



HwbGofalwyr
Gwent
CarersHub

WHAT'S ON Gwent Carers Hub

February 2025

Monday - Friday, 10am - 3pm

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

No closures of the Gwent Carers Hub this month.

February Support Groups:

Unpaid Carers Support Group

Every Wednesday
10am-2pm

Online Support Group, Cancer Carers

Every Wednesday
2pm-4pm

Dementia Defenders

Every Monday
1pm-3pm



Bwrdd Partneriaeth
Rhanbarthol Gwent
Gwent Regional
Partnership Board



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Cefnogi Pobl • Supporting People

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sefydliad corfforedig elusennol
ac wedi cofrestru yng
Nghymru a Lloegr

Adferiad Recovery is
a charitable incorporated
organisation registered in
England and Wales

Upcoming Activities



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Gwent
CarersHub



Unpaid Carers' Quiz

Come and join us for a quiz!

QUIZ!



WEDNESDAY 5TH FEBRUARY
2025
10AM-2PM



THE GWENT CARERS HUB 3 CENTRAL
MEWS, OFF MARKET STREET
PONTYPOOL NP4 6JN EMAIL:
GWENTCARERSHUB@ADFERIAD.ORG
01495 367564



Unpaid Carers Buffet

Come and join us for a buffet and a chat!



WEDNESDAY 12TH FEBRUARY
2025
10AM-2PM



THE GWENT CARERS HUB 3 CENTRAL
MEWS, OFF MARKET STREET
PONTYPOOL NP4 6JN EMAIL:
GWENTCARERSHUB@ADFERIAD.ORG
01495 367564



BIRDHOUSE PAINTING

COME AND JOIN US AND PAINT A
BIRD HOUSE!



WEDNESDAY 26TH FEBRUARY
2025
10AM-2PM



THE GWENT CARERS HUB 3
CENTRAL MEWS, OFF MARKET
STREET PONTYPOOL NP4 6JN
EMAIL:
GWENTCARERSHUB@ADFERIAD.ORG
01495 367564



Carers Support Group

Every Wednesday 10am-2pm
at the Gwent Carers Hub



Come along for a chat and a cuppa

Location:
The Gwent Carers Hub
3 Central Mews, Off Market Street
Pontypool NP4 6JN
Contact information:
Email: gwentcarershub@adferiad.org
01495 367564



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Other Services



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Beauty By Blush

Beautician Eleanor offers manicures and pedicures. Places are available for one free treatment of shellac or standard nail polish per person.

Complementary Therapy

Therapist Liz offers a range of different therapies at a discounted rate of £12. This now takes place at our Gwent Carers Hub in Pontypool.

Legal Clinic

NewLaw Solicitors offers a free 50-minute appointment to discuss Wills, Probate, Lasting Power of Attorney, or Court Protection issues.

Golden Mobile Footcare

Offers nail bracing, Toenail trim and file with foot cream massage, Complete diabetic footcare, Hard skin / callus removal, Fungal nail treatment, Full medical pedicure, Corn removal.

Please contact us on 01495 367564 / gwentcarershub@adferiad.org to make an appointment or for more information.



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Meet the Team



hello

I'm **Sophie** and I am the Service Manager here at the Gwent Carers Hub.



hello

I'm **Keely** and I am an Outreach Wellbeing Officer for Torfaen.



hello

I'm **Wendy** and I am a Carers Wellbeing Worker for Caerphilly and Newport.



hello

I'm **Natasha** and I am an Outreach Wellbeing Officer for Torfaen and Blaenau Gwent.



hello

I'm **Megan** and I am an Outreach Wellbeing Officer for Monmouthshire.



hello

I'm **Julie** and I am a Carers Wellbeing Worker for GCIAAS and Gwent Carers Hub and Spoke.



hello

I'm **Amira** and I am a Small Grants Officer for across Gwent.



hello

I'm **Rosie** and I am the Young Carers in Schools Programme Officer for Gwent.



Outreach in the Community



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If you are unable to attend our Hub, we are also out in the community, come and see us at these events alongside other organisations.

Date	Outreach Worker	Borough	Event	Time	Address
03.02.2025	Natasha Loxton	Blaenau Gwent	Beavan Health Centre	10.00-12.00	Bevan Health, Centre Park Row, Tredegar, NP22 3NG
03.02.2025	Wendy Leverton	Caerphilly	Rhymney Foodbank Outreach Event	10.00-13.00	Phillipstown Community House, 9-10 Penryn Terrace, Caerphilly, NP24 6 BG
04.02.2025	Natasha Loxton	Blaenau Gwent	Pen-Y-Cae Surgery	10.00-12.00	The Health Centre, Pen-Y-Cae Surgery, Ebbw Vale, NP23 6EY
04.02.2025	Wendy Leverton	Blaenau Gwent	MECS Dementia Talk	14.00-15.00	Ysbyti Tri Cwm Ebbw Vale Llys Glyncoed 32 College Rd, Ebbw Vale NP23 6GT
05.02.2025	Wendy Leverton	Newport	ADHD plus Parent Carer Group	10.00-12.00	South Wales University Usk Way, Newport, NP20 2BP
07.02.2025	Wendy Leverton	Newport	Serennu Parent Carer Coffee Morning	10.00-12.00	Serennu Cwrt Camlas, Rogerstone, NP10 9LY
10.02.2025	Natasha Loxton	Blaenau Gwent	Beavan Health Centre	10.00-12.00	Bevan Health, Centre Park Row, Tredegar, NP22 3NG
11.02.2025	Natasha Loxton	Blaenau Gwent	Pen-Y-Cae Surgery	10.00-12.00	The Health Centre, Pen-Y-Cae Surgery, Ebbw Vale, NP23 6EY
11.02.2025	Wendy Leverton	Newport	Dementia Hub – In Newport	13.00-15.00	The Riverfront Theatre, Bristol Packet Wharf, Newport, NP20 1HG
11.02.2025	Natasha Loxton	Blaenau Gwent	Dementia Hub – In Blaenau Gwent	13.00-15.00	Ebbw Vale Institute (EVI), Church Street, Ebbw Vale, NP23 6B
12.02.2025	Wendy Leverton	Caerphilly	Caerphilly carers coffee	12.00-13.30	Coffee Mill, 127 Commercial Street Risca, NP11 6AZ
14.02.2025	Wendy Leverton / All	Any Gwent parent-carer	Gwent Parent Carers Network Willow Workshop	10.00-12.00	Gwent Carers Hub, 1-3 Central Mews, Pontypool, NP4 6JN

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Date	Outreach Worker	Borough	Event	Time	Address
14.02.2025	Wendy Leverton	Caerphilly	Parent Carer Coffee morning	10.00-12.00	Cefn Hengeod, Community Centre CF82 7 HZ
14.02.2025	Natasha Loxton	Blaenau Gwent	Blaenau Gwent Carers Group	10.00-12.00	Ebbw Vale Learning Action Centre, 20 James Street, Ebbw Vale, NP23 6JG
17.02.2025	Wendy Leverton	Caerphilly	Caerphilly Miners Outreach	09.45-12.30	The Miners, Watford Road, Caerphilly CF83 1BJ
17.02.2025	Wendy Leverton	Caerphilly	Dementia Hub – In Caerphilly	13.00-15.00	Caerphilly Library, 1 The Twyn, Caerphilly, CF83 1JL
19.02.2025	Wendy Leverton	Newport	Dementia Hub – In Newport	11.00-13.00	The Riverfront Theatre, Bristol Packet Wharf, Newport, NP20 1HG
19.02.2025	Julie Charles	Monmouthshire	Sharing is Caring (Dementia Group)	13.00-15.00	Severn View Park, The Burrows, Severn View Park, Portskewett, NP26 5RT
20.02.2025	Natasha Loxton	Blaenau Gwent	The Cwtch	10.00-12.00	The Cwtch, High Street, Ebbw Vale, NP13 3AN
20.02.2025	Wendy Leverton	Newport	ADHD Plus Parent Carer Group	10.00-12.00	Serennu Cwrt Camlas, Rogerstone, NP10 9LY
21.02.2025	Natasha Loxton	Blaenau Gwent	Dementia Hub – In Blaenau Gwent	11.00-13.00	Ebbw Vale Institute (EVI), Church Street, Ebbw Vale, NP23 6B
21.02.2025	Wendy Leverton	Caerphilly	Caerphilly Carers Coffee	14.00-15.30	The Old Library Nantgarw Road, Caerphilly CF83 1AP
27.02.2025	Natasha Loxton	Blaenau Gwent	Dementia Hub – In Blaenau Gwent	11.00-13.00	Ebbw Vale Institute (EVI), Church Street, Ebbw Vale, NP23 6B
27.02.2025	Wendy Leverton	Newport	Riverfront Carers	10.00-12.00	The River Front, Bristol Packet Wharf, Newport, NP20 1HG

Additional Support



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Gwent Carers Information & Advice Service

This service is hosted in Hospital Wards or Memory Clinics throughout the Aneurin Bevan Health Board area. The aim is to give carers the knowledge and skills to continue in their caring role, to have a life of their own and to have a voice in the planning and delivery of Care Services. Staff 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.

Please contact the team to discuss what support is available to you:

Older Adult Mental Health: 07970 436259 / julie.charles@adferiad.org

Adult Mental Health: 07970 436363 / leigh.coburn@adferiad.org or
07970 433021 / alana.young@adferiad.org



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Accredited counsellors available

Adferiad

Counselling for Caerphilly Carers

Providing virtual one-to-one counselling for unpaid carers in Caerphilly

For more information, please contact:

 enquiries@adferiad.org

 01495 367564

The service offers carers up to six one hour virtual counselling sessions, led by our team of fully accredited counsellors. They can be delivered online via Teams or over the phone.

Sessions are tailored to build resilience, coping strategies, and personal growth. Key features include:

- A person-centred approach
- Flexible scheduling and delivery
- Personalised support plans
- A wide range of therapeutic interventions



Craft Workshop

Thursday 13th February - 10-12pm
at Bedwelty House, Tredegar

Friday 14th February - 10-12pm
at Carers Hub, 3 Crane St,
Pontypool



*Making rush hearts
with Colette Basketry*

Price: £5 per person



To book

visit: Gwent Parent Carer Network
on Facebook
email: gwentpcn@gmail.com

In Caerphilly Adferiad are offering a counselling service for Carers, please contact Adferiad directly to book your session

If you are interested in being part of the Gwent Parent Network and would like to take part in their upcoming activity in the hub please contact: gwentpcn@gmail.com



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More information



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Hub facilities

Are you a organisation or group that is looking to offer support and activities to Carers and haven't found the right space yet get in touch with the Gwent Carers Hub as we may have the facilities available.

To find out more information please contact us on 01495 367564 or gwentcarershub@adferiad.org

Are you an organisation looking for some hot desk space within Pontypool, please contact the Gwent Carers Hub as we may have the facilities available.



To see more of what we get up to, follow us on Facebook: **Adferiad Gwent Carers Hub**