



**RCT Young Adult Carers
Newsletter - Winter 2023**

Hi everyone! I hope you all had a wonderful Christmas and a Happy New Year to you all! I hope 2024 treats you all well 😊 Outlined below are a few opportunities coming up over the next two months, I hope there is something for everyone and look forward to seeing many of you there! If there's nothing you fancy, please let me know your ideas!

White Water rafting – Saturday January 20th, 1230 – 1400 hours (arrive by 1200 hours)

White Water rafting at the Cardiff International White Water in Cardiff Bay. A great experience for those adrenalin junkies amongst you, despite it being winter, you won't feel the cold as all thermal wetsuits, gloves, helmets etc are all provided! This event is free but you will need to make your own way to the venue. It is about a 20-minute walk from Cardiff Bay train station. All you need is a £1 for a locker and to bring your bathers and a towel! We've been previously and it is a great experience! We need a minimum of 6 for this event to go ahead but if we have more, that's no problem, we can have extra rafts! If you would like to go, please drop me a text on 07385 401851 or email me at Darren.young@rctcbc.gov.uk and I will secure your place! No food on this one so please do bring your own packed lunch!



Escape Rooms Rhondda – January or February (to be confirmed soon!)

We did this less than a month ago but everyone who went said they enjoyed it so much, I have managed to secure another opportunity to experience a different room to the ones we did last time! If you didn't or couldn't go last time out and fancy going this time, no problem! Date to be confirmed once I have an idea of numbers. I'll contact everyone that has shown an interest with a few options and as it's a democracy, we will go with the most popular date and time! If you'd like to go to this one, again you'd have to make your own way to Tonypany, but if you would like to go, please drop me a text on 07385 401851 or email me at Darren.young@rctcbc.gov.uk with a preferred day and whether you'd prefer half term or an evening!



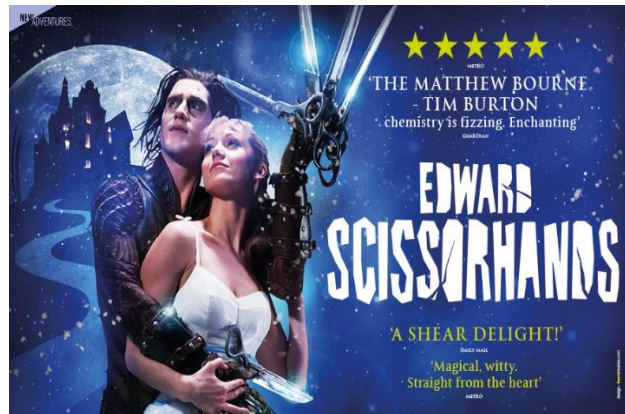
Caving at Dollegau – Tuesday 20th February (half term) – all day & transport provided!

A great opportunity to experience caving! Explore the 300-million-year-old caves in the Brecon Beacons! This thrilling experience will take you deep into the heart of the earth, exploring breathtaking underground landscapes and discovering the unique beauty of the subterranean world. All equipment will be provided, and expert tuition will allow us to maximise this adventure! Again we need a minimum of 6 for this one to go ahead so if you would like to go, please drop me a text on 07385 401851 or email me at Darren.young@rctcbc.gov.uk and I will secure your place! Transport will be provided from Pontypridd so you would need to be able to meet at Pontypridd bus station and bring your own packed lunch and don't forget your camera to capture some unique landscapes!



Edward Scissorhands – The Musical – Wednesday 20th March 2024 – Wales Millennium Centre

Join us for an amazing night of theatre as this award-winning show comes to Cardiff! I'm old enough to remember the original film with Johnny Depp and Winona Ryder, directed by Tim Burton this film is a classic and I'm sure translates well to the stage! Tickets for this are limited so please ensure you get in touch to secure your spot either by text or email and I'll let you know if you have one of the tickets! You would need to get your own transport to the venue, but it is only a 10-minute walk from the train station at Cardiff Bay.



Carers News

The latest Carers Support Project newsletter 'Carers News' is out in early January and you should all receive yours by mid-January via post or email. If you haven't received yours by mid-January, please get in touch with me as it is likely we have incorrect information recorded for you (a change of address or a mis-spelt email etc) and I will get a copy to you. As well as attending the YAC events, exclusively for 18-25 year olds, you can access any of the events on offer to the main project too, all of which are outlined in this latest edition. This spring, you can try tai-chi, experience chocolate making at the Rhondda Heritage Park, an easter craft event amongst other things. All you need to do is contact the office on 30th January (booking day) to secure a place. Just to clarify, this is separate from the YAC events and I won't be able to book you on until 30th and you would have to contact the office, all details are in the newsletter!

STARS card / Leisure For Life taster day sessions

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!

Darren

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