



contact

Keeping in touch with carers



CARERS TRUST
WALES

Annual General Meeting 2022

We will be holding our first face to face Annual General Meeting at Bridgend Carers Centre during the Autumn/Winter (date to be arranged) after two years of lockdown during the pandemic.

If you would like to get involved in how the Carers Centre is run, share your views and ideas then why not become a member and get a chance to vote and get involved at our Annual General Meeting.

Membership fee is just £5.00 per year. The meeting will be followed by refreshments and a chance to meet other carers, staff and the Trustee Board who manage the Centre's development.



In this edition

P4
Drop-ins

P8
Book Club

P9
Carers Choir

P14
Party time!

Carers Rights Day 2022

On Wednesday 23rd November 2022 from 11am until 2pm we will be celebrating with an information sharing event at Bridgend Carers Centre.

There will be a host of organisations from across the Borough providing information and advice to support you with issues you may have affecting your caring role.

Refreshments will be provided at our Community Cafe

and there will be opportunities for you to chat with carers and staff from Bridgend Carers Centre and organisations. There will be stalls from a variety of organisations and activities with raffles and prizes too.

Drop in, meet other carers and pick up some information.

Please ring 01656 658479 to book your place

Contact Bridgend Carers Centre:

87 Park Street, Bridgend, CF31 4AZ

01656 658479 • enquiries@bridgendcarers.co.uk



@bridgendcarers • bridgendcarers.co.uk

Armed Forces and Veteran Carers/Cared for - Update

Following the departure of Alan Smiles from the team, we are pleased to inform you that Bev Jones and Karen Evans are continuing the work that Alan was undertaking with our Armed Forces and Veteran Carers/Cared For Project.

Our Veterans have been informed of the changes and have been invited to make contact with any suggestions on the way the project can be delivered going forward.

In conjunction with Porthcawl Veterans Hub, we celebrated the Royal Jubilee and Armed Forces Day at the hub. Veterans came along and joined in for some lovely food, talks and banter.

Training days have also been arranged on First Aid at Work and Mental Health First Aid.

We are hoping to plan a number of events throughout the Autumn/Winter, with an event on Remembrance Sunday. Armed Forces and Veteran Carers will be informed of these events and dates, so watch this space and social media for updates.

We have a strong partnership with Porthcawl Veterans Hub who would also love you to join them on Saturday mornings between 10.00am - 12am at Griffin Park, Porthcawl for an opportunity to meet other carers and engage in activities.

Please feel free to contact either Bev or Karen on 01656 658479 with any questions or suggestions on what activities you would like to happen.

Watch this space...

Autumn Trip

The Royal Welsh
Regimental Museum

Including a Boat Trip On Brecon Canals



Date to be confirmed!

To register an interest contact:

Beverley Jones 07375 926207 • beverley.jones@bridgendcarers.co.uk or
Karen Evans 07375 918715 • karen.evans@bridgendcarers.co.uk



Carers Link drop in sessions

Do you need information,
advice or support?

Come and join Beverley:

Health & Wellbeing Centre, Hartshorn House, Maesteg
Tuesdays 1.00pm - 2.30pm

Come and join Karen:

The Café at Nantymoel Memorial Hall,
Thursdays at 10.00am - 12.30pm

Sarn Library

1st Tuesday Of The Month 2.00pm - 4.30pm

Pencoeed Welfare Hall

1st Thursday Of The Month 2.00pm - 4.00pm

Karen: 07375 918715

karen.evans@bridgendcarers.co.uk

Beverley: 07375 926207

beverley.jones@bridgendcarers.co.uk



**Carers
Awareness
Day**

TUESDAY 13th SEPTEMBER
9.30am - 12.30pm

MEET WITH KAREN EVANS
CARERS LINK WORKER

For information, advice and support

for more details contact :-
Karen Evans 07375 918715
karen.evans@bridgendcarers.co.uk



**CRONFA
GYMUNEDOL
COMMUNITY
FUND**

The Ogmore Vale Life Centre was a haven for relaxation and recuperation on the 19th May as it provided the venue for approximately 20 Carers to enjoy some holistic treatments, meet with other Carers over refreshments and opportunity to win some amazing raffle prizes. A fun morning and one to certainly be repeated in the future.

Bridgend Carers staff would like to extend a big thank you to Bethan Ryan for her organisation skills and all the Therapists and stall holders who contributed to the Wellbeing day. Carers were able to take advantage to try taster sessions of Reflexology, Reiki, Indian Head Massage and fun activities like Belly Dancing.

A great success and one that Carers felt the benefit of immediately.

'I feel amazing, I didn't realise how much I needed this opportunity to just have time for me. I really appreciate having a treatment and already feel the benefit.'

Therapy Thursday

Our wonderful, fully qualified Therapist Denise Owen offering a wide range of treatments and therapies at appointments at the Bridgend Carers 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:

29th September • 27th October • 24th November

No December due to Christmas Closure.

A suggested donation of £10.00 is payable on the day. Please note that current carers get priority



Weight loss Hypnotherapy with Allie

Every first and third Monday of every month 11-12 noon.

Hypnosis is very effective in helping people who need to lose weight, as it deals with the underlying causes and thinking patterns behind weight problem.

There can be many different reasons why we overeat. Some of us were brought up in an environment where sweets/cakes were a reward; food was scarce when you were younger. Other people see food as comfort, trying to fill an emotional gap.

If you have tried dieting, you're probably well aware of how your thoughts constantly revolved around the next meal. Hypnotherapy helps by training your mind to think and feel differently about food. You will learn to accept that there is always plenty of food around, so there is no reason why you should miss it.

For more info, contact the centre on 01656 658479.



Come along and enjoy this ancient form of exercise which focuses on strength, flexibility and breathing. Annie, our experienced Yoga instructor is ready to welcome you to this calming way to keep fit, to keep flexible and have fun too.

Sessions are every Friday at Nolton Church Community Centre at 11am for an hour with an opportunity for a cuppa and chat to wind down afterwards.

Please contact the centre to register on 01656 658479.

Suggested Donation of £5 to attend.

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.

Footcare Clinic dates are

Monday 26th Sept 12 – 2pm

Monday 24th October 12 – 2 pm

Monday 21st November 12 – 2pm

Monday 12th December 12 – 2pm

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



Being Environmentally Friendly.

All charities are required to have an environmental policy. Ours is currently being updated but we also need to make sure that unpaid carers are made aware of the potential benefits. While we all want to contribute to reducing climate change the current impact of the rising cost of living also makes environmental awareness more important from a financial perspective.

Some of the simple rules are:

- Don't buy food you don't need, it saves money and reduces waste or if possible grow your own!
- Freeze food and make meals with left overs
- Reduce fuel costs by driving smoothly or car share or use public transport!
- Save on energy costs by turning the heating/lighting down and regularly monitoring your energy use at the meter.
- Recycle wherever possible



Bereavement and Loss Support Service

Funded by Carers Trust Planning For Tomorrow initiative we have developed a Bereavement and Loss Support Service to help those with practical solutions to loss and emotional support to the feelings of grief.

Post pandemic we are still dealing with unprecedented pain for families. Bridgend Carers Centre has seen a growing need for carers to receive this service through peer support through the Bereavement and Friendship Group (see poster below) and being able to share personal experience on a 1-2-1 level through support and more specific counselling sessions.

If you would like advice and information about planning for tomorrow or you have recently been bereaved and require support please contact us. We can provide emotional support, counselling, welfare benefits and legal advice, access to information on registering a death, plus additional related information on www.bridgendcarers.co.uk

Please call Rhiannon or Sarah on 01656 658479.

Bereavement Friendship Group

When we know that talking helps, yet feel we can't upset others, come to us -we can help.

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CARERS TRUST

Join us on the 1st Tuesday of every month 5.00pm - 6.00pm

Bridgend Carers Centre
87 Park Street • 01656 658479

The Carefree Community Café



Every Wednesday lunch time, we welcome lots of carers and members of the public in for tea and coffee, sandwiches, hot food, and sweet treats.

We have been fortunate to have been joined by 'Ray of Light – a Cancer Charity' to provide craft workshops in the garden, where carers have shown their creative skills, chatted, laughed and shared experiences.

It's great to see the Carers Centre buzzing again with chatter and laughter after a long period of isolation and loneliness. I would like to take this opportunity to thank all my valued staff and volunteers who help in the kitchen and take orders, and everyone who donate prizes to the weekly raffle for the cafe.

We plan to do lots more at the Café in the next few months so come along at 12.00 until 2.30pm at Bridgend Carers Centre to meet other carers and have lunch, need a problem solved, speak to our experienced staff who 'if they don't know - will find out.'



Some highlights to come:-

Wednesday 7th September	Ray of Light Craft Session
Wednesday 28th September	Macmillan Coffee Morning – Bake Off
Wednesday 5th October	Ray of Light Craft Session
Wednesday 9th November	Ray of Light Craft Session
Wednesday 23rd November	Carers Rights Day Information Event
Wednesday 7th December	Ray of Light Craft Session
Wednesday 21st December	Christmas Community Cafe



Are you caring for someone with dementia?

Dementia Carers Groups

"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 1.00 and 3.00pm at Bridgend Carers Centre

Get in touch 07876 872236 • sarah.jarvis@bridgendcarers.co.uk

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
BOARD GAMES
SENSORY GARDEN

CRAFTS
SINGING
QUIZZES

BUS TRIPS
BINGO



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

Bev Jones, our Carers Support Worker, will be attendance every fortnight so please contact her for more info on 01656 658479.

Book Club Update



The Book Club is going from strength to strength as we now have 15 Book Club members who meet every Monday on Zoom to discuss the Chapters that they read during the previous week. Members are able to discuss and critique the more serious subject matters as well as having fun and laughter and building relationships with other carers. In order to support this as the Covid restrictions are lifted we are now able to meet face to face once a month at Aberkenfig Library to exchange the books.

The Books we have studied:

Committed by Elizabeth Gilbert.

This book is the sequel to the best seller Eat, Pray and Love, however it was given the thumbs down by the members. It was a difficult read as Gilbert questions marriage, what this throw up for her. She delves deep into the history and cultural meanings of marriage as well as into her own relationships.



The Keeper of Lost Things by Ruth Hogan

A charming, clever and quietly moving debut novel of endless possibilities and joyful discoveries that explore the promises we make and break, losing and finding ourselves and the objects that hold magic and meaning in our lives.

This was a firm favourite with the book club members.



1984 by George Orwell

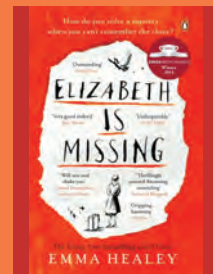
A classic book and will forever be timeless and relevant as it correctly reflects our world today in many aspects. However many members described the content as disturbing and they chose not to continue to finish the book but they listened to the discussion.



Elizabeth is Missing by Emma Healey

Written with compassion and humour as well as real sympathy for the main character Maud, who is experiencing symptoms of dementia.

A sensitive subject for us as carers to delve into, but good discussions and shared experiences make the journey easier.



Feedback

'Joining the book club has certainly improved my life! The interesting and varied literature we have been provided with has enhanced and extended my choice of books. The friendship and chance to discuss the books and characters is wonderful. It has provided me with a chance to get to know a lovely group of people.'
'I have joined the book club in the last few months and it is the first chance I have had to connect with other

carers. It really helps knowing that there are other people in a similar situation, and being able to share a hobby like reading is a great way of feeling supported but also stimulated. It reduces the feeling of isolation and it is good to concentrate for a while on something for myself. It is good to know there is a wind down time for me. Being able to meet on Zoom makes it very accessible.'

Virtual Book Club - it's a real page turner

Every Monday 2.00p.m.

To register for a ZOOM LINK, CONTACT KAREN:

07375 918715 • Email: -karen.evans@bridgendcarers.co.uk

LIBRARY BOOKS • PROVIDED EVERYONE WELCOME



Carers Choir

We've had a busy few months at our Carers Choir and have reached our first birthday! With four enjoyable performances at Bridgend Resource Centre, at our Jubilee Garden Party, Carers Week Celebrations and back at Bridgend Resource Centre to open their Dementia Sensory Garden we are going from strength to strength. We are a friendly bunch and would welcome new members to join us.



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 on 01656 658479.

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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 2022

September 14th October 19th
November 16th December 14th

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



Donations received since 1st April 2022

Porthcawl Comprehensive School	£100.00
Laleston Community Council	£250.00
St Brides Minor Community Council	£100.00
Garw Valley Community Council	£25.00
Enfys Llaw Y Bont	£200.00
Amazon Smile	£36.30
Easy Fundraising	£30.54
Paypal Donations	£391.68
Jubilee Party Raffle & Donations	£255.60
Wellbeing Donations	£580.00
Choir Donations	£167.80
Pot Donations	£88.35
Carer Donations	£817.52

Volunteers Needed

We are looking for volunteers to work in our weekly Carers Community Café. We are looking for friendly and approachable people to:-

- Help to meet and greet carers
- Take lunch orders and handle cash
- Prepare basic snacks and refreshments.

Experience is desirable but in-house training will be given plus training on Food Hygiene.

We are also looking for volunteers to help in our Garden and manning information stands.

If you think volunteering is something that would interest you then please give Richard or Helen a call on 01656 658479.

Parent Carer News

We hope you have all managed to have a good summer, although we know it can be a difficult time being out of routine.

We would love to see you on Thursday 15th September from 10am for a coffee, chat and opportunity to catch up on what else we have to offer in the coming months.

What have we been doing?

Over the past few months we have been busy with coffee mornings, offering string craft and creative mindfulness with the Awen Cultural Trust. We have also hosted a Saturday morning meet up for our working parent carers.

We have been out and about, attending parent groups at Heronsbridge and Special Families, and had a great time at the Heronsbridge Summer Fete. It was great to see our families enjoying themselves, even if it was a bit wet and windy!

We have had parent carer training with Outside and delivered training to Nottage Primary school on recognising signs of autism in girls. We have also welcomed Barnardos to come and talk about the training they offer parent carers. We love our partnership working.

36 parents and children enjoyed an afternoon visit to meet some Disney Princesses with Awen Cultural Trust – thanks again Awen for supporting our families. We also had a Wildflower (Autistic Girls Project) meet up with Jo from Inner Peace Studios hosting us for the day. Lots of Pilates, crafts and fun!

Finally, we have continued to offer 1-2-1 support, information, advice and referrals for our families new to the service, as well as continued support to those already on our books and a vibrant social media group with over 300 members.

Hope to see you soon, Davina and Sarah



Welfare Benefits Advice for Unpaid Carers

contact 

Hello again everyone.

It's Claire and Paul, your Welfare Benefits Advisors.

With the cost of living seeming to rise every time you turn around, it's even more important to make sure you are claiming everything you are entitled to. The Government have announced a one off payment of £150 in September if you are in receipt of certain disability benefits. Also, thanks to Wales and West Utilities being on board, we are now able to help with little tips on how to lower your gas and electric bills and although this may only mean a couple of pounds a year, every little helps. To see if you qualify for any extra help, please do not hesitate to ring Claire or Paul on 01656 658479.

However, with the demand for benefit advice increasing every quarter, there may be a delay in us returning your calls and arranging appointments so please bear with us through these unprecedented times.



We are delighted to welcome back Paul Daley as Welfare Benefits Advisor at Bridgend Carers Centre. Paul is funded by Wales and West Utilities and joins Claire Roberts in supporting unpaid carers and families with maximising benefits.

Legal Advice with Howells Solicitors

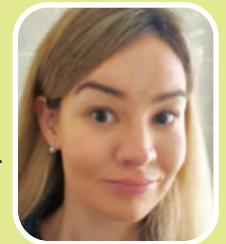
If you need any legal advice regarding your caring role such as Power of Attorney;

September 15th • October 13th • November 10th

Call 01656 658479 to book an appointment with a solicitor over the telephone or face to face at appointments at Bridgend Carers Centre



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.

**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.



Ray of Light Wales

In collaboration with Macmillan, Ray of Light Wales, another cancer charity have been providing taster session for arts and crafts at Bridgend Carers Centre Community Cafe. These sessions are relaxed and informal, with an opportunity to meet others and will continue into the winter. Ray of Light will be delighted to show you how to create beautiful things that you can treasure including pebble art, painting and Christmas wreath making.

Meetings are held at Bridgend Carers Centre on the 1st Wednesday of every month during the weekly Community Cafe. Please come along if you are a patient or family member. Everyone welcome.

Please ring to find out more. **01656 658479/ 07876872235**
macmillansupport@bridgendcarers.co.uk

Hope to see you soon. Rhiannon



**Ray of Light
Cancer Support**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Hospital and Community Support for unpaid Carers & Families

Our Carers Support Workers Rhiannon Griffiths and Sarah Jarvis are available for support and our mission is simple. We want to support families where a loved one may be unwell, in hospital, or receiving treatment. We aim to ensure families have access to information, support and advice so they

- Are more informed
- Are safer at home
- Are receiving all the benefits and support they are entitled to
- Are involved in decisions that impact their lives
- Are more connected to the community
- Benefit from improved wellbeing and mental health

We would like to thank the staff at the Princess of Wales hospital who take the time to consider the families of the patient as well as providing the highest level of care to those receiving treatment.

Look out for our contact details in the signing in book on each ward.

For more information, please contact
Rhiannon Griffiths 07876872235
Sarah Jarvis 07876872236

Macmillan Cancer Care

Information, advice and support are so important wherever you or a loved one may be on the cancer journey. This is why our Macmillan Patient and Carer Information and Support Worker Rhiannon Griffiths is on hand to help.

Support: Rhiannon has been supporting the colorectal "prehab" team at the Princess of Wales Hospital. She says, "It's fantastic to see so many people taking up the opportunity of getting as much information, support and advice. The team works hard to help patients get into the best possible shape in readiness for treatment, and we enjoy witnessing the improvements!"

For more information Contact

macmillansupport@bridgendcarers.co.uk

Rhiannon Griffiths 07876872235

For additional information on a huge range of issues you can also contact the Macmillan helpline on 0808 808 00 00

The Macmillan website is very helpful and can be found at

www.macmillan.org.uk

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Young Carers and Young Adult Carers Service

Since April we have continued to support young carers through one to one sessions and our Teen Group activities. We have also had some amazing opportunities to work with other organisations to promote and deliver presentations to help identify and support more young carers.

We have continued with our Teen Group (ages 13-17) and Young Adult Carers Group (aged 16 – 25), having at least one group a month and a lot of trips this summer! During May we were lucky enough to use funding from Children in Need to take young carers to see the School of Rock Musical in the Millennium Centre! We also had the opportunity to take some of our young carers to the UCAS event in Cardiff Met University for them to speak with universities about their future plans. Our YACs had fun trips to Laserzone, the Escape room and Ninja Warrior to name a few.

In June we had Brook Cymru to deliver an amazing session about healthy relationships.

Upcoming Activities (Teen Group)

- September – YAC Group at the Centre
- October – Halloween Movie Night
- November – Trip to see Fireworks
- December – Trip for a Christmas Meal

The summer holidays we were very very busy! We had trips to Cardiff Museum, Alpaca walking in Brecon and Surfing at Porthcawl. We also had a wellbeing day at the centre where we celebrated young carers and other organisations who came to support them. We also had a Family Fun Day at Cynffig comp, celebrating the families of young carers and bringing them together for a special day. Other workshops we held were First aid training, a youtuber workshop, a sibling’s carers group and even a mindfulness picnic!

One of the biggest things we did this Summer was attending the Young Carers Festival in Builth Wells from the 23rd – 25th August. Our young carers loved the opportunity to meet others from all over Wales and getting the chance to do a lot of activities they have never done before!

Upcoming Activities (YAC Group)

- September – YAC Group at the Centre
- November – YAC trip (TBC)
- December – Trip for a Christmas Meal



Jessie and Alissa will be messaging all young carers/ YACs and guardians with any updates and trips/groups that we hold in the future. However, if you would like more information on the Young Carers or Young Adult Carers Service please contact Rhian on 07384813685 or email rhian.watts@bridgendcarers.co.uk

Carers Week Garden Party

Over 60 carers attended the Carers Week Garden Party, which saw musical entertainment and comedy sketch from Kitsch n Synch thanks to Awen Cultural Trust and our very own Carers Choir who meet here every week to practice.

Carers were also treated to delightful refreshments and cream teas. We were joined by Counsellor John Spanswick who presented Bridgend Carers Centre with a cheque raised through a joint fundraiser with Bridgend Carers Centre and Lads and Dads and by Huw Irranca Davies and Sarah Murphy.



Sarah said later – 'It was great to visit the fantastic Bridgend Carers Centre Garden Party! Our community is incredibly fortunate to have Bridgend Carers Centre. Well done to all those involved, including the wonderful choir.'

"Thanks Carers Centre, there must have been a lot of work involved to make today so special for everyone. You manage to surprise us all with you inventive ideas. You constantly provide ingenious uplifting support to so many people, you deserve an award to recognise your achievements, as you make such a difference to our lives I just had to say this before I went to sleep.' SL

Just spoken to my mum she had a lovely time with my auntie Thank you for making them feel so welcome. She said there was such a lovely atmosphere there. Thank you all so much. SS

June has been a very busy and vibrant time at the Carers Centre where we have celebrated both the Queens Jubilee and Carers Week Garden Parties!



Bake off!

Come and join us at Bridgend Carers Centre on Wednesday 28th September 12 - 2PM for our very own BAKE OFF.

For more details please contact us on 01656 658479 or email macmillansupport@bridgendcarers.co.uk

WE ARE MACMILLAN. CANCER SUPPORT



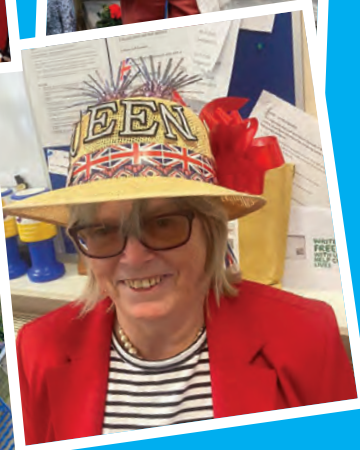
Queen's Jubilee Party

A fantastic time was had by all who attended the Queens Jubilee Party at the beginning of June. Over 70 carers attended and enjoyed fantastic entertainment and refreshments. Our thanks go to Awen Cultural Trust for providing the entertainment of a six piece band and to our wonderful staff and volunteers who always go that extra mile for unpaid carers. You only have to look at the photographs to see how much everyone enjoyed themselves!!

'Everyone had a fabulous afternoon at the Garden Party. The brass band were great as were the carers choir. About 70 people attended, there were lots of lovely food and I even won a raffle prize.' GC

'What an amazing event! It was really lovely and so much work must have been done to organise it. Well done to you all. Great band, loved the choir, good food and the weather did play along. Thank you had a great time.' HL

'My parents want to say a massive thank you for today, they had a fantastic time and the band and choir were amazing. You put on such a wonderful spread to too.' MP



Gratefully received Many thanks!



A cheque for £3,500 was presented to Bridgend Carers Centre by Councillor John Spanswick at the Carers Week Garden Party in June.

Councillor Spanswick was the previous Mayor of BCBC and Bridgend Carers Centre along with Lads and Dads were the Mayors chosen charities. Through the fundraising events held, which included the Welsh Three Peaks Challenge that Bev, Rhiannon and Graham completed. A total of just over £7,000 was raised.

Thank you so much and to everyone who donated for us as a chosen charity and to Bev, Graham and Rhiannon for taking on such a huge challenge on behalf of Bridgend Carers Centre.

100 Club



Bridgend Carers Centre Fundraising Committee are setting up a 100 Club to raise funds for the Carers Centre.

Each number will cost £1.00 and can be paid through a direct debit. You can purchase more than one number and the numbers can roll over from month to month.

The initial draw will take place once all the numbers have been sold but we aim to have a draw each month. Half of the pot will go towards supporting the Carers Centre with half towards the prize which we hope will be **£50.00**.

News from Bridgend Carers Centre Fundraising Committee

A group of enthusiastic carers have got together to form Bridgend Carers Fundraising Committee to raise awareness of being a carer and to raise much needed funds so Bridgend Carers Centre can continue its good work.

Liz, Graham, Linda and Gaynor will be updating us all on their progress.

Thanks to you all for your support.

Who Carers Anyway?

A collection of carers experiences

Bridgend Fundraising Committee are collecting a series of short stories and anecdotes from unpaid carers across Bridgend County Borough.

Funny, sad, challenging, humorous, heartfelt and inspirational stories would be very welcome and will be anonymous.

The stories will be collated into a short book to raise awareness of what it means to be a carer of a friend of family member. The book will hopefully be published and proceeds will go to raise awareness of caring and raise funds for the Carers Centre.

Please email stories to enquiries@bridgendcarers.co.uk or manager@bridgendcarers.co.uk or send/drop off your written stories to Bridgend Carers Centre, 87 Park Street, Bridgend CF31 4AZ

Out and about!

