



contact

Keeping in touch with carers



Inside this issue

P2 Chop and Chat Group

P4 Connecting Carers

P8 Media Visit

P13 New Year, New You!



Annual General Meeting - 10.30am • 25th January 2023

We will be holding our first face-to-face Annual General meeting at Bridgend Carers Centre on 25th January 2023 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 is just £5.00 per year. The meeting will be followed by refreshments and entertainment at our Carers Carefree Community Café, where you can meet other carers, staff and Trustees who manage the Centres development.

Bridgend Carers Centre:

87 Park Street, Bridgend, CF31 4AZ

01656 658479 • enquiries@bridgendcarers.co.uk

Charity Number 1125921



@bridgendcarers • bridgendcarers.co.uk

Remembrance Café 9th November

A Big Thank You to the Armed Forces Covenant Fund for funding this event.

Carers enjoyed a special afternoon at the Remembrance Café which was held on the 9th November in preparation for Friday 11th.

We welcomed Judy and Mark from Woody's Lodge and heard about the amazing work they are doing at Amelia Farm in Barry to support Veteran's and their Families and we are invited to visit them in 2023. We will keep you posted.

We have some very talented Veterans who kindly donated their craft work to the Centre.

Maria Edwards crocheted poppies and poppies wreaths and raised a total of £108.84 for the centre. Thank you Maria an outstanding effort and very appreciated by all who attend the centre.

Neil Ashley kindly donated his art work which will be auctioned to raise valuable funds for the centre when Friends of Bridgend Carers organise their fund raising events.

Ric provided the music to entertain us and certainly added the feel good factor that music and singing achieves.

Thank you Ric we look forward to hearing you play again soon.

The delicious buffet was enjoyed by all.

A good afternoon for our Veterans and an opportunity to share memories of days gone by.

"The atmosphere was very uplifting - there was a buzz in the room -
The Remembrance Café"



Armed Forces and Veteran Carers News

Autumn has been a busy time for Carers Support Workers Beverley Jones and Karen Evans.

Raising Awareness of the Armed Forces and Veteran carers Project

Karen attended an event organised by Tesco's to promote the service and offer support around the cost of living crisis.

Beverley and Karen attended The Veterans Road show at Ty Llewellyn in Cardiff to liaise with other organisations and members of the Armed Forces to promote their services.

15th September

The Veteran Carers enjoyed a day out at The Royal Welsh Regimental Museum and a trip on the Brecon Canals followed by a delicious two course lunch.

A memorable day as Geoffrey George discovered his photograph in the history books of him as a young soldier aged 18 years when he was posted abroad.

22nd October

Veteran's received their Certificates for Health and Safety Course and Mental Health Awareness at Porthcawl Hub.

26th October

We were taught to Willow Weave and produced a cone for the garden which may be used for a bird feeder or plants.

November 9th

Remembrance Café. Mark and Judy from Woody's Lodge joined us and shared details of their project. We enjoyed a delicious lunch, speakers and entertainment. It was a great celebration.

November 11th

39 Cream teas were delivered to Veterans and partners.

13th November

Placing of wreath at the Cenotaph at Bridgend Town Centre. Mr. Roy Edwards did the honours. Picture Meeting families of those lost in conflict.

15th December

Two Course Christmas Meal at the Centre.



Shout out to Veteran Carers We are a Warm Space Centre

If you are worried about the cost of living crisis come and join us at the Carers Centre

Bacon Butties are available Monday morning 10 - 11.30 a.m starting 9th January 2023



Royal Mint Visit January 2023

Veterans are you interested in seeing production of the new coins with King Charles 111. It is an ideal time to enjoy a trip to the Royal Mint and have a Lunch. If so please call the Centre to register your interest.

£5 deposit required. Call 01656 - 658479

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

Karen: 07375 918715 • karen.evans@bridgendcarers.co.uk
Beverley: 07375 926207 • beverley.jones@bridgendcarers.co.uk

Sarn Library
1st Tuesday Of The Month
2.00pm - 4.30pm

Pencoed Welfare Hall
1st Thursday Of The Month
2.00pm - 4.00pm



**CRONFA
GYMUNEDOL
COMMUNITY
FUND**

New Group for 2023

The Chop and Chat group
Every Wednesday Morning
10am at the Carers Centre

Come and join us in a warm, safe environment
to help prepare a hot meal (soup) for the café.
Learn a new skill and meet new people during
the cold winter months.

No cooking experience necessary
Ring 01656 658479 to book your place.



Springtime at Hillcrest, Cefn Fforest

Thursday 27th April departing 11.30am

Come and join us for a relaxing few hours enjoying Mike's beautiful garden at Hillcrest, Cefn Fforest.

Mike opens his garden to the public throughout the year, it is a real tranquil haven.

Our visit will also include a light lunch.

Transport will depart Bridgend Hope Chapel at 11.30 and we hope to be back in Bridgend at approximately 3.30pm

Suggested donation to book £10.

Places are limited so ring 01656 658479 to book.



THERAPY THURSDAY

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

26th January • 23rd February • 30th March • 27th April

A suggested donation of £10.00 is payable on the day. Please contact the Centre on 01656 658479 to book your appointment. Please note that new and current carers have priority.



AbilityNet

FREE Technology advice and support in your own home

www.abilitynet.org.uk

Help for older and disabled people

AbilityNet helps disabled and older people get the most from their computer, smartphone or tablet.

CALL FREE 0800 048 7642

Become a member of Bridgend Carers Centre today!

Would you like to have a say in how your Carers Centre is run?

If so, why not join up and become a member today.

Membership allows you to vote at our Annual General Meeting.

Cost £5.00 per year.

Ring Sue on 01656 658479 to join.

Footcare Clinic at the Café with Anneliese

Annelise Evans is a Foot Health Professional offering a monthly Footcare Clinic. If you or the person you care for need help with nail cutting, treatment for verrucae, corns and callus, fungal infections, ingrown toenails or would just like you feet pampered, why not make an appointment.

Footcare Clinic dates are

- Monday 30th January 12 -2
- Monday 27th February 12-2
- Monday 27th March 12 -2
- Monday 24th April 12 -2



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

Connecting Carers Project

Bridgend Carers Centre and Connecting Carers Project are working together to provide:-

FREE cost of living digital information session for carers who are looking after family or friends across Bridgend.

Connecting Carers are working with Digital Communities Wales to offer informal information sessions at Bridgend Carers Centre.

These sessions will show attendees how Digital Tools can Support people in the Cost-of-Living Crisis

These sessions are also available to staff and volunteers so we are able to support unpaid carers across the Borough.

To express an interest please contact Bridgend Carers Centre 01656 658479 or for more information Please contact Paula on 07776 961253 or email paula.lunnon@cwmpas.coop



Look at what unpaid carers across Bridgend said about our service!

"Fantastic service, thank you so much." **LW**

"Sarah this is fantastic. Thank you so much for your time today. You've been absolutely amazing!" **AW**

"Everything was perfect, so nice to meet with like-minded people."

"Lovely to relax, enjoy the singer and buffet laid on. Carers Centre were wonderful - feels like a family!"

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.

A Network Partner of
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.

It's great to see the Carers Centre buzzing with chatter and laughter. 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.

Come along at 12.00 until 2.30pm at Bridgend Carers Centre to meet other carers, have lunch and speak to our experienced staff.

Some highlights to come:-

Wednesday 04 January	New Year Café
Wednesday 11 January	Café - Footcare Clinic
Wednesday 18 January	Bring & Buy Sale – Bring your unwanted Xmas gifts – help us to raise funds for the centre
Wednesday 25 January	Café Bingo
Wednesday 01 February	Café with 'Ray of Light' Activities
Wednesday 08 February	Café with Willow Weaving / Footcare Clinic
Wednesday 15 February	Valentine Café
Wednesday 22 February	Pancake Day at the Café
Wednesday 1 March	Café with 'Ray of Light' Activities
Wednesday 8 March	Café - Footcare Clinic
Wednesday 15 March	The Cheese People at the Café - A Chunk of Wales
Wednesday 22 March	Café
Wednesday 29 March	Café with Easter Crafts
Wednesday 5 April	Easter Café
Wednesday 12 April	Café with Carft Junction (Bath Bombs) / Footcare Clinic
Wednesday 19 April	Café with Name that Tune
Wednesday 26 April	Café



Community Café Bring & Buy Sale

Wednesday 18th January

Why not donate those unwanted Christmas gifts to our Community Café Bring & Buy sale?

You will be helping us to raise much needed funds for your Carers Centre.

We will be holding our Bring & Buy sale at the Café on Wednesday 18th January between 12 – 2pm.

We look forward to seeing you on the day!

Footcare Clinic at the Café

We are delighted to inform you that after a break of over two years the Footcare Clinic will be returning to its former monthly slot at the Community Café. No appointment necessary, just pop along during Café hours and have your feet pampered.

Annaliese will be with us on the following dates.

Wednesday 11th January 12 - 2pm

Wednesday 8th March 12 - 2pm

Wednesday 8th February 12 - 2pm

Wednesday 12th April 12 - 2pm

Suggested donation £15



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.

Carers Book Club

September presented us with a well written novel by Stephen King. A selection of four short stories.

Rita Heyworth and Shawshank Redemption is the story of two men convicted of murder. One guilty, one innocent – who form the perfect partnership as they dream up a scheme to escape from Prison.

In Apt Pupil a golden school boy entices an old man with a past to join in a dreadful union.

The body sees four young boys venture into the woods and find life death... and the end of innocence.

The breathing method is the tale of a doctor who goes to his club and discovers a woman determined to give birth – no matter what. A little too dark for some of our book club members as depicted gruesome scenes. Two star rating for this book.

My Dear I wanted to tell you.

While Riley Purefoy and Peter Locke fight for their Country, their survival and their sanity in the trenches of Flanders, Nadine Waveney, Julia Locke and Rose Locke do what they can at home.

Beautiful, obsessive Julia and gentle eccentric Peter are married: Each day Julia goes through rituals to prepare for Peters return. Nadine and Riley only eighteen when the war starts and with problems of their own already want above all to make promises. How can they when the future is not in their hands? And Rose? Well what did happen to the traditionally brought up women who lost all hope of marriage because all the young men were dead.

A beautifully written novel of love, hope and survival. This is one of Book Clubs favourites. A must read book with a five star rating.



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



Hospital and Community Support

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.

We have a stand outside the POW pharmacy once a week. Call in for a chat and to see how we can help.

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

Carers Choir

We have had a great time over the last few months and have seen some new members join our Carers Choir. We recently enjoyed entertaining in our Christmas Community Café in December and have had a number of requests from local care homes to entertain them.

We would love to see new members join us and particularly would like to encourage some male members or singers with lower, bass voices.

Meeting at Bridgend Carers Centre every Tuesday 2 - 3pm. All Singing Abilities welcome. £3 Donation • For more information, contact Sarah on 01656 658479.



A Network Partner of
CARERS TRUST

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

WE ARE
MACMILLAN.
CANCER SUPPORT



Ray of Light
Cancer Support

Media Visits - BBC, ITV & Wales Online

During the Summer and Autumn we have been visited by BBC Wales and ITV Wales to film and interview staff and unpaid carers from across Bridgend.

During the Summer we were joined by Catrin Edwards from Carers Trust Wales and the Deputy Minister for Social Services, Julie Morgan who met with parent carers who use our service and who have benefited from the Carers Support Grants to help carers during the pandemic and since recovery. The Deputy Minister was interested to know how these grants had helped carers and their families.

In the Autumn we were interviewed again by India Pollock of BBC Wales. India did a feature on the impact of the 'Cost of Living Crisis' and how unpaid carers were coping with juggling their caring roles and their rising costs of caring for someone.

Both visits were televised and we were pleased that the publicity highlighted the role of unpaid carers and the stress that both unprecedented issues had impacted on carers lives.

Wales Online interviewed Parent Carers and Young Carers during Carers Rights Day, highlighting their experiences.



Parent Carer Support and Wellbeing Project

From coffee mornings to parties, and activities for our families, training, information sessions, a dad's group, outreach and partnership working, we have had another busy few months. As the service continues to grow we are excited to announce we have recruited another member of staff to bring our team to three workers.

Please look at our diary dates for the next few months as we have lots of training, social and respite opportunities coming up. We are very lucky to have been awarded Postcode Lottery funding to facilitate these activities.

To keep up to date with what we are doing, join our Facebook group 'Bridgend Parent Carers Support and Wellbeing group'.

Wildflower Project Autistic Girls Group

Our Wildflower Project continues to grow and thrive. In October half-term we had a lovely meet up with 16 young people, and their parents, coming together to craft, build lego, decorate cakes and enjoy pizza from Domino's.

This project supports girls and young women (ages 10-25 years) with autism to meet in a safe space and engage with others who have similar needs.

Girls and Autism Information Session for Schools

We can offer an information session on recognising the signs of autism in girls to schools, colleges and other statutory services. This can be delivered face to face or via Zoom. This session aims to increase understanding of how autism presents in girls and young women and how we can support them for earlier diagnosis.



Parent Carer Coffee Mornings

Parent Carer Coffee mornings have been a huge success over the last few months. In September we welcomed new carers and existing carers to our coffee and chat group whilst offering short massage sessions with our beauty therapist, Denise. It was so great to be able to chat and relax and share experiences and knowledge amongst our parent carers. All our carers have challenging caring roles and find it difficult to take time out of their busy days, however just after just an hour or so, all who attended were visibly relaxed and appreciated how a little "me time" is needed.

Our October session was very well attended. We welcomed Mel, our Willow Weaving expert to give a masterclass in willow weaving/wreath making and our carers had the opportunity to make fabulous Autumn wreaths to take home! Again it was lovely to see new faces who were welcomed with a smile and a cuppa. There were laughs, and lots of chatting, with carers making new friendships.



Halloween Spooktacular!

On October 31st, what else would we be doing other than our annual Halloween party in collaboration with InclusionAbility charity. Although our roles are Parent Carer Support Workers, we never forget the young people at the heart of the families, often because of their disabilities, don't get invited to parties or don't like the traditional party with lots of noise and children. We hosted a fabulous craft and play party at Westward Community Centre where the young people made potion bottles using glitter, glue and all sorts of messy, gooey ingredients! There was stick craft, cake decorating and colouring too. We ended the party with a bit of music and dancing for those who wanted to use up what little energy

they had left. It was a pleasure to see all the youngsters be creative, play and form friendships in a safe and welcoming environment.

Davina and I look forward to seeing more of our parent carers in the next few months as we have a packed diary of activities and sessions to look forward to.

Many thanks Sarah and Davina

DATES FOR THE DIARY



**Wednesday 18th & 25th January -
6.30 - 9pm, via Zoom**

**PDA (Pathological Demand Avoidance) Information
and Training for Parents**

The course includes the following content:

- what is PDA?
- demands and their effects
- how PDA can feel
- helpful approaches (including collaborative problem solving), and
- Anxiety
- rewards/praise/sanctions
- siblings
- diagnosis
- transition to adulthood
- education
- signposting to resources & support

Hope to see you soon, Davina and Sarah

**Thursday 19th January - 9.45am - Midday Parent
Carer Coffee Morning - Coffee, Chat and Relax**

Come and have a catch up and enjoy a mini massage treatment with our massage therapist Denise Owen.

**Saturday 21st January 10am - 12.30pm
Working Parent Carers Coffee Morning
Chop and Chat**

Join us to chop and chat on Saturday morning. We'll prepare and cook soup together, before enjoying a bowl for lunch.

**Wednesday 8th February - 10am - 1pm
Parent Carer Well-Being Day at Special Families,
Fairfield Centre, Maesteg**

Bridgend Carers Parent Carer Service is happy to offer a morning of relaxation to our friends at Special Families. Join us for mini treatments and therapies.

**Thursday 16th February - 9.45am - Midday
Parent Carer Coffee Morning
Valentine Willow Weaving**

Learn how to make a heart shaped wreath with Mel from Out to Learn Willow.

**Wednesday 22nd February - 11am - 2pm
Half-Term Wildflower Meet-up. Girls and young
women, with ASD, between 10 - 25 years old**
Crafts and other fun activities. Venue to be confirmed.

**Thursday 9th March - 7 - 8pm, Via Zoom
Online Facials with Kerry Richards, Holistic
Therapies**

Join us via Zoom for a complete facial in your own home. All products will be provided.

**Thursday 16th March - 9.45am - Midday
Parent Carer Coffee Morning - Decoupage
Workshop**

Come and learn to decoupage with Craft Junction.

**Monday 27th March 6.30pm - 7.30pm, via Zoom
Parent Carer Advocacy Training**

For Parent Carers to increase their knowledge of the role of advocacy within Health and Social Care and increase their confidence when advocating for those they care for.

**Tuesday 4th April - 11am - 2pm
Easter Holiday Wildflower Meet Up. Girls and young
women, with ASD, between 10 - 25 years old.**
Crafts and other fun activities. Venue to be confirmed.

**Thursday 20th April - 9.45am - Midday
Parent Carer Coffee Morning – Mindfulness Tips,
Relaxation Techniques and Vision Boards**
Re-balance, recharge and relax with counsellor Paula Morgan.

To book any of these activities, please contact
Davina by text on 07497332253 or email carerswellbeing@bridgendcarers.co.uk

Welfare Benefits Advice for Unpaid Carers

Hello again everyone.

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

If you need assistance filling out a benefit form you've received or if you've ever wondered whether you qualify for any help, we are here for you. If you are starting to find it difficult to walk any distance and think you would benefit from a blue badge or if its energy saving advice you are after, please do not hesitate to contact us here at Bridgend Carers Centre on 01656 658479.

We look forward to your call!



Macmillan Patient and Carer Information and Support Service

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Information and support are so important wherever you or a loved one may be in the cancer journey. This is why our Macmillan Patient and Carers Information and Support worker Rhiannon Griffiths is on hand to help. Contact her on 01656 658479 or 07876872235

For 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

It's becoming more and more important to get yourself checked out. The rates of cancer diagnosis is increasing, and the fact is, the earlier you get a diagnosis, the better your chances of getting the treatment you require.

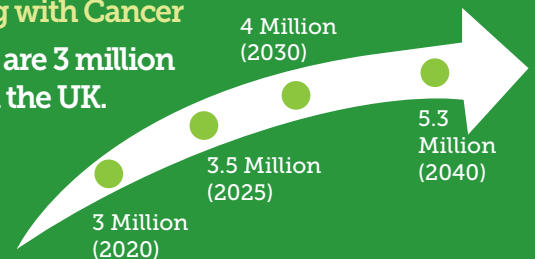
The number of people living with Cancer

We currently estimate there are 3 million people living with cancer in the UK.

Rising to 3.5 million in 2025

4 million in 2030

5.3 million in 2040



Macmillan is as busy as ever supporting the people in Bridgend.

Legal Advice with Howells Solicitors

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

Thursday 19th Jan

Thursday 23rd Feb

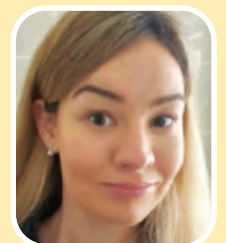
Thursday 23rd March

Thursday 20th April

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 of 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.

Young Carers Service

Since September we have been really busy! We have continued with our one to ones in schools and our teen group activities! We have also worked with a lot of organisations and schools to raise awareness of young carers and their rights! We have provided schools with assemblies and staff training, if you are interested in knowing more please contact Jessie!

We have continued to offer respite opportunities to young carers. We have done craft activities at the centre, had a Halloween night, a cinema trip during the half term, pottery painting and had a Christmas meal together.

We also ran a Wellbeing Group for young carers under 13's in October where we worked on confidence skills and did a lot of craft activities.

The young carers loved these sessions and benefited greatly from the wellbeing group. We also hosted an Employability Morning for our Young Adult Carers which focused on skills, CV writing and interview techniques.

If you would like any more information on the Young Carers Service please contact Jessie Haig on jessie.haig@bridgendcarers.co.uk or 01656 658479.

Upcoming Activities (Teen Group)

January - Activity at the Centre

February - Trip during Half Term

March - Activity at the Centre

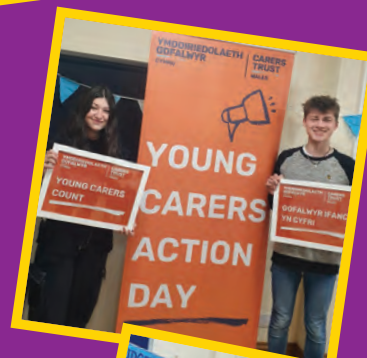
April - Trip during Half Term



Young Adult Carers

What have we been doing?

We have been busy with our YAC group this quarter continuing to deliver our one to one support to those in need of something extra and running our groups and trips for a chance of respite from their busy caring roles. We went Axe Throwing in Cardiff in September and went for food in the Smoke Haus afterwards. We held a Scary Movie night at the centre for Halloween during Half Term where we watched a film and had some spooky snacks. We also delivered a CV writing and interview techniques workshop during Half Term. For our Christmas trip we went to The New Theatre in Swansea to watch Bat out of Hell and had an evening meal out. This was a great night out and a well-deserved treat for our YAC's to enjoy some respite.



We are extremely proud that one of our YAC's was chosen as a finalist in the 'Inspiring Young Person' category at the All Wales Mental Health and Wellbeing Awards.

Da Iawn Charley!!

Merry Christmas and a Happy New Year to all our YAC's Coming up in 2023.

9th Jan – Group at the centre – 5:00pm to 7:00pm

Feb - Half Term – Trip to watch Cardiff Devils Ice Hockey.

6th March – Group at the Centre – 5:00pm to 7:00pm

April - Easter Holidays – Trips tbc.

New Year, New You!

**VERSUS
ARTHRITIS**

Versus Arthritis has funded Bridgend Carers Centre to help unpaid carers across Bridgend County Borough to become fitter and healthier, prevent injury and avoid physical aches and pains associated with moving and handling loved ones.

Tai Chi - New class starting Monday 9th January 12.30

Come along and explore the gentle movement of Tai Chi at the Carers Centre every Monday at 12.30.

Gloria is returning to us to host this class on a weekly basis – our first session will be Monday 9th January 2023. Come along and try it out.

One Day Moving & Handling Training for unpaid carers Tuesday 21st February 2023

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

Venue: Steddy, Trewsfield, Bridgend CF31 4LH

Time: 9.30am – 3.30pm (Please bring your own lunch)

Ring Bridgend Carers Centre on 01656 658479 to reserve your place

Dance and Zumba with Karen Every Wednesday 10 - 11am. Starting 11th January 2023

Come along and join in all the fun at our new Dance Fitness Class funded by Versus Arthritis.

Karen will be hosting a low impact dance/fitness class to include a variety of dance and Zumba at the Centre every Wednesday morning.

Gentle Movements with Jo from Inner Peace Fitness Every Thursday 10 - 11am. Starting 12th January 2023

**@ The Pilates Studio, Off Chapel Street,
Nolton Street, Bridgend Cf31 3BT**

For those who want gentle exercise but want to increase mobility and flexibility.

Come along to a gentle mobility session for all levels mainstream and inclusive, sitting or standing. Let's strengthen our core to protect our back, shred those centimetres while giving our body a boost both mentally and physically. We will gain in flexibility along the way while having lots of fun together.



Yoga

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.

Starting 16th January

Sessions are every Friday at Bridgend Carers Centre 11.30 - 12.30 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.

Carers Walks

Are you feeling sluggish and blue and want to boost your energy levels? If so get your Walking Boots on and Join us. Reconnect with nature to help reduce stress and lift your spirits. Best of all it's a free activity.

Dates for Walks

18th January - Wednesday

15th March - Wednesday

15th February - Wednesday

11th April - Wednesday



**VERSUS
ARTHRITIS**

Young Carers and Young Adult Carers Donation from St Tyfodwg's Church

Jessie, our young carer and young adult carer service manager, spoke at St Tyfodwg's Church on the 4th November. They very kindly held a charity concert to raise money for the Young Carers and Young Adult Carers Service with a performance by the Ogmere Vale Choir. Davina, our senior parent carer support worker, received the £500 cheque at the coffee morning on 12th November. Thank you so much for your kindness and support in choosing us to receive a donation.



A Big Thank You to Knights Brown

Bridgend Carers Centre would like to extend a massive thank you to Knights Brown for sending a wonderful team to work on our garden. We would also like to thank Cath Waller, their Marketing and Communications Manager, for donating £500 after receiving the company's Outstanding Contribution Award.

Cath has donated the money to the Wildflower Project for girls with ASD and we will be using it to fund activities at our meet-ups.

**Thank you Knights Brown and Cath.
We are so grateful for your support.**



Jenks' Celebratory Fundraiser 2nd December 2022.

Bridgend Carers Centre would like to say a massive Thank you to Henley Jenkins.

Henley has been fundraising for the Carers Centre in memory of his brother Mark who sadly passed away. He recently held a celebratory musical fundraising event at Bridgend Tennis Club. At the time of going to press Henley had already raised £1050.00 and was expecting to raise more with a raffle on the night.

We are extremely appreciative of this massive fundraising effort!

Bridgend Carers Centre need your unwanted gifts!

We are always grateful to receive items that we can use for our regular raffles.

If you have any items that you feel may help us with our fundraising effort, please drop them into us.



Karen Evans, from our local Bridgend branch of Nationwide, raised an amazing donation of £316 through fundraising in the local area.

We are hoping to fund a lovely event for our carers using this very kind donation.

A Carers Book!

We would love to hear from you if you have any funny, sad or inspirational stories of being a carer to share in this book, highlighting carers experiences and to show that you are not alone.

Names will not be used so don't be shy. Send to Bridgend Carers Centre or email elizabethowen631@gmail.com



We are intending to put on fundraising events at the Carers Community Cafe from time to time, eg Bingo, singalongs, please attend not to miss out.

Friends of Bridgend Carers Committee

Elizabeth Owen • Graham Crocombe • Gaynor O'Kane • Gina Bradshaw

Please contact Centre or Committee members if you are interested in any fundraising ideas, thank you Elizabeth Owen (Chair) 07894227061.

100 Club (will start from January 2023)

Here's how it works

£1.00 per week deducted by DD monthly at £4 a month, from participant's Bank A/Cs, or by cash payments by each individual who wished to participate.

£1.00 per week would entitle each participant to select one number which would then go into the monthly draw.

Twice yearly there would be Bonus Prize Draws – amount to be decided upon.

Unsold numbers would not go into the draw.

In the case of cash payments not received prior to the draw, numbers will not be entered.

Direct Debits to be paid into the Friends of Bridgend Carers Centre Fundraising Committee (FBCCFC) Bank A/C Bank Account Details in due course.

Smartie Tubes.

These will be at the Centre on a Wednesday at Carers Cafe. You can eat the Smarties, fill empty tube with 20p coins & return.

Anyone already with tubes, please return when you can. Thank you.



New Year's Fundraiser



Helen Pitt CEO of Bridgend Carers Centre is attempting a Zip Wire in January 2023 to mark the start of her final year managing such an amazing service and wonderful team, giving information and support to unpaid carers across Bridgend County Borough.

This feat is not an easy one for her, she has a fear of heights and not a confident swimmer so the thought of flying high over a reservoir at the old Tower Colliery site at the Heads of the Valley, doesn't exactly fill her with glee.

However if she was going to do this for anyone it's for the service she loves and believes in... Bridgend Carers Centre.

Wish her luck and above all try to encourage lots of donations... large or small to continue this fabulous service for years to come.

A sponsor form with gift aid will be available.

To donate go to:

www.justgiving.com/Helen-Pitt8 or contact Elizabeth Owen of the Friends of Bridgend Carers Centre on 07894 227061.

LifeCycles Wellbeing Monthly Support for Carers

Bridgend Carers Centre is pleased to announce our new support group, lifecycles, which offers peer support, help and advice to anyone experiencing hormonal changes.

Thursday 19th January, 16th Feb, 16th March, 20th April at the Carers Centre from 1 - 2.30pm

This group will be led by Becci, who has a Level 3 Diploma in Menopause Awareness.



We are excited to announce that our friends at Nuffield Health, Bridgend, have offered us a health and wellbeing week in January. From 16th - 22nd January 2023, our Carers will be able to access the facilities at the Nuffield for much needed respite from their caring role. Please be aware, exercise classes can only be booked in person on the day and are subject to availability. However, the gym and pool will be fully accessible over the week.

To book a place, please call the office on 01656 658479.

Donations received since 1st Sept 2022

Nationwide Building Society	£158.00
Veteran Trip Raffle	£72.40
Paypal	£257.87
Wellbeing donations	£880.00
Choir donations	£227.73
Membership	£165.00
Carers donations	£722.00

giftaid it

If you ever donate to the Carers Centre and are a British Tax Payer, please sign a Gift Aid declaration for us today.

Gift Aid allows us to claim an additional 25% on any donation you make however large or small.

Forms are available from Sue on 01656 658479