



A Network Partner of  
**CARERS  
TRUST**



# Contact

## Keeping in touch with carers

**IN THIS  
EDITION**

**Carers Week  
Activities**

**Veteran Carers  
Update**

**Quizzes and  
Crossword**



## CARERS WEEK JUNE 2021

During Carers Week from Monday 7<sup>th</sup> June until Sunday 13<sup>th</sup> June we will be celebrating the massive contribution carers make. We will be highlighting your caring roles and the impact you make to the economy on our social media networks throughout the week. 2020/21 has been a dreadfully challenging year for you all.

We hope you will feel confident in joining some outdoor activities and enjoying our newly refurbished garden space, courtesy of our Gardening Project Co-ordinator and volunteers.

- Monday:** Online Launch of Bridgend Carers Centre Website  
Book Club and Cuppa – Bridgend Carers Centre Garden
- Tuesday:** Carers Walk and Talk, Parent Carer Craft Sessions in the Garden
- Wednesday:** Launch of Bridgend Carers Centre Garden with a Social Drop –  
In, Name our Garden Competition plus more. Zoom Catch up and cuppa
- Thursday:** Garden Planter Box and Bird Feeder Workshop at BCC Garden
- Friday:** Yoga Class – Nolton Church Hall

Subject to Welsh Government restrictions and inclement weather. It is essential to ring 01656 658479 to book your place. All efforts will be made to minimise risks.

**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 66 MAY 2021

**Chwarae  
Teg**



# 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 :-

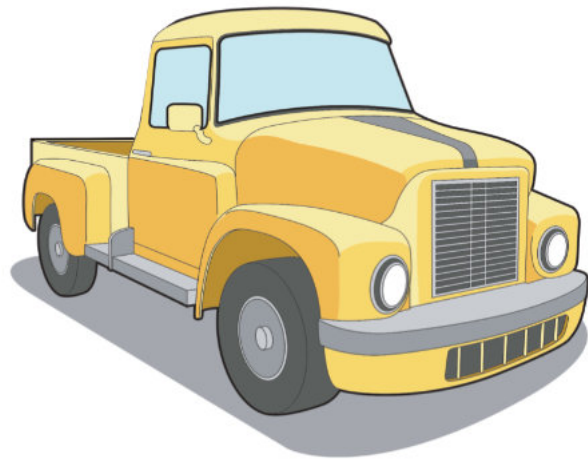
Finance, Marketing, Fundraising, Health and Safety, Team Working.

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

## A BIG THANKS!

Bridgend Carers Centre would like to say a big thank you to Mrs Janet Mcfetrich. Jan is a carer and a former trustee and also a volunteer at the centre. Janet kindly donated two bags full of die-cast model cars to the centre before lockdown last year. We have managed to ebay a lot of the cars and have so far raised £70 for the centre. Thank you so much Jan for helping us with our fund-raising efforts.



## 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 solicitor Claire Davis over the telephone.

# 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.

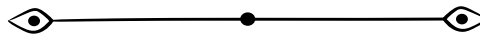
*"The calls that I receive from Joanna, are really a lifeline. I am a person who finds it incredibly hard to admit that I may be struggling mentally and emotionally, usually through my work and personal life I am always seen as the person with the shoulder to cry on. After my mum passed away I have felt lost and alone.*

*Having the time to speak with Joanna, gives me that time to offload for myself, she is the listening ear at the end of the phone, patient and non judgmental. She allows me to "prattle" on, often about nothing but always about something. The time allows me to make sense of my feelings and to try and get my perspective back for my life. Thank you Jo for listening "*



## Walk and Talk Group

Introducing Bridgend Carers Centre  
Walk and Talk Group



Free to walk and talk as much or as little as you feel comfortable.

Please call the centre to register interest on 01656 658479 and we will be in touch when we can safely meet outdoors.

JOIN THE BOOK CLUB!

Starting Spring 2021

2.00p.m. on ZOOM

To register for ZOOM LINK

CONTACT KAREN 07375918715

NEW BOOKS PROVIDED - EVERYONE WELCOME





Meet new people.  
Boost your own  
wellbeing.  
Become part of our  
community!

**Volunteers we want you!**  
Interested in gardening or keen to learn?  
Looking to become more active?  
Want to spend more time outdoors?

We are looking for enthusiastic volunteers to assist with our Bridgend Carers Wellbeing Garden project. Make a difference and help our carers and cared for have a place to escape and improve their wellbeing. All experience levels and ages welcome. Help make a difference to your community.



Contact Richie Waterman today!  
07835989725  
[Richard.waterman@bridgendcarers.co.uk](mailto:Richard.waterman@bridgendcarers.co.uk)

## Finding positivity in difficult times - Life Coaching Sessions


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:

"Absolutely wonderful - this course of Life Coaching has totally changed my way of thinking. I can't thank her enough"

contact Helen on 01656 658479 now!





**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**

Do you have a family member in hospital? Are you concerned or worried how you will manage when they return? Would you like help and support prior to their discharge? If so, please contact Rhiannon or Sarah on:

07876 872235 / 07876 872236 or contact centre on 01656 658479.

## Mindfulness Boxing - 4 Week Course

**Wednesday 5th, 13th, 20th, 27th May**

This is an opportunity to join an online boxing and mindfulness session. Participants go through a boxing warm up routine, practice some boxing techniques, then find out what mindfulness is and try a meditation for themselves. The session involves 25 minutes of exercise and boxing live streamed and 25 minutes exploring mindfulness and doing a meditation, as well as a chance to connect with other carers. There's a guided meditation to download and use after the session. We look forward to delivering this session through [www.mindfulpeakperformance.com](http://www.mindfulpeakperformance.com)

**Please ring the Centre on 01656 658479 to book a place and receive joining instructions**

## Bridgend Carers Centre Online Activities

Don't forget to visit [www.bridgendcarers.co.uk](http://www.bridgendcarers.co.uk) to access online activities to improve wellbeing

Tai Chi - 5 Ways to Wellbeing - Mindfulness  
Yoga - Confidence Building

5 Ways To Wellbeing  
With Laura



# Dementia Carers Support Group



**BRIDGEND  
CARERS  
CENTRE**

Are you caring for someone with dementia?  
Are you worried about the memory of your loved one?  
Are you concerned how this will affect your life now and in the future?

I'm Sarah the Dementia Carers Support Worker for Bridgend Carers Centre.  
Please get in touch to find out how I can help support you, your loved one and your family.  
Call **07876 872236** or E-mail [sarah.jarvis@bridgendcarers.co.uk](mailto:sarah.jarvis@bridgendcarers.co.uk)



Hi, I'm Sarah and I am the Dementia Carers Support Worker at the centre. I'd like to encourage carers across Bridgend to contact me to register their interest in a future Dementia Carers Support Group. This would be an opportunity to meet other carers, share experiences and gain support from others in a similar position.

Please contact me on 07876 872236 or email me at [sarah.jarvis@bridgendcarers.co.uk](mailto:sarah.jarvis@bridgendcarers.co.uk).

## Veteran Carers/Cared For - Update

We are very pleased to announce future funding for veteran carers/cared for, for the next 2 years via the Armed Forces Covenant Fund. This will include both retired and serving members of the Armed Forces. Although the project will continue to focus on reducing isolation, we also intend to spend more time out in the community and outdoors for as long as Covid 19 rules remain relaxed. As we are now including current serving members of the armed forces the project name will now reflect that. The "Bridgend Carers Armed Forces Project" will start in the new financial year April 2021. Alan Smiles will continue to head the project on behalf of Bridgend Carers Centre. We recently purchased 2 Adult Tricycles for use at Porthcawl Veterans Hub, which supports retired and serving members of the Armed Forces. We hope to purchase at least another 4-6 which will be placed in locations within the Valleys (pending local agreements). Stay safe! Al



## Carer - Roy Edwards Receives Lord Lieutenants Award

AWE-INSPIRING EFFORT OF CADET FORCE ADULT VOLUNTEERS PRAISED BY THE LORD-LIEUTENANT OF MID GLAMORGAN



The Queen's representative for Mid Glamorgan has paid tribute to the work of adult volunteers and officers in helping to keep the cadet flame alive during the pandemic.

Her Majesty's Lord-Lieutenant of Mid Glamorgan, Professor Peter Vaughan QPM CStJ, was speaking as he held his first ever virtual awards ceremony to celebrate high achievers from the reserve and cadet communities.

"The global impact of the Covid pandemic has been all too apparent, families have suffered devastating

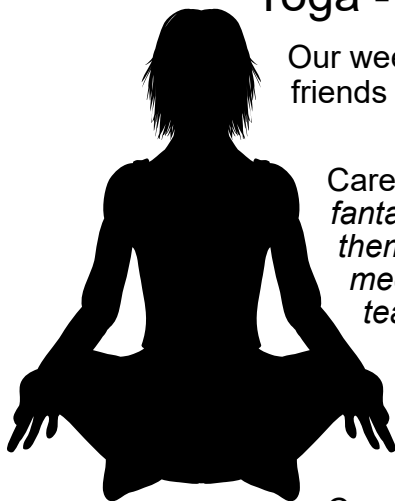
tragedies and our lives have been altered through the changes we have had to make," said Professor Vaughan.

"Whilst these times are truly exceptional it is essential that we do not overlook those whose service is so important.

"Our Cadet Forces are truly amazing organisations, and deserve our congratulations where the combination of military training, civilian qualifications and community work certainly help to develop our young people and put something back into society

## Yoga - Returning Friday, 21<sup>st</sup> May

Our weekly Yoga class with Gail will be returning soon. Join old friends and new at Nolton Church Hall. Date to confirmed



*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 places 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. Please note all activities are subject to change due to Covid19**





**BRIDGEND  
CARERS  
CENTRE**

# Step into Spring

## with Bridgend Carers Family Challenge



Choose one of the Five Ways to Wellbeing and think of an activity that links into it.

- Connecting with other people
- Being physically active
- Learning new skills
- Giving to others
- Paying attention to the present moment

Take a photo of you carrying out the activity and share by emailing [carerswellbeing@bridgendcarers.co.uk](mailto:carerswellbeing@bridgendcarers.co.uk) or Whats Apping 07497 332253.

Tell us what you are doing and what you enjoyed about it. We'll then send out a medal and certificate to everyone in your family who took part.

You have until the end of May to choose an activity, carry it out and let us know what you did. It could be a daily, weekly or a one off event, but the main thing is you spend time together.

This is open to all parent carers and their families in the Bridgend area.



For further information,  
please call or text Davina  
on 07497 332253

**WcVA  
CgGC**



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**



# Young Carers Service

**Since January** we have continued to support young carers through one to one sessions, all of these were done using Zoom or Videochat platforms which has enabled us to adapt and develop our service.

**During February** half term we were able to organise virtual activities and sent out packs for the young carers using our Children in Need funding. These included a virtual games night, a Harry Potter Night where we completed an online escape room and virtual quiz, a Pancake Day pack for the young carers to make pancakes with their loved ones and also a scrapbook making kit.



**During half** term we also hosted a Girls Day where some of our young carers learnt about girls rights and healthy relationships through Brook Cymru, we were also able to send out afternoon teas and discuss the training virtually.

**We have continued** with our Young Carers Book Club and have completed our second book "A Good Girls Guide to Murder". We held a virtual book club meeting to discuss

the book where we sent out mystery boxes containing baked goods and arranged a book swap of our young carers favourite books to celebrate World Book Day 2021.

**We had a young carers takeover** social media day to raise awareness and celebrate Young Carers Action Day on the 16<sup>th</sup> March 2021. We also sent out craft and awareness packs for the young carers to complete from our WCVA funding and post online via the Bridgend Carers Centre social media pages. These included hopes for the future jars and young carers badge design kits. We have also set up a Young Carers Pen Pal Scheme with Carmarthenshire Young Carers and have sent our young carers writing packs, they have now sent their first letters.



**Coming Up** - We are currently planning our Easter Break activities and will continue to run our one to one sessions virtually. To find out more about our Young Carers service please contact Jessie on 01656 658479/07497309383 or email [jessie.haig@bridgendcarers.co.uk](mailto:jessie.haig@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](mailto:enquiries@bridgendcarers.co.uk) • 01656 658479

Bridgend Carers Centre, 87 Park Street,  
Bridgend, CF314AZ



@bridgendcarers  
[bridgendcarers.co.uk](http://bridgendcarers.co.uk)







We have had a busy start to 2021! The spring bulbs are flowering, it's lovely to see some colour in the garden. It's been amazing welcoming in more volunteers to our project. We have now planted up the borders around the conservatory with highly scented plants, cleared a space for a herb garden, tidied up beds and borders and put up a handmade birdbox. We have also had a team from Nationwide in who helped clear the bottom half of the garden (yes, it is a garden, not a jungle!); we can now get into the greenhouse again and are clearing a plot to start a vegetable patch. Hopefully with the warmer weather on the way (fingers crossed) we can get our new garden furniture out and start to enjoy the garden again very soon. Richard Waterman





**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**

## CARERS LINK SUPPORT WORKERS – UPDATE

Well, it's now over a year since we have all had to adapt to a change of lifestyle, being creative in a new way of working and continuing to reach out to our carers. Karen and I cover the whole of the county of Bridgend supporting you as unpaid carers. Through the pandemic we have been able to support many of you through a number of new interventions, including:

- Keeping in touch by regular telephone contact
- Emotional support
- Applying for carers hardship and respite grants
- Delivering crafts
- Assisting carers to apply for the vaccine
- Painting By Numbers
- Summer flowering bulbs
- Zoom sessions
- Digital technology
- Virtual Book Club

We are hoping as progress is made with the Welsh Government's exit plan out of the pandemic, to return to a more normal way of working, where we can again meet you face to face. Rest assured we continue to be flexible and will ensure that previous postponed events will take place as soon as it is deemed safe. We are excited at the thought of returning to work directly with our GP surgeries across the Borough, organise outdoor events and so much more. Please get in touch with us if you would like advice or support in your caring role, we are always here for you. Thank you...  
Bev Jones, Karen Evans. Carers Link Workers



**BRIDGEND  
CARERS  
CENTRE**

**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**  
LIVE ONLINE TUTORIALS

**TEMPLE SPA**  
SBAIFYND  
CARU PWY YDYCH OHI





together we can help

Did you know that...

Four in five cancer patients are hit with an average cost of £570 a month as a result of their illness

according to research by Macmillan Cancer Support



## Who are Cost of Cancer?

**When the founder of the charity, Nicky Moss' best friend died of breast cancer back in 2009, she was determined to make a difference to others but first she had to fix herself.**

Nicky lost her best friend back in 2009, and it was then seeing what little help they received in the way of financial help, she decided she had to try and make a difference, even if that was a small one. She realised that if she were to help people she first had to fix herself. So after 4 years of grieving and a kick up the bottom she so desperately needed, she started to make tiny footsteps in the whole starting a charity process.

It hasn't been easy but one she doesn't regret. She has great friends who support her and a great team around her. She has an accounting background and tonnes of heart and compassion. You can read all about her journey on the "My Story" tab of the website [costofcancer.org.uk](http://costofcancer.org.uk)

## Why is cancer so expensive?

People living with cancer often have reduced earnings and need to find money to cover extra costs such as hospital travel costs and increased fuel bills, amid a gloomy economic climate.

**Six in seven cancer patients see monthly expenses shoot up by £270 on average.**

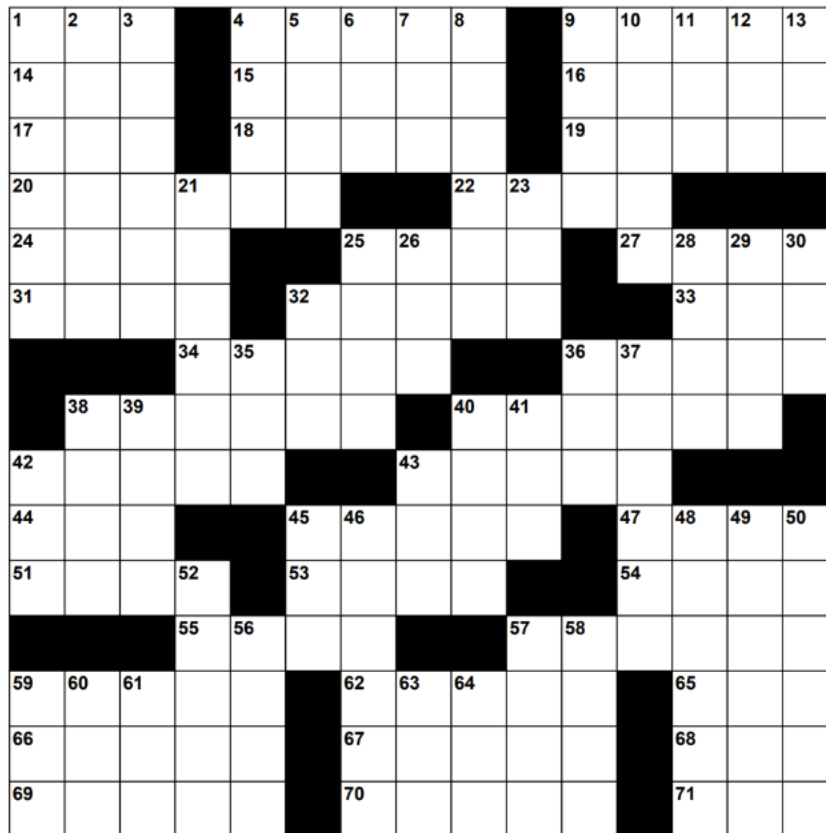
The financial burden of cancer is not the same for everyone. Those in work, and those with children, are more likely to bear the cost of their illness. The impact for those on low incomes is twice that for those on the highest incomes.

Which is why at Cost of Cancer we want to help families face the financial burden with hope. We are aiming to make sure they can concentrate on getting through the treatment whilst we take care of the bills.

07977 584701  
[info@costofcancer.org.uk](mailto:info@costofcancer.org.uk)  
[www.costofcancer.org.uk](http://www.costofcancer.org.uk)



# Carers Corner



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

## Crossword Clues

### ACROSS

- 1 Public transportation
- 4 Special case only (2 wds.)
- 9 Major division in a long poem
- 14 Picnic pest
- 15 Baby locomotion
- 16 Elliptical
- 17 Lose moisture
- 18 Salutation
- 19 Layered
- 20 Become moldy
- 22 U.S. Department of Agriculture
- 24 Fencing sword
- 25 Ceases
- 27 Write down quickly
- 31 Bird's home
- 32 "\_\_\_ porridge hot..."
- 33 Pester
- 34 \_\_\_ bird
- 36 Folded sheet of paper
- 38 Operatic basses
- 40 Boy's name
- 42 Beginning
- 43 Tax payer's fear
- 44 Bullfight cheer
- 45 Lays in the sun
- 47 Dines
- 51 Happy
- 53 Gawk
- 54 Cultivate
- 55 Western state
- 57 Pet name
- 59 Hippopotamus' nickname
- 62 Bye
- 65 Wing
- 66 Land measurements
- 67 Serious
- 68 Fisherman's tool
- 69 Plant starters
- 70 Musical time
- 71 Attempt

### DOWN

- 1 Evil guys (2 wds.)
- 2 Green, like a banana
- 3 Fashions
- 4 Throb
- 5 Sketched
- 6 Movie 2001's talking computer
- 7 Night bird
- 8 Rain bringers
- 9 Arctic
- 10 Relating to birds
- 11 Not (refix)
- 12 Fasten
- 13 Peculiar
- 21 Dislike intensely
- 23 Compass point
- 25 Snaky fish
- 26 Congressional vote
- 28 Merely
- 29 Animal's hind part
- 30 Self-esteem
- 32 Not against
- 35 Fire remains
- 36 Friday (abbr.)
- 37 Mexican food brand
- 38 Duck "beak"
- 39 Location
- 40 Nobleman
- 41 Advertisements
- 42 Marsh
- 43 American sign language
- 45 Constrictor snake
- 46 Appalled
- 48 Brazen
- 49 Hard worker
- 50 Hot, after exercising
- 52 Fooled
- 56 Throw in the air
- 57 Bottomless
- 58 European monetary unit
- 59 In possession of
- 60 Winter hazard
- 61 Before (prefix)
- 63 Deer
- 64 Computer makers

# Build your own garden planter box & wind chime

We have teamed up with Nature Quest to run an outdoor work shop at the centre on Thursday 10th June 10.30 to 12.30

Come along and join us in the garden and build your own driftwood wind chime and planter box.

The planter box will be made from wood and be in kit form. Participants will be guided how to assemble it. Tools will be provided, compost and seasonal plants provided for planting.



A driftwood and shell wind chime, Kits will include shells and driftwood that has been drilled ready for construction Participants will be guided how to assemble it.

Hurry and book your place as only 15 places will be available, so it will be on a first come first served basis. There is no charge for this activity, but donations are always welcome. Call or email to book your place: [Beverley.Jones@bridgendcarers.co.uk](mailto:Beverley.Jones@bridgendcarers.co.uk) 01656 658479

## Spring quiz

The weathers getting a little better and the clocks are going forward.. so here's a multiple choice quiz.....Answers at the back....

- 1) What did Tiny Tim tiptoe through, in his 1960's chart hit? A) Tulips B) A scrap yard C) Mud
- 2) What's the Welsh word for lamb? A) Larry B) Woolly C) Oen
- 3) What's the main ingredient in Spring Vegetable Soup? A) Spring Water B) Lard C) Vegetables
- 4) Famous Singer? Bruce Spring..... A) Onion B) Steen C) Loaded
- 5) Why are mad march hare's so? A) Rent Increase B) They're Frisky C) Not on Countryfile
- 6) What's the predominant colour of Daffodils? A) Yellow B) Taupe C) Beige
- 7) Who's going to win the Grand National? A) A horse B) Potters Corner C) The Bookies
- 8) Who composed the 'Rite of Spring'? A) One Direction B) Igor Stravinsky C) Van Heflin
- 9) What is a springbok? A) A gazelle B) A pasta dish C) A dandy
- 10) What's the meteorological length of Spring? A) A hectare B) 3 months C) A fathom



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, Brynmerlyn, Tondur, Ynysawdre and Aberkenfig  
Mob: 07794 052489 Email: [Kevin.Mably@bridgend.gov.uk](mailto: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, Pantyrawel, Blackmill, Bryncethin, Bryncoch and Sam.  
Mob: 07813 002525 Email: [Maria.Bennett@bridgend.gov.uk](mailto:Maria.Bennett@bridgend.gov.uk)  
Facebook Maria Bennett



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

## **Build your own bird feeder THURSDAY JULY 1st 10.30 to 12.30**

***In the Garden of the Carers Centre, Get ready for Spring 2022!!***

We all love to hear the dawn chorus of our wonderful song birds? If you're a nature lover, then come along and join us on Thursday 1st July and create your own bird feeder.



We are joining forces with 'Nature Quest Academy' to run an out-door workshop in our wonderful garden at the centre. You can create and make a bird feeder, enjoy a coffee and cake in our peaceful and relaxing garden and most importantly chat with other carers and enjoy a little 'me time'.

We would love you to join us for this first session and hear your thoughts and ideas about continuing with further workshops throughout and the summer and into autumn.

Numbers will be restricted to 15 in line with current Welsh Gov Covid guidelines, **so please call us and let us know if you would like to join and book your place.** During the early summer, it's not just the milk van that will wake you early - it's dawn chorus time again. Springing into song. From March to July, those feathered alarm clocks are at it again, as they defend their territories and sing to attract a mate. Our songbirds time their breeding season to the warmest part of the year, when there is plenty of food and lots of daylight in which to find it.



# BEV'S INDULGENT YUMMY CHOCOLATE AND MALTESER CAKE

*THIS CAKE IS THE PERFECT FAMILY TREAT, the malt extract gives a lovely creaminess to the sponge, while the malted chocolate flavour is delicious in the cake's topping.*  
**SERVES 8-10**

## INGREDIENTS

### FOR THE SPONGE

30g (1oz) malted chocolate drink powder  
30g (1oz) cocoa powder  
225g (8oz) butter, softened, plus extra for greasing  
225g (8oz) caster sugar  
225g (8oz) self-raising flour  
1 tsp baking powder  
4 eggs



### FOR THE ICING

3 tbsp malted chocolate drink powder e.g Horlicks  
1½ tbsp hot milk  
125g (4½oz) butter, softened  
250g (9oz) icing sugar, plus extra for dusting  
50g (2oz) dark chocolate (at least 50 per cent cocoa solids), melted  
1 tbsp boiling water  
about 20 Maltesers, to decorate

## INSTRUCTIONS

1. You will need two 20cm (8in) round sandwich tins. Preheat the oven to 180°C/ 160°C fan/Gas 4 and grease the tins with butter and line the bases with baking paper.
2. Measure the malted chocolate drink powder and cocoa powder into a large bowl, pour over 2 tablespoons of water and mix to a paste. Add the remaining cake ingredients and beat until smooth.
3. Divide evenly between the prepared tins and bake in the oven for 20-25 minutes. Set aside in the tins to cool for 5 minutes, then turn out on to a wire rack to cool completely.
4. To make the icing, measure the malted chocolate drink powder into a bowl, add the hot milk and mix until smooth. Add the butter, icing sugar and melted chocolate and mix again until smooth, then add the boiling water to give a gloss to the icing.
5. Place one cake on a plate and spread over half the icing. Sandwich with the other cake and spread (or pipe) the remaining icing on top, using the tip of a rounded palette knife to create a swirled effect from the centre to the edge of the cake. Arrange the Maltesers over the top and dust with icing sugar before serving.



**Rhiannon** is supporting families with information and support. Anyone who has a cancer diagnosis – and their families- are entitled to support. We've helped many families access the benefits they're entitled to. There's also a Macmillan grant available. Please get in touch to find out more.

## Carer's Wellbeing For All Carers

### **Reducing Loneliness And Isolation.**

Our Carers Catch up Zoom group is going from strength to strength. Pop along on a Wednesday at 2pm for a chat, a quiz and a get together. It's an opportunity to check in and connect with others. Our current schedule includes live music performances by musicians, singers and songwriters courtesy of live Music Now. The standard has been professional to say the least.

We use zoom - please email me [rhiannon.frances@bridgendcarers.co.uk](mailto:rhiannon.frances@bridgendcarers.co.uk) so I can send you the zoom code. Technical difficulties? Please get in touch. It's always good to know that people report feeling better having made that weekly connection with others. In addition to this there's the Carers WhatsApp group. This is proving to be a valuable resource for people who can catch up with others, say hi (if they want to) and feel like they belong to part of a group. Come and join us.

Website [macmillan.org.uk](http://macmillan.org.uk) - Helpline 0808 808 00 00

You can contact me directly on 07876872235

[macmillansupport@bridgendcarers.co.uk](mailto:macmillansupport@bridgendcarers.co.uk)

## Update on Vaccines for unpaid carers

Over recent weeks Carers Trust Wales have been working hard to influence Welsh Government to deliver clear and consistent messaging around the level of access unpaid carers will have for vaccinations in Priority Group 6 in Wales. Welsh Government have now published guidance about this in English and Welsh.

<https://tinyurl.com/ybscay6m>

<https://tinyurl.com/8tnjadcv>

This is also included on the main Carers Trust website at the following page (scroll down for Wales)

<https://tinyurl.com/zyatrp8d>

Carers Trust understands that Welsh Government has created a web form for carers who are eligible to self-identify in order to access a vaccination. Carers who are registered with their GPs as carers will already be being processed for vaccination by their GP practice and will hear directly about their appointments.

# Parent Carers News

We've been really busy over the past few months, with lots of new parent carers contacting us for 1-2-1 support, alongside continued support for parents already using the service. Although, we offer many services such as training, fun activities, access to grants etc, our support work underpins the foundations of our Parent Carer Service and offers judgement free support when you need it. One of our parent carers says, 'I'd just like to say... that after the toughest year... your help and support and going further than what you needed to, has made our lives easier to bear and I just needed to say how much I appreciate it'.

We have also offered 8 training and 2 respite sessions:

- Girls and Autism training with Autside (2 sessions) - 16 parent carers attended
- LGBTQ Awareness training with Barnardos (1 session) – 5 parent carers and 3 members of staff attended
- Education Rights for Children with Additional Learning Needs with the National Autistic Society (2 sessions) – 10 parent carers attended
- Digital Families training, in conjunction with our Young Adult Carers Project, and funded by ParentZone (2 sessions) – 20 parents and children attended
- Give yourself a Facial evenings, funded by WCVA (2 sessions) – 26 parent carers attended

One of the carers said about the facial evening '... found it so relaxing, and hugely beneficial to my mental health. I can't wait to get into bed tonight as I feel so much more relaxed. I think I might actually have my first good night's sleep in a very long time'.

## Dads Support

We have a Dads quiz on Wednesday 24<sup>th</sup> March, and pizza kits being delivered for dads who have engaged with the service in the past 12 months.

## Working Parents Support

We have offered training in the evenings and out of hours phone calls for our working carers. We have 40 Mindfulness Colouring packs for working parent carers that will be going out in the next few weeks – please get in touch if you would like to apply for one.

## Other News

We have Family Mindfulness Sessions running currently, with more training coming up with Autside in the next couple of months.

Many Parent Carers have accessed Life Coaching, Counselling and Benefits advice (including help with filling in DLA forms). Over 20 parent carers have been allocated grants from Carers Trust for a range of respite and hardship reasons. 11 families have been allocated Hello Fresh vouchers.

**FINALLY**, please see our Step into Spring Challenge. Complete a challenge based around the 5 Ways to Wellbeing and earn medals for the whole family. See poster for more details. It has been a difficult year and we hope our support has helped during this time. We are looking forward to working with you all in the next 12 months.

Davina

## Sing Along For Carers

7 April / Ebrill  
19 April / Ebrill  
3 May / Mai  
17 May / Mai  
31 May / Mai  
14 June / Mehefin  
28 June / Mehefin  
12 July / Gorffennaf

Sessions starts at 11am  
Mae'r sesiynnau'n

**Goldies**  
cymru



**STB**  
Stronger Together in Support

### Sing-along for Carers

This is an informal bi - weekly opportunity for carers from all over to get together to sing and socialise using the Zoom online video platform.

Dyma gyfle bob yn ail wythnos i ofalwyr o bob man ymuno i ganu a chymdeithasu dros y platform fideo Zoom.

Details to join  
Manylion i ymuno  @STBridgend

  Ymddiriedolaeth Ddiwylliannol Cultural Trust

## 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...

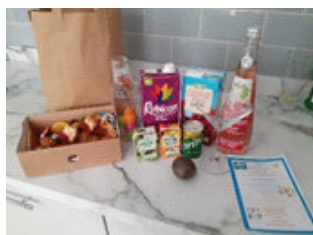
'The course was brilliant. It was so worthwhile and I learned so much. The trainer was very patient and aware of what family carers need. I would recommend any carer who is caring for someone with mobility issues to attend....Thank you to the Carers Centre for putting on this course' – Gill (Cares for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

Ring Bridgend Carers Centre on 01656 658479 to register interest.





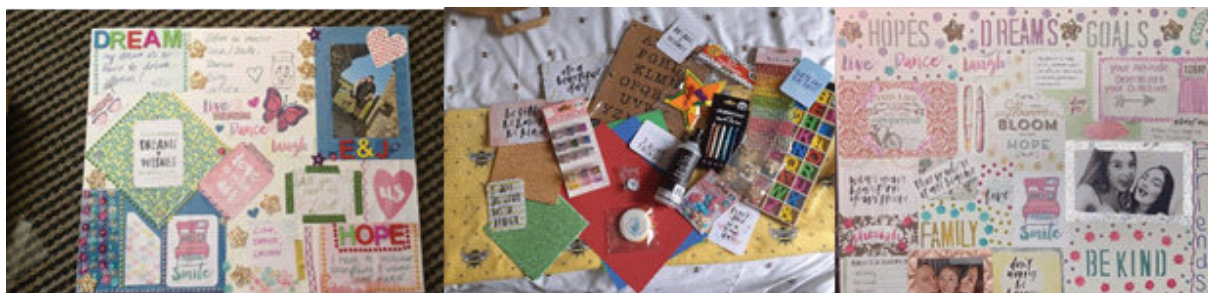
# Young Adult Carers



Since January we have been giving ongoing telephone and online support to our young adult carers. It hasn't been possible to meet up for our regular face to face sessions so we have continued to do one to ones over zoom which has worked quite well. We have also held some online groups for a chance for the YAC's to catch up with each other.

Over half term we had to choose to run our activities online. We did things like online quizzes, virtual scavenger hunts and we have also been running a weekly series club for the YAC's to catch up on. Thanks to WCVA we had the opportunity to send out COVID-19 coping packs for our YAC's to help with their wellbeing during the lockdown. The Young Adult Carers were so grateful for their treats and this really was the boost they needed to help them through lockdown. We also had a brunch and mocktail making morning over zoom and made delicious pancakes together on Pancake Day.

Young Carers Action day was on the 16 th of March and the YACs made some amazing 'Future Hopes and Dreams' boards to tie in with the theme of Young Carers Futures.



We have recently given out 46 sunflower activity packs to the Young Carers and Young Adult Carers so keep an eye on our Social Media pages to see some photo updates of these are coming along.

Coming up:

We will continue to run our groups and one to one sessions in line with the Government Guidelines.

Easter holiday activities will continue to be run online and packs will be sent out for YAC's to get involved in. Any further plans will be put into place after further announcements and face to face will resume when it is safe to do so. 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).

# Quiz & Crossword Answers

Quiz Answers:

- 1) A
- 2) C
- 3) C
- 4) B
- 5) B
- 6) A
- 7) A, but hopefully B
- 8) B
- 9) A
- 10) B

Solution:

1	B	2	U	3	S		4	A	5	D	6	H	7	O	8	C		9	C	10	A	11	N	12	T	13	O
14	A	N	T				15	C	R	A	W	L						16	O	V	O	I	D				
17	D	R	Y				18	H	E	L	L	O						19	L	I	N	E	D				
20	M	I	L	21	D	E	W							22	U	23	S	D	A								
24	E	P	E	E						25	E	N	D	S				27	N	28	O	29	T	30	E		
31	N	E	S	T				32	P	E	A	S	E										33	N	A	G	
					34	E	A	R	L	Y							36	F	37	O	L	I	O				
		38	B	A	S	S	O	S					40	D	41	A	R	R	Y	L							
42	B	I	R	T	H								43	A	U	D	I	T									
44	O	L	E						45	B	A	S	K	S					47	E	48	A	49	T	50	S	
51	G	L	A	52					53	O	G	L	E						54	G	R	O	W				
				55	U	56	T	A	H					57	D	58	E	A	R	I	E						
59	H	60	P	61	P	O							62	A	63	D	64	I	E	U			65	A	L	A	
66	A	C	R	E	S								67	S	O	B	E	R					68	N	E	T	
69	S	E	E	D	S								70	T	E	M	P	O					71	T	R	Y	

## Did you know these interesting facts about Bridgend County?

1. 'Bridgend' developed at a ford on the River Ogmore, which was on the main route between east and west Wales. Just north of the town is the confluence of three rivers, the Ogmore, the Llynfi, and the Garw. ... It became an important market town, a status it retained until the late 20th century.
2. According to the county council's website, the town's name comes from "the ancient Welsh 'Bryggen Eynde'. " Its meaning has been lost in time;
3. There are 6 Castle's in the county of Bridgend, Candleston, Coity, Kenfig, Llangynwyd, Newcastle and Ogmore.
4. The town has grown up on the site of medieval riverside twin villages (Oldcastle and Newcastle) with a 12<sup>th</sup>-century castle and 15<sup>th</sup>-century hospice; a stone bridge was built over the river about 1435
5. The biggest escape attempt EVER made by German prisoners held in the UK during World war Two happened at Bridgend Island Farm prisoner of war camp.
6. Bridgend hosted the National Eisteddfod in 1948  
  
The sprawling Brackla estate is built on the site of a wartime Royal Ordnance Factory and a nuclear bunker.
7. Parts of the epic film Lawrence of Arabia were filmed at Merthyr Mawr dunes.
8. Famous daughters include Si n Lloyd and Kylie Minogue's mother – both from Maesteg.
9. Famous sons born within the county include Windsor Davies, David Emanuel and Howard Marks.

## 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 13273

NHS Direct

111

## Recent Donations Received

*We would like to say a big thank you to all of you that have made donations to the work of the Centre and also to those of you that have supported and continue to support our fundraising efforts especially over such a difficult period. Since January 2021 we have received the following donations:*

Donations since the 1 st January 2021

Carer Donations £432.00

Paypal donations £164.12

Just Giving £48.85

Localgiving £105.99

Cornelly Community Council £75.00

Ynysawdre Community Council £100.00

Pyle Community Council £250.00

Llangynwyd Lower Comm Council £25.00

Porthcawl Town Council £300.00

Easy Fundraising £56.28

Giving.com £132.23

St Brides Minor Community Council £100.00

Garw Valley Community Council £25.00



## 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.





**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**

