



BRIDGEND
CARERS
CENTRE

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	Community Carers Café 12pm - 3pm. Various activities weekly including bingo/quiz. Key dates include: 8th January - Café re-open following Christmas break 22nd The Dogs Trust visiting to give a talk 29th January - NHS Stroke prevention talk 12th February Valentines Café with musician Kelvyn Raye 26th March - Mothers' Day 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

Dementia Carers Support Group	Every first Thursday 1 - 3pm
Saturday Lego and Craft Club for disabled children and their siblings	Saturday 18 th January, Saturday 15 th February, Saturday 15 th March, 10am - 12pm at BCLC, CF32 0AA
Parent Carer Drop In	Thursday 30 th January, Thursday 20 th February, Thursday 27 th March, 10am - 12pm at BCLC, CF32 0AA
Wildflower monthly meet up	Saturday 25 th January, Saturday 22 nd February, Saturday 22 nd March, 12.30pm - 2.30pm at BCLC, CF32 0AA
Carers Walk and Talk Group	Wednesdays' 22 nd January, 26 th February and 26 th March, area to be confirmed
Therapy Thursday	TBC
Legal Surgery	Thursdays' January 23 rd , February 20 th , March 27 th
Footcare Clinic	Mondays' 6 th January, 3 rd February, 3 rd March
Parent Carers Coffee & Chat Morning	Thursday 16 th January, Thursday 13 th February, Thursday 13 th March - 10am - 12pm at BCLC, CF32 0AA
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

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
Ogmore Valley Support Group	The first Tuesday of the month from 10am - 12pm at The Brothers Café, Ogwy Street, Nantymoel, CF32 7SE
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
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 10.30am - 12.30am. at Pencoed Library, Penybont Rd, CF35 5RA
Woodlands Surgery, Maesteg	The last Monday of the month from 10am - 12pm at Woolands Surgery, Ter Caerau, CF34 0SR
Princess of Wales Hospital Information Stand	Thursday's 16th January, 6th February, 13th March 10am - 2pm.

ANNUAL GENERAL MEETING (AGM)

Wednesday 22nd January 11am

(refreshments available from 10.30am)

Held at BCLC

Call 01656 658479 to confirm attendance.

BECOME A MEMBER OF BRIDGEND CARERS CENTRE

For only £5 per year members can attend the AGM and also access a vote on the decision making of the Centre.

Carer Money Matters Awareness Sessions

Supporting carers to maximise their income and so much more.

Sessions throughout the year but include:-

14th January at The Seabank Hotel 10am - 12pm

5th February at The Community Cafe 12pm - 2pm

11th March at Llynfi Valley Carer Support Group 10am - 12pm

Please contact Nicola Williams for more information

01656 658479



Other Events, Trips and Activities

Jan/Feb - YAC Overnight stay at a spa resort

Parent Carer - Recognising and understanding autistic girls and young women - Online via Zoom, Tuesday 21st January

Annual General Meeting - Wednesday 22nd January at 11am - BCLC, Bryn Rd, Cefn Cribwr

Parent Carer - Family Bingo & Quiz afternoon. Tickets £5 per family.
Prizes to be won! - BCLC main hall, 3pm - 5pm, Saturday 25th January

Carers Walk & Talk Group: 22nd January • 26th February • 26th March • 23rd April

February - Parent Carer evening / weekend activity

Veteran Carers trip to see Bat Out of Hell at The New Theatre, Cardiff - Thursday 6th February

Carers Sunday Lunch in association with BING funded by the Amser project - Rif fund
Sunday 9th February and 16th of February

Veteran Carers visit to the Titanic Exhibition at the ICC, Cardiff - Wednesday 19th February

Parent Carer - Advocacy Workshop, Tuesday 18th March, Online via Zoom, 6pm - 7pm

March - Working Carers evening

March - Dads & Kids day

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



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.

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!