



A Network Partner of  
**CARERS TRUST**



# Contact

## Keeping in touch with carers

**IN THIS EDITION**

**Benefits Advice**

**Carers Choir**

**Veteran Carers Update**

**Walks & Trips**

## We Are Back!

### Return of the Carefree Community Café

It has been so good to see carers new and old attending the Carefree Community Café since it opened up again on Wednesday 21<sup>st</sup> July 2021.

We have been lucky with the weather and have been able to hold the café in the garden at the Carers Centre. As Autumn approaches, we will move indoors with safety measures in place.

If you would like a coffee and a chat, the café is held between 12 and 2pm every Wednesday at the Carers Centre. Come along and join us!

In addition if you have any raffle prizes you would like to donate to the centre, please contact us. These will help to raise funds to support carers across Bridgend.

We hope in the months to follow we will be able to extend our services and increase our activities for carers at the centre and within the wider community.



**Bridgend Carers Centre 87 Park Street Bridgend CF31 4AZ**  
**Tel: 01656 658479**  
[enquiries@bridgendcarers.co.uk](mailto:enquiries@bridgendcarers.co.uk)

[Find us on Facebook](#)  
[www.bridgendcarers.co.uk](http://www.bridgendcarers.co.uk)

Charity No. 1125921  
ISSUE 67 Sept 2021  
**Chwarae Teg**



If you enjoy reading and wish to meet other carers. This is the group to be part of. You will have an opportunity to read different books and to share your views and exchange your ideas

2.00 p.m. Monday on Zoom - CONTACT KAREN - 07375918715  
Or email: karen.evans@bridgendcarers.co.uk

The recently formed Carers Centre Book Club is proving a hit with members who meet together weekly on Zoom to discuss a range of books.

A range of contemporary books have been featured so far, with members reading a manageable section of each book prior to the weekly discussion.

Titles covered have included, 'The Beekeeper of Aleppo' by Christy Lefteri, a beautifully written and moving novel about refugees. Also read was 'The Salt Path', by Raynor Winn in which the true story of a couple's inspiring positivity in the face of adversity is explored. More recently, members were entertained by a new Robert Galbraith detective novel in the 'Strike' series. Currently we are experiencing a very 'different' American book which will surely provoke some lively and varied reactions!



Members of the Book Club hope others of you will consider joining us to experience the pleasure of unpressurised reading and discussion which can help give a purpose and structure to life plus lighter moments of laughter and friendly contact with others. Try it and find out for yourself! C.M

Book Club; the plot, discussions, laughter & camaraderie with other carers on weekly zoom calls allowed me to get the old grey matter working again and lifted my spirits in a way I didn't think possible! My thanks to Bridgend Carers and to Karen in particular, who guides our little group with such professionalism. I absolutely adore Book Club and without doubt, it's been the highlight of my life during lockdown

and since. Thank you, thank you, thank you! GOK.

Book club on zoom has been wonderful during lockdown. I've read books I would never have chosen myself and it's so interesting hearing everyone's different opinions. The hardest part is not reading further than Karen tells us and then making sure I don't spoil the plot for others.

Thank you so much Karen for organising it all so well. L.J 😊

I was introduced to the Book Club by Karen who very kindly delivers the books and hooks us readers up each week. The club is a mix of different people with different understanding and different circumstances, however the club works really well, we listen to each others views, we discuss the plots, we talk about how our own experiences have made us look at the scenarios sometimes in a different way and can empathise with the character, or dislike them! Each book we read is very different from the previous and we are encouraged (very gently) by Karen on the weekly segment to read! I have found myself looking forward to meeting up online with my fellow readers, it's perfect as I am at home and on hand if needed but doing a session for 'me', it's a bit of 'me' time during an always busy day. I would recommend fellow carers to give it a try, the more opinions and insights we have make reading even more enjoyable. R.L

The book club has given me a wonderful opportunity to read books outside my usual choice. It has given me a wonderful opportunity to explore new authors and it is so lovely to meet and discuss the books read with lovely people. Reading is a lovely hobby which allows us to escape from our day to day activities. I have really appreciated the book club and would definitely recommend it. S.O



## Hafal's services in **BRIDGEND**



Hafal is an organisation managed by those it supports: people with serious mental illness and their carers.

Hafal's Recovery Programme in Bridgend is delivered through the following services:

### **Family Support & Advocacy Service:**

provides one-to-one support, a telephone helpline and group support for carers of people with serious mental illness throughout Bridgend. Services include emotional support, practical advice on carers issues and rights, signposting to other services and information/advice about mental health services.

### **Referral arrangements**

Carers can self refer, referred by family members, CMHT's or GP's

**Andrea Breeze**

**Tel:** 07811 806976

**Email:** andrea.breeze@hafal.org

### **Opening Hours**

**Mon, Wed, Fri** 10am-5pm

### **Out of hours helpline**

**07702 886 963**

**Mon-Fri** 5pm-8pm

**Sat-Sun** 10am-2pm

### **Breaks for Carers**

**(Seibiant):** the seibiant short break service is a supporting scheme available to carers of those affected by a serious mental illness. The support to the cared for is on a one-to-one basis to meet the need of the individual and the carer.

### **Referral arrangements**

Carers can self refer, referred by family members, CMHT's or GP's

**Debbie Osborne**

**Tel:** 07813 120317

**Email:** debbie.osborne@hafal.org

### **Service User & Carer Participation Service (SUCPO):**

This service empowers service users and carers from across the Borough of Bridgend to participate meaningfully in the development and evaluation of services.

If anybody is interested in being involved, please contact:-

**Lucy Williams**

**Tel:** 07971 970706

**Email:** lucy.williams@hafal.org

## 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 CF31 4AZ

01656 658479

enquiries@bridgendcarers.co.uk

www.bridgendcarers.co.uk



Registered Charity Number:  
1125921



## BRIDGEND Carers Centre



### Leave a gift in your will

*Show You Care*



## Parents of Autistic Girls Group

**with the Parent Carer Support and Wellbeing Project**

This group supports parents, and other family members, of girls who have autism, up to the age of 25 years living in the Bridgend area. A formal diagnosis is not essential.



Join us for support, training, information, group chats and guest speakers.

**Meeting, via Zoom, the second Thursday of every month at 10am and in the evening at 7pm.**

Morning meetings will be at the centre from September if restrictions allow.

Contact Davina on 07497 332253 or email [carerswellbeing@bridgendcarers.co.uk](mailto:carerswellbeing@bridgendcarers.co.uk) for further information

Partner Rhwydwaith o  
**YMDDIRIEDOLAETH  
GOFALWYR**

A Network Partner of  
**CARERS  
TRUST**

**BCC are closed for the Christmas break from Friday 17th December 2021 until we return on Tuesday 4th January 2022. However there will be limited telephone support during this time and an answerphone facility for messages which will be answered on our return.**



LOCAL COMMUNITY COORDINATORS (LCC)  
FOR THE BRIDGEND VALLEY AREAS



**Are you, or someone you know?**

- Finding things difficult in everyday life?
- Feeling lonely or isolated?
- Lacking in confidence to do the things you want to do?
- Looking after a family member, friend, neighbour or loved one?

**Referrals**

**What is the criteria for LCC support?**

There is no criteria for LCC. LCC's can work with people of any age, who live in the allocated LCC area. If you have any questions about how we can possibly help just give us a call.



Hi I'm Kevin Mably the LCC for the Garw Valley:  
Blaengarw, Pontycymmer, Llangeinor, Bettws, Brynmenyn,  
Tondu, Ynysawdre and Aberkenfig  
Mob: 07794 052489 Email: Kevin.Mably@bridgend.gov.uk  
Facebook Kevin Mably GarwValley LCC



Hi I'm Maria Bennett the LCC for the Ogmore Valley:  
Evanstown, Nantymoel, Ogmore Vale, Lewistown, Pantyrwel,  
Blackmill, Bryncethin, Bryncoch and Sam.  
Mob: 07813 002525 Email: Maria.Bennett@bridgend.gov.uk  
Facebook Maria Bennett



Hi I'm Sara Brown the LCC for the Llynfi Valley:  
Coytrahen, Llangynwyd, Maesteg, Cwmfelin, Nantyllyn,  
Garth and Caerau.  
Mob: 07815 579082 Email: Sara.Brown@bridgend.gov.uk  
Facebook Sara Brown Llynfi LCC



## Welfare Benefits Advice

Hello. My name is Claire Roberts and I am the Welfare Benefits Advisor. I have been with the Bridgend Carers Centre since the 21<sup>st</sup> June and I am really enjoying being a part of such a friendly team. I am no stranger to the Third Sector having worked with the Organisation "Care and Repair" since 2003 with the last four of those years having been spent with Bridgend County Care and Repair. Please do not hesitate to contact me here at the Carers Centre where I can help with anything from general advice to the more practical art of form filling. Appointments can take place over the telephone, at the office or at your home – whichever is easier for you. I look forward to hearing from you.



# Carers CHOIR



CALLING ALL CARERS WHO LOVE TO SING!

FOLLOWING A 4 WEEK TRIAL IN JULY, BRIDGEND CARERS CENTRE ARE PLEASED TO ANNOUNCE THE CONTINUATION OF OUR CHOIR.

SESSIONS WILL RESTART EVERY TUESDAY 1-2PM AT BRIDGEND CARERS CENTRE FROM TUESDAY 7<sup>TH</sup> SEPTEMBER. SINGING MAKES EVERYONE SMILE AND BE HAPPY SO PLEASE COME ALONG AND GIVE IT A GO. ALL SINGING ABILITIES WELCOME. £3 DONATION. FOR MORE INFO, CONTACT SARAH OR BEV ON 01656 658479.



Dates to follow for  
October and  
November

**Book  
NOW!**

**SPATOGO** *SkinTherapy*

Included in your Class Experience:

- A 75-min live Online Tutorial on how to use your products
- Your TEMPLE SPA prescription facial products delivered to your door, incl.
  - Cleanser
  - Mask or Mask & Scrub
  - Toner
  - Special attention (e.g. neck or eyes)
  - Moisturiser



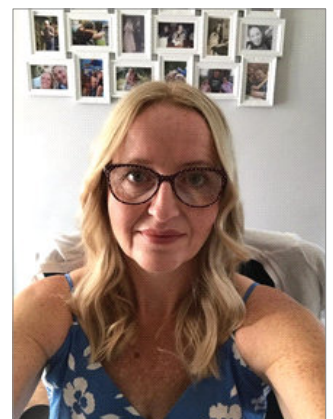
SPATOGO  
LOVE YOUR LIFE



Please book by texting Davina on 07497332253 or emailing [carerswellbeing@bridgendcarers.co.uk](mailto:carerswellbeing@bridgendcarers.co.uk)

## New Parent Carers Support Worker

My name is Sarah Stevens, wife to Chris and mum of 2 beautiful girls, Emily, 14 and Isabelle, 17. Isabelle has Down Syndrome, and for the last 6 years I have been her full time Carer. Life is not without its struggles, but like a lot of parents of children with disabilities, I have never saw myself as a 'parent carer'. However, recognising my caring role has enabled me to get support from the centre and for my younger daughter to receive young adult carer support too. I'm very excited about being part of the team at the Carers Centre, and through my role, I hope I can support others in the same way the Centre has supported me.





# Young Adult Carers

With the guidelines easing up a bit after the Easter holidays we have managed to get back in to face to face working and delivering one to one support sessions. This was also great news as the YAC's had really missed coming to group at the centre and going on the trips for a chance of respite from their caring role. We have been lucky enough to use our wonderful garden at the centre to meet up and have a BBQ in the sunshine.



We arranged a live Italian cooking session in the garden with 'Cook Stars' for the YAC's and everyone who got involved had so much fun. They made their own pizzas, dough balls, a side salad and tiramisu for dessert. This was a great activity to develop new culinary skills and get to enjoy the meal afterwards.

We celebrated Carers Week by sending all our YACs a sweetie treat box to reward them for all their hard work being a Young Adult Carer.

We took our YAC's to Tee-Rex mini golf in Cardiff – A great day was had by all.



We had a trip to Hollywood Bowl in Cardiff and had bottomless pizza in Bella Italia.

Throughout the summer holidays we delivered skills sessions at the centre including; Coping Skills, Future Planning, Money Management and Mindfulness Journals. This was run through BAVO's summer of fun funding. The YAC's and Young Carers really enjoyed taking part in these sessions and gained lots of new skills.



## Coming up:

We will continue to run our groups 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](mailto:alissa.bevan@bridgendcarers.co.uk).







# 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





# iPads for Carers - Bridgend County Borough

If you are looking after someone, whether it's a neighbour, spouse, sibling, parent, child, and you think having access to an iPad with free internet on it could help you, we can help.

Awen Libraries is running an iPad loan scheme with the support of Connecting Carers, a project set up to support anyone in a caring role to access

support, connect with others, keep in touch with family or use for any activities that can make life easier and support well-being.



You can borrow an iPad from any library in Bridgend borough - simply call or email Paula Lunnon -[paula.lunnon@wales.coop](mailto:paula.lunnon@wales.coop) or call on 07776 961253 or speak to Rob Jones at the library on 01656 754840 or email [libraries@awen-wales.com](mailto:libraries@awen-wales.com).

The library staff will be on hand to help you learn how to use the iPad, and there are courses (absolute beginners 1hr long) that you can do to develop your skills, or you can join free group activities for you or the person you are caring for.

It's free to loan an iPad, and it's free to join the library so give us a call or pop us an email.



**BRIDGEND  
CARERS  
CENTRE**



## Mindfulness with Laura Evans for Parent Carers Starting Thursday 16<sup>th</sup> September 7pm via Zoom

The 8 week Mindfulness for Carers course aims to give Carers the tools to live well, alongside being a carer, so that you can find a sense of peace, calm and joy. The course teaches you mindfulness and compassion based tools that you can apply to your everyday lives to be able to manage the stress and anxieties that come along with a caring role.

### You will learn:

- how our bodies and minds react to stress and can lead to mental and physical health conditions
- how meditation practices can help reduce this stress
- how to avoid feeling exhausted and overwhelmed through mindful practise

**Please book on to the course by texting Davina on 07497332253 or emailing [carerswellbeing@bridgendcarers.co.uk](mailto:carerswellbeing@bridgendcarers.co.uk)**



Helping over **50s**  
Put plans in place  
for a positive future.

**Mid-Career Review  
Webinars**



Mid-Career Review webinars offer an opportunity for individuals aged 50+ who are in work or seeking work to reflect and take a fresh look at inter-related areas of their life, helping them make and put plans in place for a positive future.

These **free** webinars, which last around one hour, provide an overview of four key areas: Job/Career; Health and Wellbeing; Finance; and Work-Life Balance, and aim to help attendees feel informed and confident about choices that will impact their future.

**Benefits of attending a Mid-Career Review webinar include:**

- Opportunity to reflect and consider wants and needs for the future
- Become more informed on where to seek guidance on relevant topics
- Develops resilience to deal with personal and professional challenges
- Helps to improve health and wellbeing
- Enhances confidence to focus on plans and make changes

Click [here](#) to find out more and register for an upcoming Mid-Career Review webinar, or email Anna Nash, Age at Work Programme Support Officer at [anna.nash@bitc.org.uk](mailto:anna.nash@bitc.org.uk).

Mid-Career Review webinars are part of the **Age at Work programme**, delivered by Business in the Community in partnership with Age Cymru, which supports people over 50 to remain in or return to work.

# Popular magazines and audiobooks are now available to download



We are pleased to announce that more than 3,000 popular magazines and audiobooks are now available to download and read on any device 24/7. This is in addition to the thousands of audiobooks and e-books already available from BorrowBox. Users with a library card can read digital magazines on Libby, the award-winning reading app from Overdrive ([overdrive.com](http://overdrive.com)), or by visiting Downloads – Awen Libraries ([awen-libraries.azurewebsites.net/downloads/](http://awen-libraries.azurewebsites.net/downloads/))

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Named by Popular Mechanics as one of the top 20 apps of the decade, Libby connects first-time users and experienced readers alike with Awen Libraries' digital collection. Readers can browse and borrow titles instantly and then start reading for free with a valid library card. This service is compatible with all major PCs and devices, iPhone®, iPad®, Android™ and Chromebook™ phones and tablets. All titles automatically expire at the end of the loan period and there are no late fees. Readers can also download titles to Libby for offline use.

To get started, download Libby or visit our Downloads page to access magazines and audiobooks via the web browser.



**BRIGDEND CARERS CENTRE**

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

**Dementia Carers Group**

Starting on Thursday 5<sup>th</sup> August between 1 - 3pm at Bridgend Carers Centre

**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.

**Starting on Thursday 5<sup>th</sup> August between 1 and 3pm at Bridgend Carers Centre and the first Thursday of every month thereafter.**

**Get in touch**  
**07876 872236**  
[sarah.jarvis@bridgendcarers.co.uk](mailto:sarah.jarvis@bridgendcarers.co.uk)



# News From The Garden



Summer has allowed us to be even more productive in our garden. It has been lovely to welcome new volunteers to the garden, who have all helped immensely. Together, we have cleared countless weeds, tidied up borders, painting, put in new plants, and built furniture. Unfortunately, there were some casualties; we had to say goodbye to the ash tree, it had developed a disease and was a health and safety concern.

As the garden is starting to take shape, we have now been able to host events in various guises all through the summer. It is brilliant to have a usable outdoor space. This is still just the beginning of this project, and we look forward to seeing it really develop in the coming years. Many thanks to the numerous carers and members of the public who have kindly donated many plants, trees, shrubs, flowers, and ornaments to us and given up their time.





# Young Carers Service

Since April we have continued to support young carers through one to one sessions, keeping in line with government guidelines regarding Covid-19 we have been able to return to schools and meet young carers in person.

We have continued with our Teen Group (ages 13-17) and had a lot of fun during the summer holidays! In June we enjoyed the weather in our garden at Bridgend Carers Centre. Our Young Carers decorated plant pots and pebbles for the garden and also had a Nandos! We also had a movie night at the centre where we enjoyed popcorn and watched a Marvel movie!

In July we had our first trip in a long time where we went to Margam Park. We were lucky enough to have amazing weather and the young carers enjoyed their time on the go karts and having pizza in the park.



Through working with BING and Karma Seas we were able to schedule 2 surfing sessions for some of our young carers. They had so much fun riding the waves at Coney Beach.

We have continued with the Young Carers Book Club, meeting regularly to discuss and choose a new book for each month whilst having lunch in the garden!

We are currently running an online mindfulness course for young carers aged 11 - 18 every Thursday via Zoom. 'Dot-be' is specifically for young people and teaches the skills of being in the present, recognising and coping with worries, managing emotions and taking in the good.

## Upcoming Activities

September – Teen Group with Activities at the Centre

October Half Term – Cinema/Food Trip to Cardiff Bay

November - Teen Group with Activities at the Centre

22<sup>nd</sup> December – Christmas Trip to Wales' Millennium Centre to see Beauty and the Beast

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](mailto:Jessie.haig@bridgendcarers.co.uk) for more information on our Young Carers Service.





Rhiannon has been busy this summer supporting patients and Carers who are affected by cancer. "I'm delighted with the support that we can provide for families, this includes benefits, social activities, counselling referrals, peer to peer support and the very popular Buddy scheme. The new service where people can receive a regular email from Macmillan has been very well received as well." If you have any questions around Cancer then please do get in touch.

Macmillan helpline is 0808 808 00 00 - [www.macmillan.org.uk](http://www.macmillan.org.uk)

## Macmillan coffee morning

The Macmillan coffee morning is on Wednesday 22nd September 12pm to 2pm at Bridgend Carers Centre

Please come along and join in the fun.

## WHATSAPP GROUP

WhatsApp group facilitated by Rhiannon Griffiths. Please contact me on 07876872235 if you'd like to join in the conversation. I enjoy catching up with Carers and their messages every day. It's a little window of support for anyone who would like to join. There's regular updates and peer to peer encouragement. People are reassured that there's a source of support tucked away in their pockets – always ready at a moment's notice.



**BRIDGEND CARERS CENTRE**

### Carers' Catch up

Are you a carer? Would you like to make contact with other carers in your area?

Bridgend carers centre are launching a carers' catch up session via Zoom every Wednesday at midday. Invites will be sent out in advance along with joining instructions.

We'd like to invite you to come along, bring a cuppa and get ready for some silliness to brighten up our autumn days.

Let's get together, support each other, make some friends and know that you are not alone!

#### Joining instructions

- If you'd like to drop in on our zoom meeting please let me know. Please e-mail [Rhiannon.frances@bridgendcarers.co.uk](mailto:Rhiannon.frances@bridgendcarers.co.uk)
- You'll need to install Zoom on your device. If you have any questions please ask!
- If technology is not your thing, please do get in touch. We can arrange a friendly catch up phone call to make sure you don't miss out.

**Looking forward to seeing you all soon!**  
[Rhiannon.frances@bridgendcarers.co.uk](mailto:Rhiannon.frances@bridgendcarers.co.uk)  
01656 658479 • 07876872235



## 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

# Recruiting New Trustees

We are currently looking to recruit new trustees, not only those interested in carers' issues and support for Bridgend Carers Centre but particularly those with the following business skills and experience :-

Finance, Marketing, Fundraising, Health and Safety, Team Working.

So if you have an interest in, or knowledge of, any of these you would be particularly welcome to apply. We need people who can help Bridgend Carers Centre towards achieving its vision and ensure the organisation is effectively managed. You would need to be able to make a commitment to Bridgend Carers Centre and above all, be committed to making a positive difference to carers' lives in Bridgend County Borough. A willingness to support future development of the Carers Centre, interest in carers issues, willingness to express ideas is essential. Previous experience of committee working will be desirable.

We will pay trustees' travel expenses and provide an induction into Bridgend Carers Centre's work and training if required. Please email [enquiries@bridgendcarers.co.uk](mailto:enquiries@bridgendcarers.co.uk) if you are interested in a position as a trustee and to request an application form. Or call 01656 658479

## 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.

A promotional graphic for Bridgend Carers Centre. It features the organization's logo in the top left corner. The background is orange with a blue circular graphic on the right showing hands holding a smartphone displaying the logo. The text is white and blue, providing contact information and support services.

**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**



# Armed Forces Carers/Cared For - Update

We've been busy the last few months supporting Armed Forces Carers and Veterans in the best way that we can. We have primarily focused our efforts on Porthcawl Veterans Hub as this is an easier place for Veterans and Serving Members to meet. During this period we have provided WIFI to the hub to help when members visit as well as supporting the hub to provide services for the food pantry which they also run and WIFI helps with that task.

We were fortunate enough during Carers Week to have a visit from 2 of our Senedd Members and able to have Veterans explain first hand some of the services they see as being crucial in the area that are either limited or not



Maria with Sarah (Senedd Member)



Chris chatting with Huw (Senedd Member)

## WOULD YOU LIKE TRANSPORT TO VISIT PORTHCAWL VETERANS HUB?

We are able to provide free door to door transport to the Hub on Saturday mornings at least once per month. If you'd like to visit the hub and meet follow veterans then please call 01656 658479 and ask to speak to Al. We'll then let you know when the next transport is arranged. The hub meets at Griffin Park in Porthcawl at 11am each Saturday.



Tai Chi At Porthcawl Veterans Hub

## ADULT PAINTING BY NUMBERS AVAILABLE

We are able to provide adult painting by numbers kits to Serving Armed Forces/Veteran Carers & Cared For. Please call 01656 658479 if you like us to deliver one to you. This Spit Fire was painted from one of our kits by a Veteran. We also have a limited amount of Tablet Devices for carers/cared for who are serving or have served in the Armed Forces.







# 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 setup 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

10.30am at meeting point	contact the Centre 01656658479 should you require transport.
Wednesday 1st September	meeting at The Farmer's Arms, St Bride's.
Wednesday 22nd September	walk to be confirmed
Wednesday 13th October	walk to be confirmed
Wednesday 3rd November	walk to be confirmed
Wednesday 24th November	walk to be confirmed
Wednesday 15th December	walk to be confirmed.

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

A Network Partner of

# CARERS TRUST

Bridgend Carers Centre  
Tel: 01656 658479





breathing  
space

Starting  
**Monday, 16.08.21**  
**1:00pm - 2:30pm**

# Bridgend

Mental Health Matters Wales,  
Union Offices,  
Quarella Road,  
Bridgend















Free weekly drop in sessions for 18-30 year olds to build confidence and communication through creativity

Contact [helo@taniocymru.com](mailto:helo@taniocymru.com) for more information and to book a space



## Upcoming events and activities

AUGUST, 2021

 <b>02 BOOK CLUB</b> AUG	 <b>04 WEEKLY COMMU...</b> AUG	 <b>04 CARERS CATCH-...</b> AUG	 <b>09 BOOK CLUB</b> AUG
 <b>11 WEEKLY COMMU...</b> AUG	 <b>11 CARERS CATCH-...</b> AUG	 <b>12 PARENT OF AUTI...</b> AUG	 <b>16 BOOK CLUB</b> AUG
 <b>18 WEEKLY COMMU...</b> AUG	 <b>18 CARERS CATCH-...</b> AUG	 <b>23 BOOK CLUB</b> AUG	 <b>25 WEEKLY COMMU...</b> AUG
 <b>25 CARERS CATCH-...</b> AUG 0:03:27 Time Left	 <b>30 BOOK CLUB</b> AUG		

## Coming Soon

We've been working hard on putting our new website together which we will be launching soon. One of the many enhancements to the new site, will be the ability to see all our events in a calendar format online, get all the details and keep up with whats going on at the Centre every week. We're excited about providing day by day and week by week info about our events and services.

## One Day Moving and Handling Course for unpaid carers

Essential training and advice if you are manually handling or lifting as part of your caring role.

Venue: Steddy, Trewsfield, Bridgend CF31 4LH

Date: To be confirmed – dependant on restrictions

Time: 9.30am -3.30pm

(Please bring your own lunch)

Following the course last year one carer said...

'The course was brilliant. It was so worthwhile and I learned so much. The trainer was very patient and aware of what family carers need. I would recommend any carer who is caring for someone with mobility issues to attend....Thank you to the Carers Centre for putting on this course' – Gill (Cares for husband)



Ring Bridgend Carers Centre on 01656 658479 to register interest.



**BRIDGEND  
CARERS  
CENTRE**

**Are you  
a Carer?**



Carers, you are invited to  
Nantymoel  
Memorial Café on  
Thursdays  
10.00am - 12.30pm

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.

If so and you would like to meet other carers within your community, come and join Karen, Carers Link Worker at The Café at Nantymoel Memorial hall, Thursdays at 10.00 a.m -12.30 p.m.

**Get in touch**  
**07375 918715**  
karen.evans@bridgendcarers.co.uk



## Christmas Shopping in Cardiff with Bute Park Lights

### Thursday 9th December 2021

Why not join us on our delightful shopping trip to Cardiff on Thursday 9th December. We will leave Bridgend (Hope Chapel) at 11.30am. On arrival in Cardiff you will have free time until 4.15pm. We will then meet up at Bute Park to enjoy the "Magical Light Trail" before joining our coach at approximately 6.30pm for our journey home.

**CARERS  
TRUST**

Spaces on this trip are limited so please book early. Cost £10 per person.

# CHRISTMAS AT BUTE PARK



# Parent Carer News

It's been another very busy few months in the Parent Carer project. Our fantastic support worker, Elinor, sadly had to leave the project in March but we would like to welcome Sarah into the team. As a Parent Carer herself, Sarah understands how important it is to get support and is looking forward to working with you all.

## What have we been doing?

We've had a few lovely sessions in the garden and via Zoom over the past few months:

- Heart Willow Wreath Making
- Painting Workshop
- Italian Cookery Course
- 5 sessions of Family Mindfulness
- 4 Parents of Autistic Girls groups

We have offered support:

- Several more parents have completed life coaching
- 7 parents have accessed Carer Trust grants
- Around 10-15 support calls have been made every week
- Liaison and referrals have been made to Platform, Special Families, Inclusability, NAS Bridgend, Young Carers and Young Adult Carers

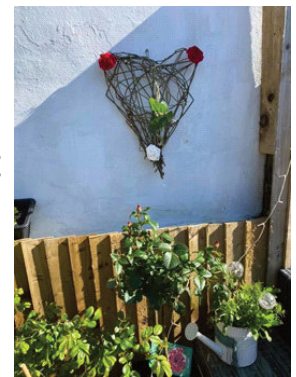
## Exciting News!

Alongside all the support work, and groups, we are always looking to develop the service further and we are very excited to announce that we have been awarded ICF funding.

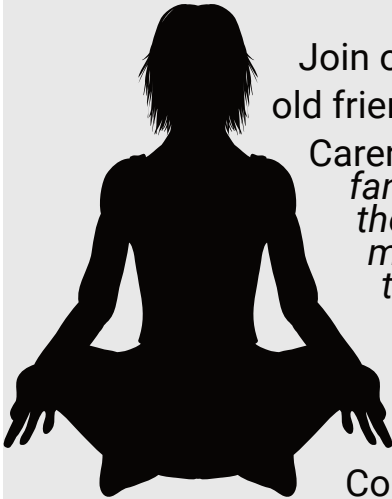
Our new project, **The Wildflower Project**, will be working with girls/young women with ASD who are, or have been, in mainstream education. This project will support families to develop resilience and understanding and will offer opportunities such as life coaching, surfing, dance sessions, training and using technology in a safe, non-judgemental setting.

## The Return of the Parent Carer Group

First Group 5<sup>th</sup> October 12.30-2.30pm at the Centre



# Yoga



Join our weekly Yoga class with Gail every Friday 10am -11am. Join old friends and new at Nolton Church Hall.

Carers have said:- *"Oh my gosh its meant everything to me – fantastic. It's like putting all your problems in a box and leaving them here. Lovely to feel normal for an hour. It's amazing to meet up with friends in a safe environment with a great teacher Gail"*

Through putting in place rules on safe handwashing, sanitising, PPE and social distancing we can help keep you safe and well.

Come along and enjoy this ancient form of exercise which focuses on strength, flexibility and breathing. It costs £5.00 per session. **You will need to bring along your own yoga mats and masks. After the session there will be an opportunity to meet over a cuppa.**



## 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

## Therapy Thursday Returns

We are extremely pleased to announce the return of 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:

Thursday 16th September

21st October

18th November

16th December

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





## APPLE & BLACKBERRY CRUMBLE

Make the most of nature's best, pick some beautiful blackberries and cooking apples and create a dish that becomes a family favourite.



Truly delicious  
yum, yum !!

### Ingredients

#### For the crumble topping

- 120g plain flour
- 60g caster sugar
- 60g unsalted butter at room temperature, cut into pieces

#### For the fruit compote

- 300g Braeburn apple
- 30g unsalted butter
- 30g demerara sugar
- 115g blackberries
- ¼ tsp ground cinnamon
- vanilla ice cream, to serve

#### • STEP 1

Heat oven to 190C/170C fan/gas 5. Tip 120g plain flour and 60g caster sugar into a large bowl.

#### • STEP 2

Add 60g unsalted butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.

#### • STEP 3

Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.

#### • STEP 4

Meanwhile, for the compote, peel, core and cut 300g Braeburn apples into 2cm dice.

#### • STEP 5

Put 30g unsalted butter and 30g demerara sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.

#### • STEP 6

Stir in the apples and cook for 3 mins. Add 115g blackberries and ¼ tsp ground cinnamon, and cook for 3 mins more.

#### • STEP 7

Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.

#### • STEP 8

To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream and some chopped hazelnuts.



## National Open Garden Scheme

Thursday 9<sup>th</sup> September 2021

Departing Hope Chapel 12.00 Midday

**We will be joining Mike O'Leary at his beautiful garden at Hillcrest Cefn Fforest, Blackwood, Caerphilly**

A cascade of secluded gardens of distinct character, all within 1½ acres. Magnificent, unusual trees with interesting shrubs, ferns and perennials. With choices at every turn, visitors exploring the gardens are well rewarded as hidden delights and surprises are revealed. Well placed seats encourage a relaxed space to fully appreciate the garden's treasures. Our garden visit includes MIKE'S SPECIALITY CREAM TEAS. If you would like to join us on this trip please call Bridgend Carers Centre on 01656 658479 to secure your place.



A Network Partner of  
**CARERS TRUST**

A promotional graphic for Bridgend Carers Centre. It features the organization's logo on the left, a central illustration of hands holding a smartphone displaying the logo, and a background of question marks and information icons. The text is in white and yellow on an orange background.

**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.

Rhiannon Griffiths 07876872235 Macmillan Patient and Carers information and support and general support Sarah Jarvis 07876872236 Dementia specialist support and general support



## 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

## Donations received May – August 2021

Masonic Lodge Bridgend	£100.00
Carer donations	£333.00
Carers Week donations & Raffle	£169.00
Wellbeing donations	£414.20
Trip donations	£160.00
Paypal donations	£79.14
Easy fundraising donations	£31.81
Café Raffle	£56.10
Carer Baking donations	£567.00



## 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.



## Mayor John Spanswick Fundraising




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 with the first event being Susan taking part in a Tandem Skydive on Saturday 14th. August 2021. The event will be filmed and hopefully be shared in due course for all to see.

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.





  
**Self Worth**

“ When you try to make things better for a lot of people, you may end up making things worse for yourself. A little self sacrifice is noble, but depriving yourself of too much will only leave you depleted. By that time, most people won't even realize that you need anything, because you're the one who has always given. Take care of yourself. Self preservation is not selfish, it's essential for living a full and happy life. ”

