

# NEWS EXTRA! READ ALL ABOUT IT!



## Some very exciting news regarding the 100 club.

We did not know if we could run this BUT there is always a way around every problem!

### This is what we have come up with:

The 100 club consists of monies being collected & cash prizes being given out monthly with 2 larger prizes twice a year.

eg. Each month for 10 months of the year, prizes of £20, £10 & £5 & two months, possibly Easter & Christmas, prizes of £50, £25 & £10

100 Club members will contribute £5 a month, payable every 4 months, that's £20 every 4 months

This will be collected during a set date, at Carers Community Cafe on a Wednesday, there will be 3 collection dates a year, the 1st being April 5th, this year. (If you are unable to attend Cafe, please ring number below).

We can only accept cash, a receipt will be issued.

You will be given a number & if this is picked at the monthly draw you win the appropriate amount set.

**If you wish to join us please ring Elizabeth on 07894 227061 or Gina on 07756 726451**

## SMARTIE TUBES.

**We have raised £100 so far with still some tubes to be returned!**

If you are unaware of this venture, you get a Smartie tube, which should be available at the Carers Community Café every Wednesday, eat the smarties & fill the tube with 20p's & return.

**That's all there is to it!**



# Helen's Zip Wire Challenge

Thanks to everyone for donating to Helens Zip Wire Challenge. Helen raised over her £500 target to go towards breaks for unpaid carers across Bridgend.

She said "It wasn't so scary after all, but most invigorating!"



Friends of Bridgend Carers wish to thank you for your continuing support in helping to raise funds to keep the Carers Centre going for many years to come.

## 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**



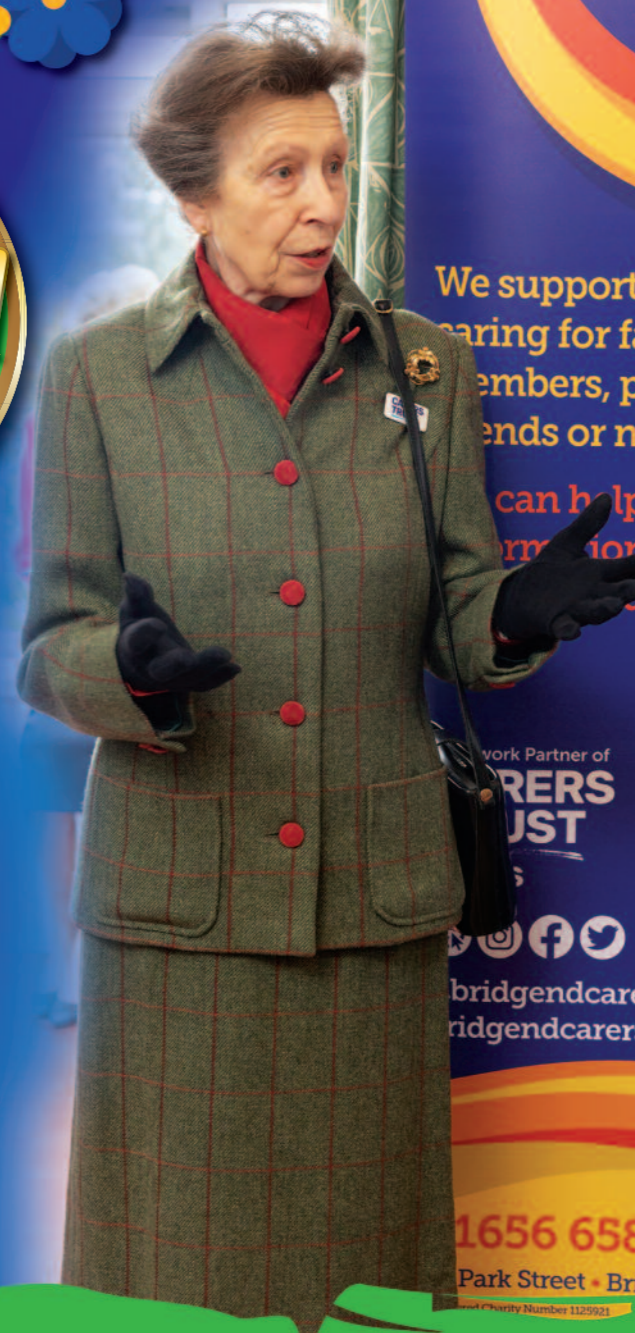
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CYMRU

CARERS TRUST  
WALES



# contact

Keeping in touch with carers



We support people caring for family members, partners, friends or neighbours.

We can help with information advice, and social

Work Partner of  
CARERS TRUST  
bridgendcarers  
bridgendcarers.co.uk



01656 658479  
Park Street • Bridgend • CF31 4AZ

Bridgend Carers Centre:  
87 Park Street, Bridgend, CF31 4AZ  
01656 658479 • enquiries@bridgendcarers.co.uk  
Charity Number 1125921

@bridgendcarers • bridgendcarers.co.uk



# Bridgend Carers Centre were delighted to receive a visit from Her Royal Highness Princess Anne on Monday 3<sup>rd</sup> April 2023.

Many thanks to all those who attended to make the visit a massive success.

As President of Carers Trust for many years, Princess Anne is well aware of the demands caring places on unpaid carers. However it was truly inspirational to hear unpaid carers give their personal experiences of caring and the impact that the Carers Centre service and staff have made on their lives... the Princess really listened, empathised and understood. Many thanks to all the carers who attended for your honesty and for sharing your journeys.

The smell of freshly cooked Welsh cakes, the sight of bright yellow daffodils and the sound of our Carers Choir filled the Centre, making it a very Welsh welcome.

After a tour of the Centre and spending time chatting with carers and staff, Princess Anne unveiled a plaque to commemorate her visit to Bridgend Carers Centre.

## Helen Pitt CEO remarked.

"Unpaid carers are facing continued challenging times with the pandemic recovery, and more recently the cost of living crisis. The Princess Royal's visit to our Centre has done much to boost the spirits of carers and the staff who are passionate about supporting them"

Thanks also go to the Vice Lord – Lieutenant of Mid Glamorgan, Colonel Philip Hubbard, Mayor of Bridgend Cllr Martyn Jones, Leader of Bridgend Council Cllr Huw David, Huw Irranca Davies MS, Sarah Murphy MS, John Mc Clean – Chair, Carers Trust, Catrin Edwards, Carers Trust, Rebecca Watkins, Moondance Foundation and Tom Robinson, Wales and West Utilities plus the wonderful Trustees of Bridgend Carers Centre.

## Our Chair of Trustees, Colette Colman commented.

"It was a huge honour to receive a visit from HRH Princess Anne to Bridgend Carers Centre to acknowledge the successes of our charity. It was an amazing day and one that we will remember for many years."

# THE Royal VISIT



# Armed Forces and Veteran Carers News

## Did you know there is a new veteran's association which recently set up in the Legion in Pyle?

With 60 members already on their books they are overwhelmed at how quickly veterans have come together, and are enjoying their time reminiscing, laughing, swapping stories and simply just enjoying making new friends.

## Future Plans - and Support is Welcome

Plans they have for the future that hopefully includes a new memorial stone, in the grounds of the Legion, where they could host their own remembrance service.

They also have plans to turn the upstairs room into a veteran's hub, which will hopefully have a pool table. They also want to turn one of the small rooms into an office/counselling room, with future plans to have counsellors come in to support veterans that need extra bit of help.

All these plans need funding, however so far they have had huge support from the likes of BAVO, Bridgend Carers Centre, Pyle and Kenfig Hill Community Council, the Armed Forces Liaison Officer and also local builder Jack Sweetland who has donated his time to help the organisation do some of the building work.

The Veterans Association would like to thank them for all their continued help and support.

There remains a substantial amount of work to be done, and support is welcome, so if there are any other members of the public, Labourers, Builders Painters etc that could help and give their time to the Veteran's Group then please contact

**078040265124 or email [pkhva@outlook.com](mailto:pkhva@outlook.com) – the email address of the Pyle and Kenfig Hill Veterans' Association**



## Royal Mint Experience Visit

Veterans and their families enjoyed a day out at the Royal Mint. They were provided with a guided tour and were able to stamp their own 50p, marking the 25 years celebration of Harry Potter with Dumbledore and King Charles 111 on the other side.



A day thoroughly enjoyed by all!



**P.A.C LUNCH  
PARTNERS & CARERS LUNCH  
via ZOOM  
13:00 - 14:00  
EVERY WEDNESDAY**



## Future events to look out for:

### 10th May - Coronation Café

Come and join us Sing along with Rick to celebrate His Majesty King Charles 111

### 7th June - Carers Walk - Kenfig Pool

### 24th June - Armed Forces Day

Come and Join us in Bridgend Town Centre to enjoy the celebrations.

### Heathy life Cookery workshop

Details of these events will be posted on social media

## Plot 32 - The Armed Forces Veterans Plot Dig, Chat, Brew!

Plot 32 situated at Laleston Allotments was kindly allocated as an initiative to Ex-Forces. We are a friendly bunch and always on the lookout for veterans in the area.

So whether you want to muck in and grow your own fruit & veg, enjoy the peace & clear your head or just fancy some company, we'd love to hear from you!

**We can currently be contacted on Facebook**

# 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:

**Thursday 25th May • Thursday 29th June • Thursday 27th July • Thursday 31st August**

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.



## Footcare Clinic with Anneliese

Anneliese 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 22nd May**

**Monday 26th June**

**Monday 31st July**

**Monday 21st August**



Ring 01656 658479 to book your appointment. A suggested donation of £15 is payable 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 it's former monthly slot at the Community Café.

**No appointment necessary, just pop along during Café hours and have your feet pampered.**

**May 17th (change of date)**

**June 14th**

**July 12th**

**August 9th**

**u3a**  
Porthcawl



**A world of new experiences is open to you at u3a - so what's stopping you?**

u3a gives you opportunities to develop your interests, make new friends and have fun. There are more than 1,000 local u3as - spread right across the UK - and members are making the most of life by continuing their creative, educational or social interests in a friendly and encouraging atmosphere.

From Art History to Walking - Porthcawl u3a offer over 40 Interest Groups each month - there is no need to be lonely, come and make new friends and bring along your old friends - the choice is endless - and the decision about what to do is made by the members for the members.

**info@porthcawlu3a.org.uk**  
**Web: porthcawlu3a.org.uk**

**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.**

# Carers drop in sessions

**Do you need information, advice or support? Come and join our helpful staff**

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

**Sarn Library**  
1<sup>st</sup> Tuesday of the month 2.00pm - 4.30pm

**Pencoed Welfare Hall**  
1<sup>st</sup> Thursday of the month 2.00pm - 4.00pm

**Bridgend Job Centre**  
1<sup>st</sup> Monday of the month 10 - 12 noon

**Woodland Surgery, Caerau**

1<sup>st</sup> Monday of each month  
9.30 - 12 noon

**Sandville Centre, Kenfig Hill**

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month  
9.30 - 12 noon

4<sup>th</sup> Tuesday of each month 9.30 - 12 noon



**For more info call Bridgend Carers Centre: 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**

## Can you be a Trustee of Bridgend Carers Centre?

Bridgend Carers Centre support carers of all ages in Bridgend County Borough, caring for family members, partners, friends or neighbours. We provide information and advice and also offer a wide range of services to improve wellbeing.

We are committed to inclusion and diversity and are a registered charity governed by a Board of Trustees.

We are hoping to recruit new trustees and we would welcome any interest to help the Carers Centre achieve its vision and ensure the organisation is effectively managed. We are particularly keen to recruit individuals who have experience and skills in:

- **Financial accountability**
- **Health and Safety**
- **Teambuilding**
- **Marketing**
- **Fundraising**
- **Previous experience on a board or committee would also be welcome**

We will pay Trustees travel expenses and provide induction/training

If you are interested please email [enquiries@bridgendcarers.co.uk](mailto:enquiries@bridgendcarers.co.uk) to request an application form or ring Helen Pitt CEO for more information. To find out what we provide visit [www.bridgendcarers.co.uk](http://www.bridgendcarers.co.uk)

# The Carefree Community Café

May 3rd	May Day Café
May 10th	Coronation Cafe
May 17th	Foot Clinic (change of date) Money Matters with Rhod
May 24th	Bingo
May 31st	Whitsun Spring Cafe
June 7th	Carers Week Garden Party
June 14th	Foot Clinic Money Matters with Rhod
June 21st	International Day of Yoga - Demo
June 28th	Name That Tune
July 5th	Armchair Aerobics
July 12th	Foot Clinic Money Matters with Rhod
July 19th	Summer Quiz
July 26th	Afternoon Tea
August 2nd	National Day For Games - Selection of Board Games
August 9th	Foot Clinic Money Matters with Rhod
August 16th	Arts and Crafts
August 23rd	Bingo
August 30th	End of Summer BBQ

## CORONATION CELEBRATION WEDNESDAY 10<sup>TH</sup> MAY 12AM TO 2.30PM

So come along and join us in the celebration of the King and Queen Consort.

Our Wednesday Café will have a Royal theme including a Coronation Menu

Dress for the occasion

Enjoy the music of 'Ric Mason' Singer/Compere, raffle, cakes and so much more.

**HELP CELEBRATE THIS  
ROYAL OCCASION!**



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

Are you caring for someone with dementia?

# Dementia Carers Groups

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](mailto:sarah.jarvis@bridgendcarers.co.uk)

# 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
- Help with Gardening
- 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 to raise awareness at information stands.

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



# Carers Book Club

## Now Is The Time to Open Your Heart

Alice Walker is an award winning American author of novels, stories and poems. Book club members were looking forward to reading this book as she won the Pulitzer Prize for fiction with her book *The Colour Purple*.

The book tells the tale of Kate's spiritual adventure that becomes a passage through time a quest for self and a collision with love.

Kate has always been a wanderer. A well published author, married many times, she has lived a life rich with explorations of the natural world and the human soul. At 57 years of age she leaves her lover Yolo to embark on a new excursion, one that begins on the Colorado River, proceeds through the past and flows, inexorably into the future. As Yolo embarks on his own parallel voyage, Kate encounters celibates and lovers, shamans and snakes, memories of family disaster and marital discord and emerges at a place where nothing remains but love.

The majority of book club members were not impressed with this book and it scored a very low rating with some members not even inspired to complete the reading as they felt it was too far-fetched. However by the same token other members thought it was well written, appreciated Kate's spiritual journey and the importance of a supportive community, respecting mother earth and our ancestors.



## The Good Liar

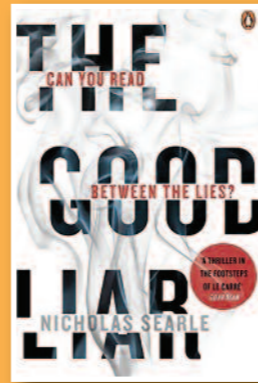
Roy is a conman living in a small English town, about to pull off his final con. He is going to meet and woo a beautiful woman and slip away with her life savings. But who is the man behind the con? This is a life told back to front. This is a man who has lied all his life.

What has he had to do to survive a life of lies? And who has had to pay the price?

When Roy meets a wealthy widow online, he can hardly believe his luck. Roy is a man who lives to deceive—and everything about Betty suggests she's an easy mark. He's confident that his scheme to swindle her will be a success. After all, he's done this before.

Sure enough, Betty soon lets Roy move into her beautiful home, seemingly blind to the web of lies he's woven around her. But who is Roy, really? Spanning almost a century, this stunning and suspenseful feat of storytelling interweaves the present with the past. As the clock turns back and the years fall away, long-hidden secrets are forced into the light. Some things can never be forgotten. Or forgiven.

Book club members rated this book 10 out of 10 It is one of our favourites and well recommended for you to have a read. It was recently on the TV. Read the book first as it is full of suspense.

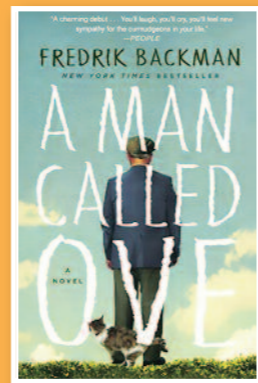


## A Man Called Ove

A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family move in next door. We meet Ove who is described as a curmudgeon the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines and a short fuse.

A heart-warming story about community and finding your purpose whilst touching on themes like grief and isolation.

Book club members are eagerly waiting to read this book as they have already fallen for the grumpy character and can't wait to read more about his life and exploits.



## 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

The Carers Choir were proud and privileged to sing for HRH Princess Anne on the 3rd April during her visit to our centre. Princess Anne thoroughly enjoyed being entertained as well as hearing how much the choir means to all of us. Her presence left us elated and I'm sure will stay in our memories for years to come.

Our Carers Choir have continued to develop and grow and we are all enjoying the guidance from our resident choir leader, Josh, who brings such fun and vibrancy to our weekly sessions. We are working on some wonderful, uplifting songs and are looking for opportunities to perform inside and outside of the centre. We would love to see new members join us and particularly would like to encourage some male members or singers with lower, bass voices. You don't have to read music, just an interest in singing and meeting others. "It's not just the act of singing, it's the joy of meeting with like-minded wonderful people who are so kind and give such great support to each other"



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

## Princess of Wales Hospital Carers Support Service

Are you caring for someone that has been taken into hospital? Do you need advice on what happens next? Are you worried about coping when they return home or are you thinking what other options are available?

Sarah Jarvis is our Hospital Carers Support Worker and is available to offer support, advice and information for all carers where their loved one has gone into hospital.

Her aim is to ensure families feel and are:-

- More Informed
- Safer at home
- Receiving all the benefits and financial support available
- Aware and involved in decisions
- More connected to their community
- Aware of local support
- Able to talk about their own wellbeing and mental health

Please do get in touch and find out how I can support you and your family.

Sarah Jarvis 01656 658479 / 07876 872236  
Sarah.jarvis@bridgendcarers.co.uk

## Calling Unpaid Carers

You **DESERVE** some down time so you can work out or wind down...

**CARERS RESPITE PROGRAMME**  
...at Bridgend Life Centre  
Starting September 2022

**FREE**  
Thanks for the funding support from Bridgend County Borough Council.  
HURRY LIMITED AVAILABILITY!

### ENJOY:

- Holistic therapy workshops
- Nutrition information and advice around diet and healthy lifestyles
- Access to Halo Leisures Health & Toning Suite
- Free replacement care available
- Information on carers rights, entitlements and support system

### HOW TO REGISTER:

For more information about the programme, time and date, email Jess on: jess.jaques@haloleisure.org.uk  
Call Jess on: 07812 496038

www.haloleisure.org.uk/  
carers-respite



## Leave a Gift or Legacy to Bridgend Carers Centre

Bridgend Carers Centre (BCC) relies on donations to fund many of its projects. A regular donation or a gift in your Will, will make sure that BCC can continue to support carers in your area. Many people like to leave a gift to charity in their will. If helping carers to keep on caring is a cause that is important to you please consider leaving BCC a gift in your Will. Your gift will make a real difference to the lives of carers, it will show them that someone cared for them too.

# Parent Carers Support and Wellbeing Project

We have been really busy over the past few months. Alongside our core funding, we have been very lucky to receive funding from the Postcode Lottery and RIF. This has enabled us to offer more groups, training and wellbeing activities. We have also welcomed our new member of staff, Julie, who like myself and Sarah, is a parent carer and comes with a wealth of experience.

At the core of our service is the belief that every parent, with a disabled child, should have a voice and feel supported. Parents should have the opportunity to get together, improve their emotional health, reduce isolation, have access to advice and guidance, and meet with other families on a similar journey. We are constantly looking at opportunities to reach out to more families and make that journey a little easier.

## Training and Information

Over the past few months, we have ran a number of training sessions:

Four sessions of PDA training with The PDA Society, Sibling Support and Anxiety training with Outside, Suicide Awareness Training with MIND, Emotional Based School Refusal training with DASH, Advocacy and LGBTQ+ sessions run by our staff. Over 80 parents have benefited from these training sessions.

We also delivered a lecture to the University of Central Lancashire about how autism presents in girls.

## Wellbeing Groups

Our usual Parent Carer Coffee Morning has been well attended and parents have enjoyed willow weaving, decoupage, rag wreath making and mini treatments. We have also run a school refusal coffee morning and organised a Wellbeing Day for our friends in Special Families, Maesteg. We know many of our parents work during the week so we have offered online facials in the evening and a working parent carers drop in on a Saturday morning. Lads and Dads are working with us to develop our Dads group, and recently we have had an online quiz and a dad and kids activity day in February half-term.

## Groups and Activities for Our Families

From the RIF funding we have been able to offer groups for young people already diagnosed with ASD, or who on the neuro-developmental pathway. We have had a Coffee Club for young people aged 16+ years in Porthcawl YMCA, 10 weeks of dance in Pencoed Comprehensive with Impetus Dance, 6

weeks of art sessions with Kate from Craft Junction, for our autistic girls over the age of 10 years, who are unable to attend school or college due to anxiety.

Our Lego group has also been well attended and we have had so many generous donations of Lego. Families enjoyed building Lego, and chatting to each other, in a welcoming environment. We will be running two You Tube Superhero sessions with Take Over Academy, funded between ourselves and InclusAbility in the Easter holidays.



**Our Wildflower Project met up in February half-term and it was really popular as usual.**

We supported 35 girls and young women, with ASD, and their parents, to get together and create beautiful art with Jenny Ross



**THANK YOU**  
Postcode Lottery for help in part-funding this group.



**For our activities, events, groups and training, please email us at [carerswellbeing@bridgendcarers.co.uk](mailto:carerswellbeing@bridgendcarers.co.uk) to join our mailing list, find us on Facebook at Bridgend Parent Carers Support and Wellbeing group, and follow us on Instagram at Bridgend Carers Parent Carers.**

**For 1-2-1 support, signposting, information and referrals, please phone the office on 01656 658479 and ask to speak to a member of the team.**

# Welcome our new staff!



## Parent Carer Support Worker

My name is Julie Rixon, I am married with two children with additional needs. My background is in Psychology and Health and I am a qualified teaching assistant and worked in a local Primary School for 5 Years.

I joined Bridgend Carers Centre in January 2023 and as a parent carer

myself I understand the challenges that families face. I am excited to be a part of the team and within my role provide the vital support to parent carers that I have been given myself by Bridgend Carers.



## Rhodri Evans Debt Support Worker

Rhodri Evans is our Debt Support Worker, a brand new role within Bridgend Carers Centre. The need for the role was made evident through carer and community feedback and allows BCC to offer direct support to carers in need, during the current cost of living crisis.

Rhod has been in post since the 2nd of January 2023, spending some time learning the role and integrating into the wider team, before focusing on raising awareness of the service through community events and social media.

Working directly with carers he is helping to reduce financial hardship and alleviating some of the daily stress and pressure from them.

Rhod's main goal is to be able to guide our carers through these difficult times with a view to improving their quality of life by helping them to manage and have a better understanding of their finances.

**If you have any concerns around debt please contact Rhodri on 01656 658479**



## Erica Stevens – Young Carers Support Worker

I started the role in Bridgend Carers Centre at the beginning of January 2023 and therefore, am relatively new to the team. I have been thoroughly enjoying getting to know all the young carers and supporting them within my role. I provide support to carers aged between 5 and 25 by going into their school or place of education and offering one to one support for them.

Alongside this role, I have been organising the activities for the Teens Group (children aged between 13 and 16). This is held once a month and is a good sense of escapism for the young carers. It allows them to be around people that they can relate to and form strong bonds with, which they find really helpful. Part of the job is also planning activities for the young carers to partake in during their half term breaks from school, this can include taking them bowling, or for food etc.

I have learnt a lot about young carers since I first started the role but am looking forward to continue to learn more and raise awareness of them through my work.



## New Trustee at Bridgend Carers Centre

My name is Elizabeth Owen, I have become a Trustee of the Carers Centre because I want to give something back.

The Carers Centre have supported, & still do, me and also, my family, in our caring

role, I do not know where I would have been without them.

I attend the Carers Cafe & I am part of the Carers Choir, both give me 'me time', I also attend the Dementia group which has given me much insight into my loved ones condition & like minded people to talk to, you dont feel alone.

I am also involved in Fundraising for the Centre who are always in need of funds to keep the much needed activities & groups going.



## Hi, I'm Nicola Williams.

I am the new Administrative Assistant at Bridgend Carers Centre. I started in January and so far I am really enjoying my role.

I am also Mam of two beautiful girls. I have always loved helping people and knowing that I will be able to do so at

Bridgend Carers Centre is extremely rewarding. I am excited to join the team and make a difference to the lives of our amazing carers

# Benefits Update

**The Benefits Advisers (Claire and Paul) have been very busy recently due to the sheer weight of referrals.**

This means that you may have to wait a little longer for appointments for form filling. If you have a time limit associated with your application / review, it is worth considering asking the DWP for an extension because of this.

If you explain that you need assistance with your application and there is a longer than average wait for appointments with us, then they should be amenable to allowing additional time for these to be completed.

**If you have an urgent benefit query then you may want to contact Citizens Advice on 01656 762800**



## Bridgend Carers Welfare Benefits Team

**Achieved £3.5 million for unpaid carers across Bridgend County Borough**

# Macmillan Patient and Carer Information and Support Service

## WE ARE MACMILLAN. CANCER SUPPORT

**On the 1st of March 2023 I took on a new role at the Carers Centre as the MACMILLAN Patient and Carer Information Support Worker.**

Many of you will know me from my previous role for almost 4 years as 'Carers Link Support Worker'. I was privileged to support so many wonderful carers and their families who go that extra mile to care.

If you or a friend /family are affected by cancer, please get in touch.

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.

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

**For more information Contact [macmillansupport@bridgendcarers.co.uk](mailto:macmillansupport@bridgendcarers.co.uk)**

**Bev Jones 07375926207 / 01656 658479 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](http://www.macmillan.org.uk)**



# Legal Advice with Howells Solicitors

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

**Thursday 25th May**

**Thursday 22nd June**

**Thursday 20th July**

**Thursday 24th August**

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 Helen French



I have recently joined the Carers Centre as counsellor, and I'm qualified with a Diploma in Therapeutic counselling, having worked for over 15 years providing support to people with a range of issues. I have also undertaken post graduate Diplomas in counselling children and young people, and Consultative Supervision. I am a member of the BACP, and attend monthly supervision to ensure I work ethically and safely with people.

I hope the environment that we create together will help people to find a way of talking about their experiences, and to find ways of coping while often in difficult situations. As a carer people often don't have time to think of their own needs, and by allowing yourself this time, it can make a difference to how you can live with and through tough times.

Counselling is a space for you to be able to reflect, think about change, big or small, which can make a difference to you going forward. How often can you take an hour in your day to do this, this is a space where you can. Please contact me via the Carers Centre.

# YOUNG CARERS TEAM

**Our new member of staff, Erica Stevens, started her new post as Young Carers Support Worker in January. Check out our new 'Meet The Team' poster to learn more about the team!**

We attended a Bridgend Young Carers Networking Event at Pencoed Steam Academy. Our Young Carers Ambassadors Ollie, Charley, Toni and Emily took to the stage along with other Young Carers in Bridgend to raise awareness for Young Carers Action Day. Most of the schools in the area were also in attendance and brought their Young Carers along to enjoy the event.

We had a very special Visitor at the Centre during the Easter Holidays, Her Royal Highness Princess Anne came to visit the Centre and meet a few of our Young Carers to see what we do.

We are very much keeping in touch with the schools and delivering lots of awareness raising assemblies and PSE lessons. We have also worked with local primary schools to read our very own book 'The Bear Who Struggled to Care' written by our Young Carers.

We have recently started a new Peer Mentoring Programme in partnership with BCBC. This is for Young Carers who may struggle with anxiety around joining a bigger group so that they can meet up with a smaller group first to boost their confidence. This has proven to be a successful project and many have built new friendships with other young carers their age.

**YACS** - We have continued to run our YAC group monthly at the centre where the YACs have done different activities like design their own mugs, pizza making and played board games. We took our 16 to 18 year old YACs who are in Sixth Form and College to a UCAS open day at Cardiff City Stadium. They used this open day to chat to lots of different universities in the UK to get an idea on where they may want to attend. During February half term we went to watch the Cardiff Devils V Glasgow Clan Hockey Game and they all had a great time. During the Easter holidays our YACs went for a day out of Go Karting in Cardiff.

**Teens** - Our Teen Group has proven to be very successful with us receiving the most referrals than ever this year. We run a monthly group at the centre where they meet up and play games, do activities, have some food and just generally hang out. They really appreciate the time away from their busy caring role at home and meeting with others just like themselves. In February half term we enjoyed a day out at Hollywood Bowl in Cardiff. During the Easter holidays we run a group at the centre and a trip out for food.

**Under 13s** - Our Under 13's group enjoyed a session with their siblings at Jump Jam during the Feb half term holiday and a group session at the centre during Easter Holidays.

# COMING UP...

We have been lucky enough to be invited to the All Wales Young Carers Festival in Built Wells Showground again this year. This was such a great event last year so we are really looking forward to returning! We will continue to run our monthly YAC group for 16 - 25 year olds and our Teen group for 13 - 17 year olds. We will also be running trips and activities in the school holidays for ages 6 to 25.

**For more information on any of our services please contact our Young Carers Service Manager - Jessie Haig on [jessie.haig@bridgendcarers.co.uk](mailto:jessie.haig@bridgendcarers.co.uk) or 01656658479.**

## MEET THE TEAM



JESSIE HAIG

**YOUNG CARERS PROJECT MANAGER**  
My name is Jessie. I have been part of the team since January 2020 where I started my role as a support worker. I now manage the Young Carers team. My hobbies include reading and travelling.



ALISSA BEVAN

**YOUNG ADULT CARER SUPPORT WORKER**  
My name is Alissa. I have been part of the team since January 2020. My main role is to support 16 to 25 year olds. My hobbies include travelling, going to music festivals and gym.



ERICA STEVENS

**YOUNG CARERS SUPPORT WORKER**  
My name is Erica. I have recently joined the team at Bridgend Carers Centre as the Young Carers Support Worker. I enjoy eating out and spending time with family.

BRIDGEND CARERS CENTRE'S YOUNG CARERS TEAM SUPPORT YOUNG CARERS FROM AGE 5 UP TO AGE 25. WE DELIVER ONE TO ONE SUPPORT SESSIONS IN SCHOOLS WHICH INCLUDE SUPPORT ON TOPICS LIKE SELF ESTEEM, CONFIDENCE BOOSTING, STRESS AND ANXIETY, COPING TECHNIQUES AND ANGER MANAGEMENT. WE ALSO RUN GROUP SUPPORT SESSIONS ONCE A MONTH AT THE CENTRE AND TRIPS DURING THE SCHOOL HOLIDAYS FOR A CHANCE TO MEET OTHER YOUNG CARERS AND GET SOME RESPITE FROM YOUR CARING ROLE.

If you think you may be a Young Carer or know anyone who might be please contact Jessie Haig on 07497309383 or 01656 658479 or alternatively you can email [jessie.haig@bridgendcarers.co.uk](mailto:jessie.haig@bridgendcarers.co.uk)



# Bridgend Carers Centre

## Carers Week of Celebrations

5th - 11th June 2023

Recognising and Supporting Carers in the Community



<p><b>MONDAY</b> Bridgend Carers Centre will launch Carers Week by:</p> <p>Awareness Raising at GPs</p> <hr/> <p><b>TUESDAY</b> Health and Social Care - Awareness Raising Stall at Princess of Wales Hospital</p> <p>Carers Corner @ Sandville 9.30 - 12 noon.</p> <hr/> <p><b>WEDNESDAY</b> Work and Employment - Carers Week Garden Party to recognise and celebrate the Role of unpaid carers across Bridgend</p> <p>Awareness Raising - Welfare Benefits and Debt Support</p> <p>Carers Walk – Kenfig Hill Nature Reserve to look for Orchids</p>	<p><b>THURSDAY</b> Young Carers – Awareness Raising at Schools and Colleges</p> <p>Awareness Raising at Asda</p> <hr/> <p><b>FRIDAY</b> Awareness Raising in Co-op Store - Brackla</p> <hr/> <p><b>SATURDAY</b> Mental Health and Wellbeing Social Media posts</p> <hr/> <p><b>SUNDAY</b> Reflections on Carers Week 2023 Social Media posts</p>
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# Carers Walks

Want to improve your health and wellbeing?

So, let's get 'Walking and Talking' into Spring and Summer. Enjoy being outdoors and reconnect with nature to help reduce stress and lift your spirits in the company of other carers. Best of all it's a free activity.

All carers are welcome, our aim is to make the walks as inclusive as possible. Whatever your walking ability come and join us and your fellow carers on a walk and talk.

It is advisable to contact the office prior to the walk to ensure the walk is going ahead as all walks are weather permitting.

## Dates for Walks

10th May Wednesday	location to be confirmed
7th June Wednesday	Guided walk at Kenfig Nature Reserve to look for Orchids
5th July Wednesday	Guided walk at St. Brides, for a Butterfly Walk in search of the rare butterflies
2nd August Wednesday	location to be confirmed



# Donations

1<sup>st</sup> January - 13<sup>th</sup> March 2023

Zipwire Challenge	£506.99
Carer Donations	£499.00
Choir Donations	£177.63
Wellbeing Donations	£580.00
Memorial Donations	£425.00
Amazon Smile	£12.93
Pot Donations	£126.60
St Tyfodwgs Church Christmas Concert	
Young Carer/YAC Donations	£1000

## CARERS BOOK 'Who Carers Anyway'

This is in the process of being written!! We can still take any stories of 'Caring' you may have, happy, sad or inspirational, that you would like us to put in the book to highlight Carers experiences and to show you are not alone.

Names will not be used so don't be shy. Once finished, the book will be sold to make much needed funds

Send to Bridgend Carers Centre or email [elizabethowen631@gmail.com](mailto:elizabethowen631@gmail.com). Thank you.

**BING are looking forward to welcoming you to our carers Sunday lunch. it's just our way of saying thank you for all you do.**

If you care for a partner or parent then we would love you join us for a free 2 course Sunday lunch @ the Grove Golf Club, South Cornelly at 4pm on May 21<sup>st</sup>

We know that often it can be difficult to leave the person you care for at home so please bring them along!



**BOOK A SPACE THROUGH BRIDGEND CARERS CENTRE TEL: 01656 648479**





## DEBT SUPPORT



**ABOUT US**

We offer a free, confidential service to carers, to help with the cost of living crisis.

**WE CAN BOOK HOME OR OFFICE VISITS**

**CONTACT US**  
01656 658479  
[enquiries@bridgendcarers.co.uk](mailto:enquiries@bridgendcarers.co.uk)

**WE HELP WITH**

- Prioritising Debts
- Budgeting
- Money Management
- Household Bills
- And more...



## Welfare Benefits Service

Benefit advice, help filling out forms, applying for blue badges, giving energy advice, signposting or referring on to partner agencies.



### We Offer:

- Home Visits
- Office Visits
- Advice over the phone

Contact Claire or Paul, our benefits advisers, at the office on: **01656 658479**

- Bridgend Carers Centre
- @BridgendCarers
- Bridgend Carers Centre

- 87 Park Street, Bridgend, CF31 4AZ
- [Enquiries@bridgendcarers.co.uk](mailto:Enquiries@bridgendcarers.co.uk)



We support people caring for family members, partners, friends or neighbours.

