

Other Events, Trips and Activities

APRIL Various Young Carer Trips throughout Easter Holiday - Contact the Centre for more information

MAY Sunday 11th May - Dads Axe Throwing & Archery

Wednesday 14th May Carers Walking Group with Photography 10.30am

Thursday 15th May - Parent Carer Wellbeing Day, Art with Kate from the craft junction, Pampering with Denise Owen, Pizza Making with Jen at Cooking Together Wales, and Willow Weaving with Out to Learn Willow

Thursday 22nd May Parent Carer Drop-in Session with Rob from DASH & Lucy at The Autsons

JUNE Wednesday 5th - Afternoon Tea for Dementia Carers and those they care for, Venue tbc

Wednesday 5th - Paint Along with Happy Pallet, for working carers and those who cannot make daytime events due to childcare issues. Booking Essential

Working Carer Spa Day - Date tbc

Monday June 16th - Cooking on a Budget

Monday 11th June - Community & Carer Information Day

JULY Wednesday 16th July Carers Walking Group with Photography 10.30am

Over 55's Carer Summer Trip - see Social Media Posts for further details

Saturday 12th July, Dads & Kids Day at STEER - Booking Essential

Online Art - tbc

All short break activities are kindly supported by the Carers Trust, Amser, Short Breaks Fund. Places are limited, please book by ringing the Centre on **01656 658479**

CARERS TRUST



Aidennir gan
Lywodraeth Cymru
Funded by
Welsh Government



BCLC offers a warm welcome to their weekly Sunday Service, 10.30am



Help raise funds for The Carers Centre and try your luck at winning £££ 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.

01656 658479

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/>

You can also choose to leave a legacy donation to the Centre in your will.



THANK YOU!

01656 658479 • bridgendcarers.co.uk Charity Number 1125921



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/Money Matters
- Carers Grants
- Fuel Poverty Advice



WE SUPPORT PEOPLE CARING FOR FAMILY MEMBERS, PARTNERS, FRIENDS OR NEIGHBOURS



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

01656 658479

enquiries@bridgendcarers.co.uk

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	Wildflower Art Project for autistic girls aged 10 - 25 years and their parents. 10am - 12.30pm at BCLC, Cefn Cribwr Carers Choir - Westward Community Centre 2 - 3pm
WEDNESDAYS	Zumba - 10.30am - 11.30am Community Carers Café 12pm - 3pm. Various activities weekly including bingo/quiz. Key dates include: • 16th April - Easter Café • 23rd April - Clothing Sale • 7th May - VE Day Café • 11th June - Carers week
FRIDAYS	Money Matters with Rhod - by appointment only from 11am Yoga 11.30am - 12.30pm at BCLC

Monthly Events

All held at Bridgend Carers Centre unless otherwise stated

Carers Walk and Talk Group	Wednesday 16 th April • 14 th May • 11 th June • 16 th July
Lego and Craft Club for disabled children and their siblings	Easter Holiday Thursday 24 th April • Saturday 17 th May • 14 th June • 19 th July at BCLC, CF32 0AA
Dementia Carers Support Group	Thursday 3 rd April • Thursday 1 st May • Thursday 3 rd July • Thursday 5 th June Afternoon Tea (venue tbc)
Wildflower monthly meet up	Easter Thursday 24 th April • Saturday 24 th May • Saturday 21 st June • Tuesday 22 nd and 29 th July
Parent Carer Coffee Morning with Craft	Thursday 10 th April, 22 nd • May, 12 th • June, 10 th July
Therapy Thursday	April 24 th • May 29 th • June 26 th • July 31 st
Footcare Clinic	7 th April • 12 th May • 2 nd June (No date in July)
Carers Week information Day	Wednesday 11 th June
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
Legal Surgery	Thursday 24 th April • 29 th May • 26 th June • 31 st July

Outreach Activities in your Community

Llynfi Valley Carers Support Group	The first Monday of the month from 10am - 12pm at Dyffryn Chapel, Caerau, Maesteg, CF34 0TF
Kenfig Hill, Pyle & Cefn Cribwr Carers Support Group	The second Monday of the month from 10am - 12pm, at Bethlehem Life Centre, Bryn Glas, Cefn Cribwr, CF32 0AA
Porthcawl Carers Support Group	The second Tuesday of the month from 10am - 12pm at The Seabank Hotel, Porthcawl, CF36 3LU
Ogmore Valley Support Group	The first Thursday of the month from 10am - 12pm at The Brothers Café, Ogwy Street, Nantymoel, CF32 7SE
Garw Valley Carers Support Group	The second Thursday of every month from 10am - 12pm at Lilly's Café, 17 - 19 Oxford Street Pontycymmer CF32 8DD
Pencoed Carers Support Group	The third Wednesday of the month from 10.30am - 12.30pm at Pencoed Library, Penybont Rd, CF35 5RA
Woodlands Surgery, Maesteg	The last Monday of the month from 10am - 12pm at Woodlands Surgery, Caerau, CF34 0SR
Princess of Wales Hospital Information Stand	Thursday 1 st May • Thursday 2 nd • June & Monday 7 th July, 10am - 2pm

CARERS WEEK 9th - 15th JUNE

Keep an eye out for Activities throughout the week

**Pyle and Kenfig
Party on the Pitch**
at Croft Gogh playing fields Kenfig Hill
Saturday 21st June

**INFORMATION
SHARING DAY**
at Bethlehem Life Centre
11th June, 12pm - 2.20pm

Carer Money Matters Awareness Sessions

Supporting carers to maximise their income and so much more. Sessions throughout the year but include:-

The Seabank Hotel, Porthcawl - Tuesday 8th April

The Brothers Café, Nantymoel - Thursday 1st May

Lilly's Café, Pontycymmer - Thursday 12th June

Dyffryn Chapel - Monday 7th July

Please contact Nicola Williams for more information

01656 658479



VE DAY CELEBRATION May 7th

A shared moment of 80 years of celebration at Carers Café

**RAFFLE PRIZE
DONATIONS ALWAYS
WELCOME**

Saturday 28th June Armed Forces Day Celebration

Bridgend Town Centre
10.00am - 4.00pm