



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
HAVE
MOVED!**



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

Come and see us at our new premises

**Bethlehem Church Life Centre,
Bryn Glas, Cefn Cribwr, CF32 0AA**

Charity Number 1125921



**CARERS
TRUST**
WALES



@bridgendcarers
bridgendcarers.co.uk

Weekly Recurring Events

All held at Bridgend Carers Centre unless otherwise stated

MONDAYS	Book Club - Aberkenfig Library and 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 - Bethlehem Church Life Centre, Cefn Cribwr, CF32 0AA Various Activities 12pm-2.30pm
FRIDAYS	Yoga - 11.30-12.30pm

Monthly Events

All held at Bridgend Carers Centre unless otherwise stated

Bereavement Group	2 nd Thursday of each month 1-2pm. 11 th April, 9 th May and 13 th June, 11 th July – 1 till 2. Options to meet others, build friendships, craft activities available.
Dementia Carers Support Group	Every first Thursday 1-3pm
Saturday Lego and Craft Club for disabled children and their siblings.	4 th April, 18 th May, 22 nd June, 13 th July - 10am till midday. Parents to stay
Carers Walk and Talk Group	17 th April, 15 th May, 12 th June, 17 th July – 10.30am. Venues to be confirmed
Therapy Thursday	Thursdays 25 th April, 30 th May, 27 th June, 25 th July - 10 till 1pm
Legal Surgery	Thursdays 25 th April, 23 rd May, 20 th June, 25 th July - 10 till 1pm - Ring to secure appointment
Parent Carers Coffee & Chat Morning	Thursday's on 11 th April, 9 th May, 13 th June, 11 th July - 10 till midday, Contact Davina for more parent carer activities and training events
Young Adult Carers Group & Young Carers Groups ages 5 to 25	Monthly meetings at the centre as well as trips and activities during school holidays. Call centre for more information.

Outreach Activities in your Community

Woodlands Surgery, Caerau	29 th April, 27 th May, 24 th June, 29 th July - 9.30-12
The Memorial Hall, Nantymoel	18 th April, 16 th May, 20 th June, 18 th July - 9.30-12pm
Sandville, Porthcawl	1 st and 3 rd Wednesday of the month 10am till 2.30pm
New Surgery, Pencoed	2 nd April, 7 th May, 4 th June, 2 nd July - 12 till 2pm
Carers Support Group	Monday's 15 th April, 13 th May, 10 th June, 15 th July 10am – 12pm at Duffryn Chapel, Bedw Street, Caerau, Maesteg, CF34 0TF
Financial Well-Being Talks	Friday's 5 th April, 19 th April, 3 rd May, 17 th May, 5 th July, 19 th July 1:30pm-3:30pm
Caerau Dementia Friendly Group	11 th April, 9 th May, 13 th June, 11 th July 11.30-1.30

Carers Week 10th - 16th June

Our team will be raising awareness all across our community in Carers Week to identify, recognise and support unpaid carers and ensure we are **'Putting Carers on the Map'**.

Celebrating Carers Week with a Carers Wellbeing Day - date to be confirmed

A day to focus on wellbeing, health, self-care and connecting with other carers

Watch our Facebook page for more details of events close to you.



Other Events, Trips and Activities

Jewellery Making Workshops

Tuesday 23rd and 30th April, daytime workshop time to be confirmed

Indulge your creative streak by crafting your own elegant and charming hammered stacker ring.

Parent Carer Weekend Afternoon Tea

Saturday 13th April 3pm at The Great House, Laleston

A relaxing evening/weekend event for working parent carers and those who cannot attend weekday events to spend time together and enjoy time out.



Dementia Carers Luncheon

April/May, date to be confirmed

Opportunity to meet others and enjoy lunch for those with Dementia and their carers.



Places limited, please book by ringing the centre on **01656 658479**

Evening Art Classes

Come along and enjoy some time out and improve your mental health through art.

2nd, 9th, 16th, 23rd May and 6th and 13th June. Places are limited, please book by ringing the centre.



Spring Trip to Hay Festival

Friday 24th May, times to be confirmed

Day trip to Hay on Wye visiting Book Festival.
Transport provided.



PHOTOGRAPHY SESSIONS - May, dates/times to be confirmed

Join us for four outdoor photography sessions, inspired by nature. Learn more about how to get the best shot, whilst meeting other carers, and enjoying being outdoors.

CREATIVE WRITING AND WELL-BEING SESSIONS

Tuesday 25th June, 2nd, 9th, 16th July - daytime, specific time to be confirmed.
Get those creative juices flowing in these fun sessions led by multi-award winning poet.

DADS AND KIDS DAY - Saturday 20th July

Bushcraft Day, fire making, den building and other activities at Steer, Tondu.

YOUNG CARERS THEATRE TRIP

During summer holidays, opportunities for Young Carers to watch Wizard of Oz together in Cardiff Millenium Centre, transport provided.

**CARERS
TRUST**



All Activities are funded by Carers Trust
Amser Fund or Regional Integration Fund

Places limited, please book by ringing the centre on **01656 658479**

Bridgend Carers Centre on the Move!

After 14 successful years at The Quakers Meeting House, Bridgend Carers Centre is relocating to **BETHLEHEM CHURCH LIFE CENTRE.**

We cannot thank the Quakers enough for their kindness and support over this time. We are really looking forward to our new partnership with Bethlehem Church Life Centre, meeting the local community and offering even more opportunities for unpaid carers all across Bridgend.

We want to extend a warm welcome to both new and existing unpaid carers and are looking forward to continuing to support carers in our new home.

We are easily found on a bus route. No 63 from Bridgend Town Centre with the bus stop diagonally opposite and centre benefits from being next to a free large car park.



WE HAVE MOVED... WE HAVE MOVED... WE HAVE MOVED...

BCC says a fond farewell to Helen and welcomes new CEO.

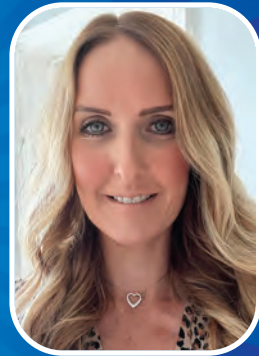
Helen Pitt will be retiring from her role as CEO of Bridgend Carers Centre on 31st March 2024. Over the last 14 years Helen has strived to develop and improve services for unpaid carers across Bridgend County Borough, in particular developing services to support Young Carers, Young Adult Carers, Parent Carers, Veteran Carers and carers of those living with Dementia and Cancer. She has tirelessly developed the charity over the years with her tenacity, determination and dedication.



"I have felt so lucky to have met so many dedicated unpaid carers and have worked with so many amazing staff and trustees over my time as CEO."

Helen looks forward to relaxing, travelling and walking with her husband and two miniature schnauzers.

Whilst Bridgend Carers Centre will be losing Helen, we are gaining Sarah Jarvis who is looking forward to her new role as CEO starting on 1st April 2024.



Sarah has worked for the centre over the last five years in several roles supporting unpaid carers and also as the Deputy CEO. She is looking forward to supporting carers and brings with her a wealth of knowledge, skills and experience from her previous leadership and managerial roles.

"I am so pleased and privileged to have been offered the role of CEO for Bridgend Carers Centre. I am fully committed to ensuring the continuation of our existing carers services as well as exploring new opportunities supporting unpaid carers across Bridgend."

The staff, volunteers, trustees, carers, and all the many professionals that Helen has worked with wish her the very best of luck in her future retirement. We are certainly going to miss her!

Bethlehem Church Life Centre, Cefn Cribwr, CF32 0AA



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

WE ARE LOOKING FOR NEW TRUSTEES!

Please get in touch if you are interested and would like to discuss becoming a trustee.



If you would like to contribute to Trusteeship is a great way of contributing to causes you care about and developing strategic and leadership skills at the same time.



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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