



contact

KEEPING IN TOUCH WITH CARERS

WE CAN HELP WITH...

- One to One Support
- Armed Forces 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:

87 Park Street, Bridgend, CF31 4AZ

01656 658479

enquiries@bridgendcarers.co.uk

Charity Number 1125921

CARERS TRUST
WALES



[@bridgendcarers](https://www.bridgendcarers.co.uk)
[bridgendcarers.co.uk](https://www.bridgendcarers.co.uk)

Weekly Recurring Events

All held at Bridgend Carers Centre unless otherwise stated

MONDAYS	Book Club - Aberkenfig Library & Zoom 2 - 3pm
TUESDAYS	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

Bereavement Group	15 th Jan, 12 th Feb, 11 th Mar, 5 till 6pm
Dementia Carers Support Group	Every first Thursday 1 - 3pm
Saturday Lego and Craft Club for disabled children and their siblings.	Parents to stay - Jan 20 th , Feb 17 th , Mar 16 th
Carers Walk and Talk Group	Jan 17 th , Feb 14 th , Mar 13 th - Venues to be confirmed
Therapy Thursday	Jan 25 th , Feb 29 th , Mar 28 th - 10 till 1pm
Legal Surgery	Thursdays 25 th Jan, 22 nd Feb and 28 th March - 10 till 1pm Ring to secure appointment
Parent Carers Coffee Morning	Every month on Thursdays 10 till 12 - specific dates and activities to be confirmed
Young Adult Carers Group & Young Carers Groups	Monthly meetings at the centre as well as trips and activities during school holidays. Call the centre for more information

Outreach Activities in your Community

Woodlands Surgery, Caerau	1 st Monday of the month - 8 th Jan, 5 th Feb, 4 th March
The Memorial Hall, Nantymoel	First, third and fourth Thursday of every month 9.30 - 12pm
Sandville, Porthcawl	Wednesdays on 10 th , 17 th and 31 st Jan, 14 th and 28 th Feb, 13 th and 27 th March
Richard Price Centre, Llangeinor	The Purple Sunflower Project, Understanding Anxiety & Depression 18 th Jan, 8 th Feb, 14 th March - Sessions include Nutrition and Wellness and Mental Health First Aid
New Surgery, Pencoed	Wednesdays 10 th Jan, 7 th Feb, 6 th March

CARERS TRIPS 2024

Llancaiach Fawr Manor

Thursday 15th February

Call 01656 658479 to register interest. Donations welcome.



Funded through The Welsh Government
Regional Integration Fund



Gavin and Stacey Tour

Trip around Barry

Tuesday 19th March.

Funded by Carers Trust Amser Fund
Call 01656 658479 to register interest.
Donations welcome.

**CARERS
TRUST**
Welsh Government



Arlennir gan
Lywodraeth Cymru
Funded by
Welsh Government





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

**See Elizabeth at the Café or
contact the Centre on
01656 658479
for more details**

SOUND THERAPY

Tuesday 30th January 11 till 1pm
Venue to be confirmed.

Come along and enjoy sound, music and specialist instruments played in a therapeutic way to improve health and wellbeing.
Call office to register interest.



CYBER CRIME TALK

South Wales Police are visting us in Community Café on Wednesday 17th January to give us a talk on Cyber Crime.

PLEASE DONATE!

Bridgend Carers Centre is a charity and we rely greatly on donations to carry out our work. If you wish to make a donation



PLEASE VISIT:

<https://www.paypal.com/fundraiser/charity/3197398>
<https://www.easyfundraising.org.uk/>
<https://localgiving.org/charity/bridgendcarerscentre/>

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

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Registered Charity Number 1125921

