

# COMMUNITY CO-ORDINATOR BULLETIN

July 2016

Are you aged 65 or over or  
care for someone aged 65 or over?

Do you work with people aged 65 or over?

Would you like to find out what's available in your area?

***Community Coordinators can signpost you!***

**Cwm Taf Community Coordinators**

The image shows a map of the Cwm Taf region with callouts for community coordinators in various areas. The callouts are as follows:

- Jason**  
Community Coordinator  
Cynon  
07580 869946  
jtynan@interlinkrct.org.uk
- Elaine**  
Community Coordinator  
Merthyr Tydfil  
07580 866547  
elaine.james@vamt.net
- Deanne**  
Community Coordinator  
Health  
07580 869983  
deanne.rebane@vamt.net
- Meriel**  
Community Coordinator  
Rhondda Valleys  
07580 865938  
mgough@interlinkrct.org.uk
- Karen**  
Community Coordinator  
Taff Ely  
07580 869970  
kpowell@interlinkrct.org.uk

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# RHONDDA VALLEYS

Contact: Meriel Gough

Tel: 07580 865938 or email: [mgough@interlinkrct.org.uk](mailto:mgough@interlinkrct.org.uk)



## **Age Connect Morgannwg's Nail Cutting Service Clinics** in Rhondda.

Treherbert (Cwmni Community First) every other Tuesday

Treorchy (Ysbyty George Thomas) every other Tuesday

Prices:

£13.00 for hands or feet    £18.00 for hands & feet

Diabetics and people taking warfarin welcome

By appointment only 01443 490650

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## **Rhondda Rotary**

### **Annual Charity Raffle Draw on 5 December 2016**

Does your organisation want to raise funds to support its operation by selling raffle tickets for the Rhondda Rotary Annual Charity Raffle?

The cost of the raffle and prizes will be met by Rhondda Rotary (The Promoter).

The prize consists of the following: **First prize : £500 Second prize : £200 A mixed drink hamper**

**Benefits to your organisation:** all proceeds from the sale of tickets will be paid to you. There will be no costs deducted for administration/prizes.

**If you are interested**, then contact Brian Plenderleith (Tel: 430992), Huw Morris (Tel: 441522) or Peter Willimas (Tel: 682461) to discuss.

Full terms and conditions will be provided

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The **'Project 5 Ways to Wellbeing' team**, visit a sheltered housing scheme in Ynyshir, Rhondda on a weekly basis to deliver a range of wellbeing and social activities. The aim of the project is to help prevent isolation and loneliness in older people. The activity sessions have gone from strength to strength and have a team of dedicated volunteers on board who generously give of their time. All volunteers attend an accredited 'Prepare to Care' course equipping them to deliver a person centred approach when leading sessions. Activities are based around the five ways

to wellbeing principles which are; Connect, Take notice, Give, Stay active and to learn. **Contact Sophira Shannon 01685 727522**

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### **Pontygwaith**

Tea Dances, Busy Bees Knitting and Sewing, Walking Group, Ladies Friendship Guild, Bingo and social gathering.

Would you like to find out more? Please contact Meriel [mgough@interlinkrct.org.uk](mailto:mgough@interlinkrct.org.uk)  
07580 865938

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### **Citizens Advice Bureau- CAB- in The Rhondda**

Tonypandy	JCP Tonypandy, Thistle House CF40 2EP	Monday 10:00 - 12:00 Friday 09:00 - 11:00
Ferndale	Ferndale Arts Factory, The Strand CF43 4LY	Monday 10:00 - 12:00 Wednesday 10:00 - 12:00 Friday 10:00 - 12:00
Treherbert	Cwmni, 156 Bute Street CF42 5PE	Tuesday 13:00 - 15:00 Thursday 13:00 - 15:00
Trebanog	Tenants Association CF39 9LX	Thursday 10:00 - 12:00
Ystrad	Llys Ben Bowen Thomas CF41 7RE	Tuesday 9:00 – 11:00
Porth	Porth Library, Porth Plaza CF39 3PG	Tuesday 10:30 - 12:30 / 14:00 - 16:00
Pontygwaith Community Centre	Community Centre CF43 3LD	Tuesday 13:00 -15:00
Wattstown	Tennants and Residents Association CF39 0PT	Monday 10:00 -12:00

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**Stop Smoking Wales is a Free NHS service** which provides local and friendly support for smokers who want to quit. The support consists of an assessment session, followed by six consecutive weekly support sessions and access to free Nicotine Replacement Therapy or Prescription only Medication. Evidence suggests that you are four times more like to quit with us than going it alone. So what are you waiting for!

To start your quit attempt please contact 0800 085 2219 or for more information about the service contact Sean on 07973 959049. If you are a service provider and would like more information on how you can support smokers who would like to make a quit attempt contact Sean on 07973 959049 Please let me know if you require any further information **Sean Morgans**

Smoking Development Worker, Stop Smoking Wales, Public Health Wales, Kier Hardie University Health Park, Aberdare Road, Merthyr Tydfil, CF48 1BZ

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### **Welsh Hearts – Heart Charity for Wales Tonypany Charity Shop Community Classes**

Sewing Club / Pamper days / Patchwork Classes/ Tea Mornings / Card and Craft Classes / Beauty Treatments

Would you like to join our community classes?

For further information on days and times contact 07562341864

**BRING A FRIEND FIRST CLASS FREE!**

Visit [welshhearts.org/RCT100](http://welshhearts.org/RCT100)

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### **Fifty Plus Forums in The Rhondda Valleys**

**Rhondda Ystrad** OAP Hall next meeting **20<sup>th</sup> July** 2-4pm

**Upper Rhondda** Oak Tree Hall, Treorchy **1<sup>st</sup> August** 10:30am

Formal speakers attend to give out interesting and up to date information. The Fifty Plus Forum Members lobby for positive change for older people in Rhondda Cynon Taff. Members learn about local services, how they work and how they can access them. Group members also have supported opportunities to further their own learning. The Groups meet Bi – monthly. Tea, coffee and biscuits are served. Annual trips take place: E.g. The Botanical Gardens. A Fifty Plus Discount Card is available to use in shops and other services in The Rhondda Valleys. Contact Rhian Webber – RCTCBC - Strategy for Older People Co-ordinator - 01443 744847

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### **LGBT+ DROP-IN 5PM—7PM**

RHONDDA: Every third Wednesday of the month

The Arts Factory, Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

Telephone 0800 161 5780

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### **PLENTY GOING ON IN PENTRE FOR ALL: Canolfan Pentre**

Former Llewellyn Day Centre, Llewellyn Street, Pentre CF41 7BS

Mondays	4.30pm - 6.00pm	Youth Club With Valleys Kids (under 5's with an adult)
Wednesdays	9.30am - 1.00pm	Hafal Mental Illness Support (fortnightly from 22/06)
	1.30pm - 3.30pm	Bingo
	4.30pm - 6.00pm	Youth Craft Club With Valleys Kids (under 5's with an adult)
	4.30pm - 6.00pm	Canolfan Calorie Counters (Fun Weight Loss - £2 per session)
	7.30pm - 9.00pm	Mind Fit (fortnightly from 15/06 - £2.50 per session)
Thursdays	9.30pm - 11.30pm	Mother And Toddler Group
	2.00pm - 4.00pm	Over 50s - Cuppa, Quiz, Events & Outings
Friday	10.30am - 12.30pm	Hoop ( <i>Helping Overcome Obesity Problems</i> ) Come along for a chat

At last, something happening in Pentre to involve the community. The old Llewellyn Day Centre recently closed has been given a new lease of life by some very dedicated volunteers. Elizabeth Williams started the ball rolling, and now we need the people of Rhondda to make every effort to support this fantastic venture. Not just Pentre residents can come here, but anyone that would enjoy using the centre, in fact the more the merrier. If you have a group that are looking for a venue, and would like to use the centre, for a small fee to meet up, then just contact Canolfan Pentre, which is based on Llewellyn Street in Pentre (opposite the Texaco petrol garage) congratulations to you all for giving the community a focal point.

If you have a local community group that needs a meeting or practice place pop in and see if we can help, or contact the centre on 01443 307455

## Cynon Valley

Contact: Jason Tynan

Tel: 07580 869946 or email: [jtynan@interlinkrct.org.uk](mailto:jtynan@interlinkrct.org.uk)



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**St. Elvan's Church** in Aberdare has exciting plans to refurbish the church and develop space which could be used by the community. It will house a new café with lift access. They are open every Saturday for visitors 10am to 2pm until 17<sup>th</sup> September. For more information, please contact: [Fr. Robert Davies](mailto:Fr. Robert Davies) on: 01685 884769 or by email: [Fr\\_robert@btinternet.com](mailto:Fr_robert@btinternet.com)

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The next **Men's Sheds** social group will meet at Abercynon Community Centre at 11:30pm with lunch at 12 Noon on Thursday 28<sup>th</sup> July. The cost of lunch will be £3.50 for two courses. You are welcome to attend, but if you require food, you would need to book it by Noon on Monday 18<sup>th</sup> July.

For more information, or to book your meal, please contact Sarah Rogers on 01443 740207 [revdsarah@btinternet.com](mailto:revdsarah@btinternet.com) or Jason Tynan ICF Community Coordinator on 07580 869946 [JTynan@interlinkrct.org.uk](mailto:JTynan@interlinkrct.org.uk)

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**Rhys Lewis**, Cynon Councillor for Abercynon has become Mayor of RCT for the year 2016/17. Rhys has chosen to support 5 charities to support: [Merthyr & the](#)

[Valleys Mind](#) - [New Horizons](#) - [Adref](#) - [Action for Children](#) - [Giving to Pink](#)

Rhys will be holding a number of events during the welcomes you to join him help raise money for five very worthy causes. For the quiz goes amongst you, Rhys will be holding a **Quiz Night** on the 16<sup>th</sup> September in Pontypridd Rugby Club. The wonderful Ian Cooper will be making a return as quiz master.

Rhys would like to hear if you have any ideas about what you could do to help raise money for his charities. You can contact me at my office on 01443 424048 or email [mayor@rctcbc.gov.uk](mailto:mayor@rctcbc.gov.uk)

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**New Café** at the [Bryncynon Strategy](#), Feelgood Factory. If you would like to eat in, take away or use their catering facilities, you can contact Taffy's Café & Catering on 01443 475120 or email: [café@bryncynonstrategy.or.guk](mailto:café@bryncynonstrategy.or.guk)

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The **Cynon Valley LGBT Drop In** now has a new venue.

5pm to 7pm Every last Wednesday of the month at New Horizons, 16 Dean St, Aberdare, CF44 7BN

For more information, telephone: 0800 161 5780

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**Walk your way to health** If you'd like to join either the Cwmaman, Aberdare or Dare Valley Country Park walking groups, contact Lee Davies 07471 140713 [Lee.Davies2@rctcbc.gov.uk](mailto:Lee.Davies2@rctcbc.gov.uk)

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Lap the Lake **Fun Run**: Dragons Running Club has a 2K & 5K runs at the Dare Valley Country Park on Sunday 17<sup>th</sup> July. 2K Run at 10:30am & 5K run at 11am Adults £7.00 Children £3.00 Click [Here](#) to enter.

For more information how to get involved and to find out more about the Running club click on [This link](#) or [www.aberdaredragons.co.uk/events-and-news](http://www.aberdaredragons.co.uk/events-and-news)

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**Parkinson's UK** has a **new venue** for their Cynon Valley Social Café for people with Parkinson's. The group now meet on the last Monday of the month, between 2pm and 4pm at Green Street Church, High Street, Aberdare CF44 7AA. For more information please contact Rebecca Lydon, Volunteer Coordinator, on 0844 225 3714 or [rlydon@parkinsons.org.uk](mailto:rlydon@parkinsons.org.uk) or Sharon Martin on 07547108176

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**Emergency Services Fun Day**, Aberdare Park, **Saturday 16 July 2016 11am-4pm** [www.south-wales.police.uk](http://www.south-wales.police.uk)

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[Maesnewydd Garden Centre](#) Trecynon is holding a **Summer Fete** on Wednesday 13<sup>th</sup> July from 6pm to 8pm

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**Community Garden** Are you interested in joining a Community Garden Project in Trecynon? You don't need to have any experience or attend every week. If you think you could benefit from the interaction with others or have experience or interest, this could be the opportunity you have been looking for. For more

information, contact Zoe Williams on 01443 715300 or email [Zoe.Williams@wales.nhs.uk](mailto:Zoe.Williams@wales.nhs.uk)

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**Dementia Friends** aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. Dementia Friends is led by the Alzheimer's Society and is one strand of its work to create Dementia Friendly Communities.

To continue with Making Mountain Ash the first Dementia Friends town in the Cynon Valley, the next Dementia Friends meeting is on Monday 18<sup>th</sup> July at Mountain Ash Day Centre at 1:30pm. Please contact [Rhia Jones](#) at the [Alzheimer's Society](#) on 02920 434960 or 07885 225613 for more information:

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Building Work is progressing well at [Trecynon Hall](#). Keep abreast of developments at their Face book page <https://www.facebook.com/trecynon.hall/>

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If you think there are any gaps in the community or if you have anything going on you would like me to help you to promote, please get in touch with me. You can [email me](#) or telephone me on 07580 86 99 46

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## TAFF ELY

Contact: Karen Powell

Tel: 07580 869970 or email: [kpowell@interlinkrct.org.uk](mailto:kpowell@interlinkrct.org.uk)



**Llanharan OAP Group** meet at the **Llanharan Senior Citizens Centre** every other **Monday at 2.30pm till 4pm**. If you would like to come along and enjoy a cuppa and a chat, please ring Gill Richards for more details on 01443 222053.

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**Walking Football** sessions take place at the **Llantrisant Leisure Centre** every **Monday from 12pm – 1pm**. Enjoy this low level aerobic exercise for the over 50's at a pace suitable for all, beginners are most welcome. There is no upper age limit, strictly no running and it's a great way to have fun and socialise. To find out more, contact the leisure centre on **01443 2224616**.

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**Fifty Plus Forums** provide an opportunity for independent groups of people aged 50+ who meet to discuss the lives of older people across Rhondda Cynon Taff. The meetings promise to deliver interesting and exciting debate about a wide range of issues. Forum members are in control of their own agenda and campaigns. Speakers are invited to each meeting which could consist of Assembly Members, Local Councillors, Senior Officers of the Local Authority and Cwm Taf University Health Board to explain how their policies and strategies affect older people. If you have something you want to say and would like the support of other older people in your area, please do not hesitate to join.

**Taff Ely Forum** meet every other month in **St David's Uniting Church at 2pm**. The next meeting is on **Thursday 28<sup>th</sup> July** when a speaker from the Fire Service will be present.

**Llantrisant Forum** meet every other month in **Pontyclun Athletic Club** at 10.30am, the next meeting is on **Thursday 4<sup>th</sup> August**.

You'll catch the **50+ Forums** at the **Rhondda Homes Community Fun Day** in **Ynysangharad Park Pontypridd on Friday 29<sup>th</sup> July**.

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**Alzheimer's Society Dementia Friendly Screenings** – New dementia friendly screenings are a great opportunity for people living with dementia to enjoy a film in a relaxed friendly environment. The screenings themselves are shown without adverts or trailers and have slightly brighter lighting throughout the auditorium. Where possible the film will be screened with soft subtitles and audio description. Following the films there is a chance to socialise with tea and coffee. The screenings are open to anyone living with dementia ie those diagnosed with and their family, friends, neighbours or carers. Charity workers, medical professionals, care home staff, social workers and support staff are also welcome. The next dementia friendly screening will be **The BFG on 26<sup>th</sup> July at 2pm in the Chapter Arts Centre, Cardiff**. For more details about this service, please contact the **Alzheimer's Society on 01685 353919**.

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**Merthyr & the Valleys MIND Project 5** – the wellbeing team visit sheltered housing schemes across RCT on a weekly basis to deliver a range of wellbeing and social activities. The aim of the project is to help prevent isolation and loneliness and the sessions are open to all older people over the age of 65 across the communities. Sessions are held at **Gellihirion Sheltered Housing in Rhydyfelin** and **Fernbank Sheltered Housing in The Graig**. If you would like to find out more then please contact The **Project Coordinator Sophira Shannon 01685 727522**

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If you have ever thought about joining the WI but not quite sure about it, **Ynysangharad WI** would be a good place to start. They are a small friendly group and part of the National Federation of Women's Institutes which is open to all ladies



over the age of 16. They meet on the **second Wednesday of each month at 7.30pm in Temple Baptist Church, Gelliwastad Road, Pontypridd**. There is a varied and interesting programme on offer from talks about local history to belly dancing. If you're interested in more information or would like a programme or newsletter, please **call 01443 409959** or email [yawi2009@gmail.com](mailto:yawi2009@gmail.com) you can also visit their Facebook page or send them a tweet @Ynysangharad WI

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**The Feel Good Factory** in **Llantrisant** has the aim of providing an easy, relaxing way of exercising. There are 12 power assisted machines which allow users to exercise with minimal effort; each machine being designed to provide low impact movement so that the user can literally lie back and let the machine do the exercise. This form of exercise, even though suitable for all ages, is ideal for the 50+ age group. It is easily accessible, situated on the ground floor, with ample free parking right outside the door.

To find out more ring **01443 224398** or email [info@feelgoodwales.co.uk](mailto:info@feelgoodwales.co.uk)

Website address: **www.feelgoodwales.co.uk**

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**Hopkinstown OAP** have started a friendship group every **Monday at Welfare Hall Foundry Rd from 1.30pm-4pm**. Come and join us any age meet new friends, learn new skills, knitting, crochet, sewing, jewellery making have a cup of tea/coffee bring your lunch. Our aim is to encourage anyone who is lonely to meet new friends and chat.

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**LGBT+ DROP-IN 5pm—7pm at Muni Arts Centre, Pontypridd 13th July** and every second Wednesday of every month thereafter.

For more information ring **0800 161 5780**

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The **Citizen's Advice Bureau** hold outreach surgeries with a generalist advisor across RCT, here are the surgeries in Taff Ely:

Gartholwg Lifelong Learning Centre, Church Village	Tuesday	9.30am-11.30am
New Life Church, Mill Street, Tonyrefail	Tuesday	10am-12pm
Gilfach Goch Community Association	Wednesday	10am-12pm
Regeneration Partnership, Elm Street, Rhydyfelin	Thursday	2pm-4pm
Pontyclun Library, Heol y Felin	Friday	2pm-4pm

**Please ring 01443 409284 to check the availability of the advisor on that day.**

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**Pontyclun Bosom Pals – Cancer Support Group** for Pontyclun and surrounding areas, originally a support group just for Breast Cancer, but now working with all types of cancer. Join in and bring a friend for a friendly, confidential and supportive get-together. The group meet on the **1<sup>st</sup> Monday of the month** (unless it's a bank holiday which will be changed to the week after) from **7.30pm at The Pavilion**,

**Lanely Road, Talbot Green.** New members are all very welcome whether you are a patient, carer or family of an individual with cancer.

A celebration of 8 years running will be taking place later this year, details will be announced soon.

For more information contact Sue on **07889044697**

Website [www.pontyclunbosompals.org.uk](http://www.pontyclunbosompals.org.uk)

email [contact@pontyclunbosompals.org.uk](mailto:contact@pontyclunbosompals.org.uk)

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**Did you, your spouse or partner work in any department of the coal mining industry? Would you be interested in joining a Social Group in your area?**

The **Coal Industry Social Welfare Organisation (CISWO)** currently supports 21 Social Groups throughout the former S Wales coalfield and is in the process of starting a new group in the Taff Ely area. The groups carry out a wide range of activities including; visits from educational and entertaining guest speakers, quizzes, free day trips and, if the group desires, a game of Bingo to finish the sessions. The main aim is for likeminded people to come together, forget their troubles for a couple of hours every other week, have a chat over a cuppa and have a bit of fun!

**CISWO** also offers free and confidential home visits and help with benefit checks, application forms and advice on industrial related diseases. CISWO has a holiday hotel in a prime position in Bournemouth at very competitive rates.

If you would like to know more about the group or about CISWO's other services, please contact **Phil on 01443 485233**.

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**Whist Drive** has restarted in Glyntaff! It runs on the **second Monday of the month** meeting at **St Mary's Church Hall, Glyntaff at 2pm**. All are welcome to come along and enjoy the classic game of Whist. If you'd like to find out more then please contact the parish Administrator on [pontypriddparish@gmail.com](mailto:pontypriddparish@gmail.com)

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**Beddau & Tynant Community Library** will be running the following **activities every Monday from 10am** for older people:

**July 4<sup>th</sup>** Tea/Coffee and a chat

**July 11<sup>th</sup>** Horticulturist Sheen Crossley

**July 18<sup>th</sup>** Creative Writing group

**July 25<sup>th</sup>** Lip Balm

Alternate Wednesdays are Arm Chair Exercise and Japanese Quilting.

For more information contact Carol on 01443 202715.

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**Afternoon Tea & Chat** at **St Dyfrig's Catholic Church Hall** on **Friday 8<sup>th</sup> July** from **2pm to 4pm**. For the over 50's, enjoy sandwiches, cakes, scones with jam and fresh cream and a raffle! Make new friends and meet old friends. **£3** entry, please contact **Sue Clearly on 01443 409083** or **Liz Mayo on 01443 209850** to book your place. All welcome!

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**Pontyclun Hard of Hearing Group** meet at **Café 50, Pontyclun** on the **1<sup>st</sup> Thursday of every month from 2pm-3.30pm**. Families of those who have hearing problems are most welcome to enjoy the friendly group as they enjoy a cuppa and a chat along with a raffle. Speakers are invited to present to the group also, so if you would like to pop along, please contact Community Coordinator Karen Powell on 075808 69970 for more details.

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**MERTHYR TYDFIL**

**Contact: Elaine James**

Tel: 07580 866547 or email: [elaine.james@vamt.net](mailto:elaine.james@vamt.net)



**3GS Development Trust**

Are you over 50 and want to meet new people? Come and join us for our social get together! Friday 1st July 10am – 12pm. **3GS Development Trust**

15 Chestnut Way, Merthyr Tydfil, CF47 9SB. This social afternoon club has been organised by five members of the local community in the Gurnos. We would love you to join us for tea and cake and to celebrate the launch of this club. There will be a quiz, with prizes, and board games. Everyone over 50 is welcome, men and women. If you have any questions, please contact Ruth on 07794 147 868

If you would like to attend but would struggle to get to and from the venue, please contact us on 01685 350 888 and we may be able to provide assistance/transport.

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Drink Wise Age Well are holding a Health Awareness Event on Tuesday 12th July 1-4pm at Rhydycar Indoor Bowls Club, Rhydycar Park, Merthyr Tydfil, CF48 1FT There will be Health Checks and Screening, Support and Advice, Refreshments & a Goody Bag available to all who attend.

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Drink Wise Age Well, along with Visible and Pride Cymru also hold an LGBT Drop in session in Merthyr Tydfil: Every first Wednesday of the month from 5 – 7pm at The Red House, High Street, Merthyr Tydfil, CF47 8AE Call 0800 161 5780 if you require further information.

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### **Cruse Bereavement Care**

Cruse Merthyr Tydfil/RCT area is recruiting volunteer to work with the bereaved. The Awareness in Bereavement Care Foundation training course commences in August 2016. For further details and an application please contact:-  
Sally Ann Evans, Area Coordinator at Cruse Merthyr Tydfil and RCT, 3 Canon Street, Aberdare, CF44 7AT. Tel 01685 876020 Email Merthyr.rct@cruse.org.uk  
Helpline 0844 477 9400 Website [www.cruse.org.uk](http://www.cruse.org.uk)

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**Victim Support** is funded by the South Wales Police & Crime Commissioner to offer services to victims of crime within the community. They can provide help to victims of all crime, including anti-social behaviour. Services include; information and advocacy, emotional & practical support and onward referral to specialist agencies. The Victim Focus Team will be present at your local community events, working alongside partners and PCSO's in the local area. The Victim Focus Team can be contacted on: 0300 303 0161 or via [www.southwalesvictimfocus.org.uk](http://www.southwalesvictimfocus.org.uk)

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### **Men's Sheds**

Do you work with any men in the community aged 50+ who are isolated, bored, lonely or looking to take part in activities?  
We are currently in the process of developing the first Men's Shed in Merthyr Tydfil and if you, or anyone you are in contact with, would like to be part of this, please contact Elaine James on 07580 866547 for further information.

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**Pentrebach and Abercanaid Old Age Pensioners Association** are an older person's social group. The main purpose of the group is to combat loneliness, to socialise and to respect each other. They provide enjoyment for members each month with entertainment, dancing, bingo, a tote and most importantly company for each other. They meet every third Monday of each month at Pentrebach Labour Club which has full disabled facilities. All are welcome to go along and there is a charge of £2 for visitors to the group.

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### **South Cluster Communities First**

Tuesday – 10am – 11am 'Walking Football' at Treharris Boys & Girls Club  
Tuesday - 9.30am - 11.30am Mindfulness Course at St Matthias Church, Treharris  
Thursday - 10am - 12 noon ICT Class at Trinity Chapel, Merthyr Vale  
Thursday - 10.30am - 11.30am 50+ Gentle Exercise class at Treharris Boys & Girls Club.  
Friday – 8.45am – 9.30am Quakers Yard Food Co-op at Fir Tree Drive Community Centre

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### **Cyfarthfa Castle, Museum and Art Gallery**

July 9th, Cyfarthfa Heritage Walk, this is a walking tour that will look at the various aspect of life, in and around Cyfarthfa Ironworks. Booking is essential, starts at 2pm. Free.

July 11th – September 11th: Myriad Perspectives: Work by the Welsh Group. This exhibition shows the many and varied traditions, styles and media of the well-established members of this long-standing group, which is soon to be celebrating its 70th Anniversary.

## **HEALTH**

**Contact: Deanne Rebane**

Tel: 07580 869983 or email: [deanne.rebane@vamt.net](mailto:deanne.rebane@vamt.net)



### **Screening For Life**

During July, Screening Division, Public Health Wales will be running its annual campaign 'Screening for Life'. The aim of the campaign is to raise awareness of the NHS screening programmes in Wales. This year's focus is 'breaking down barriers'. You can support the campaign by setting up coffee mornings and men's teas in your community. A practical Screening for life guide is available to give you ideas and resources to make your event fun whilst raising awareness of screening.

**For further information and support contact your local Screening Engagement Team:** Emma Lippiatt: 029 2078 7830 or [emma.lippiatt@wales.nhs.uk](mailto:emma.lippiatt@wales.nhs.uk)

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### **NEW – Antibiotic Myth Busting talk for communities**

The levels of antibiotic prescribing in some areas is of concern and so we have been working with Cynon Community Pharmacists to develop an awareness raising campaign for community groups on myths surrounding antibiotic usage. The purpose is to highlight the difference between viral and bacterial infections, and the appropriateness of antibiotic usage. We hope to arrange more talks in the North Cynon area soon.

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### **Gearing up for Flu season 2016**

Community Coordinators will continue to support the work of the Cwm Taf Flu Planning Group and will be focussing on targeted GP Practices in North Merthyr, North Cynon, North and South Rhondda and South Taff.

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### **Flu Myth Busting Talks**

Flu Myth Busting sessions are planned for August and September, if your group would benefit from a talk please contact me to arrange.

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### **St John's Medical Practice – “virtual ward rounds”**

The Cynon Coordinator has been working closely with St John's Medical Practice, recently introducing staff from Alzheimer's Society and Care & Repair to the Practice GPs and staff. He has also been offering advice on third sector support available to patients.

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### **New Primary Care Development Manager – Merthyr Cluster**

The new appointee is Imran Gilani, and we look forward to linking closely with him to strengthen relationships between the third sector and GP practices in the Merthyr Cluster.

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### **New links with Podiatry Teams**

We are working closely with the Podiatry Services team in Rhondda and have been able to refer patients on to third sector services and activities.

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**Wales Council for Deaf People** is a national charity based in Pontypridd providing support to the Deaf & Hard of Hearing community across Wales.

They provide advice, support, advocacy and also run a freelance interpreting agency and courses in Sensory Loss Awareness, Deaf Awareness, British Sign Language and Lip-reading skills. Visit: [www.wcdeaf.org.uk](http://www.wcdeaf.org.uk) or for more information call Laura McNamara - Tel: 01443 485687 Fax: 01443 408555 Minicom: 01443 485686

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### **Health Information Week 4 - 10 July**

Health Information Week is a campaign to improve access to health information. Staff from local authorities, public libraries, NHS, voluntary sector, independent information and advice centres have all been working together to make their health resources more available to the public. In most areas your local libraries and information centres will have extra health information available, leaflets for you to take away or sessions to show you how to use the computer to find good quality health information.

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### **Parkinson's UK**

Merthyr Tydfil Drop - In Café and taster sessions for people with Parkinson's at Georgetown Boys & Girls Club, Dynevor St, Merthyr Tydfil on the first Friday of every month at 2 - 4pm. Join us for a cuppa and a chat. For more information please contact Rebecca Lydon, Volunteer Coordinator, on 0344 225 3714 or [rlydon@parkinsons.org.uk](mailto:rlydon@parkinsons.org.uk) or Jeff Lawrence (volunteer support worker) on 079772170

## Cwm Taf general information

**RCT Trading Standards** are asking residents to be vigilant and help raise the awareness of scams and the effects that these can have on individuals and loved ones in our area. The month of July is **Scams Awareness Month** which is a UK wide month of action aimed at prevention and awareness raising of the effects of scams that can be received by post, email, the telephone or in person.

RCT Trading Standards together with partner agencies such as South Wales Police and the Citizens Advice Bureaux and many others will be working together to raise awareness and to provide the tools that are necessary to deal with and report these frauds. This will then reduce the number of people within our communities who are targeted by these fraudsters.

- A scam is a scheme to con people out of their money or personal information.
- Always remember:
- If it sound too good to be true, it probably is
- Don't be rushed – resist pressure to make a decision straight away
- Never send money to someone you haven't met or do not trust
- Contacted out of the blue? – Be suspicious
- If you haven't bought a ticket – you can't win it
- You shouldn't have to pay anything to receive a prize
- Your bank will never phone to ask for your PIN or online bank password
- Your bank will never ask you to transfer money to a new account for fraud reasons
- Genuine computer firms do not make unsolicited phone calls to help you fix your computer

**THE GOLDEN RULE:** Don't suffer in silence – speak out about scams

If you think that you have been the victim of a scam contact Trading Standards on 01443 425001, Action Fraud on 0300 1232040 or Citizens Advice Consumer Helpline on 03454 04 05 06 to report it or for confidential advice.

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**Cruse Merthyr Tydfil/ RCT area is recruiting volunteers to work with the bereaved.** The Awareness in Bereavement Care Foundation Training Course commences August 2016. Contact: Sally Ann Evans Area Coordinator, Cruse Merthyr Tydfil / RCT, 3 Cannon Street, Aberdare, CF444 7AT. Help line 0844 477 9400 [www.cruse.org.uk](http://www.cruse.org.uk)

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### **Smart meters – making it easier for you to save money**

Shawn Sullivan is a local Community Liaison Officer working for SSE. He has kindly offered to provide free community talks for local residents; offering helpful, impartial energy saving advice and information about the benefits of smart meters. New smart meters make it easier than ever to understand and control energy use, however



most people don't realise how the meters work or the benefits; such as automated readings and accurate bills. Plus, each free smart meter installation comes with a free smart energy tracker that shows how much energy is being used in pounds and pence. Shawn can explain how the smart energy trackers work and how they can help set personal energy targets – all of which may help you make those little changes to save money. If you would like to have a visit please can you email:Shawn.sullivan@sse.com

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### **RCT People First**

Executive Committee Members Wanted Do you have some spare time? Are you interested in joining a dynamic team, supporting people with learning disabilities. RCT People First is a Self-Advocacy Organisation that enables people to have a voice. Meetings take place once a month for about 2 hours We are particularly looking for people who have skills in Marketing and Advertising, Human Resources, Fundraising. Please give us a call or email us on: [enquiries@rctpeoplefirst.org.uk](mailto:enquiries@rctpeoplefirst.org.uk) 01443 846200

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### **Findagroup** in RCT and Merthyr Tydfil is now live – ARE YOU LISTED?

<http://findagroup.cymru/> For more information contact Interlink on 01443 846200.

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### **Coleg y Cymoedd**

Do you, anyone in your family or friends have sight loss? Would you / they like to gain or develop computer skills? If so, Coleg y Cymoedd may have the right course. Please contact Rachel Wallen at the Nantgarw Campus for more details: Tel: 01443 663063 Part-time Computer Courses for People with a Visual Impairment

The course is suitable for people with varying degrees of sight loss. Those interested in attending college will be invited for an informal chat to discuss their needs, to discover the best way of working for them and also to gain an understanding of the different settings they may require on the computer relevant to their particular eye condition.

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RCT's [Older Persons Grant](#) has been purposely set up for community organisations/groups based in Rhondda Cynon Taf working with people aged 50 and over. This Grant enables organisations/groups to apply for a grant that meets one or more of the objectives set out in the Eligible Projects. A grant of up to £500 - £1,000 will be available through this scheme.

The closing date for applications is the 22<sup>nd</sup> July 2016. You can download the application form [Here](#) or for more information or an application form, please contact [Rhian Webber](#), Strategy for Older People Co-ordinator on 01443 744847 [Rhian.Webber@rctcbc.gov.uk](mailto:Rhian.Webber@rctcbc.gov.uk)

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