

A Network Partner of

**CARERS
TRUST**



Contact

Keeping in touch with carers

**IN THIS
EDITION**

**Veterans services
available.**

**Join our gardening
project!**

**Young Carers
News & Events**

Plus: We are back! New Dementia Carers Service. Hospital Services Resume! Macmillan Support Available.

Bridgend Carers Centre Receive Carer Friendly Advanced Accreditation



We are delighted to announce that Bridgend Carers Centre is the first organisation in the region to be awarded the Carer Friendly Wales ADVANCED Accreditation.

The Carer Friendly Accreditation scheme recognises support for Carers within a range of health and social care organisations. The process involves presenting a portfolio of evidence which clearly demonstrates the support provided for Carers.

A Review Panel of Carers and professionals within health and social care are responsible for assessing the portfolios and they determine the level of the award.



As an established specialist provider of support to Carers in Bridgend, we work with many other local organisations to ensure Carers are supported in the way that matters and makes a real difference to the stress and demands of their caring role.

Our partnerships are really important to help us identify carers. Working closely with health and social care professionals who understand how vital Carers support is, ensures we can provide the most suitable support at the right time.

Our local GP's and healthcare practitioners play a vital role in ensuring Carers are recognised and supported effectively by directing patients to Bridgend Carers Centre. With many thanks to Dr Peter Evans and Dr Louisa Evans from Porthcawl

Group Practice and Riversdale Practice for taking the time from their busy day to celebrate this achievement with us.

Bridgend Carers Centre 87 Park Street Bridgend CF31 4AZ

Tel: 01656 658479

enquiries@bridgendcarers.co.uk



Find us on Facebook

www.bridgendcarers.co.uk

Charity No. 1125921
ISSUE 63 OCT 2020

**Chwarae
Teg**





Bridgend Carers Centre are back!!!

We are so excited to let you all know that from Monday 5th October Bridgend Carers Centre is open for appointments only with carers.

It is important that staff and visitors feel safe at the Centre, so we have introduced the following safety measures to help protect everyone and create an environment where you feel confident and secure.

- If you are experiencing any symptoms of Covid -19 (a high temperature, a new continuous cough or loss of taste and smell) please stay home and get tested as soon as possible.
- Observe social distancing – we have placed floor markings to help you keep a safe distance of 2 metres.
- We are now operating a one way system, please observe the floor markings.
- Appointments will be held in the side or large room, conservatory or garden.
- We have also introduced a limit to the number of people inside the Centre, so we kindly ask you to arrive alone if possible and keep to your agreed appointment time.
- Screen protectors are in place for your safety.
- Face masks and/or visors will be worn at appointments.
- Hand sanitizer is available for visitors and staff. We kindly ask you to sanitize your hands thoroughly. The Office and Kitchen can be used by staff ONLY.
- When using the toilet you should wipe surfaces down before use and after use with the cleaning material provided, including toilet seat, taps, handles, door lock and handles etc. Please discard in bin provided.

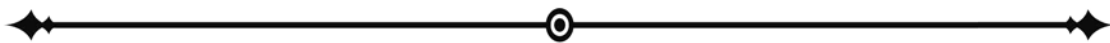
Please note all activities are subject to change due to Covid19

Look What We Have Done For Carers During Lockdown!

- We supported 1520 carers through telephone calls, remote contact, social media and emergency face to face meeting.
- Identified 310 carers which is amazing as the Centre has been closed since mid March.
- Achieved Carer Friendly Advanced Accreditation.
- Started a Garden Project – see below. We already have a lovely group of volunteers.
- Delivered 60 cream teas to Veterans for VE Day.
- Entertained and engaged young carers and young adult carers with Facebook activities.
- Delivered surprise packages to all carers throughout this challenging time – garden play packs to children, herbs and pots to our gardening enthusiasts, exercise bands and hand weights to those who want to keep active and treat bags to young carers.
- Organised online activities to improve wellbeing for those isolated or lonely or who just need a helping hand during this time.
- Socially distanced trips for young and young adult carers to give them something to look forward to as school remained closed.
- Contacted over 200 carers through wellbeing calls by our team of volunteer callers.
- Achieved £2.3 million in welfare benefits for carers to date
- Delivered Echo dots and tablets to carers to help support them in their caring role.

I could go on but I will leave it to my incredible team to tell you more.

Helen



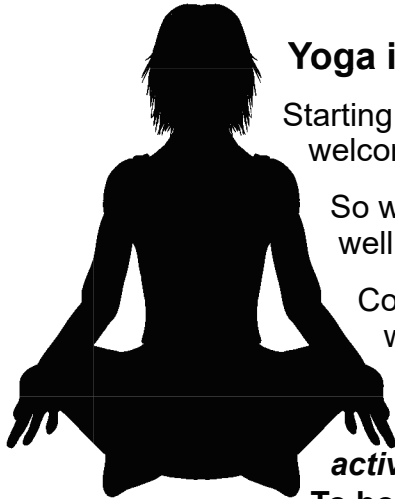
Get Involved

Why not become a member of Bridgend Carers Centre and get involved in our work. This will entitle you to attend and vote at our Annual General Meeting, influence the development of the service, make suggestions and consult with staff on how we support carers across Bridgend. We value your thoughts and input.

Ring Sue on 01656 658479 to get more information

Please Help Us Improve Our Service

We pride ourselves on listening and responding to what Carers tell us they need. If you are a Carer and would like to get involved in any way, please call the Centre on 01656 658479 or complete **the enclosed questionnaire and return it to the Carers Centre. Your feedback is crucial to us as we move into the 'new normal'.**



Yoga is Back by Popular Demand

Starting on Friday 9th October at 10am we are delighted to welcome back our weekly Yoga class with Gail.

So we can offer social distancing to keep you safe and well, we have moved the class to Nolton Church Hall.

Come along and enjoy this ancient form of exercise which focuses on strength, flexibility and breathing.

It costs £5.00 per session. **You will need to bring along your own yoga mats. Please note all activities are subject to change due to Covid19**
To book a place please ring the Centre 01656 658479

Legal Advice with Howells Solicitors



If you need any legal advice regarding your caring role such as Power of Attorney; Continuing Health Care; Wills and Trusts etc. please ring Bridgend Carers Centre on 01656 658479 to book an appointment with solicitor Claire Davis over the telephone.

Telephone Carers Counselling

Our Counsellor Joanna is continuing to offer counselling to carers over the telephone.

These free counselling sessions deal with issues such as stress, anxiety, worry, bereavement and depression. If you are facing any of these issues at the difficult time please pick up the phone and contact Bridgend Carers Centre on 01656 658479 to book a telephone counselling appointment.



Christmas Festivities 2020

Join us for seasonal walk at 11.00am on Thursday 10th December 2020.

Meet at the Hi-Tide car park Porthcawl and walk to Rest Bay. Enjoy the fresh air, chat with other carers and finish with a lovely hot chocolate and mince pie. Please let us know if you would be interested in joining us by ringing the Centre 01656 658479.

As this is an outside event 26 carers can attend with 4 staff. Please note all activities are subject to change due to Covid19

Your Health and Wellbeing for the Autumn Months

Now more than ever our Carers face huge challenges, but we would like to reassure you that the Team at Bridgend Carers Centre is here to help and support you. Many carers have felt a range of emotions such as fear, panic, worry, stress, anger, boredom, guilt, loneliness and feeling hopeless and loss of control of the situation.



Whatever you are feeling, you need to find a way to cope. The most important thing to do is to look after yourselves so that you can maintain good health and wellbeing.

Follow Welsh Government guidelines. You cannot become complacent. Covid 19 is here to stay. You will need to practice good hygiene by washing your hands frequently, sanitising surfaces and wear masks when on public transport or where necessary.

Tips for Carers

- Try to keep to your daily routine, making time for regular meals, and enjoyable activities as well as the routine chores.
- Try to ensure that you have a good sleep pattern. Going to bed at a reasonable time to ensure you have 6 – 8 hours of rest a night.
- Eat a balanced nutritious diet and try to avoid sugary snacks and drinks. Aim to have 6 -8 glasses of water a day to ensure your body is hydrated. Try to maintain a healthy weight. It is tempting to eat more due to emotional stress or boredom, but obesity can weaken the body's immune system and reduce its ability to fight infections. You can lose weight making small changes:-
 - Don't miss breakfast.
 - Eat a lot of fibre to satisfy your hunger.
 - Eat little and often.
 - Watch your portion size. Try eating from a smaller plate.
 - Cut down on alcohol consumption. These are empty calories and alcohol is a depressant.
 - Sit at a table and chew each mouthful thoroughly and leisurely.
 - Ensure you are eating vegetables or salads with your main meals and have fruit as snacks.
 - Drink water to ensure you are hydrated.
 - Promote your physical health by staying as active as possible.
 - Try to exercise everyday even if it is just walking or gardening.
 - It is good for a healthy body and mind as it gives you energy and helps to reduce stress.

Continued on next page...

Continued from previous page...

- Try not to be critical of yourself, be kind. Treat yourself as you would others, and give yourself praise. This can boost your mood and lower stress levels. Research has shown that being grateful increases happiness, enhances empathy, improves sleep and helps to reduce depression. Each day write down 3 things that you are most grateful for.
- Stay in contact with family, friends and neighbours. Positive relationships and shared activities contribute to our well-being.
- Have fun, laughing reduces stress and promotes well-being by increasing the release of endorphins in your brain. **If you are unable to get out don't forget about our online activities. Join our online sessions and access the online resources we have available on our website. bridgendcarers.co.uk/media**
- I hope my tips are helpful during this challenging time. More importantly if you are struggling to cope on your own, reach out get in touch and we will do our best to help and support you. Stay safe and look after yourself.

Regards, *Karen Evans*

Carers Link Worker 07375918715

To promote World Reflexology 2020.

Bridgend Carers Centre are offering 10 Carers a Complimentary Reflexology Treatment.

This is to show appreciation and understanding of the hardships they have faced during the Covid 19 lock down period.



Karen Evans our Carers Link Worker is a qualified Reflexologist with 22 years' experience of Reflexology and will be undertaking the treatments.

Carers will receive a voucher which can be redeemed for an appointment and will remain valid until Carers can safely return to the Centre and will depend upon Government guidelines regarding Covid 19.

What is Reflexology?

Feet are the mirror of the body. Reflexology is based on the principle that the reflex points on the soles, tops and sides of the feet, relate to corresponding parts of the body. Using a special hand technique, deep compression massage on the feet or hands, causes an effect in other parts of the body and induces a state of relaxation. The aim is to restore balance between all systems and achieve homeostasis in which the body heals itself holistically. Reflexology can help to relieve anxiety, tension and stress. It encourages relaxation, improves mood, aids sleep and induces feelings of well-being by helping to correct the imbalances throughout the body.

Therapy Thursday returning soon

Get in touch to book an appointment from October for a treatment with award winning therapist Denise. Denise offers a wide range of therapies and treatments offering reflexology, reiki, and back and neck massage. Please ring the Centre on 01656 658479 to book an appointment £10.00 per session. All Covid 19 guidance will be adhered to. ***Please note all activities are subject to change due to Covid19***

Volunteers Wanted

Do You Enjoy Gardening?

Being Outside?

Want To Meet Friendly People?

Then why not get involved in our new gardening project and help us create a garden for carers and cared for to enjoy and to improve everyone's wellbeing. Any level of experience welcome.

Email: enquiries@bridgendcarers.co.uk Or call 01656 658479



Exciting news starting October to January 2021

Do you need a break? Do you need financial help to have a treat or a day out with the family or friends? Do you need any added replacement care to give you some time off? Just tell us what your respite needs are all requests will be considered. Would you like financial help to do an activity, go camping, surfing, stay in a caravan please let us know.

If so get in touch with the team on 01656 658479. Bridgend Carers Centre is delighted to be selected as the only Welsh Carers Trust Network Partner to be chosen to contribute to this pilot programme giving much needed respite to carers across the Borough.

A Network Partner of
**CARERS
TRUST**



**BRIDGEND
CARERS
CENTRE**



Are you a carer?
Do you know a carer?
We are Bev Jones &
Karen Evans the
CarersLink Workers

Carers may feel even more isolated and lonely at this time, so we want to:-

- stay connected
- encourage them to talk
- support their mental wellbeing
- avoid them reaching crisis
- reassure them while they're apart
- signpost them to services that may support them

We're on hand
via phone, email, text
and social media to
support carers and
families in their
caring role.
Call 01656 658479

We are able to support carers and families with:-

- Welfare Benefits Advice
- Counselling
- Carers Grants
- Macmillan Support for people living with cancer and their carers
- Legal advice
- Information, advice and assistance

Please get in touch to find out
how we can support you and your family.

Call 01656 658479



Welcome to our 14th New member of Staff - Alex Osbourne

Hi I'm Alex, I've recently joined Bridgend Carers Centre as a Volunteer Coordinator for our Carers Garden Project, helping to make the centre garden an accessible space for all to enjoy.

I absolutely love gardening, it helps my physical and mental wellbeing. I have a strong interest in wildlife which helps shape my gardening. I previously worked at Mind, supporting people with their mental health

and running wellbeing groups including the Allotment. I'm also a long term volunteer with Time to Change Wales, helping to reduce the stigma around mental health. My other love is dogs, I have 3! Our rescue Dora is a therapy dog. We visit colleges to meet students who may be experiencing low mental health, so they can have a good cuddle with Dora.

World Mental Health Day

Mindful Gardening Session at the Carers Centre

October 10th is World Mental Health Day. Like physical health, mental health is something we all have, and like physical sometimes our mental health can dip. I have volunteered for Time to Change Wales of 7 years, talking about my own mental health experiences and trying to reduce the stigma that surrounds it.

On Friday October 9th I am holding a **Mindful Gardening Session**. I will be talking about Mindfulness and how it can help, and teaching skills which you can use to aid your wellbeing. I will also give a brief talk about Time to Change Wales and on my own mental health story, sharing stigma I have received, but also the support I've had and how you can feel more comfortable talking about mental health.

Join me, Alex, on Friday October 9th at 11am to learn some mindful skills, how this can be used outside in a garden, and help reduce the stigma of mental health. Please contact me if you are planning to come or for any questions you have. **Email me at enquiries@bridgendcarers.co.uk or call 01656 658478.** Please note up to 26 carers with 4 staff can attend outside activities.



Understanding your rights as a carer

The Social Services and Well-being (Wales) Act came into effect on 6 April 2016.

This law exists to improve the well-being of people in Wales, particularly those who need care and support, and carers who need support.

Local Authorities Social Services Information,

Advice and Assistance Helplines

Bridgend County Borough Council: 01656 642279



Carers Wales: Provides advice and information to carers and the professionals who support carers.

Advice line – Monday and Tuesday: 0808 808 7777

www.carersuk.org/wales

Carers Trust Wales: Committed to improving support and services for unpaid carers.

0300 7729702

www.carers.org/country/carers-trust-wales-cymru

Age Cymru: Information and advice for matters affecting over 50's in Wales. 08000 223444

www.agecymru.org.uk/advice

Young Carers and Young Adult Carers Projects

Young Carers Teen Group and Young Adult Carers

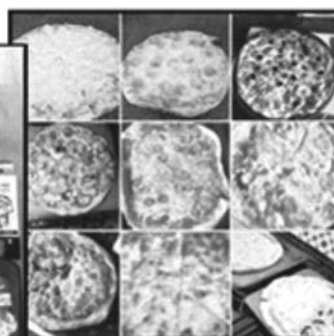
The pandemic has had a detrimental effect on the well-being of young carers. A survey carried out by Carers Trust Wales on young carers aged 12 to 17 reported that:

- 40% of young carers say their mental health is worse since Coronavirus
- 67% are worried about the future since Coronavirus
- 66% feel more stressed since Coronavirus

As we know, young carers already face so many additional challenges to their education due to their caring role and so our support is more important than ever.

We have done our best to provide support to Young Carers and Young Adult Carers pre and post lockdown. This included a text, telephone and email support service as well as face to face support once restrictions eased. We provided weekly activities which included health and well-being activities, cooking and craft activities, quizzes and training opportunities.

We have delivered approximately 120 treat bags and afternoon tea boxes which have included Pizza making kits, cookie dough making kit, water bottles, notebooks, mindfulness colouring and fabric pens.



What We have been up to!

Trips and Activities

Young Carers met in Newbridge Fields for a Dominos Pizza and Catch up in July



In August we took two groups of young carers to Laserzone and for lunch.

In August we took our Young Adult Carers to The Celtic Manor for a day of relaxation, archery, mini golf and afternoon tea which was delicious!



Our service going forward

We are reviewing Welsh Government guidance regularly and adapting our service to fit in with these measures. At present we are still offering face to face one to one support in school (if the school permits) or outside of school in an outdoor area or local venue where social distancing can be maintained.

Our group activities will be reviewed regularly. At present due to the increase of Coronavirus cases across Wales we do not have any group activities planned until January 2021. We will continuously review this with the hope we can deliver a trip during October half term and a Christmas trip in December. Families who are already registered with the service will be contacted with regards to these.

If you would like more information about the Young Carers Teen Group, one to one support (for those aged 5 – 25) or the Young Adult Carers Group please contact Rhian on 01656 658479/ 07384813685

Best Wishes Rhian. Alissa and Jess

Parent Carers Service



Our dedicated Parent Carer service was just restarting when we entered lockdown. It's been a busy time and we have continued to offer, amongst other things, one-to-one support via the phone, alongside access to small grants, referrals to other services, a socially distanced Dads Group and an out of hours Parent Helpline and a popular Facebook Group.

We were also lucky to be awarded an Innovations Grant from Carers Trust which allowed us to extend and widen our support during lockdown. From art packs to play trays, life coaching sessions, support with purchasing technology for study, and to avoid isolation, relaxation and massage videos, online armchair exercise and Storytime (with and without sign), we aimed to offer as much as we could during this difficult situation. We will shortly have three home cinema packs to loan out to parent carers for a cinema in the garden experience.



Look out for a range of training, which is coming soon, and more parent carer groups (local lockdowns permitting). We would love you to join our Facebook group, Bridgend Parent Carers Support and Wellbeing group. Contact Davina on 01656 658479 or by emailing carerswellbeing@bridgendcarers.co.uk for more information, support and signposting.



Attention All Carers Of Those With Dementia

Hello, My name is Sarah and I am the Dementia Carers Support Worker at the Centre.

Recently, I have seen carers face challenges caring for their loved one. With many services and hospital visits/reviews being cancelled and the reduction in things you used to do due to lockdown has put further pressures and strains on you.

There is still a great deal of support available to you however, and many of those vital services are beginning to operate again. I have many links with social work teams, hospital and community teams and GP's all over Bridgend and can help you make contact and get the right support for you and your loved one. My aim is to arm you with information and support you to avoid crisis and strain. Therefore, I'd like to encourage you to make contact with me to share and talk about any concerns or worries that you have. You can contact me on **07876 872236** or email me at **Sarah.jarvis@bridgendcarers.co.uk**



**BRIDGEND
CARERS
CENTRE**

Are you caring for someone with dementia?
Are you worried about the memory of your loved one?
Are you concerned how this will affect your life now and in the future?

I'm Sarah the Dementia Carers Support Worker for Bridgend Carers Centre.
Please get in touch to find out how I can help support you, your loved one and your family.
Call **07876 872236** or E-mail **sarah.jarvis@bridgendcarers.co.uk**



In the coming months ahead and when it is safe to do so, I would like to set up a Dementia Carers Support Group where we can meet together, share experiences and support each other. It would be great if you could get in touch and let me know if this is something you would like to be involved in.

Introducing the *Ask us about Dementia* advice line

Ask us about dementia is an advice line run via Social Care Wales where you can book an appointment with an experienced dementia practitioner to talk through a situation you may need some extra help or advice about. The practitioner will work through ideas and solutions with you. It could be ideas for meaningful activities or could be about a change in someone's behaviour. Follow the link below where you'll be directed to a video call with an experienced dementia practitioner. You'll then be able to explain the situation you would like some advice about. Calls are secure and anonymous and last for around 20 minutes.

<https://www.eventbrite.com/e/ask-us-about-dementia-pilot-service-tickets-115210959080>

For any further information, please contact Sarah Jarvis the Dementia Carers Support Worker on 07876 872236.

Veterans Project Update

Although we have much more to do, we have decided to share some of our statistics to date. If you know a veteran carer/carer that could benefit from our services, please ask them to call 01656 658479



36hrs

Arts & Crafts Sessions

8

Digital Awareness Sessions

3hrs

Online Digital Wellbeing

9hrs

Counselling

15

Welfare Benefits Advice

12

Signposted To Other Organisations

Provided 12 data cards for veteran carers/cared for to have access to the mobile data network as they did not have wifi at home. The LTE devices we purchased with this in mind, allowing access to both wifi and the mobile data network, and helped us to achieve this. This enabled isolated carers to keep in touch with family, carry out online shopping and have access to our wellbeing sessions.

We created the Digital RV for veterans to keep in touch with each other weekly on Tuesday evenings at 7pm

During the course of the project we have delivered clothes to hospitals, helped with access to medication, access to online grocery shopping via GP's letters, provided resistance bands for keeping healthy and working out at home, provided face to face help with setting up and using digital tablet devices.

For the future we have partnered with the University of South Wales to provide walking wellbeing sessions for veteran carers/cared for.



2.6 Challenge – 26 miles in 10 Days!!

We were delighted to receive an amazing £600 donation from funds raised by Nia and Harri on the 2.6 Challenge. Nia and Harri, with mum Sarah covered 26 miles on their scooters in 10 days. What a fantastic achievement!!

Thank you so much and well done to two caring young children, raising funds for carers in Bridgend. No wonder mum Sarah is so proud of them X



Integrated Hospital Support Worker

Rhiannon and Sarah are integrated into Princess of Wales Hospital and Maesteg Hospital offering support, information and advice to carers whose loved ones are in hospital.

They have found an increase need for support in light of lockdown due to the restrictions on admissions and where there has been no physical contact between carers and their loved one.

Rhiannon and Sarah have assisted carers with accessing hospital social services, discharge planning teams, district nurses, occupational health teams and incontinence teams.

Our support includes:-

Supporting carers navigating through hospital social services teams, step down service in Abergarw and Maesteg and liaison with wards and discharge planning teams.

- Opportunities for carers to voice concerns, creating time to talk about the future care needs and impact this may have on their health and wellbeing
- Liaison with hospital social workers to discuss and confirm packages of care giving confidence to carers about discharge and longer term plans
- Arranging OT appointments and ensuring crucial equipment is arranged and delivered to home prior to discharge.
- Support to carers where discharge has been to residential care home.
- Arranging carers grants for crucial household items, home improvements, short breaks and carers training.
- Ongoing support for times where caring role has come to an end.
- Distribution of Tablets and Echo Dots to further support carers accessing online support, information and to create reminders and prompts for medications.
- Ongoing support upon discharge to ensure carer is fully supported in their caring role.

We have certainly seen a great need for support during these unprecedented times. Some positive comments received: -

“I don’t know what I would have done without you being there”

“I really will not be able to cope without your support”

“Thanks for listening”

“You are a wonderful service to us carers”

If the person you are caring for is admitted to hospital, please contact Rhiannon or Sarah for support, advice and information on 01656 658479.

Rhiannon



Sarah



MacMillan Support at Bridgend Carers Centre



Rhiannon Frances took over the position of MacMillan Family Information and Support Worker at BCC in June. "I've been busy keeping up to date with carers and their families throughout lockdown. It's pleasing to know that I've been able

to offer information, advice, support and a listening ear to families who have been touched by cancer. I've been in contact with upwards of 30 families since taking over the role – it's very busy!"

"Networks are beginning to open up again. I have a presence in Y Bwthyn and can respond to calls for support from our friends in palliative care. We have connections in Maesteg hospital and are on hand to support families who are a little out of town."

Support can happen in a number of ways. MacMillan are able to offer

MacMillan Buddy – a listening ear for people with cancer. A designated buddy will ring you once a week for up to 12 weeks. This has allowed people to share their worries, their thoughts, feelings and concerns.

MacMillan Benefits – Our benefits and welfare support staff can assist with a blue badge, Carers allowance, pension credit, attendance allowance PIP claims and MacMillan grants.

Macmillan Website – for all things cancer related. <https://www.macmillan.org.uk/>

Macmillan Helpline- [0808 808 00 00](tel:08088080000),

Rhiannon

As Covid -19 continues more and more people are going to need support. If you know of anybody that has a cancer diagnosis – please let them know that MacMillan Family Information and Support Worker is available at Bridgend Carers Centre.

For more information or a chat you can reach Rhiannon on 01656658479 or 07876872235 or email Macmillansupport@bridgendcarers.co.uk



Sober October 2020



Macmillan Cancer Support are **asking you to get involved in Sober October by going alcohol-free in October to raise money for people with cancer**. As 2020 has already been quite the challenge, this year, we're introducing some new options for taking part. You can choose to have a Sober (ish) October by taking on the challenge for 21 or 14 days, or go old school

Are you ready to Go Sober this October and raise money for Macmillan Cancer Support? <http://www.gosober.org.uk> [facebook.com](https://www.facebook.com/gosober)

www.gosober.org.uk/about/the-challenge

<https://www.gosober.org.uk>



On Thursday 1st October 2020 staff from Bridgend Carers Centre will be putting on their hiking boots and walking up to Pen – y- fan participating in a Memory Walk in support of the Alzheimer's Society.

Autumn Warmer Recipe

Apple Crumble

Ingredients

1kg /2lbs 3 ½ oz Bramley Apples Pinch of sugar to taste
1 tbsp water or apple juice 100g /3 ½ oz plain flour
75g /2 ½ oz butter 50 g/2 oz Rolled oats
100g/3 ½ oz demerara sugar

Method

1. Pre heat the oven to 200c/400f /gas 6
2. Wipe the apples and cut them into quarters, then remove the cores and slice each piece in two. Put them into a pan, taste a slice for sweetness and add a sugar to taste. Add a tablespoon of water or apple juice and cook over a medium heat for about five minutes until the apples start to soften.
3. Transfer the apple mixture to a shallow oven proof dish.
4. Rub the flour and butter together until it looks like breadcrumbs.
5. Stir in the oats and the brown sugar and sprinkle over the cooked apple in the pie dish. Transfer to the oven to bake for 30 minutes or until crisp and golden brown on top.
6. Serve with custard or cream.

Useful Contact Numbers

Bridgend Assoc. of Voluntary Organisations	01656 810400
Social Services	01656 642279
Porthcawl Counselling	01656 786486
Trinity Care & Support	01656 782104
Age Connects Morgannwg	01443 490650
Bridgend Care & Repair	01656 646755
Carers Allowance Helpline	0345 6084321
Mental Health Helpline	0800 13273
Dept of Work & Pensions	0800 055 6688
Citizens' Advice Bureau	0844 477 2020
NHS Direct	0845 46 47
Samaritans	0845 790 9090
Carers Wellbeing Service	01656 336969
Carers Trust Wales	02920 090087
Carers Wales	02920 811370

Recent Donations Received

*We would like to say a big thank you to all of you that have made donations to the work of the Centre and also to those of you that have supported and continue to support our fundraising efforts especially over such a difficult period.
Since April 2020 we have received the following donations:*

Carer donations	£327.64
Easy Fundraising	£29.35
Local Giving	£123.51
Facebook donations	£119.67
Paypal	£43.63
Just Giving 2.6 Challenge	£839.56
South Wales Classic Car Club	£250.00
Rotary Club of Maesteg	£200.00
Maesteg Town Council	£100.00

MACMILLAN CANCER SUPPORT

If you care for someone who is affected by cancer or other life limiting illnesses we can offer:

One to one support • Information • Home visits • Emotional support and listening • Signposting for services • Knowing your rights • Health and well-being sessions • Days out • Advice and help with welfare benefits issues. What you are entitled to and help applying.

For more information on our Macmillan support service please contact on 01656 658479 or email: macmillansupport@bridgendcarers.co.uk

WE OFFER A WIDE VARIETY OF TRIPS AND ACTIVITIES TO CARERS THROUGHOUT BRIDGEND. ACTIVITIES INCLUDE OUR COMMUNITY CAFÉ, BOOK CWTCH AND TAI CHI.

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

BRIDGEND
CARERS
CENTRE

PRINCESS OF WALES HOSPITAL SUPPORT WORKER

The aim of the service is to target Carers of patients at Princess of Wales Hospital, aid hospital discharge and to ensure that they are given the right information at the right time to support them in their caring role.

For more information please contact Bridgend Carers Centre on 01656 658479

YOUNG ADULT CARERS

R.O.O.T.S
Recognising Our
Opportunities To Succeed
We support Young Adult Carers in
Education and Employment.

COMMUNITY CAFÉ FOR CARERS & CARED FOR

Friendly fun weekly group sessions offering you a chance to meet up with other carers and learn new skills. Each week we cover different topics such as:

Cooking • Crafts • Armchair exercises • Gardening • Plus much more!

3 CARERS LINK WORKERS

Identifying HIDDEN CARERS at GPs

AVAILABLE IN ALL SURGERIES ACROSS
BRIDGEND COUNTY

- Carers information sessions
- One to one advice at all GP Surgeries
- Offering training to GP's to help them become more carer aware and identify which of their patients are carers

YOUNG CARERS EDUCATION PROJECT

We support young carers
aged 5 to 25

through one to one and group work in schools. We work closely with education staff to ensure they have the necessary skills and resources to support young carers to manage their education alongside their caring role.

BRIDGEND CARERS CENTRE

- One to one support
- Information
- Training
- Emotional support & listening
- Exercise including walks & Tai Chi
- Carers Assessments
- Carers counselling
- Social events
 - Holistic therapies
 - Benefits advice
 - Foot Care

BRIDGEND CARERS CENTRE OFFERS A RANGE OF SERVICES INCLUDING TRAINING OPPORTUNITIES TO SUPPORT AND HELP CARERS IN THEIR CARING ROLE.

For further information
T: 01656 658479
E: enquiries@bridgendcarers.co.uk
W: www.bridgendcarers.co.uk

Bridgend Carers Centre, 87 Park Street, Bridgend CF31 4AZ
Registered Charity Number 1125921

Thank you

Thank You Thank You Thank You !!!

A massive thanks to all those organisations that have supported us during the Pandemic. A big thank you to Harcourt Printers, United Graphics and Design and ITCS for outstanding information and technology support.

Our funders that have helped sustain and develop our service since the outbreak where fundraising and donations to the service was severely affected – so thank you to Carers Trust, Macmillan Cancer Care, WCVA, Moondance, Garfield Weston, Triangle Trust, Waterloo, Cwm Taf Health Board and Bridgend County Borough Council.....many thanks!

For amazing support to the service and the team we would like to thank our Board of Trustees who have never faltered in advice and direction and who have overcome and embraced the changes that needed to be made by improving digital skills so the Board could continue to meet remotely.

We want to thank Watts Gregory for auditing our charity remotely without compromising quality and finally to thank Bridgend Quakers for keeping in contact and working closely with us for a successful return to work..... Thank you!