

CLUB 100

Help raise funds for The Carers Centre and try your luck at winning ££'s for yourself! For £20 you will be given a number and entered into 4 monthly live draws for a chance of winning £20, £10 & £5! There will be bonuses at Christmas & Easter

What do you have to do?

Pay by the 1st of September to be in with a chance of winning!
See Elizabeth at the café or contact the centre on 01656 658479 for more details

Next Draw takes place in September

ELVIS FESTIVAL

The Bridgend Carers team will be fundraising at the Elvis Festival in Porthcawl this year!

If you spot us out and about, pop along and say hello!!

22nd - 24th September

Join us on **Wednesday 27th September** as we host our annual **Macmillan Coffee Morning** at Bridgend Carers Centre

12pm - 2.30pm

WORLD'S BIGGEST COFFEE MORNING

MACMILLAN CANCER SUPPORT

COFFEE, CAKE AND COMPANY

Bridgend Carers Centre

AUTUMN FAYRE

Wednesday 11th October
12-2.30pm

Hosting a range of stalls selling local food, crafts, jewellery, gifts and more. Ideal for Christmas! Refreshments will be available.

If you would like a to book a table, or for more information contact the Centre on 01656 658479

To book Carers Counselling Sessions or one to one appointments for information and advice please ring **01656 658479**

Bridgend Carers Centre
01656 658479

87 Park Street
Bridgend • CF31 4AZ
Registered Charity Number 1125921

@bridgendcarers
bridgendcarers.co.uk
enquiries@bridgendcarers.co.uk
www.bridgendcarers.co.uk



contact

KEEPING IN TOUCH WITH CARERS

We can help with...

- One to One Support
- Advice & Information
- Home Visits
- Training
- Health & Wellbeing
- Exercise & Activities
- Social Events
- Holistic Therapies
- Legal Advice
- Welfare & Benefits Advice
- Debt Support
- Carers Grants



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



Bridgend Carers Centre:
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enquiries@bridgendcarers.co.uk
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Weekly Recurring Events

All held at Bridgend Carers Centre unless otherwise stated

MONDAYS	Breakfast Club - Open to all carers 10.30 - 12.30 Book Club - Aberkenfig Library & Zoom 2 - 3pm
TUESDAYS	Parent Carer BSL Sign Language Class - 9.45 - midday for 10 weeks. Contact centre for specific dates Carers Choir - Westward Community Centre - 2 - 3pm
WEDNESDAYS	Zumba - 10.30 - 11.30am Wildflower Art Project for autistic girls aged 10 - 25 years 10am-midday - The Craft Junction, Bridgend Carers Café - Various Activities 12pm - 2.30pm
FRIDAYS	Yoga - 11.30 - 12.30pm

Monthly Events

All held at Bridgend Carers Centre unless otherwise stated

Dementia Carers Support Group	Every first Thursday 1 - 3pm
Saturday Lego and Craft Club for disabled children and their siblings.	Parents to stay - 14 th Oct, 18 th Nov, 16 th Dec 10am - 12pm
Carers Walk and Talk Group	Wednesday 25 th Oct - Bryngarw Park, 10.30 Wednesday 15 th Nov - Park Slip, Aberkenfig, 10.30 Wednesday 6 th Dec - TBC
Therapy Thursday	28 th Sept, 26 th Oct, 30 th Nov, between 10 till 12
Legal Surgery	Thursday's Sept 21 st , Oct 26 th , Nov 23 rd , Dec 14 th ring to secure your appointment
Parent Carers Coffee Morning	Thursday's 21 st Sept, 19 th Oct, 16 th Nov, 14 th Dec 10am - midday. Various activities, call for more information.
Young Adult Carers Group & Young Carers Groups	Monthly meetings at the centre, call for more information

Outreach Activities in your Community

Woodlands Surgery, Caerau	First Monday of every month 9.30 - 12pm
The Memorial Hall, Nantymoel	First, third and fourth Thursday of every month 9.30 - 12pm
Sandville, Porthcawl	Wednesday's 11 th Oct, 8 th Nov, 13 th Dec - 10 - 3pm
Richard Price Centre, Llangeinor	The Purple Sunflower Project, Understanding Anxiety & Depression Thursday's 12 th Oct, 16 th Nov, 14 th Dec 9.30am - 12pm
New Surgery, Pencoed	Wednesday's 4 th Oct, 1st Nov 9.30 - 12pm

Other Events

**Bridgend Carers Centre
Annual General Meeting
Wednesday 1st Nov,
10 till 11.30am**



Christmas Trip to Cabot Circus, Bristol

Tuesday 5th Dec
contact centre for further details

Thursday 21st - 1st January 2024
Closed for Christmas
Reopens- 2nd January 2024

