

**The Care  
Collective**

**Gwent  
carershub**  
action · help · advice



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

**Gwent Carers Hub  
Activities  
January  
2024**



Bwrdd Partneriaeth  
Rhanbarthol Gwent  
Gwent Regional  
Partnership Board

**Monday - Friday 10.00-15.00**

**The Hub is open daily to provide advice,  
information and  
support on your caring role in a relaxed,  
friendly and informal environment.**

**Support groups in January**

**Starting back on Monday 15th January - 5-7pm -**

**Young Carers Group**

**Wednesday - 10.00am-2pm - Carer support group**

**Wednesday - 2pm-4pm - Memory support group**

**NEW SUPPORT GROUPS**

**Starting Friday 12th January, we will be hosting a Parent  
Carer group between 12.30pm – 2pm.**

**All parents with children who may be ill, have disabilities or  
Additional Learning Needs or have mental health issues are  
welcome to access support and information at the Gwent  
Hub.**

**Our next 'Quiz Night and Chippy Tea' for all unpaid adult  
carers will be held on Tuesday 16th January from 5 – 7pm.  
This will be a monthly event, so keep a look out in February  
for the next date!**

## **Other services we offer**

**Tuesday 9th January 9.30am-4.30pm - Beauty By Blush with Beautician Eleanor offering manicures and pedicures. Places are available for one free treatment of shellac or standard nail polish per person.**

**Every Thursday 9.30am-2pm - Complementary Therapy. Liz, our Complimentary Therapist, offers a range of different therapies at a discounted rate of £12. This now takes place at a Age Connects Torfaen in Griffithstown.**

**Thursday 25th January 10am-4pm - Legal Clinic. NewLaw Solicitors offer a free 1 hour appointment to discuss Wills, Probate, Lasting Power of Attorney, or Court Protection issues.**

**For all of these services above please contact us to make an appointment, or for more information.**

**All above activities are held at:**

**The Gwent Carers Hub**

**3 Central Mews,**

**Off Market Street**

**Pontypool**

**NP4 6JN**

**Tel: 01495 367564**

**Email:**

**[gwentcarershub@thecarecollective.wales](mailto:gwentcarershub@thecarecollective.wales)**

## **Outreach In The Community**

**If you are unable to attend our Hub, we will also be at these events working alongside other organisations:**

### **Wednesday 10th January**

Monmouthshire Rural Centre Farmers Market, Raglan  
10.30am-12.30pm

### **Friday 12th January**

Parent Carer Coffee Morning, Serennu Childrens Centre  
Highcross Newport  
10am-12pm

### **Thursday 18th January**

ADHD Parent Support Group, Serennu Childrens Centre  
Highcross Newport  
10am-12pm

### **Friday 19th January**

Ethnic Minority Event, Clarence House Newport  
2.30-2.40pm

### **Tuesday 23rd January**

Opening Doors Presentation, Sharon Church Pontypool  
10am-2pm

### **Thursday 25th January**

Riverfront Carers, Newport  
10am-12pm

## **Carer Friendly**

**We welcome any interest in our Carer Friendly Programme which recognises organisations for the work being done to support unpaid carers across the community.**

**Please contact Sam, our Carer Friendly Officer, for more details: [sam.gilbert@thecarecollective.wales](mailto:sam.gilbert@thecarecollective.wales)**

## **Carers Cafe**

The Carers Cafe Team support carers across Aneurin Bevan Health Board. Carers Cafe can offer information and advice about services for carers such as hospital discharge, care planning and advocacy support. We support you to find peer support groups, activities and other opportunities to help you look after your wellbeing and mental health. The Care's Cafe are hosted on wards throughout Aneurin Bevan Hospitals. Please contact the team to discuss what support is available to you.

**Advocacy support:** Bronwen Doherty 07958 174572

Email : [Bronwen.doherty@dewiscil.org.uk](mailto:Bronwen.doherty@dewiscil.org.uk)

**Adult Mental Health:** Leigh Coburn 07970 436363

Email: [Leigh.coburn@adferiad.org](mailto:Leigh.coburn@adferiad.org)

Alana Young 07970 433021

Email: [Alana.young@adferiad.org](mailto:Alana.young@adferiad.org)

**Older Adult Mental Health:** Julie Charles

Email: [Julie.charles@thecarecollective.wales](mailto:Julie.charles@thecarecollective.wales)



## Compliments

Below are just a few compliments we wanted to share with you all.

**“Thank you for a fantastic event. The children and I had a wonderful afternoon after what has been a hard few weeks for us. Thank you for making us feel Christmas magic.”**

**“ Thank you for organising this for everyone, we have really enjoyed ourselves.”**

