

COMMUNITY COORDINATOR BULLETIN

September 2018

Are you an older person or do you care for an older person?
 Do you work with older people?
 Would you like to find out about community groups, activities and services in your area?

Your local Community Coordinator can signpost you!

Nia Cynon
 07580 869946
 nwilliams@interlinkrct.org.uk

Elaine Merthyr Tydfil
 07580 866547
 elaine.james@vamt.net

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 07580 869970
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Community Coordinators:

- Provide information, advice and signpost older people to local community groups, activities and services in their area
- Work in partnership with communities, agencies and services to support older people
- Support older people to live independent lives within their communities
- Raise awareness of community and voluntary sector services

Want to know more? Call or email your local Community Coordinator today!

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Rhondda Valleys

Contact: Meriel Gough

Tel: 07580 865938 or email: mgough@interlinkrct.org.uk



OPEN DAY at Ysbyty Cwm Rhondda on Friday 14th September 10am - 3pm.

You are invited to take a mini tour of the hospital, and meet many community partners who provide services and support in the Rhondda area.

There will also be the opportunity to have your say in which community services you feel are needed to support your health and wellbeing. All are welcome!

Season Dance – Sequence Dance at The NUM Hall, Llwynypia Road, Tonypany

Everyone Welcome!

From 2pm – 4pm Tuesday 18th September 2018 Entry fee £2

Live music with Organist and MC

The bar will be open for light refreshments

Contact: Lynda: 07927 038 922

Trealaw Ladies Indoor Short Green Bowls Club

Looking for a healthy, stimulating activity which provides gentle exercise through the winter months?

Come and join the Group for indoor bowling at All Saints Church Hall, Trealaw on a Thursday afternoon.

All you need to start is a pair of flat shoes. The first meeting of the season is on Thursday 20th September at 2pm

Contact: Kerry 01443 227383 or Pat 01443 681489

Rhondda Historical Society Courses for September 2018

Ten week courses cost £50

Local History Monday September 17th 10-12noon **Treorchy**

Local History Thursday September 20th 1-3pm **Porth Library**

Gartholwg will start enrolling from the first week of September on 01443 570075

Contact: Lisa Powell 07810277048

<http://rhonddahistoricalociety.wordpress.com/>

#DeedsNotWords Event – An Invitation from Hafal RCT

Find out more about the project and support their 2018 campaign for women's mental health. Everyone Welcome!

Canolfan Pentre, Llewellyn St, Pentre, CF41 7BS on Monday 17th September from 10am to 2pm.

You are welcome to attend at any time during the event.

Please let us know if you can attend.

Contact: helen.davies@hafal.org or telephone 01685 884918

The Old Library, Tylacelyn Road, Penygraig, Rhondda

New weekly sessions – All welcome!

Friendship Cafe - Monday 1.30 - 3.30pm £2 a session

Come along and meet new friends over a cuppa and a chat

Knit and Natter - Starting Thursday 6th September 10 – 12 noon £2

Bring your own work of knitting, crochet or cross stitch, if you don't have anything to work on or you are a beginner don't worry we will be knitting trauma teddies for the emergency services and hospital.

Contact: Debra Jones Valleys Kids 01443 420870

Recovery College Timetable September 2018

New Horizons at The Arts Factory, Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

Know Myself L1 Tuesday 12:30 – 3pm from 4/9/2018 for 4 weeks

Contact: New Horizons Mental Health 01685 881113

info@newhorizonsmentalhealth.co.uk/ www.newhorizons-mentalhealth.co.uk

Recovery College Timetable September 2018

New Horizons at Valleys Kids, Penyreglyn Project 53-56 Corbett Street, Treherbert, CF42 5ET **Self-Harm** Wednesday 12:30- 2:30pm from 12/9/2018 for 4 weeks

Contact: New Horizons Mental Health 01685 881113

info@newhorizonsmentalhealth.co.uk/ www.newhorizons-mentalhealth.co.uk

Rhondda Historical Society Course for September

Ten week course cost £50

Monday 17th 2-4pm September Aberdare Library Family History

Gartholwg will start enrolling from the first week of September on 01443 570075

Contact: **Rhondda Historical Society Secretary: Lisa Powell** 07810 277048

<http://rhonddahistoricalociety.wordpress.com/>

Cynon Valley

Contact: Nia Williams

Tel: 07580 869946 or email: nwilliams@interlinkrct.org.uk



Cornerstone Church Cwmbach host the following activities; Wednesdays 6.30-8.30 PM Art Class. Thursday 9-11AM Citizens Advice drop in, 10- 2PM Camera Group, 12-2PM Next steps craft group and 1-4PM Computers for beginners.... **For further information, please contact Ann on 01685 883532**

Breast Test Wales will be at Ysbyty Cwm Cynon car park, Aberdare from the middle of August 2018, to the middle of January 2019. If you are 50-70 this year you will be invited for breast screening at this location. For further information about appointments and any questions, please **contact Breast Test Wales on 02920 397222**

Empower Disability Advice and Support surgery provides information and support for people with disabilities and their families. A drop in session is held on the 1st Wednesday of every month, 11AM-1PM at Hirwaun Village Hall. Please **call 01685 810432** or email info@accessible-news.co.uk for further information

From 6th July 2018, **Drink Wise Age Well will be holding group sessions** at New Horizons, Dean Street, Aberdare between 10AM and 12 Noon. All are welcome! Please call **0800 161 5780** for further information.

Men's Lifestyle Group meet every Thursday morning 10-12 Noon in the Long Room, 108 John Street, Abercwmboi CF44 4BN. Open Access free sessions, pop along or **call us on 01685 872364 or 01443 476750** for further information

TAFF ELY

Contact: Karen Powell

Tel: 07580 869970 or email: kpowell@interlinkrct.org.uk



Dance Sessions - Old Time and Tea Dances at **Gartholwg Learning Centre**, Church Village starting from **Thursday 6th September at 11.10am-12.40pm** then **every fortnight**, £4 per session. For more information contact Jayne Rogers, Events Coordinator on 01443 570075 or email JayneRogers@campwsgartholwg.org.uk

Singing for the Brain supported by Alzheimer's Society **September sessions** will be held on Thursdays on the following dates at Pontyclun Community Centre: **6th, 20th and 27th**. For more information please contact Alison Locke, Group Coordinator (Cwm Taf) on 01685 353919 or email Alison.Locke@alzheimers.org.uk

Shalom Drop-In Centre - a safe space for people to come and have a cuppa, and meet a friendly face and a listening ear in a welcoming and supportive atmosphere. Starting on **Saturday 15th September**, then weekly from from **11am-1pm** in **Salem Baptist Chapel**, Salem Lane, Tonteg. Contact Revd Rosa Hunt on 07807893373 or revdrosa@gmail.com for more details.

Pontyclun Bosom Pals - next meeting is **September 3rd at 7pm** in the **Pavilion Hall, Langley Road**. A very warm welcome is extended with a friendly chat and a cuppa. Pontyclun Bosom Pals is a group of ladies who support cancer patients and their families through their Cancer Treatment and beyond. For more information please ring on 07563 795885.

Llantrisant and District Local History Society restart their **monthly meetings** after a summer break on **Tuesday 11th September at 7pm, in Pontyclun Community Centre**. Gerallt Nash will be present to talk on the "Moving St Teilo's Church to St Fagans". Everyone is welcome to come and listen to the speakers and if they wish to join, the fee is £10 per person for the year from March to April. Trips of historical interest are arranged during the summer months. For more information click on the website www.ladlhs.org.uk

Coffee Morning with Hafal at the **Ilan Community Centre, Rhydyfelin** on **Friday 14th September at 10am - 12.30pm**. Pop along for a cuppa and a chat and find out how Hafal can help. For more information contact Helen Davies on 07967 306985 or email Helen.Davies@hafal.org

Rhondda Historical Society Courses for September (Ten week courses - £50)

Monday September 17th **Pontypridd Library** 6-8pm Local History

Tuesday September 18th **Pontypridd Library** 10-12 Local History

Wednesday September 19th **Gartholwg cec** 1-3pm Local History

Friday September 21st **Pontypridd Library** 10-12 Local History

Gartholwg will start enrolling from the first week of September on 01443 570075

Contact Rhondda Historical Society Secretary: Lisa Powell /07810277048

<http://rhonddahistoricalsociety.wordpress.com/>

Merthyr Tydfil

Tel: 07580 866547

We are currently appointing to this vacancy.

MERTHYR TYDFIL 50+ FORUM

The next meeting of the 50+ Forum takes place at 10.30am on Thursday 6th September at High Street Baptist Church Hall - the focus of the meeting will be on tackling loneliness and isolation.

Guest speakers and information and advice will be provided by a range of organisations working locally, followed by a buffet lunch.

For more information please contact Christina James - Supporting People Officer on 01685 727315 or email christina.james@merthyr.gov.uk

Welcome Friends provide a befriending service for people who are lonely or isolated, and they urgently need more volunteers in the Merthyr area.

Trained volunteers help provide companionship to elderly, isolated people. If you can spare an hour per week to visit someone for a friendly chat over a cup of tea, then please contact Maureen Winter tel 07469 858 761 or email

maureen.winter@volunteeringmatters.org.uk

NEW Reconnect 50+ Activity Hub - if someone is feeling alone, isolated or has lost some confidence, they they can now go along and try this new activity hub.

The first weekly session will be on Monday 3rd September 10am - 12pm. A £2.00 entry fee includes tea and biscuits. The Hub is held at Hope Chapel Basement, High Street, Merthyr Tydfil, CF47 8UG For further details please contact Helen McShea Tel 01685 353999 or email hm@smt.org.uk

NEW COURSES starting during September at Galon Uchaf Community Centre

Courses being delivered from the Centre at 9th Avenue include:-

Food Hygiene Level 2, Autism Awareness, Emergency First Aid at Work, British Sign Language, Beginners I.T. and Sugarcraft

For more information or to book a place please contact Leanne Saunders, Adult Learning Wales on 01495 369860

HAFAL COFFEE MORNING

Hafal Cwm Taf are holding a coffee morning at Merthyr Institute for the Blind at 10am on Thursday 6th September - please call in and have a cuppa!

Wales and the West Housing Association, in partnership with the Dogs Trust and Cat's Protection are providing the following free sessions:-

Dogs Trust Free Vet Nurse Health Check - includes

FREE Microchipping FREE Information leaflets FREE Health and Training advice
FREE Basic vet nurse health check – includes ears, eyes, teeth, coat condition and general fitness only

Proof of vaccination for your puppy must be provided if they are under 6 months old. There must be 10 clear days between the final vaccination and attending the event.

Dogs Trust will not microchip hunting hounds or litters of puppies.

Cat's Protection Cyfarthfa Advice/ Support - includes

Basic advice on looking after cats

Neutering vouchers for those on low incomes and income based benefits

Note: - please do not bring your cat along

When - 10th September and 5th October, 11am until 3pm at St Lukes Church Hall, Lansbury Road, Gellideg.

NEW Roller Derby - has started in Merthyr Tydfil

Sessions are held on Tuesdays 8pm - 9pm at Dowlais Engine House and new members are welcome.

Also, "Learn to Skate" classes are offered on the same night 7pm - 8pm costing £25 for 6 sessions. Sessions are available to those aged 18 yrs +, and kit can be hired at the venue. Contact merthyrrollerderby@gmail.com

Home-Start need volunteers in Merthyr Tydfil

Do you have 2-3 hours spare a week to support a family? If so, please contact Home-Start on 01443 406664 or email info@homestartct.org.uk for more information

Health

Contact: Deanne Rebane

Tel: 07580 869983 or email: deanne.rebane@vamt.net



Flu Clinics 2018 - don't miss this opportunity!

Flu Clinics at GP Practices provide a great opportunity for patients to receive information on local services and support that can help them take care of their health and wellbeing, and remain at home and independent as long as possible. Please let Deanne have dates of flu clinics as soon as possible so that arrangements can be made for 3rd sector organisations and community groups to attend and provide information.

Community Coordinator Flu Vaccination Promo Sessions

Deanne will be at Newpark and Gwaunmiskin Surgeries during the weeks leading up to their flu clinics, "myth busting" with patients who say they do not intend having their flu vaccination this year. This work builds on our experience from previous flu seasons which has shown that following myth busting, many patients are prepared to reconsider and go on to have their jab, often for the first time.

Deanne will also be providing information and advice on the wide range of support services available from the third sector.

FREE Autism Awareness training for GP Practices

Three GP Practices in Taff Ely Primary Care Cluster have already signed up for this free 1 hour long training which is provided by the Autism Directory.

When asked "*What was the most interesting part of the training?*" previous attendees said: "*Understanding sensory aspects of autism as well as behavioural and social*" "*The difference between males and females on the spectrum and how they present*"

100% of those who attended would recommend the training to their colleagues

For further information or to book a session please contact Gareth Tarrant <Gareth.Tarrant@theautismdirectory.com>

Joint Care Programme and National Exercise referral Scheme in Merthyr Tydfil

The Joint Care Programme is a 12 week, community based programme targeted at patients who are overweight and have chronic knee and/or hip pain. The programme will support them to lose weight, increase activity levels and improve their overall health and wellbeing. The next programme starts on **20th September** at Merthyr Tydfil Leisure Centre at 5.30pm.

The National Exercise Referral Scheme - for those who are not used to being regularly physically active and have a medical condition or are at risk of developing a medical condition. The scheme provides an opportunity for referrals to access a high quality supervised exercise programme to improve health and wellbeing. Classes are available at Merthyr Tydfil Leisure Centre and Aberfan Community Centre. Sessions include Aqua Aerobics, Tai Chi, Gym Taster Sessions, Easy Circuits and Zumba. Sessions are £2 each.

Patients should speak to their GP, Practice Nurse, or other health professional about being referred.

For more information please contact Carla Jackson on 01685 727442 or e-mail carla.jackson@merthyrleisuretrust.co.uk

Cardiovascular Disease Health Checks are currently being offered at a number of GP Practices throughout the Cwm Taf region (see below). These checks are now aimed at individuals aged 40+ as a preventative health measure. For more detail please contact your local GP practice.

DE Winton Field Surgery
Llwynypia Surgery (Dr Shah)
Taff Vale Practice
Ferndale / Maerdy Medical Centre
Practice 1 Keir Hardie Health Park
Hirwaun Medical Centre

St Andrews Surgery
Foundry Town Surgery
Tylorstown Surgery
St Johns Medical Centre
Cynon Vale Surgery

Cwm Taf - General Information

FREE Fitness DVDs for older people

Care & Repair Cymru have joined forces with Elderfit, who have produced a fitness DVD with easy to follow exercise routines aimed at older people. The workouts, which can be completed at home, focus on improving strength and balance which can help reduce the risk of falls.

If you would like a copy of the DVD please contact your local Care & Repair Agency on 0300 111 3333.

Further information can be obtained from the following link

<http://www.careandrepair.org.uk/en/publications/newsletters/>

Drink Wise Age Well - Helping people in Cwm Taf make healthier choices about alcohol as they age. If you live in Cwm Taf and are over 50 we can offer: • free, confidential support and advice for you, your family or anyone concerned about how alcohol is affecting them • advice and support in your community, including visits in your home • free local activities and social opportunities to meet new people, or develop skills • free training on starting the conversation, recognising and responding and alcohol's impact as we age • free alcohol awareness sessions for local organisations and employers **Call us today on 0800 161 5780 or email:**

wales@drinkwiseagewell.org.uk

The Ageing Well Card scheme is a national initiative from Ageing Well in Wales. The scheme supports older people to maintain their independence and to continue to do the things that matter to them.

Ageing Well cards are a series of simple messages that can be used to let people know that someone might need a little help or support. The cards are provided in an identifiable Ageing Well in Wales travelcard wallet. If your business or organisation would like to be part of the Ageing Well Card scheme **please contact ageingwell@olderpeoplewales.com**. Further information on Ageing Well in Wales can be found <http://www.ageingwellinwales.com/en/home>

Valleys Steps was established as a well-being charity to help people to help themselves. We promote an understanding of why things are the way they are and show how we all can take steps to improving everyday well-being. At the heart of what we do is our passionate belief that everyone should have the opportunity to learn ways of managing the common psychological difficulties that we all face at times in life such as stress, low mood and anxiety... we run courses across the Cwm Taf area on topics such as Mindfulness, Stress busting etc. **For further information, please contact: 01443 803048 or email info@valleysteps.org**

New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services. We support people in communities by providing support and information within the area of Cwm Taf Local Health Board. We hold courses across the Cwm Taf area - **for further information please contact: 01685 881113**

*Articles for inclusion in the October 2018 bulletin to be received by 21st September.
Thank you.*