

# What's on / Beth sydd y mlaen

Contact **01495 367564** or [gwentcarershub@ctsew.org.uk](mailto:gwentcarershub@ctsew.org.uk)

## August Zoom Room Activities

If you would like to join in with any of our groups call us on 01495 367564.  
A member of our team will talk you through how to join

### Monday 3rd & 24<sup>th</sup> Mindfulness

11am - 12

Support from the Hubs Wellbeing Team to learn and develop mindfulness techniques to use at home

### Tuesday 11<sup>th</sup> Virtual Bingo

2pm – 3pm

Eyes down....Look in  
Join us in the zoom room for a game of virtual bingo

### Tuesday 18<sup>th</sup> Arm Chair Yoga

2pm – 3pm

A gentle chair based class to improve flexibility, strength and concentration

### Wednesday Mornings Carers Coffee & Chat

10am – 11am

Meet other carers for a chat with each other and support from the Hubs Wellbeing Team

### Thursday 20<sup>th</sup> Legal Clinic Session

12pm – 1pm

### Young Carers Further Education Advice

2pm – 3pm

### Friday 14<sup>th</sup> & 28<sup>th</sup> Virtual Quiz

11am – 12pm

Meet online other carers and join us for a bit of a giggle and a general knowledge quiz

# Do you want to be involved?

## Carers Expert Panel - we want to know your thoughts

Our Expert Panel is here to ensure that your voice is heard. We need your expert knowledge as a carer to help us influence, change and shape the services that affect you.

You don't need to have any special skills or qualifications to be part of the Expert Panel, you just need to be in a caring role or have cared and be willing to give some of your time to attend meetings in person, or via an online platform (we can help if you need support with this).

For more information, contact the team on 01495 367564 or [Gwentcarershub@CTSEW.org.uk](mailto:Gwentcarershub@CTSEW.org.uk)

## Digital Inclusion - Do you know your Zoom from your WhatsApp?

We have volunteers throughout Gwent who would like to help carers become more confident in using online technologies. This could include how to access video conferencing, getting online with social media, using online banking, finding websites, online shopping and using the internet to help with benefits systems (such as Universal Credit).

If you would like to know more or need help with getting online, contact the team on 01495 367564 or email us [Gwentcarershub@ctsew.org.uk](mailto:Gwentcarershub@ctsew.org.uk)

## Are you a Carer under 25?

If so we want to hear your thoughts on what we can do at Gwent Carers Hub to support young and young adult carers across Gwent. What groups or activities would you like to see? What days and times would you need them?

If you have any suggestions or would like to be involved developing services for young carers, contact the team on 01495 367564 or email us [Gwentcarershub@ctsew.org.uk](mailto:Gwentcarershub@ctsew.org.uk)

## Carers Café's

Would you like to become a more confident carer? Do you have questions about caring that you would like answered? Or do you simply need some support with your caring role?

Our carers cafés can provide Information and advice about services for carers, such as hospital discharge, care planning and how to access advocacy support.

If you would like to know more or need help with getting online, contact the team on 01495 367564 or email us [Gwentcarershub@ctsew.org.uk](mailto:Gwentcarershub@ctsew.org.uk)