

# Other Events, Trips and Activities

Friday Writing group at BCLC 12.30pm - 2.30pm

6<sup>th</sup> February      13<sup>th</sup> February      20<sup>th</sup> February

Saturday 17<sup>th</sup> January      Dads and Kids session - Animal Encounters at The Centre, 1pm-3pm

Wednesday 21<sup>st</sup> January      Young Adult Carer Mamma Mia Theatre Trip

Monday 16<sup>th</sup> February      Veteran Working Carers Theatre Trip to Wales Millenium Centre

Wednesday 25<sup>th</sup> February      Bridgend Carers Centre AGM at BCLC 11am

Thursday 26<sup>th</sup> February      Parent Carer Wellbeing Afternoon 12pm-2.00pm  
(details will be advertised nearer the time)

Monday 9<sup>th</sup> March      Cooking on a budget

Thursday 12<sup>th</sup> March      Carer Paint and Sip

March (Date TBC)      Carer Wellbeing Day

**Carers Choir**  
New members welcome

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

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**

**CARERS TRUST**



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 ££'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

## YOGA FOR BRIDGEND CARERS

Starting back Friday 9<sup>th</sup> Jan - 11am-12 noon

Take time for you with a relaxing, friendly yoga class designed especially for carers.

- No experience needed
- You don't have to be flexible
- Yoga mats provided
- Gentle, supportive, and beginner-friendly

Come as you are and have a go - a lovely chance to unwind and feel better in body and mind.

For more details or a friendly chat about joining:

Annie Culverwell 07855 448356  
yogannie64@yahoo.com

## 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](http://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



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

01656 658479  
[enquiries@bridgendcarers.co.uk](mailto:enquiries@bridgendcarers.co.uk)  
Charity Number 1125921

**CARERS TRUST**  
WALES



@bridgendcarers  
[bridgendcarers.co.uk](http://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"> <li>• 7<sup>th</sup> January - Café returns following Christmas break</li> <li>• 11<sup>th</sup> February - Valentines Cafe</li> <li>• 11<sup>th</sup> March - Afternoon Tea</li> <li>• 1<sup>st</sup> of April - Easter Café</li> </ul>
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 with We-Clic Photography	Wednesday 14 <sup>th</sup> January, 11 <sup>th</sup> February and 11 <sup>th</sup> of March (TBC)
Lego and Craft Club for disabled children and their siblings	10am - 12pm, Saturday 14 <sup>th</sup> February and 14 <sup>th</sup> March
Dementia Carers Support Group	1pm - 3pm - Thursday 5 <sup>th</sup> February and 5 <sup>th</sup> March
Wildflower monthly meet up	12.30pm - 2.30pm, Saturday 28 <sup>th</sup> February and 28 <sup>th</sup> March
Parent Carer Coffee Morning with Craft	10am - 12pm, Thursday 26 <sup>th</sup> February (Wellbeing Afternoon) and 19 <sup>th</sup> March
Parent Carer Drop in	School Avoidance, ASD, ADHD and PDA support, 10am - 12pm,   12 <sup>th</sup> February and 5 <sup>th</sup> March
Therapy Thursday	10am -12.30pm, Thursday 26 <sup>th</sup> February and 26 <sup>th</sup> March
Footcare Clinic	Monday 10am - 12pm, 2 <sup>nd</sup> of March. and 11 <sup>th</sup> of May Charge £20
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, 19 <sup>th</sup> February and 19 <sup>th</sup> March Speak to a legal professional about caring related matters including wills and lasting power of attorney.

## 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

**FALLS PREVENTION TALK**  
18<sup>th</sup> February



**AGM**  
Wednesday 25<sup>th</sup> Feb  
Refreshments at 10.30am.  
Meeting at 11am

**Bridgit Care App**  
An innovate digital tool giving you access to resources 24/7!  
<http://carers.bridgit.care/app/bgcc/ca>



We are now able to issue **Foodbank vouchers**. If you are in financial hardship - contact a member of staff who can help.



### Carer Money Matters Awareness Sessions

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

- Princess of Wales Hospital
- Laleston Community Coffee Morning
- Aberkenfig Library
- Halo Bridgend
- Foodbank

Please contact Nicola Williams for more information

