

### 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	Carers Choir - Westward Community Centre - 2 - 3pm
WEDNESDAYS	Zumba - 10.30 - 11.30am Wildflower Art Project for autistic girls aged 10 - 25 years and their parents. 10am- midday - Venue to be Confirmed - Term Time only, starting in September Carers Café - Various Activities 12pm - 2.30pm
FRIDAYS	Yoga - 11.30-12.30pm

# Monthly Events

All held at Bridgend Carers Centre unless otherwise stated

Bereavement Group	2nd Thursday of each month 1 - 2pm. 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	10 <sup>th</sup> Aug, 14 <sup>th</sup> Sept, 12 <sup>th</sup> Oct, 16 <sup>th</sup> Nov, 14 <sup>th</sup> Dec 10am till midday. Parents to stay
Carers Walk and Talk Group	18 <sup>th</sup> September, 16 <sup>th</sup> October, 13 <sup>th</sup> November, 11 <sup>th</sup> December. Venues to be arranged - 10.30am. Venues to be confirmed
Therapy Thursday	29 <sup>th</sup> Aug, 26 <sup>th</sup> Sept, 31 <sup>st</sup> Oct, 28 <sup>th</sup> Nov 10 till 2pm - subject to funding
Legal Surgery	Thursdays 22 <sup>nd</sup> Aug, 19 <sup>th</sup> Sept, 24 <sup>th</sup> Oct, 21 <sup>st</sup> Nov, 19 <sup>th</sup> Dec 10 till 1pm - Ring to secure appointment
Parent Carers Coffee & Chat Morning	Thursday's on 12 <sup>th</sup> Sept, 17 <sup>th</sup> October, 14 <sup>th</sup> November, 12 <sup>th</sup> December - 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
Financial Surgery	1 <sup>st</sup> and 3 <sup>rd</sup> Friday's 10am till 1pm. Ring to book appointment with Rhodri to discuss your money matters, budgeting, prioritising debts and help with cost of living
FootCare Clinic	Monday's 30 Sept, 4 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec 11.30 - 1pm. Ring 01656 658479 to book your appointment, £20.00 per session

# Outreach Activities in your Community

Woodlands Surgery, Caerau	19 <sup>th</sup> Aug, 16 <sup>th</sup> Sept, 14 <sup>th</sup> Oct, 11 <sup>th</sup> Nov 11 <sup>th</sup> , 9 <sup>th</sup> Dec, 9.30am - 12pm
The Memorial Hall, Nantymoel	15 <sup>th</sup> Aug, 12 <sup>th</sup> Sept, 10 <sup>th</sup> Oct 7 <sup>th</sup> Nov, 5 <sup>th</sup> Dec, 9.30am - 12pm
Sandville, Porthcawl	1st and 3rd Wednesday of the month, 10am - 2.30pm
New Surgery, Pencoed	6 <sup>th</sup> Aug, 3 <sup>rd</sup> Sept, 1 <sup>st</sup> Oct, 5 <sup>th</sup> Nov, 3 <sup>rd</sup> Dec, 12 - 2pm
Maesteg Carers Support Group	Monday's on 12 <sup>th</sup> Aug, 9 <sup>th</sup> Sept, 7 <sup>th</sup> Oct, 4 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec, 10am – 12pm at Duffryn Chapel, Bedw Street, Caerau, Maesteg, CF34 0TF
Princess of Wales Hospital Information Stand	Thursday's on 15 <sup>th</sup> Aug, 19 <sup>th</sup> Sept, 17 <sup>th</sup> Oct 21 <sup>st</sup> of Nov, 19 <sup>th</sup> Dec, 10am - 2pm
Caerau Dementia Friendly Group	8 <sup>th</sup> Aug 8 <sup>th</sup> , 5 <sup>th</sup> Sept, 3 <sup>rd</sup> Oct, 28 <sup>th</sup> Nov, 19 <sup>th</sup> Dec, 11.30am - 1.30pm



**COME FOR COFFEE AND CAKE**

**Weds 25<sup>th</sup> Sept, 12 noon**

## Young Carers Fundraiser

**Saturday 4<sup>th</sup> October**  
**at Pyle Legion Club**




Come along to support and raise vital funds with local Star of Big Brother and our Young Carers Ambassador Jenkin Edwards.

## Carer Fuel Awareness Sessions

Supporting carers to maximise their income, fuel efficiency advice, carbon monoxide awareness and so much more. Sessions throughout the year but include:-

- 3<sup>rd</sup> September, Pencoed Library, 10am - 12.00pm
- 9<sup>th</sup> September, Dyffryn Chapel Maesteg, 10am - 12.00pm
- 16<sup>th</sup> September, Aberkenfig Library, 2 – 3pm



Please contact Karen Evans for more information on

# 01656 658479

# Other Events, Trips and Activities

**Summer Wildflower drop-in (parents and autistic girls 5-25yrs)**  
at BCLC 10am-12.30pm, every Tuesday starting 23<sup>rd</sup> July to Tue 27<sup>th</sup> Aug.

**Online Art Sessions** - enjoy guided online art sessions via Zoom or art packs sent directly to your home with written instructions. Date to be confirmed.

**Young Carers Surfing Session** - 7<sup>th</sup> Aug 10am. Call Alissa to register on 01656 658479

**Veteran/Armed Forces Trip to Brecon Canal** - Thursday 15<sup>th</sup> August. Call centre to book.

**The Wildflower Ball Thursday 15<sup>th</sup> August BCLC** - 6.45 arrival to 9.30pm.

**Summer Working Carers Evening** - enjoy a relaxing weekend evening for working carers to enjoy time out together with meal and entertainment. Date to be Confirmed.

**Carers Weekend Wellbeing day** - Saturday 14<sup>th</sup> Sept - Day to focus on wellbeing, health, self care and spending time with other carers. 10am start, venue TBC.

**Parent Carer Autumn Willow Weaving Thursday 17<sup>th</sup> October 10 till 12** at centre.

**Bowling Dads and Kids Day** - October - date to be confirmed.

**Festive Willow Weaving** - Tue 3<sup>rd</sup> December 11 till 1 at centre.

**Male Sporting Event** in November - date/venue to be confirmed.

**Carers Christmas Lunch** - Thursday 12<sup>th</sup> December at The Grove Golf Club, Porthcawl.

**Christmas Shopping Trip** - Date to be confirmed.

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

All Activities are funded by  
Carers Trust Amser Fund

**CARERS  
TRUST**



Aidennr gan  
Lywodraeth Cymru  
Funded by  
Welsh Government



**CLUB 100**  
BRIDGEND CARERS

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/>



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