

Other Events, Trips and Activities

- SEPTEMBER** Tuesday 9th September to 14th October – Six sessions of Mindfulness in the park, with Valleys Steps at Y NATH, Bryngarw Park (Funded by the UK Government through the UK shared prosperity fund)
- Saturday 13th – Parent Carer Wellbeing ‘Crafternoon’ 1pm- 3.30pm
- Monday 29th September (for 8 weeks excluding half term) – Cynefin Wellbeing Sessions at STEER for parent carers with their school avoiding/homeschooled children with disabilities – (Funded by the UK Government through the UK shared prosperity fund) 10.30am -12.30pm
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- OCTOBER** Sunday 12th October – Male Carer Axe Throwing Event 10am – 1pm
- Monday 13th October – Cooking on a budget 10am – 12pm
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- NOVEMBER** Friday 28th November – Online Craft Activity 6pm – 8pm
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- DECEMBER** Monday 1st December – Cooking on a budget 10am – 12pm
- Thursday 4th December – Ceramics Session 10am – 12pm (TBC)
- Date tbc – Christmas Lunch 10am – 12pm

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



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

CLUB 100
BRIDGEND CARERS

Help raise funds for The Carers Centre and try your luck at winning £2'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

Carers Choir
New members welcome

Practice at Westward Community Centre
Every Tuesday
2pm – 3pm

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



@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: <ul style="list-style-type: none"> • 24th September - Macmillan Café • 29th October - Halloween Activities • 19th November – Carers Rights Day Café • 17th December – Christmas Café
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 10 th September • 15 th October • 12 th November • 10 th December
Lego and Craft Club for disabled children and their siblings	10am -12pm, Saturday 13 th September • 11 th October • 15 th November • 13 th December Christmas Party
Dementia Carers Support Group	1pm – 3pm, Thursday 4 th September • 2 nd October, • 6 th November • 4 th December
Wildflower monthly meet up	12.30pm – 2.30pm, Saturday 27 th September • 25 th October • 22 nd November • 13 th December Christmas Party (1pm – 3pm)
Parent Carer Coffee Morning with Craft	10am -12pm, Thursday 4 th September • 9 th October • 6 th November • 11 th December Christmas Craft
Parent Carer Drop in	School Avoidance Support with Attune-Ed and PDA support, 10am – 12pm, Thursday 18 th September • 23 rd October • 20 th November
Therapy Thursday	10am -12.30pm, 25 th September • 30 rd October • 27 th November • 11 th December
Footcare Clinic	Monday 10am – 12pm, £20 charge, 1 st September • 6 th October • 3 rd November • 1 st December
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 10am – 12pm, 25 th September • 30 th October • 27 th November • 18 th December

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
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

<p>Carers Rights Information sharing Event</p> <p>Wednesday 19th November</p>	<p>Carers Christmas Lunch</p> <p>Date to be confirmed</p>	<p>COMING SOON</p> <p>Bridgit Care App</p> <p>An innovate digital tool giving you access to resources 24/7!</p> 
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RAFFLE PRIZE DONATIONS ALWAYS WELCOME

Carer Money Matters Awareness Sessions

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

Aberkenfig Library - Thursday 25th September 2025
 Information Sharing Event - BCLC 19th November
 Halo Bridgend – 1st December (TBC)

Please contact Nicola Williams for more information

01656 658479

