coming soon about how to book your place and get involved.

**Have any questions?**

Get in touch at [WorkingCarers@rctcbc.gov.uk](mailto:WorkingCarers@rctcbc.gov.uk) or [CynhalwyrSynGweithio@rctcbc.gov.uk](mailto:CynhalwyrSynGweithio@rctcbc.gov.uk)



# Working Carers Mailing list

Are you a Rhondda Cynon Taf County Borough Council employee, balancing your unpaid caring responsibilities alongside your employment? Are you interested in joining a mailing list to receive information and updates relevant to you?

If so, please keep a look out at your internal communications. There will be a sign-up form in the Working Carers Guidance upon its launch.

For more information, get in touch via [WorkingCarers@rctcbc.gov.uk](mailto:WorkingCarers@rctcbc.gov.uk) or [CynhalwyrSynGweithio@rctcbc.gov.uk](mailto:CynhalwyrSynGweithio@rctcbc.gov.uk)



## Personal Protective Equipment & Lft's For Unpaid Carers

**The Welsh Government has announced that unpaid carers may be eligible for PPE & LFT's supplied by their Local Authority.**

### You may be eligible to receive a supply of PPE from your local authority if:

- You are providing personal care to a person or people with symptoms, or there is someone in your household with symptoms. They could live in your household, or in a different household to the one you live in
- You are providing personal care to a person or people who are shielding. They could live in your household, or in a different household to the one you live in
- You are shielding and are providing personal care to other in your household

### Personal care may include helping someone to:

- wash or bathe
- use the toilet
- get dressed and undressed
- eat and drink
- take medication

To request **LFT's** you must be providing care for someone who is classed as '**Clinically Vulnerable**'

**(See the following information as determined by the Welsh Government and Public Health Wales)**

### This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- diabetes
- problems with your spleen – for example, sickle cell anaemia or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant



Llywodraeth Cymru  
Welsh Government

### Requesting PPE & LFT's

Contact: [carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk) or call **01443 281463** for further information, or to request an application form

## Carers Creative Writing Group

The Group began in 2010 as a six-week Creative Writing course. Twelve years on, the Group is now open to all who share a love of writing.

We are a friendly and sociable group. We have been involved in projects within the Carers Community, RVS and Carers Champions. We have held various Workshops: Script Writing, Readings, contributing to the Marie Curie organization app, Digital Story Telling in response to the works of Rhondda artist Ernest Zobole/Here I am Exhibition with Sharon Magill. We have enjoyed combining with RCT's Avant Cymru on many exciting events and with Disability Arts Wales's MadCaff. Two members represented RCT at a European Conference held in Ancona Italy nominated for a European award for its educational integrity.



We usually meet once a month at Pontypridd Museum, since Lockdown 2020 we meet via the Zoom app. We are hopeful to return to the Museum soon. Our Patron is Pontypridd Author Catrin Collier. We set ourselves a topic at each Meeting, it can be in any form poem, ode, or short story. Copies collated for an Anthology which we publish under the title "Handle with Care."

### A note from one of our new members:

“ I joined the 'RCT Creative Writers' group during the lockdown in October 2020 on zoom. I had only just started to do creative writing as part of an Adult Education Course, and I thought that this would be a good group to join to try and develop my skills further and to get writing experience.

Ever since joining this group, I have not looked back. I received a very warm welcome and everyone has been so friendly and supportive. As a newbie to creative writing, it has been especially important to have the opportunity to read my work in an encouraging environment and to hear others reading their writing too.

I have been amazed at the interesting and varied projects that this group are involved with. I have particularly loved doing the poetry workshops and doing an art and poetry course with Cardiff University/Museum. I am so grateful to have found this group but also to have made so many new friends there as well.

If you are thinking about joining a writing group but are a bit nervous, I would recommend you join our Group. We would be so pleased to see you. ”

**Kathryn Jones**

# Express Yourself



## MY HOMEWARD LIGHT

Like a badly holed ship, far out at sea, looking for the lights of home.

Like a lost wanderer treading fearfully in a cold winter's evening gloom through a sodden marsh, looking anxiously for a welcoming light.

Like a hospital patient, reaching out to home, own bed, own kitchen, anywhere but a hospital ward.

Like a parched desert traveller desperately searching the ever-changing heat-wavy distance for any sign of water.

Like being lonely, heart-broken and caring little for so-called 'life.'

Like feeling all these emotions and wondering "why bother?"

Like putting pen to paper and much later still looking at a pristine white page of paper with no words to mark the soul-destroying effort of trying to beat the 'block.'

## BUT

Always there, though often beaten, battered, and bruised, the faithful friends and ever-creative writers who never fail to shine the light of hope, friendship and love through the gloom and loneliness showing me repeatedly my homeward light.

By Jimmy Browne

## Sunset

Darkness slowly descends,  
Busyness hushed  
Day transitions into night

Interlude just  
between,  
Sunshades  
A gold disc-  
Illuminates the sky

Warm tints  
Bid us rest,  
We unwind  
Labour done-  
For today, at least.

The sun sets,  
Yet on foreign shores  
A new dawn breaks.  
The revolving  
Circle of life continues.

By Kathryn Jones

If you are interested in joining  
**RCT Creative Writers Group**

Please contact Anne Lord Group Secretary

[annelrd928@gmail.com](mailto:annelrd928@gmail.com)

Tel. no. **07946190623**

## Ray of Light

Have you, or someone close to you been  
**diagnosed with Cancer?**

Ray of Light Cancer Support provides free support to patients, Carers and families affected by cancer.

Contact us: [rayoflightwales.org.uk](http://rayoflightwales.org.uk)

[contactus@rayoflightwales.org.uk](mailto:contactus@rayoflightwales.org.uk)

Tel: **07971 349703**

# Young Adult Carers



## Hello & thank you!

Hi, I'm Darren the new Young Adult Carer worker and would just like to say a massive 'thank you' to everyone I've met thus far in making me feel so welcome! Although new in the role, I'm looking forward to working with my colleagues, partner agencies and more importantly you YAC's in supporting you all in any ways I can and having some fun along the way!

I've met with some of you already and have plans to meet with all of you over the coming weeks and months. It's been great to get to know more about what matters to you and how we can support you in your intense caring roles. Through meeting you, referrals have been made for counselling within Carer's Support Project, signposting to other agencies, emotional support around employment and education, form filling in and most of all, having fun & meeting people who often in similar situations. Thus far, we have attended the following events...

## Escape Room

We visited the Escape Rooms in Cardiff whereas a team we were locked in a mock-up of medieval Cardiff Castle, having to solve a multitude of clues and cryptic puzzles in one hour to escape and evade capture! Lyndsey & I are indebted to the YAC's for their problem solving and lateral thinking, because if truth be told, we would still be locked in there now without them! It was great to see the varying skills each of us had and brought together as a collective to problem solve. To see people visibly growing and taking on leadership qualities are skills that can be transferred into other areas of their life.

## New YAC's

**Are you aged between 18-25 years old?**

**Are you in a caring role?**

Please get in touch and have the opportunity to meet new people, socialise, have access to counselling and emotional support, have information and signposting to agencies who can support with education and employment opportunities. If so, please contact myself or the project and I'll be in touch!

**Do you want to find out more?**

Contact us by emailing:

**Darren.young@rctcbc.gov.uk** or calling **07385 401851**, or alternatively via the office on **01443 281463**, or at **carerssupportproject@rctcbc.gov.uk**

## Bowling night

Never have I seen such competition for an old used bowling pin trophy at our YAC bowling night! The eventual runaway winner Lauren, I'm sure she has her 'trophy' pride of place at home! We were all convinced she'd represented Wales at school level at the very least! A fun night was enjoyed by all and well-done Lauren!



# White water rafting



'Trepidation' & 'hypothermia' were the words being bandished about prior to this event, but the moment we put the wetsuits on a thrilling, adrenalin fuelled day was enjoyed by all! A gruelling course used in the 2012 London Olympics was navigated with a combination of sheer determination, teamwork and excellent instructors, all of which meant none of us fell in! Many of us did this for the first time and none of us said it would be our last!

## Upcoming events

If anyone would like to put themselves forward for any of future experiences, please get in touch via the usual means by emailing me at [Darren.young@rctcbc.gov.uk](mailto:Darren.young@rctcbc.gov.uk) or calling **07385 401851** or via the office on **01443 281463** or at [carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk)

## Comedy Night & meal



An impromptu visit ensued to enjoy a meal at TGI Friday's in Cardiff followed by a belly-aching couple of hours in the company of John Bishop! Amazing feedback by all attendees stating this was just the light relief they needed, and another comedy event will be in the offing this year!

## Planned events...

**April 29th – YAC Grand Prix** – a go karting experience of practice laps, qualifying laps and a race to see who gets their hands on the silverware!

**May 25th – An afternoon tea at Princes Café in Pontypridd** - this event is for the carer and the person they care for so they can enjoy an afternoon together and be waited upon with delicious sweet and savoury snacks!

**June 6th – Afternoon Spa experience at The Vale Hotel** - to celebrate Carer's Week, float away in luxury for a few hours and Indulge in a 50-minute treatment of your choice, before relaxing by the pool, using the sauna, steam room and jacuzzi before a high tea to round off a well-deserved break from your intense caring role!

## Care And Support Each Other (CASE)

The CASE meetings have resumed and have been a productive platform for YAC's to share fundraising ideas, share ideas about events they'd like to participate in and come together to offer emotional support to estranged friends they've not seen since pre-pandemic days. The YACS have taken ownership of these meetings and have applied for funding independently through a Tesco Community Grant.



## RCT Young Carers Service

### Who we are, and what we do...

RCT Young Carers project offers a service to Young Carers aged 5-18 years, who may be providing family care, giving emotional support or giving practical help. Lots of Young Carers feel good about what they do but some find it hard to join in with their friends or feel different to other Young Carers because of their responsibilities at home. Some Young Carers get tired and can't concentrate in school.

Support workers at the project help Young Carers by offering them opportunities through group sessions, one to one work and activities.

We offer advice, information, guidance, sign posting, practical and emotional support, skills development and confidence and self-esteem building. Having time out from their caring role, and having people they can

talk to is vital. During school holidays, we organise trips and days out that are age and ability appropriate. We also offer young carers the chance to take part in forums which helps shape the future delivery of the service. All young people have an allocated support worker.

Rhondda Cynon Taff is a large county, and we work with young people all over Rhondda Cynon and Taff.



## What we've been doing

The service has now relocated from our base in Trealaw and we have moved in with the Local Authority Carers services at their site:

11-12 Gelliwastad Road, Pontypridd, CF37 2BW  
Tel: 01443 407231

## What we've been doing since Christmas

- Bowling
- Cinema
- Face to face Groups
- 1 to 1's
- Arts and Crafts Sessions
- Mother's Day Activities
- Easter Craft

## February Half Term Activities

- Vue and Showcase Cinema Trips
- Bowling
- Meals Out

## Easter Activity's

- Ninja Warrior UK Group 1
- Ninja Warrior UK Group 2
- Ninja Warrior UK Group 3
- Staff helped out and supported the sibling carers festival held at Barry Sidings

## Summer 2022

After the success of the family Lido sessions last year we are planning a family trip to West Midlands Safari park and already have over 90 people register interest in the trip. The rest of the summer avities are in the process of being booked and staff will be intouch shortly with all the details once dates and activities are confirmed.

## Young Carers ID Cards

The new Young Carers ID Card is now in place. If you havent already appllied then below is the link to apply online. If you have an issues then ask a member of staff in group and we can help you apply.

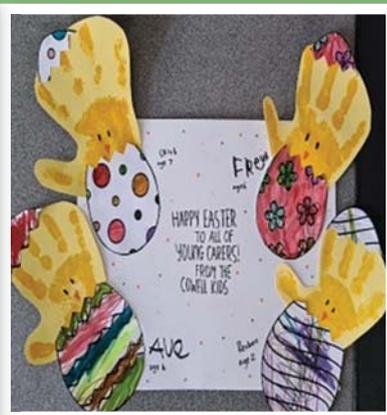
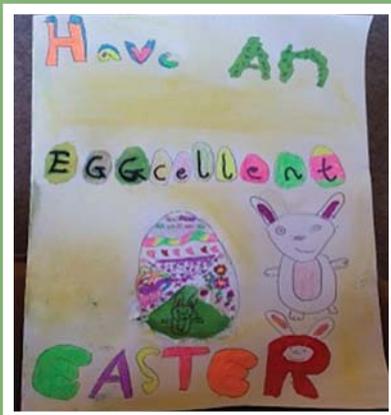
Below is the link to apply if you haven't already got your ID Card, copy and paste safari/ Google

<https://customerportal.rctcbc.gov.uk/YoungCarersCard>



## Easter Competition

The project held a Easter Competition to design a Easter Card and below are two of the entries. Winning entries won a Cadburys Easter Share book yummm!!



## Young Carers Forum

The project is working in partnership with other Action for Children Young Carers projects from throughout the UK and Northern Ireland and the Side Kick trail launched in time for Carers Awareness day. If you would like more information on the Side Kick Service then please contact the office on **01443 407231**.

## Young Carers Aloud Choir

The choir's had a very busy few months and in January 2022 the Young Carers Aloud Choir had the privilege to sing and audition for BGT at the London Palladium . Although we got through the first stage in front of the judges and had 4 yes's on the day unfortunately we didn't make it to the lives. The project would like to thank all the choir members for their time and congratulations and well done to you all, you're all truly amazing young people for raising awareness of young carers through the songs that you sing.





## We've got your summer sorted

With household bills rising we know that families may be anxious about the upcoming summer holidays. That's why we at the Carers project are happy to announce we have the following vouchers up for grabs to help ease the burden and give you something to look forward to this summer!

*\*Please note, to give as many people as possible this fantastic opportunity, carers can only apply for one voucher per family. We will provide the vouchers however booking and transport will be your responsibility.*

### Paultons Park

Make your little one's dreams come true with a visit to Peppa Pig World, enjoy a variety of gentle rides and you might even get the chance to meet Peppa herself!

Explore Lost Kingdom, home to a whole host of Jurassic-themed attractions, including 'living' walking animatronic Dinosaurs! Don't forget to pay a visit to our brand new world, Tornado Springs where Storm Chasers can explore our awesome new rides and attractions.

Venture into wilder terrain and discover furry, feathered and scaly friends in our very own Little Africa.

With beautiful sprawling grounds, themed worlds and plenty of thrilling rides there is something for all the family!

**A limited number of £150.00 Vouchers are available on request.**

### Cardiff Castle

Cardiff Castle is one of Wales' leading heritage attractions and a site of international significance, walk through its gates and discover a story 2,000 years in the making.

From the Roman occupation of Britain to the Norman Conquest, through civil war turbulence, a Victorian transformation and even the terrors of World War 2, these walls have seen it all.

In a country world-renowned for its castles, Cardiff's is proud to be a little different; having not simply survived the centuries but evolved with them in a fashion few others can claim.

**A limited number of £40.00 vouchers available on request.**

### Techniquest

Visit the UK's longest established science centre in the heart of Cardiff bay this summer. No two days at Techniquest are ever the same with so much to discover and explore!

**A limited number of £40.00 vouchers are available on request**

### Something for the grown up's Vale Spa vouchers

Let all your strains and stresses unwind in the serenity of the spa. Treat yourself to a massage or beautify yourself with a manicure, the choice is yours. Get your manicured paws on one of a limited amount of Vale spa gift vouchers.

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

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

## More money saving tips this summer

- **Kids eat free**

Some supermarkets offer 'kid's eat free' days throughout school holidays. To find out which supermarkets are offering these deals visit their website or search 'where do kids eat free this summer' on your internet browser.

- **Take a picnic**

Plan your food in advance by taking a picnic. This will not only save you money but also the hassle of joining long queues!

- **Look out for voucher codes**

Some theme parks offer a buy one get one free deal when purchasing certain items like cereal or washing powder.

You may also find discount codes on websites such as

[www.VoucherCodes.co.uk](http://www.VoucherCodes.co.uk)

[www.hotukdeals.com](http://www.hotukdeals.com)

[www.groupon.co.uk](http://www.groupon.co.uk) and many more

- **Get money back when booking**

Consider using cashback sites when booking.

- **Stay local**

With the ever increasing price of fuel take advantage of places on your doorstep. RCT has many country parks, recreational parks, nature trails/walks and on offer so find out what's in your local area. Visit [www.rct.gov.uk](http://www.rct.gov.uk) - **whats on RCT** to find out if there are any events going on during school holidays.



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



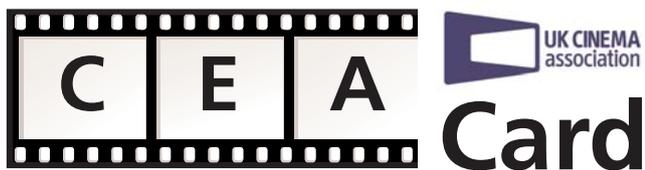
### Save money with a **MAX card**

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 lots 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**



The CEA card is a national card scheme developed for UK cinemas by the UK cinema association.

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

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as RNID, RNIB, Dimensions and Whizz Kidz.

To find out more visit **www.ceacard.co.uk** or call **01244 526 016**.

### **HYNT card**

HYNT card allows people with certain impairments or disabilities to bring a carer along free of charge to theatres and art venues across wales. To find out if the person you care for is eligible for a HYNT card visit [www.hynt.co.uk](http://www.hynt.co.uk) or call the Hynt team directly on **01446 401744**.



## Carers Support Project events, activities and workshops for Summer 2022

Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2022</b>		
<p><b>Gong Bath</b> – join us for an ancient type of sound therapy that's been practiced for thousands of years. The term 'bath' signifies being bathed in sound waves – there's no water or removal of clothing involved! Simply let the waves of the Gong submerge you in tranquillity.</p>	<p><b>Wednesday 1st June</b>  <b>11am – 12:30pm</b>                      Carers Support Project Hub</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 June</b>  <b>10am – 11:30am</b>                      Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Climbing Carers</b> – join the CSP Team celebrate 'Carers Week' by climbing Pen Y Fan and proving you can conquer any challenge! Please be aware that this walk will be challenging, so please consider your fitness and ability before booking onto this event.</p>	<p><b>Wednesday 8th June</b>  <b>10:30 am onwards</b>                      Meet at the                      'Storey Arms' Car Park,                      Brecon, LD3 8NL</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Carers do Zip World!</b> – join in with other carers on this fun, exciting adventure where you can take in the breath-taking scenery of the South Wales Valleys and experience perhaps a once in a lifetime thrill!</p>	<p><b>Thursday 9th June</b>  <b>11am onwards</b>                      Zip World Tower,                      Aberdare, CF44 8UF</p>	<p>Gold.  <b>Carer Only.</b></p> 
<p><b>Carers &amp; Cakes</b> – enjoy a fabulous Afternoon Tea at Miskin Manor Hotel, the perfect treat for any occasion. Indulge in a beautiful selection of pastries and cakes in a historic Grade II Manor House located in beautiful grounds.</p>	<p><b>Friday 10th June</b>  <b>2pm – 4pm</b>                      Miskin Manor Hotel,                      Pontyclun, CF72 8ND</p>	<p>Gold.  <b>Carer Only.</b></p> 
<p><b>Carers Connects</b> – join this Carers peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p><b>Tuesday 14th</b>  <b>10am – 11:30am</b>                      Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Barbers &amp; Butties</b> – We are celebrating this years Men's Health week by offering our male carers the opportunity for a free haircut, bacon butty and a good old blokey chat!</p>	<p><b>Tuesday 14th June</b>  <b>12:30pm – 2:30pm</b>  <b>by appointment</b>                      Ynysangharad Park, Pontypridd</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 June</b>  <b>6:30pm – 8pm</b>                      Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>June 2022 (Continued)</b>		
<p><b>Wednesday Walkers</b> – put your best foot forward, join us at our monthly Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!</p>	<p><b>Wednesday 15th June</b>  <b>10:30am – 12:30pm</b>            Ynysmaerdy – Tonyrefail route            (meet at Costa Coffee            Ynysmaerdy, CF72 8XT)</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Diabetes and Nutrition Workshop</b> – Join nutritionist Joanne Crovini at this insightful workshop on the impact your diet can have to your health including how to make small changes for a healthier lifestyle.</p>	<p><b>Thursday 16th June</b>  <b>10:30am – 12:30pm</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Dementia &amp; Me</b> – a day of interactive and creative activities for people whose lives are, or have been, affected by Dementia. These activities will be based around your voice and story. This will be a very relaxed, welcoming, and accepting environment where people can be themselves.</p>	<p><b>Friday 17th June</b>  <b>10:30am – 3:00pm</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer &amp; Cared for.</b></p> 
<p><b>Drum and Fun</b> – join us on an African drumming adventure this learning disability week. The workshop is catered for carers and their adult children. Come along and have fun to the beat of the drum.</p>	<p><b>Tuesday 21st June</b>  <b>11:00am – 12pm</b>            Carers Support Project Hub</p>	<p>Silver.  <b>Carer &amp; Cared for.</b></p> 
<p><b>Chicago the Musical</b> – “Murder, greed, corruption, exploitation, adultery and treachery...all those things we hold near and dear to our hearts” So begins the international multi-award-winning musical, Chicago.</p>	<p><b>Thursday 23rd June</b>  <b>Show starts 2:30pm</b>            New Theatre,            Cardiff, CF10 3LN</p>	<p>Gold.  <b>Carer Only.</b></p> 
<p><b>Picnic in the Park</b> – grab your deckchairs, favourite sandwiches and your picnic blankets to celebrate ‘National Picnic Day 2022’ with the Carers Project Staff and other Carers in the gorgeous grounds of Ynysangharad Park.</p>	<p><b>Friday 24th June</b>  <b>12:00pm – 2:00pm</b>            Ynysangharad Park,            Pontypridd</p>	<p>Bronze.  <b>Carer &amp; Cared for.</b></p> 
<p><b>Flower Power Coffee Hour</b> – Fancy having a go at some flower arranging whilst enjoying a nice brew? Then come and join us and other Carers at this workshop where you may pick up a new skill or two!</p>	<p><b>Tuesday 28th June</b>  <b>10:30am – 12pm</b>            Carers Support Project Hub</p>	<p>Silver.  <b>Carer Only.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>July 2022</b>		
<b>White Water Rafting</b> – with up to six people in a raft, white water rafting is one of the most sociable activities available. Suitable for complete beginners and seasoned white water enthusiasts, the two hour coached sessions provide action-packed fun from start to finish!	<b>Saturday 2nd July</b> <b>11:30am – 1:30pm</b> Watkiss Way, Cardiff, CF11 0SY	Gold. <b>Carer Only.</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 5th July</b> <b>10am – 11:30am</b> Carers Support Project Hub	Bronze. <b>Carer Only.</b> 
<b>Couples Cinema Night</b> – bring your partner, a friend or relative and enjoy a ‘Summer Blockbuster’ night out!  At the time of going to print, Movie release dates and times are not known. Carers can choose which movie they wish to see on the night.	<b>Wednesday 6th July</b> <b>6.30pm onwards</b> Meet in the Foyer of Showcase Cinema Nantgarw, CF15 7QX	Silver. <b>Carer plus 1.</b> 
<b>Luxury Chocolate Making Workshop</b> – oh boy are you in for a sweet treat! Come along and join in with making and decorating your own truffles and dipped chocolates...to take away with you (if they last that long!). Then, after you’ve done all the hard work – sit back and enjoy a spot of lunch.  <i>*Please Note - Not suitable for individuals with nut allergies. Please let us know before booking your space if you have any special dietary requirements e.g. intolerance / allergy.</i>	<b>Thursday 7th</b> <b>11:00am – 1pm (workshop)</b> <b>1pm – 2pm (lunch)</b> Rhondda Heritage Park Museum, CF37 2NP	Platinum <b>Carer Only.</b> 
<b>Carers Connects</b> – join this Carers peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.	<b>Tuesday 12th July</b> <b>10am – 11:30am</b> Carers Support Project Hub	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 12th July</b> <b>6:30pm – 8:00pm</b> Carers Support Project Hub	Bronze. <b>Carer Only.</b> 
<b>Get Crafty!</b> – We are delighted to be joined by national renowned company ‘The Crafty Hen’ where Carers will have an opportunity to participate in a ceramic-making workshop.	<b>Friday 15th July</b> <b>10:30am – 12:30pm</b> Carers Support Project Hub	Silver. <b>Carer Only.</b> 
<b>Wednesday Walkers</b> – put your best foot forward, join us at our monthly Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!	<b>Wednesday 20th July</b> <b>10.30am – 12.30pm</b> Clydach Vale Countryside Park (meet outside the Cambrian Café Bar CF40 2XX)	Bronze. <b>Carer Only.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>July 2022 (Continued)</b>		
<p><b>'Check in &amp; Chat'</b> – In July the Samaritans will be hosting their annual campaign 'The Big Listen'. At the Carers Support Project, we'd like to invite you to a 'check in and chat' coffee morning where we will have some resources and handouts on how you can find out more about Samaritans services and what work they do in the community.</p>	<p><b>Monday 25th July</b>  <b>10:30am – 11:30am</b>            Carers Support Project Hub</p>	<p>Bronze  <b>Carer &amp; Cared for.</b></p> 
<p><b>Dinosaur World Live!</b> – Dare to experience the dangers and delights of Dinosaur World Live in this roarsome interactive show for all the family. Grab your compass and join our intrepid explorer across uncharted territories to discover a pre-historic world of astonishing (and remarkably life-like) dinosaurs. Meet a host of impressive creatures, including every child's favourite flesh-eating giant, the Tyrannosaurus Rex, a Triceratops, Giraffatitan, Microraptor and Segnosaurus! A special meet and greet after the show offers all our brave explorers the chance to make a new dinosaur friend. Don't miss this entertaining and mind-expanding Jurassic adventure, live on stage!</p>	<p><b>Saturday 30th July</b>  <b>Show starts at 11:00am</b>            New Theatre,            Cardiff, CF10 3LN</p>	<p>Gold.  <b>Carer &amp; Cared for.</b></p> 
<b>August 2022</b>		
<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 2nd August</b>  <b>10:00am – 11:30am</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Carers Connects</b> – join this Carers peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p><b>Tuesday 9th August</b>  <b>10:00am – 11:30am</b>            Carers Support Project Hub</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 9th August</b>  <b>6:30pm – 8:00pm</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Ponty Park Takeover!</b> – 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.</p>	<p><b>Friday 12th August</b>  <b>11:00pm – 2pm</b>            Ynysangharad Park, Pontypridd</p>	<p>Bronze.  <b>Carers &amp; their families.</b></p> 
<p><b>FIM Speedway Grand Prix</b> – Experience the highs, extraordinary skills, and nail-biting moments between 16 riders as they go head-to-head over 23 races with just a single gear and no brakes, for the chance to win one of the most prestigious events in world speedway and move one step closer to World Championship glory.</p>	<p><b>Saturday 13th August</b>  <b>Show starts at 5:00pm</b>            The Principality Stadium,            Cardiff</p>	<p>Platinum.  <b>Carer &amp; Cared for.</b></p> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>August 2022 (Continued)</b>		
<b>Carers &amp; Cupcakes</b> – to celebrate National Cupcake Day why not come down to the Carers Support Project Hub and bring your best cake decorating designs with you. Fun for all the family – with a little competition thrown in!	<b>Wednesday 17th August</b> <b>1pm – 3pm</b> Carers Support Project Hub	Bronze. <b>Carer &amp; Cared for.</b> 
<b>Outdoor Family Fun Session</b> – Outdoor play has many benefits for children so join us this School holidays for some wild adventures and family fun as we go exploring around Barry Sidings Country park.	<b>Tuesday 23rd August</b> <b>1pm – 3pm</b> Barry Sidings County Park	Bronze. <b>Carers &amp; their families.</b> 
<b>Wednesday Walkers</b> – put your best foot forward, join us at our monthly Walking group and brush away the cobwebs – Guaranteed to put a Spring in your step!	<b>Wednesday 24th August</b> <b>10:30am – 12:30pm</b> Aberdare Park CF44 8HN (Meet at main gates)	Bronze. <b>Carer Only.</b> 
<b>September 2022</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 6th September</b> <b>10am – 11.30am</b> Carers Support Project Hub	Bronze. <b>Carer Only.</b> 
<b>Know your numbers</b> – Join us for a cuppa and a chat and get your blood pressure checked. It's good to know your numbers.	<b>Thursday 8th</b> <b>10am – 12pm</b> Carers Support Project Hub	Bronze. <b>Carer &amp; Cared for.</b> 
<b>The Big Picture Art Event (in conjunction with World Suicide prevention)</b> – Join us at our art craft event and let your creative juices flow. A fun filled morning awaits!	<b>Friday 9th</b> <b>10am – 1pm</b> Carers Support Project Hub	Silver. <b>Carer Only.</b> 

Event/Activity/Workshop	Venue, Date & Time	Information
<b>September 2022 (Continued)</b>		
<p><b>Carers Connects</b> – join this Carers peer support group and meet other Carers, share experiences and provide guidance and support to other Carers. You will have opportunity to discuss your concerns if you choose or just listen to others.</p>	<p><b>Tuesday 13th September</b>  <b>10:00am – 11:30am</b>            Carers Support Project Hub</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 13th September</b>  <b>6:30pm – 8:00pm</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Lets Talk Dementia</b> – do you provide care for someone that could have the onset of Dementia / has been diagnosed? If you would like to find out more about local services available as well as support networks and information on money matters, legal matters and much more. Come and join us at this informal coffee morning where we will be joined by our lovely friends from the Alzheimer's Society who can help answer your queries and provide further insight.</p>	<p><b>Tuesday 20th September</b>  <b>10:30am – 12:00pm</b>            Carers Support Project Hub</p>	<p>Bronze.  <b>Carer Only.</b></p> 
<p><b>Fun @Frankie's</b> – Date Night? Why not!.. Bring a friend or loved one and both indulge in some delicious delights at Frankie &amp; Benny's where you'll be joined by other Carers in having a fabulous time.</p>	<p><b>Thursday 22nd September</b>  <b>6:30pm – 9pm</b>            Frankie &amp; Benny's            Heol Yr Odyn, Nantgarw,            CF15 7QX</p>	<p>Gold.  <b>Carers plus 1.</b></p> 
<p><b>Fitness &amp; Fun</b> – National Fitness Day on Wednesday 28th September and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in assisting us lead healthier lifestyles through being physically active. Join in the with the Carers Support Project for a bit of Zumba, chair aerobics and much more! To make it more fun, why not take the plunge and dress up or wear something silly. After all, its all in the name of fun!</p>	<p><b>Wednesday 28th September</b>  <b>11am – 12pm</b>            Ynysangharad Park,            Pontypridd            (Ponty Park)</p>	<p>Bronze.  <b>Carer Only.</b></p> 