



**RCT Young Adult Carers
Summer Newsletter July 2023**

Hi everyone! I hope you are all having a lovely summer 😊 I've been busy over the last couple of months whether it's been attending the events such as sailing, go-karting and a transition bowling event, to supporting any of you who have got in touch to assist with paperwork and form filling, CV writing, supporting letters to housing, referrals for our counselling service, writing references for you, from making grant applications to referrals to partnership agencies such as Communities For Work and The Princes Trust. Some of you have attended taster days at University, attended some of their courses and even days out such as a day trip to the Hay Festival! Congratulations to those of you who have secured interviews, commenced employment, received grants, got University placements, passed your exams, attended training and so much more! I honestly love my job so thank you! If you want to get in touch about anything, please do so and I will always do my best to help, and if I can't do it myself, I can usually find someone who can! Please email, text or call me and I'll get back to you – as most of you know it may not be immediately as I'm only part time so bear with me, but I will get back to you! Darren.young@rctcbc.gov.uk
07385 401851 or 01443 281463.

Thanks to everyone who got involved in the planning of the YAC service for the coming year. You were full of great ideas and thank you to those who put themselves forward to take up positions within the YAC constituted community group. It's your service and you can shape it your way by getting involved as little or as much as you want! I'll be planning another one soon and if you would like to become more active within YACs and have your voice heard, or even become a chair person, vice-chair, treasurer or secretary for the group (these are great to have on your CV by the way and won't take up much of your time at all) then please do get in touch!

Residential! Last call for anyone else who wishes to come on an overnight stay in the Gower on 23rd-24th August. A beach day, a visit to the sunflower fields at Rhosilli, pizza oven, bingo, quiz, karaoke & other games, water park, spa, pub meal at Swansea marina... if you fancy a well deserved break from your caring role, please let me know if you haven't already, please email darren.young@rctcbc.gov.uk or call 07385 401851.



Manor Wildlife Park – Wednesday 9th August. There are still 2 spaces available to join us on a day out to see the tigers, rhinos, zebras, red pandas and many more endangered animals. There is also a petting section and you can hand feed wallabies I believe! Free entry and minibus and you can even take the person you care for along with you, or even your own child to enjoy a lovely family day out, but equally you can come alone 😊 please email darren.young@rctcbc.gov.uk or call 07385 401851 to book.



Monday 7th August at 11am, Kelsey will be at our office, 11-12 Gelliwastad Road, Pontypridd CF37 2BW from 11am to display some of her photographs and give a little talk about how she got into photography and talking about some of her favourite photographs. We have also invited some of the Young Adult Carers about to transition into the service so anyone who would like to informally pop into the office to see Kelsey's amazing work and then welcome some of the YACs to be with a cuppa and some snacks please do come along, the more the merrier!



I have a large amount of free taster day passes to any of the Leisure For Life centres across RCT. This enables you to access the gym, classes, table tennis, swimming, spa, badminton, squash etc across any leisure centre in RCT except the Lido Ponty. Please feel free to get in touch and I'll get some posted out to you 😊 please email darren.young@rctcbc.gov.uk or call 07385 401851.

If you would like to take it one step further, you can also apply for a STARS card, essentially allowing cheaper entry to all of the same Leisure For Life centres. Any activity is £2.50 as opposed to paying a monthly fee and this can often work out much more cost effective than a subscription. Let me know if you'd like the card, it's free to apply and I'll arrange the rest!



The charity 'Period Poverty' have supplied the project with a large number of sanitary products so if you're ever in the office for an event or just passing, please pop in and help yourself. Bags of products have been made up just by the front door or also in the toilet so if you'd like to collect some, so please do help yourself. You can also let me know what you want, and I'll put them aside for you, whatever works best for you. The range includes disposable and reusable products. Please email darren.young@rctcbc.gov.uk or call 07385 401851.



Thursday 31st August – make your own unique sketch pad / notebook. We have a facilitator to inspire us through sensory poetry whilst walking around Ynysangharad Park in Pontypridd to design a sketch pad that we can take away with us. 1100 hours in Pontypridd Park. If you would like to attend, please email darren.young@rctcbc.gov.uk or call 07385 401851.

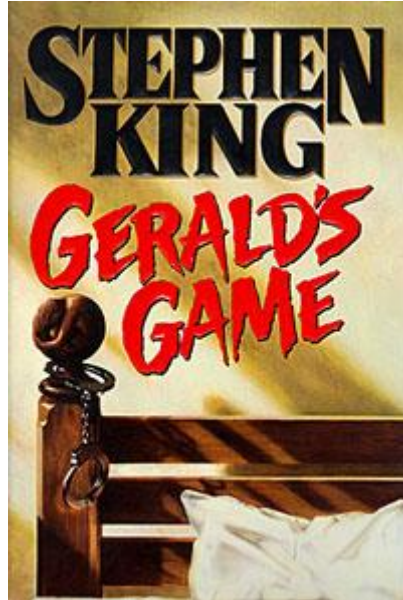


Pottery! Before summer is out I have secured funding for a 2-session pottery class at a potters' studio in Porth, Rhondda. Please let me know if you are interested by emailing Darren.young@rctcbc.gov.uk You don't have to attend both days so hopefully this offers some flexibility to juggle life's ever-increasing demands. If you attend one session, you will be able to create your own pot, jug, vase, mug etc and I will get it fired in the kiln for you to decorate at your leisure at home, but if you can attend both sessions you can obviously do the decorating over the 2 sessions and create more bespoke pieces! Food is also likely to be provided, I will email details out once I have them.



Carers news – issue 77 Summer 2023 is attached to this email, feel free to have a browse. Remember, all YACs are always welcome to any of the main carers Support Project events in the magazine as well as the bespoke YAC only events! Issue 78 the autumn / winter edition will be out next month, and I will email you all as soon as it becomes available.

YAC book club! This has recently started and was the idea of one of the newest members of YACs so thank you for the great idea! The first book we are reading is Stephen King's 'Gerald's Game' and if you would like to join in, have a read at your leisure and meet up online and have a chat about it, please do let me know and I'll add you to the book club's Whatsapp group! Keep your eyes on your emails for a soon to be launched cinema club!



Stagecoach bus fares £1 maximum! From now until September you won't pay more than £1 for a single bus fare within RCT so no excuses not to come to any events or pop in and see me in the office for a cuppa!

Enjoy the rest of your summer and you know where I am if you do need anything! Thanks 😊

Darren

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