

COMMUNITY CO-ORDINATOR BULLETIN

November 2016

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!

A map of the region is shown in the background, with callouts for local coordinators in various areas. The callouts are as follows:

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



Rhondda Fach WI meet at The Morlais Hall, Church Street, Ferndale on the First Wednesday every month 7-9pm. Guest speakers attend the meetings. We are a varied Group of women who are very friendly and welcoming. We provide a unique role in providing women of all ages with educational opportunities and the chance to build new skills in a friendly and fun environment. Come along and join us!

Stronger Rhondda, Rhondda Girls Rugby

The Stronger Rhondda Girls Rugby Team have developed an armchair exercise DVD for older people, and associated App for smart phones. Follow [this link](#) for Part 1 of the DVD or contact James Hall for further information: 07392 072115

For more details please visit; www.strongerrhondda.wales

Or like us on facebook at; facebook.com/strongerrhonddagryfach

Ladies Bowling Group based at All Saints Church Hall, Rhys Street, Trealaw Group meet between 2- 7:30pm every week throughout the winter months. Come along and find out more or contact Meriel, Community Coordinator – for further information.

Dai Davies Community Centre, Heol Eurwen Davies, Cymmer CF39 9AZ

Monday	1:30-3:45pm	Bingo
3rd Monday every month	11am- 12 noon	All Time Music Sing Along 50's 60's 70's music
Friday	1:30-3:45	Art Class

All welcome: there is a bus stop at the end of the road.

Making it - Craft Group

Monday & Wednesday afternoon 1-3pm at All Saints Church Hall, Rhys Street, Trealaw, CF40 2UQ Tea and coffee provided.

Activity provided by Trealaw Village Trust

Contact Joy Rosser on: 07977 012784 for more information

Canolfan Pentre activities

Llewellyn Street, Pentre CF41 7BS – telephone 01443 307455 for more information

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) - £2.50 per session
Thursdays	9.30pm - 11.30pm	Mother And Toddler Group
	12.00pm - 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

Drink Wise Age Well Peer Support groups

Come along on a Thursday 2pm – 4pm at Treorchy Library to find out more, have a coffee & meet friendly people. An opportunity to talk with others and share experiences, gain information and advice and to work through any issues or concerns to do with alcohol. Contact Lorinda Norris: 01443 561758/ 07958 162081 or: Email: lorinda.norris@drinkwiseagewell.org.uk

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

Would you like to join our community classes? Sewing Club / Pamper days / Patchwork Classes/ Tea Mornings / Card and Craft Classes / Beauty Treatments. For further information on days and times contact 07562341864 Bring a friend, first class FREE!

Fifty Plus Fora in The Rhondda Valleys

Rhondda Ystrad OAP Hall next meeting 16th November AGM 2-4pm

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

Beat the Street in Rhondda Cynon at 2016:

This is a collaborative initiative between Tesco and Diabetes UK, British Heart Foundation and Rhondda Cynon Taf Council and Public Health Wales.

A Challenge, a fun free game for the people of RCT to see how far you can walk, cycle and run around your area and into space. Lots of prizes up for grabs. Every journey you make adds to your total, and that of your team and your whole community.

Please join us to find out more about the impact on 22nd November at 1.30pm – 3.30pm at Rhondda Sports Centre, Gelligaled Park, Ystrad, CF41 7SY and to find out how to become involved.

Beat the Street Rhondda Cynon Taf video: https://youtu.be/dWMw_7mEWCo

Cynon Valley
Contact: Jason Tynan
Tel: 07580 869946 or email: jtynan@interlinkrct.org.uk



Evening Out: The local branch of the [MS Society](#) annual presentation evening takes place on Saturday 19th November at Aberdare Golf Club. Entertainment, Raffle & Buffet with lots of fun along the way. Tickets for members are £5 & £10 for family & friends, so why not come and join us! For more information, contact [Ann Jones](#), Branch Secretary on 01443 422745

Mountain Ash to become a [Dementia Friendly](#) Community is on hold while the new Dementia Friends Coordinator is recruited. As soon as they are in post another meeting will be held. In the meantime, if you have any queries or suggestions, you can contact Melanie.Andrews@alzheimers.org.uk

[Abercynon Community Centre](#) are looking for volunteers to help run the centre. If you are interested, or for more information, or for information about the variety of opportunities available to older people at the Centre, please contact Glyn Bennett on 07866 271939 Abercynoncommunitycentre1@outlook.com

[The Feel good Factory](#) in Bryncynon will be introducing Cooked Dinners on Tuesday 6th September & every Tuesday thereafter in Taffy's Café. For more

information contact: 01443 475120 / 01443 47901 or email RhianDennis@bryncynonstraregy.org.uk

Llwydcoed Community Forum is a newly formed group of people who want to make a difference to the community of Llwydcoed. They will be having a Fun Day on the 4th December. If you would like to be involved with this or in the community in Llwydcoed, contact [Sharon Rees](#) or [Richard Green](#) There is an Art Class at [Llwydcoed Community Centre](#) every Wednesday 2pm to 4pm

PACT meeting for Aberaman North, Saron Chapel, Aberaman on Tuesday the 8th of November at 5pm. For more information, contact [Cllr. Mrs. Sheryl Evans](#)

Food Co Every Thursday 10.30am—11.30am At [Alltwn Independent Living Complex](#), Wenallt Road, Abernant, CF44 0SH Volunteers source fresh produce direct from the wholesaler for only £3. For more information you can contact Tony on 07775307778 or Hazel at Alltwn on 01685 873892 or email hazel.davies@newydd.co.uk N.B. Please note orders and payment are taken a week in advance. Orders cannot be delivered and must be collected during the opening times. Bags will be provided on your first order.

Company at Christmas Christmas Day Lunch 2016 at St Fagan's Community Hall, Trecynon, Aberdare Once again we are arranging a Christmas Day Lunch for those alone at Christmas in St Fagan's Community Hall, and this explains briefly what we are hoping to do.

We would aim to welcome guests from 11am who will be greeted with a hot drink and mince pie. There will be a chance for guests to get to know each other, and some entertainment, including carol singing. At 1pm a team of helpers will serve the food which will consist of cold turkey with freshly cooked veg, or a veggie option, followed by Christmas pudding. After lunch, people will relax until the Queen's Speech which will be shown on our big screen, and the afternoon will conclude with tea and Christmas cake shortly afterwards.

If you would like to join us, please complete the slip below and return it to the address given by Friday 9th December. We are asking for a deposit of £5 to secure your booking, which will be returned on the day. Cheques should be made out to "St Fagans PCC". If you would like transport to and from the Hall, please let us know. You will be sent confirmation and other details nearer the time. We hope you'll be able to come and look forward to seeing you on Christmas Day.

For more information, and to receive a booking form, then contact Jason Tynan on 01443 84600 or 7580869946

TAFF ELY

Contact: Karen Powell

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



PONTYPRIDD TALKING NEWS ASSOCIATION A registered Charity, "Pontypridd Talking News Association" (PTNA) has, for 40 years, provided for the Visually Impaired (V.I.) members of the Pontypridd and District communities a FREE 60 minute CD – relating the week's local news contained in the Pontypridd Observer. A free delivery service is provided by the Royal Mail so there is no cost to the recipient. To receive the talking news please send a letter or postcard with contact details to:- Pontypridd Talking News Association, C/O University of South Wales, Room G514 Glyneath Block, Llantwit Road, Pontypridd , CF37 1DL
That is all that's needed to be quickly added to the listeners list, there is no obligation to continue.

Llanharan Community Development Project run adult courses at the Drop-in Centre. These are the courses running currently at the drop-in:

Monday	9am–12 Noon	Photoshop IT
	1pm-3.30pm	Computers for the terrified
	1pm-3pm	Watercolours (Mixed Level)
Wednesday	9.30am-12.30pm	Art Course - Watercolours and Still Life
	9.30am-12 Noon	Card Making
	12.30pm-2.30pm	Pyrography (Wood burning)
	1pm-4pm	Photoshop Development
Thursday	10am-12pm	Art Course – Painting and Drawing Techniques

To find out how to register onto the courses or to learn about other courses, please contact the office on 01443 229723 or email llanharancommunity@btconnect.com , check out the website on www.llanharandropin.org.uk or pop in to the centre!

Busy Bees Sewing Group is a new group that started in September and would like to extend a warm welcome to new members. They meet in Ynysybwll Community Centre every Wednesday from 6.30pm-8.30pm. For more information please contact Amanda on 07821 441229 or email ajbrassington@talk21.com

Talbot Green OAP Group meet at the Talbot Green Pavilion on the 2nd Wednesday of every month from 1.45pm. New members are very welcome to enjoy a cuppa, bingo and speakers. For more details, please call Becky Scarrott on 01443 223478

Willow Weaving Christmas Decorations workshop at Nantgarw Chinaworks, Nantgarw on Thursday 8th December from 10.30am-2.30pm. There is a charge and lunch will be included but places are limited so please book early.

Carers Dementia Workshop is taking place at Heddfan, Rhydyfelin on Wednesday 9th November from 10am-3.30pm. If you are caring after someone with memory problems and would like to find out more about dementia then this workshop is ideal. Respite and transport can be provided if needed. Contact the Carers Project on 01443 668813 to find out more or to book a place.

Carers Know Your Rights Day is taking place at Ty Dysgu, Nantgarw on Tuesday 22nd November from 10am-1pm. Various speakers will be from Carers Wales, Supporting People Team, ME Law Practice, Dewis Cymru. This event is for Carers (Cared for are also welcome), a 2 course lunch will follow the talks. For more information please contact the Carers Project on 01443 668813

CISWO (Coal Industry Social Welfare Organisation) is starting up a new social group in Beddau. The group is open to anyone who worked within the coal mining industry and will offer activities, which includes free trips, guest speakers, entertainment and bingo. They meet every other Thursday and the next meeting is on 3rd November from 10.30am-12.30pm at the Cwm Welfare Hall (opposite the surgery). For more information, please contact Phil on 01443 485233.

Cilfynydd over 60's Club meet fortnightly on Thursdays at Cilfynydd Community Centre from 2pm-4pm. New members are very welcome to enjoy the invited speakers, play bingo and have a cuppa and a chat. For more information contact Pauline on 01443 382484

Pontyclun Bowls Club would like to welcome new members of all abilities. There are fully qualified coaches and equipment available and the club welcome any interested party and any disabilities will have every effort made to accommodate participation. To find out more on how to become involved contact the club on the website www.pontyclunbowlsclub.webs.com/

Glyncoch Befriending Group has been developed by Communities First and a dedicated team of volunteers to offer activities to older people. The group will meet fortnightly and will offer regular creative activities aimed at leaving participants feeling good. The meetings will initially run up to Christmas and if successful will continue into the New Year with quizzes, bingo and craft activities. The meetings take place at Glyncoch Community Centre every other Wednesday from 12.30pm-2.30pm. Contact Matthew on 07880044595 for more information.

Art and Artefact Workshops run by Communities First will be held at Pontypridd Museum for 12 weeks from Wednesday 9th November. These weekly sessions are free including free refreshments and free transport to the venue. The workshops start at 9.15am and finish at 1.30pm. Discover more about local culture and heritage and meet new people. For more details, contact your local Communities First office on 01443 671312 or email cftaf@rctcbc.gov.uk

Gilfach Goch Community Centre has the following activities:

Pottery & Arts & Crafts	Monday & Wednesday	10am-12pm
Get Cooking	Tuesday	11am-1pm
Walking Group	Wednesday	11am-12.30pm
Citizens Advice Bureau	Wednesday	10am-12pm
Communities First Drop-In	Wednesday	10am-12pm

For more information, please contact the Community Centre on 01443 675004

1st Dementia Friendly Campus in Wales Coleg y Cymoedd Nantgarw Campus is having a Celebration & Fundraiser in aid of Alzheimer's Society including Entertainment, Refreshments & Raffle Ticket £12 each Wednesday November 16th 2016; 7pm – 9pm at the Big Room, Coleg y Cymoedd, Nantgarw Campus CF15 7QX

To Book a ticket or more information, contact: Matthew Griffiths on 01443 663009 email matthew.griffiths@cymoedd.ac.uk

Wales Council for Deaf People

An Alcohol and Sensory Loss Awareness event is being held at Pontypridd Deaf Club, 1 Lanpark Road, Graigwen, Pontypridd CF37 2DH on Wednesday 16th November between 10 am and 3pm.

This is a collaborative event between Wales Council for Deaf People and Drink Wise Age Well. For more information please contact Jeff Knapman on 07958162199

MERTHYR TYDFIL

Contact: Elaine James

Tel: 07580 866547 or email: elaine.james@vamt.net



Mens Sheds - A coffee morning is being held on **Tuesday 1st November** at Merthyr Tydfil Leisure Centre from **11am – 2pm**. Please invite or bring along clients/patients you are working with who you feel would like some fun, exercise and company and who would benefit from attending. Various activities will be taking place such as Indoor Curling and Armchair Exercises and refreshments will be available. To book a space or for further information, please contact Merthyr Central Library on 01685 725258 or contact Elaine James on 07580 866547 or email elaine.james@vamt.net

Unity Jive Are you over 50 and have an interest in Jive and Rock and Roll? Then come along to our FREE dance workshops starting Tuesday 1st November 6.30 – 7.30pm at the Penydarren Social Club, Merthyr Tydfil and every Tuesday after! No experience or booking required. For further information, please contact Kari or Michelle on 07780439179 / 07411801354

Dowlais Community Centre - Pre Christmas Special For over 65s
at Station Road Dowlais, Tel 01685 377688/375331

The Cost of the Gym and all classes are 50% OFF

Gym session before 4pm just £1.15 per session Gym Session After 4pm - £1.30 per session. Personal training £7.00 per session.

Positive Steps are looking to recruit volunteers to deliver their service to help support an older person short term, to enable them to regain confidence, become active and independent within their community. Please contact Lesley Johnston on 07436 799 608 or www.royalvoluntaryservice.org.uk/volunteer if you, or someone you may know is interested in volunteering.

Carer Information and Wellbeing Event - Friday Dec 2nd (one week after Carers Rights Day) **10:30 - 2:00** at Merthyr Tydfil Indoor Bowls Club, Rhydycar Leisure Complex, Merthyr Tydfil CF48 1UT. Parking is free up to 4 hrs.

A buffet lunch is included and will be available at 1 pm.

If you would like a stall at the event could you please contact Sian Musto on 01685 353907 or email sian.musto@vamt.net by **Friday 4th November** indicating the number of staff attending/number of tables required (note that spaces are limited).

Can you please inform carers you are in contact with of the event.

Free Christmas Event in December - for those who are most lonely & isolated. As alcohol and isolation can go hand in hand Drink Wise Age Well recognise the importance of bringing the community together during the festive season. The event will include transport for those who require it, a three course meal, and entertainment. The event is open to those: Aged over 50, living alone or who are **not** socially active in the community. The event will be held at:

The Guest Keen Club, Merthyr Tydfil, CF487 3HA **Thursday 8th December 2016**
12pm-4pm

If you know of anyone who would be interested in attending please call **0800 161 5780** and ask for Laura or Phil. We have 80 spaces available and are taking referrals now. If possible can you disseminate this information to your relevant contacts and please bear us in mind when out in the community for anyone who is suitable to attend. Please note that individuals **do not** have to have issues with alcohol to be eligible for this event.

Actif Woods Merthyr are holding a taster day on 25th November at Cyfarthfa Park for groups and individuals to sample woodland activities such as willow weaving, exercises and bushcraft and to discuss how you can input your ideas to future woodland activities in Merthyr Tydfil. The event will run from 10am - 3pm. Activities in the morning (bushcraft, willow weaving, green gym), lunch and then discussions.

Actif Woods is relatively new to working in Merthyr Tydfil and it's an opportunity to get everyone together, show them the sort of activities that we do and try and find ways of working together and setting up new groups.

All are welcome — health professionals, environmental sector — anyone wishing to get active, have fun and improve their health or wellbeing.

This day is free of charge—please register to secure your place and free refreshments!

To book your free place with lunch provided contact 01654 700061 or email actifwoodsmerthyr@smallwoods.org.uk

HEALTH

Contact: Deanne Rebane

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



[Rhos House Surgery](#) Mountain Ash still has flu vaccinations available. For more information: enquiries@gp-w95029.wales.nhs.uk 01443 473214

Your Medicines Your Health

This is a campaign about safe and effective use, storage and disposal of medicines. Alison Warner, the Project Coordinator would like to link with community events and is available to talk to groups about the Project. For more information contact her on 01443 430022 ext 2808/2809 or email: alison.warner@wales.nhs.uk

Cwm Taf Stroke Prevention Campaign

Community Coordinators will be supporting this new campaign throughout November and December by promoting campaign messages at GP Practices and other venues across Cwm Taf.

Flu Myth Busting – Jane Williams, the Immunisation Lead for Cwm Taf UHB will be delivering the Flu Myth Busting presentation to the Hirwaun OAP Group at 4pm Wednesday 9th November at Hirwaun Community Hall.

Podiatry and Retinopathy clinic – Coordinators have made great links with Podiatry Teams and will be attending this clinic at Ynyswen for the first time on Thursday 24th November. They will be on hand to offer information and advice to patients about services and activities available within the community and voluntary sector.

Ovarian Cancer UK – will be holding an awareness session at Ashgrove Surgery on the morning of Thursday 18th November 2016. If you would like to engage with Ovarian Cancer UK, then email Deanne.rebane@vamt.net

Cwm Taf general information

Rhondda Cynon Taf Third Sector Conference & Interlink AGM 2016 9:30am – 3:30pm Wednesday 16 November Rhondda Sports Centre For more information or to book a stand contact kprice@interlinkrct.org.uk 01443 846200 Click [HERE](#) to book your place.

Mature Drivers course offered by RCT Council on Friday 25th November 2016, 9.15am registration for a 9.30am start, finishes at 1.40pm. The course is intended to help and advise. It is not a process to stop people from driving but an opportunity to keep older drivers confident and competent with their driving which provides independence, quality of life and there is **NO TEST!!!** The course is a half day and completely **FREE OF CHARGE** For further information, please contact the Road Safety Unit on 01443 494785

[Carers Rights Day](#) 2016 Friday 25 November Download the Autumn & Winter edition of RCT Carers' Support Project [Carers' News](#) to find out more.

Royal Voluntary Service Good Neighbours Service are looking for volunteers in Rhondda Cynon Tâf to help combat isolation & loneliness for an older person through befriending; if you can spare an hour per week to help please get in touch. Tel 02920 027855 or www.royalvoluntaryservice.org.uk/volunteering

Macmillan Cancer Support & Cwm Taf University Health Board & Wellbeing Event for Cancer Patients & Their Relatives/Carers

4th November 2016 from 4pm – 7pm at Tonyrefail Workingman's Club, 28 Waunrhydd Road, Porth, CF39 8EW If you have received a diagnosis of cancer, or if you are the relatives or carer of a person living with cancer, then this event may benefit you. A friendly drop in event where services for cancer patients will be available and information stalls. If you require further information regarding this event please contact:

Michelle Lloyd, Macmillan Person Centred Care Manager 01443 744800 ext 4820 or email Michelle.lloyd3@wales.nhs.uk

Wales Council for Deaf People: Tesco Bags of Help Scheme

If you shop at Tesco, between 31st October until 13th November you can vote for the Wales Council for Deaf People, and help them receive funding for a sensory garden. If you need any further information, please contact JOHN GILCHRIST at Wales Council for Deaf People: Tel 01443 485687. Email: john@wcdeaf.org.uk

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age.

Gwanwyn, which means 'spring' in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film. The festival provides an opportunity for older people to get inspired, get immersed and get involved.

The festival operates a community grants scheme offering sums of up to £500 to enable groups all over Wales to organise an event, or a series of events, for the festival in 2017. All kinds of groups can participate, (choirs, care homes, community groups, art, dance and theatre groups, writers clubs) Applications are now open with the deadline for submission on Wednesday 7 December 2016. For an application form and an information pack with details on how to apply please download from the Gwanwyn website: <http://gwanwyn.org.uk> or to request a pack by post please call Age Cymru on 029 20 431 555

AGE UK Winter Celebration Grants - As part of our national Spread the Warmth campaign, we're encouraging applications for a 'Winter Celebration' grant of up to £150 from new and established groups, so that older people can come together for a social occasion between 1 November 2016 and 28 February 2017.

Social connections give us the opportunity for emotional support, material help, and information that we need to thrive and enjoy quality of life and good health. For more information about our grant. For more information click [here](#)

Project 5 Ways to Wellbeing- Wellbeing & Activity sessions are currently being delivered at sheltered housing schemes in the following localities; Porth, Ystrad, Troedryhiw, Pentrebach, Hirwaun and Merthyr Tydfil.

The two-hour sessions include a range of activities from a quiz, crafts, darts, seated exercise, fish and chip lunch club, and much more. Older people living locally to a sheltered housing scheme as well as those living within the scheme are most welcome to attend. The project is also currently recruiting volunteers to help deliver the sessions.

For details of times and dates please contact Sophira or Chelsey on 01685 353921

Have you identified any gaps in community services? If so, then please contact your local Community Coordinator to discuss your findings.

The deadline for inclusion in the December bulletin is **Friday 18th November 2016**
