



A Network Partner of
CARERS TRUST



Contact

Keeping in touch with carers

IN THIS EDITION

Short Breaks
pg3

Young Carers
pg11

Armed Forces News pg 14

Macmillan
pg 17

Happy New Year 2022

Wishing all carers across Bridgend County Borough a Happy New Year. We are all hoping that 2022 brings you a happy, healthy and prosperous New Year to come. We hope it's free from coronavirus, free from poverty, free from isolation and loneliness and instead full of love, friendship, positive wellbeing and good health. You know where we are when you need us, just ring 01656 658479.

From the Trustees and Team at Bridgend Carers Centre

Calling All Volunteers - We need you!

There are a number of ways that you could get involved in Bridgend Carers Centre and volunteering is one way that you could support your community, unpaid carers across Bridgend and develop lifelong skills that can be transferred into your personal and professional life



At the moment Bridgend Carers Centre has two volunteering opportunities. We are looking for enthusiastic volunteers to help us deliver services to unpaid carers across the Borough. You can help at:-

- The weekly Carefree Community Café by meeting and greeting people, making and serving food and refreshments, handling monies, and helping in the kitchen.
- The Carers Wellbeing Garden Project, helping to make a difference to both carers and cared for by giving them a tranquil place to relax and improve their wellbeing.

If you have an interest in any of these activities the please ring Bridgend Carers Centre 01656 658479.

Bridgend Carers Centre 87 Park Street Bridgend CF31 4AZ
Tel: 01656 658479
enquiries@bridgendcarers.co.uk

 **Find us on Facebook**
www.bridgendcarers.co.uk

Charity No. 1125921
ISSUE 68 Jan 2022
Chwarae Teg



Why Join The Book Club? Feedback from Members

"The Book Club is a lovely opportunity for us joining in discussions, debates and generally enjoying a variety of different books which might not be the usual topic chosen. It is interesting to spend the time with other readers on zoom, and is a good hour to look forward to. I would thoroughly encourage anyone who loves reading, please join us!" M. I.

"The book club has been really inspiring. It's a chance to switch off relax and enjoy reading a range of novels. The opportunity to meet and discuss the books with a lovely friendly group of ladies has been wonderful. The discussions and thoughts of the group are always interesting. The group has an excellent leader in Karen who provides us know with a range of questions to encourage everyone's participation."

"I would recommend this group to everyone who likes reading and chatting with a lovely friendly group." S.O.



Book Club

ZOOM MEETINGS

2.00pm every Monday with
Karen, CarersLink Worker.

Are You a Carer who enjoys reading books and would like to meet up with other carers. If so this is the group to be part of. You will have an opportunity to read different books and to be able to share your views and exchange ideas with like minded people.

Joining Instructions

If you'd like to join our Zoom Book club meeting please let me know. Please email Karen.evans@bridgendcarers.co.uk

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You will need to install Zoom on your device.
If you have any questions please get in touch



01656 658479
07375 918715



Short Breaks

Cookery Classes with CookStars

Monday 21st February and Saturday 12th March 2022 - 11am-2pm

All Carers are invited to our cooking workshops with Cathy from CookStars. Cathy founded this thriving and successful business with franchises throughout the UK. She is also passionate about supporting charities and offering classes to people who may not usually get the opportunity to take a break.

Come along and learn to cook something new, with all ingredients provided for you. Previously, our Parent Carers have enjoyed making a three course Italian meal and our Young Adult Carers have made pizza and no bake cheesecakes to share with their families.

Please book on by contacting the centre and let us know what date you would like to do.



Pamper Nights In - Online Facials and Relaxation

Monday 14th February and Tuesday 15th February, starting 7pm

All Carers are invited to enjoy a pamper evening with Kerry, a fully qualified holistic therapist, who will guide you through a step-by-step facial and relaxation evening.

Please email carerswellbeing@bridgendcarers.co.uk to book a place as I will need your email address. This email address will be passed on to Kerry who will ask you to complete an online form so she can personalise a facial pamper box being sent out to you. Packed full of beautiful products for your skin, and guided by an expert, these nights will leave you relaxed and rejuvenated.

These evenings have unfortunately had to be postponed from earlier this year so please do book on again if you expressed an interest last time.



Bowling at Hollywood Bowl Cardiff Thursday 17th March 2022

Come and join in with us for a morning of fun and relaxation on Thursday 17th March.

We will be leaving Hope Chapel, Bridgend at 9.30am to travel to the Red Dragon Centre at Cardiff Bay in readiness for our morning's bowling. We will end our morning with lunch at the Oystercatcher Pub & Restaurant at Cogan before returning to Bridgend for 2.30pm.

Book early as places are limited!

Suggested donation for this trip £10



Carefree

Bridgend Carers Centre is excited to be working with **Carefree** who offer an easy, non-assessed referral for carers to take a break to improve their wellbeing. Carefree offer full-time unpaid carers short breaks of 3 nights in a hotel or up to 7 nights in a holiday cottage. For hotel breaks carers can take one companion (adult or child) and breakfast is included. For holiday cottage breaks carers can take one adult companion and/or up to 2 children, self-catered. There is a £25 administration fee which is either covered by a carer support organisation or by the carer themselves making the booking. Bookings are made via their website with simple communications via email. carefreespace.org

If anyone is interested please call 01656 658479 or speak to the worker who is supporting you and your family.



A lasting gift

Carers come from all walks of life, all cultures and can be any age.

Surprisingly, 3 in 5 of us will care for a loved one at some point in our lives. Carers don't choose to become carers; it just happens and they have to get on with it.

Each carer's situation is different but all carers have things in common. They need good information, practical support and recognition that the caring role can be lonely and isolating.

Carers have described the support our organisation gives as their 'lifeline'. We have been working with thousands of carers living in Bridgend County Borough since 1999.

Real support for carers. You are there in good times and bad and having someone to talk to when we need it is so important. Knowing I can ring or call in and speak to staff is crucial!

'Without (Bridgend) Carers I would have sunk into the depths of despair. I'm actually going through a very tough time currently. Personally they have helped me enormously, both as regards me caring for my 88 year old father and likewise when my husband suffered with heart problems and a TIA. Thank you enormously Bridgend Carers!'

Important information

- If you wish to make a will or codicil we recommend that you take professional advice.
- Leave your gift to Bridgend Carers Centre, Registered Charity Number 1125921.
- If you require any further information please contact Helen Pitt, Bridgend Carers Centre.

Bridgend Carers Centre

87 Park Street
Bridgend CF314AZ

01656 658479

enquiries@bridgendcarers.co.uk
www.bridgendcarers.co.uk



Registered Charity Number:
1125921



BRIDGEND Carers Centre



Leave a gift in your will

Show Your Care

Footcare Clinic with Anneliese

Anneliese Evans is a Foot Health Professional who before the pandemic was a regular face at the Carers Centre. Due to demand and relaxing of restrictions, Anneliese is back to offer us her monthly Footcare Clinic.

If you, or the person you care for needs help with nail cutting, treatment for verrucae, corns and callus, fungal infections, ingrown toenails or would just like your feet pampered, why not make an appointment with Anneliese.

Starting Monday 24 th January 12 noon – 2pm and thereafter

Monday 28 th February; 28 th March; 25 th April

Ring 01656 658479 to book your appointment. A suggested donation of £15 is payable on the day.



Moving and Handling Course

Date: Tuesday 18th January

Venue : Steddy Offices, Bridgend

Times: 10am – 3pm

For safe tips and advice on how to keep safe when assisting the person you care for. To book a place ring 01656 658479

Parent Carer Welfare Benefits and Support Worker What's Sarah Stevens been up



In partnership with the children's charity IncludAbility, we put on a Halloween event for children with additional needs and their siblings. As you can see, Davina and I entered into the "spirit" of the event and enjoyed providing activities for the children. There were, pumpkin decorating, modelling with clay, creative craft e.g. make a spider with wool and paper plates, creative play with balls and other loose parts. There was a tuck shop, raffle, and teas and coffees were available for the Mums and Dads. All of the activities were supported by volunteers from IncludAbility along with other volunteers and staff members from Bridgend Carers Centre. Davina and I are thankful to all those who supported the event. We have received fantastic feedback from parents who attended with their children. Children with disabilities often don't get the same opportunities as their peers, sometimes because the needs of the child are too great and the parents don't feel comfortable taking them to certain places for fear of meltdowns or lack of understanding by others. Our Project recognises that there is a need to support the family as a whole, including other family members and siblings. All the money raised by the raffle and tuck shop was put back into the funds to help support our Christmas event 2021.



Welfare Benefits Advice

Hello, Just an update on how things are going since I joined Bridgend Carers Centre back in June. Referrals are coming in thick and fast from around the Borough keeping me on my toes. I've had close on 200 people pass through my hands who have been helped in a variety of ways from help with Council Tax, Attendance Allowance, PIP, DLA, Carers Allowance, Pension Credit and applying for Blue Badges. Another useful scheme came to my attention recently through Bladder and Bowel UK. For those who have a medical condition making it imperative that a toilet is close at hand when needed, you can apply for a "Just Can't Wait Card" which is supported by many retail and service organisations giving access to toilets not normally available to the general public. You can apply online through their website which can be found at www.bbuk.org.uk where you can also see what else they have to offer.



If you need help with anything I've mentioned above, please do not hesitate to contact me on 07951 500516 Monday - Friday 9am - 4.30 Claire - Welfare Benefits Advisor

Young Adult Carers

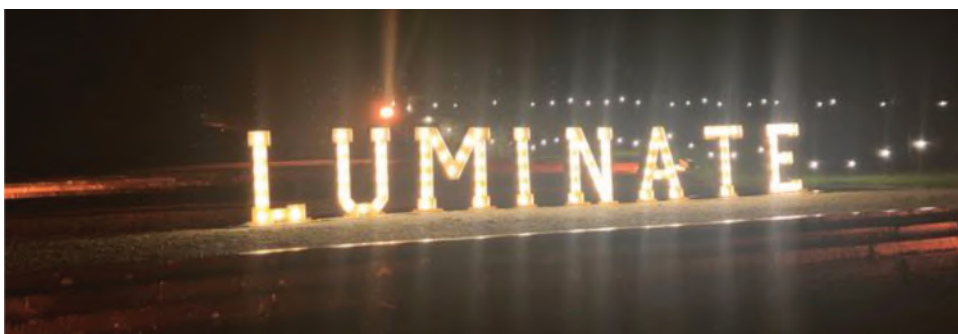
With the government guidelines easing up we have managed to get back in to face to face working and delivering one to one sessions to those in need of our support. We have continued to run our monthly YAC group at the centre and going on the trips for a chance of respite from their caring role.



Over October half term we took the YACs to “*Thorpe Park Fright Night*” for an overnight stay in the shark cabins. They all had a fantastic time and built new friendships. *“This trip brought out my confidence as I got to speak to new people and make new friend's”* YAC – Aged 17.



Thanks to **Carers Trust** we had a magical night at ‘Luminate’ in Margam Park. This wonderful experience was enjoyed by all who attended. We are very grateful to have these opportunities.



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Peer mentoring

We have started delivering our new peer mentoring project to YACs that are in need of some support. Our YAC’s act as a peer mentor for their mentee who may struggle with issues like anxiety, low confidence or self-esteem. We have had a great start to the project with many benefited from the service so far. If you know a YAC who may be struggling please get in contact with us so we can buddy them up with a mentor. This may boost their confidence to join in the YAC group, activities and trips. There will be an overnight residential at the end of the sessions next year for all who take part.

Coming up:

We will continue to run our monthly groups trips and one to one sessions in line with the Government Guidelines. To find out more about our Young Adult Carers Service please contact Alissa on 01656 658479/07776532237 or email alissa.bevan@bridgendcarers.co.uk.



**BRIDGEND
CARERS
CENTRE**

Are you a carer? Do you know a carer?
We are Karen Evans and Bev Jones,
Carers Link Workers at Bridgend
Carers Centre.

We are on hand via phone, email, text
and social media to support carers
and families in their caring role.

Call 01656 658479



Short Breaks Seminar

Recently I had the pleasure to be asked to give a short presentation at the Hi Tide,

Porthcawl at a seminar organised by BCBC. The objectives of the day were to ask parent carers to think “creatively” regarding the use of their direct payments. However there are very few parent carers who actually received direct payments in their own right. I gave a brief overview of how direct payments were working for me and my daughters and my own personal experiences as a parent carer when dealing with Social Workers along with the advice given to parents in general by BCBC regarding direct payments and the needs assessment for the child. I explained that there is a lack of knowledge provided to parents within BCBC regarding direct payments for the child; very few parents are offered Carers Assessments for themselves and very few parents are aware that they may be entitled to a direct payment for themselves. Within my role as Parent Carer Welfare Benefits and Support worker, I have spoken with many parents, unfortunately most saying the same things regarding the lack of information provided to them regarding parent carer’s rights.

However I felt that the opinions of other parents and professionals who attended the event, were valuable and as the event was supported by BCBC, things will hopefully begin to change for parent carers and families across Bridgend. I am passionate about helping other parent carers and I look forward to reading the forthcoming report regarding the use of direct payments within BCBC.

Don't Forget:- As part of my role I am hopeful that I can encourage more parents to identify as “un-paid carers” by attending groups and other organisations within the Borough. Don't forget I am here to help parents to access support and services they are entitled to including helping you to have a Carers Emergency Action Plan. I can also advise on certain Welfare Benefits that may be applicable to you as parent carers, so if you have any queries please contact me at Bridgend Carers Centre. Bye for now Sarah - 01656 658479



Finding positivity in difficult times

Tired of life being so difficult with its seemingly never-ending restrictions on who we see and what we do? It's now more important than ever to practise ways of keeping ourselves as positive and happy as we can. Julia can help you do this through a 5 week course of Life

Coaching which is now available by telephone, Skype or Zoom.

So if you want to be like this Carer who said:

Contact Bridgend Carers Centre on 01656 658479 now!

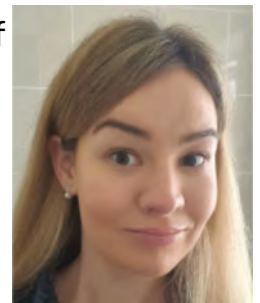


"I will be forever grateful to Julia for changing my thought patterns and taking a different perspective on life. I had a lot of baggage before I commenced my sessions and I feel so much lighter now as I found Julia extremely easy to talk to, very insightful and helpful, going above and beyond. Through the exercises I gained valuable awareness and an understanding of my thoughts and behaviour and Julia has given me the tools to deal with these. These life changing sessions couldn't have come at a better time for me as I have now returned to work after a two and half years absence. I can always hear Julia's wise words of wisdom in my head "The past has gone, let it go and move on, I'm a different person now". So now, I'm ME and "I'VE GOT THIS" .

Our Counsellor Jo Mordecai

I have been with the Carers Centre since June 2016. I am a Person Centred Systemic Counsellor (Bsc hons in systemic counselling) I am also a member of the BACP and attend monthly supervision which ensures that I am working ethically.

I would just say that counselling is a completely unique experience (we never have a full hour to just focus completely on ourselves) It can sometimes be a strange and uncomfortable experience especially for Carers as so much energy and time is focused on the Cared for.

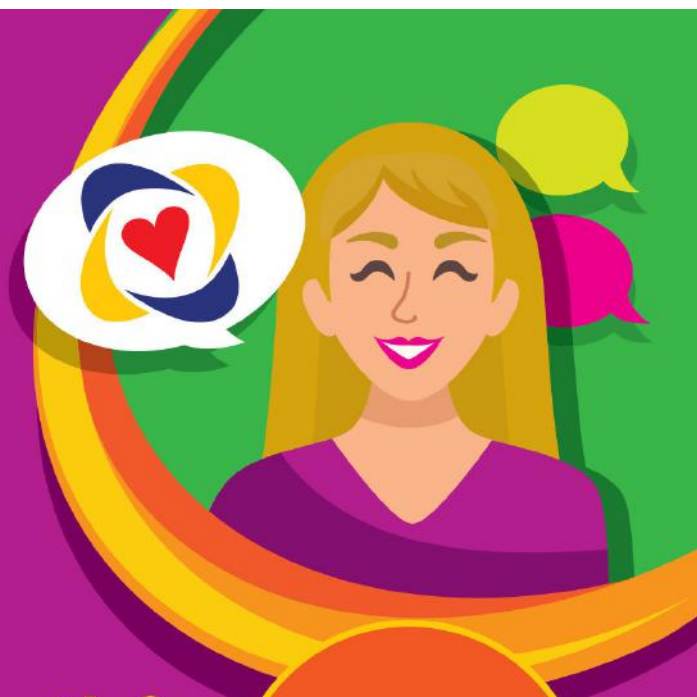


It has huge benefits - a heightened self awareness, it can lead to clarity/acceptance on a tough, difficult situation (past and present), it can help identify changes to be made (sometimes very small) which can make a big difference. You can contact me via the Carers Centre and I am always happy to help.

"I was sceptical about having counselling at first, I didn't think talking about my 'feelings' would get me anywhere. However I have found through talking to Jo I know what the main factors are that are overwhelming me, I am working on my triggers and by getting things off my chest (I normally put a lid on things) a weight has been lifted."

"Having weekly sessions helps me get the stress off, I have built a good therapeutic relationship with Jo so I can have those challenging conversations if needed and can reflect on this outside the sessions. "

"I have found suggestions such as mindfulness and looking at/trying different ways to handle situations very useful. Overall counselling has been a better experience than I thought."



**Are you caring for
someone with dementia?**

Dementia Carers Group

Refreshments
Provided

**I'm Sarah the Dementia Carers Support
Worker for Bridgend Carers Centre.**

**Come along to meet and share with others in
a similar caring role.**

**The first Thursday of every month.
Between 1 and 3pm at
Bridgend Carers Centre**

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TRUST**

Get in touch

07876 872236

sarah.jarvis@bridgendcarers.co.uk



News From The Garden



Firstly, many thanks to the many donations we have received for the garden. The generous donations are keeping us busy and filling the garden nicely. The volunteers and I have made the most of the summer months and the crisp autumn days and pushed on with our planting and clearing. The garden now benefits from a greater variety of flowers, shrubs, and trees. We've also been working hard weeding and have laid lots of bark.



Trip to Hillcrest, Cefn Forrest Near Blackwood

Carers and staff were treated to a visit to the National Open Garden Scheme event thanks to the Carers Trust. Our destination was the beautiful garden at Hillcrest, Cefn Forest in Blackwood. Mike was a perfect host when guiding us around his garden; we felt so welcome. We thoroughly loved the stunning afternoon tea and enjoyed chatting with Mike and his friends Moira and Matt. The carers had a fabulous day; there were smiles all round. Thank you all, we had the best day.

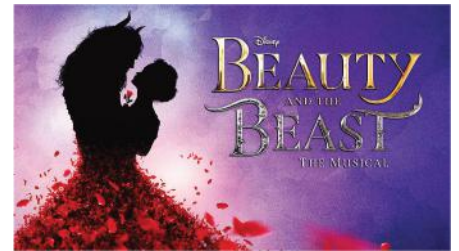


Making Carers Count

Our new project funded by Carers Trust for Young and Young Adult Carers.

This will include everything we were already doing and more..

- Raising more public and professional awareness.
- Increased identification and recognition of Young and Young Adult Carers.
- Improved access to information, advice, support and activities.
- Early recognition of Young Carers at risk of developing mental health/emotional difficulties due to their caring role.
- Reduction/removal of barriers to support young people who are carers.
- The extension of appropriate, dedicated services through the borough
- Improved physical and emotional well-being of young and young adult carers.
- Outreach work to rural communities.
- Advisory group by Young Carers for Young Carers
- Trips and activities for a chance of respite.
- One to one support for Young Carers in Schools.



Upcoming Activities

We will be messaging all young carers and guardians with any updates and trips/groups that we hold in the future, so if you are a young carer or know a young carer please call/text Jessie on 07497309383 or email Jessie.haig@bridgendcarers.co.uk for more information on our Young Carers Service.

Young Carers Service

Since September we have continued to support young carers through one to one sessions and our Teen Group activities, keeping in line with government guidelines regarding Covid-19 we have been able to continue providing support in schools and meeting young carers in person. We have continued with our Teen Group (ages 13-17), having at least one group a month and organising a trip during half term! During October half term we were lucky enough to use funding from Children in Need to hire out a cinema screen at Everyman Cinema and go out for a meal.

In November started the Christmas celebrations early with a Christmas quiz and making/decorating presents and ornaments. During the December half term we took our Teen Group to the Millennium Centre where we watched the musical Beauty and the Beast. This was an amazing experience and we all had so much fun!

We have continued with the Young Carers Book Club, meeting regularly to discuss and choose a new book for each month, the young carers also received a treat pack along with each new book! We have set up a peer mentoring project where young carers are paired together to go on fun activities to meet a new friend within the young carers service. This has been such an amazing opportunity for the young carers to socialise with each other.

Upcoming Activities

January – Teen Group with Activities at the Centre (Teen Group)

February Half Term – Young Carers Trip (Teen Group)

March - Teen Group with Activities at the Centre (Teen Group)

March – Residential for those who took part in the Peer Mentoring Project

April Half Term – Young Carers Trip (Teen Group)



We will be messaging all young carers and guardians with any updates and trips/groups that we hold in the future, so if you are a young carer or know a young carer please call/text Jessie on 07497309383 or email Jessie.haig@bridgendcarers.co.uk for more information on our Young Carers Service.

New course
Are you a carer?
Planning for tomorrow?

Join us for 4
informal sessions

- Relaxation
- Legal advice
- Practical tips
- Grief
- Coping with change

Find out about

- Registering a death
- Power of attorney
- Wills
- Funeral arrangements
- Sources of support

**87PARK STREET
 BRIDGEND
 CF314AZ**

1 TO 3 PM

**BRIDGEND
 CARERS
 CENTRE**

Course 1

- 07/01/22
- 14/01/22
- 21/01/22
- 28/01/22

Course 2

- 04/02/22
- 11/02/22
- 18/02/22
- 25/02/22

Course 3

- 04/03/22
- 11/03/22
- 18/03/22
- 25/03/22

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Partner Rhwydwaith o

**YMDDIRIEDOLAETH
 GOFALWYR**

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**The Joint Care Programme
 could be just what you need**



Joint Care Programme

The Joint Care programme is a 12-week community based programme available to patients with chronic knee and/or hip pain with a BMI of 28kg/m2 or above.

The programme is designed to provide patients with the information and support to help them to lose weight, increase activity levels and improve their musculoskeletal and overall health.

The programme offers a weekly 1 hour exercise session and a 1 hour nutrition session (Foodwise).

Included within the 12 week programme is 2 practical cookery sessions. Pain management, behaviour change and goal setting are incorporated into the programme.

The Joint Care Programme is currently delivering in Bridgend (Halo)

The Joint Care programme is free of charge. However, patients are encouraged to attend additional exercise sessions within the centre or within the community which will have a small cost attached. Patients can access the programme by being referred by their health care professional.

For more information, please contact:

**Stuart Mitchell - Bridgend Referral
 Co-ordinator**

Phone: 01656 678862

Email:

stuart.mitchell@haloleisure.org.uk

Carers



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CARERS CHOIR

CALLING ALL CARERS WHO LOVE TO SING!

Singing has great health benefits, improves your mood and is an effective stress reliever. Come along and enjoy a relaxed sing song together.

Meeting at Bridgend Carers Centre every Tuesday 1 - 2pm. All Singing Abilities welcome.

£3 Donation - For more information, contact Sarah or Bev on 01656 658479.

Bridgend Carers Centre New Website Launched



Electronic Newsletter



Quick Links

Online Calendar

Quick links

- Armed Forces Carers Project
- Carers Link Workers
- Dementia Carers Support Worker
- Integrated Hospital Carers Support
- Macmillan Patient and Carer Support Worker
- Parent Carer Support and Wellbeing Project
- Volunteer Gardening Project
- Young Adult Carers Service
- Young Carers Service

24 WEEKLY COMMUNITY CAFE
 12:00 pm - 2:00 pm • Bridgend Carers Centre, 87 Park Street, Bridgend, CF31 4AZ

Event Name ←

Time → (Wednesday) 12:00 pm - 2:00 pm

Location → Bridgend Carers Centre, 87 Park Street, Bridgend, CF31 4AZ

Map →

More Info →

Add To Calendar →

LEARN MORE CALENDAR GOOGLEGAL



Integrated Hospital Carers Support

Rhianon, Frances and Sarah Jarvis support the carers and family members of patients that have been admitted into hospital.

It can be a confusing and worrying time when you have a loved one in hospital, especially if you have been unable to visit them due to the pandemic. You may be concerned about their future care and how you may cope when they are discharged. You may have questions about care in your own home as well as how to access respite or residential care homes.

We can provide an opportunity for you to talk openly about any worries or concerns you may have around the discharge of your loved one. We can offer you advice and information about what support is available to you, your rights as a carer and the way in which you can obtain help for both you and your loved one. We can provide you emotional, practical and financial advice and support and can signpost you further to further services that can help you.

We have access and can communicate your concerns with hospital staff, hospital social workers, hospital discharge staff as well as links with other organisations that can support you during the hospital stay and discharge. We can accompany you during Discharge Planning and Best Interests meeting to ensure your views are supported and expressed.

Bridgendcarers.org.uk

Armed Forces Carers/Cared For - Update

Bridgend now has it's own Veterans Hub!

Starting on December 6th (Monday) with a soft launch the hub is currently meeting in Brackla. The Hub is the Cardiff City Football Club Veterans Hub (Bridgend Branch). If you'd like more info then please contact Al at the Carers Centre on 01656 658479.

If you'd like transport to either hub (Porthcawl or Bridgend) then please call Al and he can hopefully arrange pick up to and from your door via community transport. Porthcawl meets on Saturday. Contact Al for more info.

In December we secured £2000 in funding for a future allotment that will be managed by the Glamorgan Parachute Regiment and Airborne Forces Association. If you'd like to get involved then please contact the centre. The PRA meets in Bridgend on the first Friday evening of each month. Contact Al for more info.

We have also funded arts & crafts classes at the Porthcawl Veterans Hub and intend to provide more funding for arts & crafts kits and classes in 2022.

We attend the Bridgend Borough County Council Armed Forces Covenant Meeting each month. If you'd like us to bring anything up at those meetings then please call the Centre.

Some info has been intentionally removed for security reasons.



CAERAU DEMENTIA FRIENDLY GROUP

ARE YOU LOOKING AFTER SOMEONE WHO IS FORGETFUL OR HAS DEMENTIA?



POP IN TO OUR DEMENTIA FRIENDLY DROP IN

EVERY THURSDAY FROM 11am to 2pm

DYFFRYN CHAPEL, BEDW STREET, CAERAU

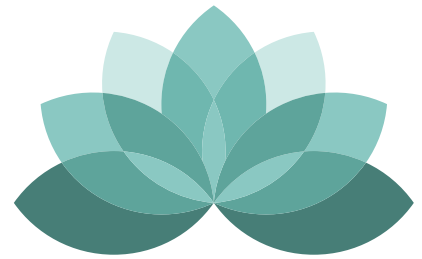
RUN BY VOLUNTEERS WHO WANT TO FIGHT LONELINESS AND GIVE LOCAL PEOPLE THE OPPORTUNITY TO SOCIALISE AND MEET OTHER PEOPLE WITH SIMILAR PROBLEMS AND EXPERIENCES

ACTIVITIES INCLUDE: HISTORICAL PHOTOGRAPH SHARING, CRAFTS, BUS TRIPS, BOARD GAMES, SINGING, BINGO, SENSORY GARDEN, WIFE QUIZES

PLEASE DROP IN FOR A CHAT AND A CUPPA, YOU WILL BE MADE VERY WELCOME!

Therapy Thursday

Our wonderful, fully qualified Therapist Denise Owen offering a wide range of treatments and therapies at appointments at the Centre. Denise Owen is a master of all treatments and can offer you anything from reflexology, reiki, to a back and neck massage. Denise is here on:



27th January - 24th February - 31st March - 28th April

Please note that current carers get priority for these sessions and a suggested donation of £10.00 is payable on the day. Please note that current carers get priority for these sessions and a suggested donation of £10.00 is payable on the day.



Carers Walk & Talk Group

Walking is great for our mental and physical health. Join our Carers Walk and Talk Group and enjoy the outdoors whilst meeting and talking with new people.

We have decided to set up two groups - The Ramblers and The Strollers. The Ramblers will be for people who want a longer more challenging walk (about 3-4km) and The Strollers who will enjoy a shorter flatter walk (2-2.5km). We will meet and end at the same point so we don't split the group entirely and will meet at the end as usual for some well-earned refreshments. This will give walkers an opportunity to alternate between groups should they wish.

Walking Dates Contact the Centre on 01656 658479 should you require transport

Wednesday 12th January	walk to be confirmed
Wednesday 2nd February	walk to be confirmed
Wednesday 2nd March	walk to be confirmed
Wednesday 30th March	walk to be confirmed
Wednesday 27th April	walk to be confirmed

We will announce the walk destinations nearer the walk dates. All walks will be weather permitting and subject to change. We would encourage suitable clothing footwear and bring along drinks.

A Network Partner of
CARERS TRUST

Bridgend Carers Centre
Tel: 01656 658479



Legal Advice with Howells Solicitors

If you need any legal advice regarding your caring role such as Power of Attorney; Continuing Health Care; Wills and Trusts etc. please ring Bridgend Carers Centre on 01656 658479 to book an appointment with a solicitor over the telephone or face to face at appointments at Bridgend Carers Centre

Friday 3rd December 2022 - AM
Thursday 6th January 2022 - PM
Thursday 10th February 2022 - PM
Thursday 3rd March 2022 - PM
Thursday 7th April 2022 - PM



Are you a Carer?

A carer is anyone who cares, unpaid for a friend or family member who has an illness, disability, mental health problem or an addiction and without whose support an individual cannot cope.

Carers, you are invited to
Nantymoel Memorial cafe Thursdays
10am-12:30pm

Cuppa and a Chat with Karen and meet with other Carers

Thursday - January 13th	Thursday - February 3rd
Thursday - January 20th	Thursday - February 10th
Thursday - January 27th	Thursday - February 17th
	Thursday - February 24th
Thursday - March 3rd	Thursday - April 7th
Thursday - March 10th	Thursday - April 14th
Thursday - March 17th	Thursday - April 21st
Thursday - March 24th	Thursday - April 28th

Get in touch 07375 918715
karen.evans@bridgendcarers.co.uk
Nantymoel Memorial cafe Thursdays 10am-12:30pm





**BRIDGEND
CARERS
CENTRE**

We are Rhiannon and Sarah the integrated carers hospital workers at the POW hospital. Carers may feel even more isolated and lonely at this time.

GET IN TOUCH:

07876 872235 / 07876 872236



Carers Integrated Support - Princess Of Wales Hospital

We have continued to support the staff at the Princess of Wales hospital, as well as the field hospital Ysbyty Seren. Both have been extremely busy supporting Carers, families as well as their patients. If you have any queries about health and/or social care and the support we can provide please get in touch.

We've been busy supporting as many carers and possible through this difficult time. We know there are cares out there who could benefit from our support and would really like to help them. Hospital visiting remains a difficult situation where loved ones may remain in hospital yet with very limited contact with their families. Please get in touch to see if we can help with

- *Discharge planning process from hospital
- *Best interest meetings
- *Liaison with social workers and care agencies
- *Liaison with GP's, district nurses, continence assessments, etc
- *Welfare benefits advice
- *Dementia support worker
- *Macmillan support worker

Rhiannon Griffiths 07876872235 - Sarah Jarvis 07876872236



A Guide To Caring For The Armed Forces Veteran Community



Who is this guide for?

This guide is for Armed Forces veterans and their friends and family who have caring responsibilities.

If you would like a copy of the guide please call 01656 658479

MACMILLAN patient and carer information and support worker Rhiannon Griffiths



It's been a difficult time for many people who are struggling with a cancer diagnosis, cancer treatment, and recovery as well. People are concerned about the relaxation in lockdown rules, yet grateful for the opportunity to get appointments for treatments. It's bittersweet for many. However, we continue to provide as much emotional and practical support as possible. This happens through a variety of channels such as

1:1 meetings

Liaison with Bridgend CBC, District Nurses, GP's, hospital staff, Counselling providers, food banks, housing and other third sector agencies.

A welfare and benefits review to ensure people are receiving everything they're entitled to. We've secured grants for patients and also for their Carers and families Rhiannon says, "I'm very lucky in my job role; I'm able to be flexible and go where the demand and needs are most urgent. I've supported patients with housing crisis, residential homes placements, and attending appointments. I also get to have a coffee and a chat with people who just need to see a different face and be calm."

We must say a massive thank you to the lovely people who came to our Macmillan coffee morning. We raised £105 for which we are very grateful.

If you have a cancer diagnosis, know someone with cancer, or supporting someone with cancer please do get in touch.

Please contact us on 01656 658479

Rhiannon Griffiths patient and carer information and support 07876872235

macmillansupport@bridgendcarers.org.uk

www.Macmillan.org.uk.

Macmillan helpline 0808 808 00 00 for support with

- * Cancer Information and Support – frontline staff, answering all incoming calls. 92,496 calls and web enquiries in were dealt with in 2020
- * Cancer Information Nurse Specialists – registered nurses who can answer more complex clinical questions and responded to 57,648 calls and web enquiries via the Support Line.
- * Welfare Rights – these are experts who offer advice on a maximising income for people affected by cancer, providing information on benefits entitlement, tax credits and grants.
- * Energy Advice - this team offers advice on support available to help people living with cancer keep warm without the worry.
- * Financial Guidance Service – staffed with experts who support people affected by cancer make informed decisions about their finances including pensions, insurance, mortgages and financial planning.
- * Work Support Service – delivered by experts who provide support to people affected by cancer with work issues and provide access to legal advice and assistance

Parent Carer News



The Wildflower Project – Sessions for Autistic Girls/ Young Women aged 11-25 years

We are very excited to announce that our Wildflower Project will be starting in the New Year. This project has been developed with a range of experts and aims to reduce barriers for girls with ASD, both diagnosed and undiagnosed.

Starting Saturday 15th January for 6 weeks. 11am onwards. Face to face – the younger participants will be starting on Saturday 15th January (after some Zoom introductions). Covering Mindfulness, EFT, Life Coaching, Technology try out, training around puberty, periods and sexuality, craft, dance and cookery.

Starting Wednesday 19th January for 6 weeks. 6.30pm onwards. Via Zoom – the older participants will follow the same sessions but these will mainly be delivered virtually. This project has been made possible by ICF grant funding.

Parent Carer Group Coffee and Craft Sessions - Midday-2.30pm

Join us for a range of different arts and crafts at our Parent Carer Group. Don't fancy doing a craft? Just come along for a coffee and chat instead. This group is open to all parents and guardians of children with disabilities up to the age of 25 years.

Tuesday 8th February – Willow Weaving

Tuesday 8th March – Flower Arranging

Tuesday 5th April – Craft with Kate from Craft Junction

These classes have been kindly funded by Carers Trust



Parent Carer Advocacy Training – in person and via Zoom

Tuesday 11th January – Bridgend Carers Centre. 12.30pm-2pm

Wednesday 12th January – via Zoom. Starts 7pm.



Jan, our Business Development Officer, is also qualified as an Independent Advocate. In these sessions she will provide an overview of what advocacy actually is, the different types of advocacy, where it fits into health and social care and how it can make a difference to individuals and carers? Join us for this beginner's guide to advocacy which will help in your journey as a Parent Carer. To book a place, please ring or email Davina

Parents of Autistic Girls Group – 7-9pm

Wednesday 12th Jan – via Zoom. This will be incorporate the Parent Carer Advocacy Training.

February – no group as we have Wildflower Sessions online.

Wednesday 9th March – via Zoom

Wednesday 6th April – via Zoom

Parent Carer Wellbeing Toolkit – with Laura Evans

Monday 24th and 31st January – 11am-2pm, at the Carers Centre

Feeling like you want to make changes, reduce stress, increase wellbeing and generally shake off those January blues?

Week 1 - Understanding of link between mind and body, how we react to stress, bodily symptoms of stress, managing unhelpful thought patterns and how we can help ourselves.

Week 2 - How we can make changes, and how to set goals, experiencing relaxation and developing our own tool kit of coping skills. Please book a place by contacting Davina

Useful Contact Numbers

Bridgend Assoc. of Voluntary Organisations 01656 810400

Social Services	01656 642279
Porthcawl Counselling	01656 786486
Trinity Care & Support	01656 782104
Age Connects Morgannwg	01443 490650
Bridgend Care & Repair	01656 646755
Princess of Wales Hospital	01656 782752
Carers Allowance Helpline	0345 6084321
Dept of Work & Pensions	0800 0556688
Citizens' Advice Bureau	0844 4772020
Samaritans	0845 790 9090
Carers Wellbeing Service	01656 336969
Carers Trust Wales	02920 090087
Carers Wales	02920 811370
NHS Direct	0845 4647
Mental Health Helpline	0800 132737
NHS Direct	111
Hafal	01792 816600
Hafal Out Of Hours	07702 886963



Mayor John Spanswick Fundraising



Donations received since 1st September 2021

DWP Bridgend	£66.11
Choir donations	£233.00
Trip donations	£300.00
Carer donations	£173.00
Café Raffles	£332.00
Donation Pots	£50.17
Therapy donations	£110.00

We would like to thank you all for your very kind donations.



As the Mayor of the County Borough of Bridgend I have decided to support two local groups and raise as much funds as possible for them to continue with their valuable work. They are Lads & Dads who are a group dedicated to supporting mental well being amongst men, and Bridgend Carers Centre who support carers of all ages across a wide range of caring roles. My wife Susan as Mayoress will be helping me as Mayor Cllr. John Spanswick raise funds for these causes.

There will be other fundraising events in due course with a tentative date of early April 2022 for a Welsh 3 Peaks challenge taking place with this being the final event in a year of fundraising. Therefore if you are able to make a donation this will be greatly appreciated and I would like to thank you in advance for taking the time to read this and for any donation made.

KEEPING IN TOUCH

WE WOULD LIKE TO REQUEST HOW YOU WOULD LIKE BRIDGEND CARERS CENTRE TO KEEP IN TOUCH WITH YOU? WE WANT TO BE ABLE TO CONTACT YOU AS QUICKLY AS POSSIBLE SO PLEASE TELL US WHAT IS THE MOST CONVENIENT? BY TEXT, BY PHONE, BY POST, BY EMAIL. PLEASE LET US KNOW WHAT YOUR PREFERENCES ARE AND UPDATE YOUR DETAILS.



Carers Emergency Action Plan

A Carers Emergency Action Plan is there so that the person you are caring for is supported at the earliest opportunity and you have peace of mind that there is something in place.

As carers we like to think that we will always be there when needed but sometimes this is not possible. This could be for many reasons, such as:

- You may suddenly become unwell or be injured and be unable to carry out your usual caring role even if you are not in hospital.
- Unplanned admission to hospital following an accident or a medical emergency
- You may have a domestic emergency which must be dealt with (i.e. fire, flooding)
- Family emergency, such as a relative or other dependent being taken ill or a death in the family
- Risk to your employment on a particular occasion. For example, unexpected or unplanned changes to your usual work routine, such as a need to travel away from home/work base.
- Breakdown of care arrangements

Contact Bridgend Carers Centre:

enquiries@bridgendcarers.co.uk • 01656 658479

Bridgend Carers Centre, 87 Park Street,
Bridgend, CF314AZ



@bridgendcarers
bridgendcarers.co.uk

