



## RCT YACs Newsletter – Spring 2024

Hi everyone, coming up in March...

- Tuesday March 5<sup>th</sup> – live online escape room & CASE meeting – come along and decide what activities and experiences you'd like to see this coming year and have the ultimate say in your service! We will also assign anyone who wishes to volunteer to be in the roles of chairperson, vice-chair, secretary & treasurer for the coming year of CASE (the YAC constituted group) All attendees will be fed well thanks to Subway and we will have our meeting and finance discussion from 5-615pm. At 630pm we then go live to an Escape Room in Birmingham where we will hook up our laptop to the big tv and you can play on your phones whilst we control a live human to help us escape the room! If you would like to come along, please do – it will be great to see you there – if you could let me know if you plan to that would be appreciated just to give me an idea of numbers by emailing [Darren.young@rctcbc.gov.uk](mailto:Darren.young@rctcbc.gov.uk) or sending me a text or Whatsapp. Venue – 11-12 Gelliwastad Road, Pontypridd CF37 2BW, thank you!



- **Zip World** – We have limited spaces for you adrenalin junkies on Saturday 16<sup>th</sup> March. Join us to fly the fastest sit down zip wire in the world! Meet at Tower Zip World in Hirwaun at 1030am for the 11am flight! See the magnificence of the Brecon Beacons as you fly over the reservoir at 70mph! There is no transport provided for this one and sadly isn't on a bus route so please make sure you have the means to get there before confirming with me you'd like to go. Again, if you'd like to give it a try, please email get in touch by emailing [Darren.young@rctcbc.gov.uk](mailto:Darren.young@rctcbc.gov.uk) or send a text or Whatsapp please 😊



- **Cardiff Anime & Gaming Con** – Saturday 13<sup>th</sup> April 2024 – I’ve secured some tickets for this event, held at Cardiff University Students Union (Cathays train station stops right outside!) so if you would like to go, please get in touch either by text, Whatsapp or email. This isn’t a group event and you can also pay on the door so you can go with whoever you choose as long as they pay, but your ticket is free! This ticket allows you entry between 1030 and 6pm throughout the Saturday only as this is a two day event. Those who went last year had a fab time!



- **Theatre trip - Edward Scissorhands** – The Musical – Wednesday 20<sup>th</sup> 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 o 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.



- **Haunted house ghost tour** – Saturday 23<sup>rd</sup> March 2024 - 715pm pick up from stand 13 at Pontypridd Bus Station and drop off at 230am – please ensure you have the means to get home from Ponty ion the early hours! This event is full but if anyone would like to add their names to the reserve list please let me know. If anyone can't make it, please do let me know at the earliest opportunity to ensure none of the tickets go to waste – thank you, really looking forward to this one!
- **Evaluation forms** – After every event, I'll ask people to do a quick evaluation form, basically the people who fund the events we go to ask for them so completing them allows me to apply for future funding so just a big 'thank you' from me in advance for completing them! If there are events like Edward Scissorhands and Anime & Gaming Con, I won't be attending so I'd really appreciate if I send them through on email that you could send them back – thanks!
- **Winter fuel grants** - Pure Energy hardship vouchers - If you are really struggling with your energy bills this winter, there is a scheme running at the moment where you can get £50 off your gas and electric bills, but there is very strict criteria for this one. It's all digital so you need to be computer literate, have an email address and also you must have an online account such as paying by direct debit. Sadly and frustratingly, this scheme is not available at present for those using pre-pay meters such as using pay point or topping up using a key. If you feel you are in need of this grant, please let me know and I will put the request through to the Community Resilience Hub who will process your request by sending you an email with a code. This code is then inputted by you into your online account and the code will activate and you will get £50 off your energy bill. I hope that makes sense, if not please get in touch!

#### **Dates for the diary...**

- **Go-karting** – Thursday 30<sup>th</sup> May – Teamsport in Cardiff. There are no height or weight restrictions but they say anyone over 6'4 or 18 stone may find slight discomfort when driving. This is an event where transport isn't provided, however it is about a good 25 minute walk from Cardiff Central train station. Totally worth the walk though and trophies for the top 3 drivers! We get practice laps and qualifying before the race where the fastest are determined! No driving experience necessary 😊



- **CASE meeting / pottery** – Monday 10<sup>th</sup> June – we will have an hour meeting followed by a pottery session where you can create your own, well anything! Mugs, bowls, pots or wherever your imagination takes you, the event will take place in the office and the potter will bring their clay and expertise to us. It will be air drying clay so you can take your creations home and paint them at your leisure.
- **Fitness Fun & afternoon Tea** – To celebrate Carers Week, on Saturday 15<sup>th</sup> June, we will be hiring a venue to have a sporting extravaganza! Try your hand at new sports, just taster sessions of many different sports such as netball, hockey, football, cricket, table tennis, badminton etc – we will have a sports gurur from RCT with us so any advice needed on clubs local to you, they will be able to answer all your questions and offer advice. The aim is fun and just taster sessions to try our hand at different activities. We will follow this with an afternoon tea 😊
- **Sailing** – 1<sup>st</sup> August 2024 – a day at sea! Board Challenge Wales yacht, a veteran of round the world races and venture into the English Channel for a day at sea, learning about sailing and everyone will even have a go of skippering and steering the yacht at certain points throughout the day! If you would like to register your interest for this one please do email text or Whatsapp me your interest – [Darren.young@rctcbc.gov.uk](mailto:Darren.young@rctcbc.gov.uk)





- **Rhondda Escape Rooms** – We will be returning to the Rhondda Escape Rooms over the coming months – many of you have done 2 of their 3 rooms and have thoroughly enjoyed them so we will be returning to complete the set and even attempt their new room which is apparently based upon the film ‘Saw!’
- **Transition event** – Wednesday 29<sup>th</sup> May is a date for the diary – we will be inviting the 16 and 17 years olds from Young Carers along to an event, possibly bowling but yet to be confirmed just to allow them to get used to the YAC service and you all. The more who can come and be friendly the better 😊
- **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](mailto: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!
- **Better Breaks Grant** – There is still time to apply for one of the following experiences... Just open the Carers News attachment and on page 2 is a QR code. If you scan this and enter your name and choices, you’re in with a good chance of getting one of your favourite 3 choices. The only criteria is you are registered as a carer, which you are so honestly worth doing! The choices are...
  - Cefn Mabley Farm family entry (vouchers)
  - Ninja Warrior Cardiff
  - Showcase Cinema (vouchers)
  - New Theatre vouchers (Cardiff)
  - Rhondda Heritage Park ‘black gold tour’ tickets
  - Afternoon Tea – Rhondda Heritage Park
  - Spa Day at the Vale
  - £100 Park Dean voucher off a holiday / short break

- Royal Mint experience tickets
- Magazine subscription (vouchers)
- Netflix subscription (£50 voucher)
- **Annual questionnaire (prize!)** – another request from the people who fund my post is to send out an annual questionnaire. I've attached it to this email – honestly it won't take more than a minute to fill in. There's no obligation to do so, but everyone who completes it gets entered into a draw for a fantastic chocolate making experience workshop at The Rhondda Heritage Park! I have to submit my questionnaires by 31<sup>st</sup> March so the winner will be informed then! The form is attached to this email.
- **Eisteddfod 2024** – For those of you unaware, RCT is hosting the Eisteddfod this year and it is being held in Pontypridd! RCT have asked for anyone with any talent and is interested in performing to come forward hence I am sharing the following...

### **PERFORMERS' CALL-OUT**

We are currently working on the line up for our numerous stages and are keen to hear from artists or groups who have ideas, performances, shows, talks for us to consider for #Steddfod2024.

Do you have the perfect idea?

Maybe an existing show that fits? Let us know....

Is the Eisteddfod a celebration of the Welsh language, we are looking for content in the Welsh language or non-verbal content.

[Please complete the following application form](#) if you'd like to present an idea.

If you need any help filling out the application form or if you have any questions, please email [gwylb@eisteddfod.cymru](mailto:gwylb@eisteddfod.cymru).

- **Princes Trust** - Please see attachment and despite the date on the promotional poster, there is still time if you are interested. Please get in touch as quickly as you can if you'd like further information. The criteria is aged 16-25 and not in employment, education or training. There are some great opportunities on offer!
- As always, if there is anything I can help with, please just get in touch and ask! Food vouchers, referral for counselling, Citizen's Advice Bureau, bursary letter for colleges and University, Leisure For Life and |STARS card for cheaper access to leisure facilities in RCT are just some of the things I've done this month for people so please just ask and I'll always do my best!

Thanks and see you all soon 😊

Darren