

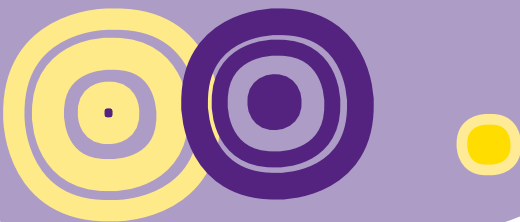
Annual Report 2010 - 2011



Our Vision, Mission and Aims

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VISION

To develop a vibrant Voluntary Sector in Rhondda Cynon Taf.

MISSION

To enable people to achieve their ambitions through voluntary action.

OUR AIMS

- To enhance the development and effectiveness of the Voluntary Sector in Rhondda Cynon Taf and surrounding areas through the provision of effective support services
- To improve the design, planning and delivery of services through the engagement and involvement of the Voluntary Sector in decision making at a local, regional and national level
- To promote and develop volunteering and active citizenship
- To raise the profile of the essential contribution of the Voluntary Sector to the delivery of community activities and services within Rhondda Cynon Taf

Challenging Times

It has been a really challenging year for members and all community and voluntary sector groups in Rhondda Cynon Taf, with a significant increase in requests for help and support during these difficult times. As many of our members have experienced significant cuts in their funding, we have been asked to look at how they can reduce their costs and attract additional funding. Many groups have been forced to look at being much more enterprising and looking to generate income to reduce their reliance on grants.

For Interlink itself, while highly successful projects such as the Future Jobs Fund have come to close, so new ones have come along:

- **See CHANGE** 'Empowering Active Communities in RCT' got off to a promising start in delivering training and empowering communities to make a difference.
- **LEARN RCT** will involve Interlink supporting the training of volunteers and new employees in social enterprises in RCT.

Interlink has seen an increase in demand for its services, and has been able to build on the success of last year, increasing our training programme, placing more volunteers than ever before, supporting more groups and social enterprises and increasing the number of people attending our networks and forums.

Elaine, from Mountain Ash YMCA, said 'one of the best things about Interlink's training is the degree of interaction and getting to know people from other organisations.'

Jean Harrington
Chair, Interlink

Our main Networks and Forums support during 2010-11 were:

- The Health Social Care Wellbeing Forum, including Focus Groups on Cancer and Disability
- Mental Health Forum (RCT and Merthyr Tydfil)
- Children and Young People's Development Network
- Social Enterprise Forum
- Community Learning Task Group

Key strategic events outside of our Networks and Forums included:

- **'1000 days of Action'** which was organised in June 2010 at Abercwmboi Rugby Club with the Minister for Environment, Sustainability and Housing, Jane Davidson AM, looking at what we need to do to reduce our carbon footprint and prepare ourselves for a greener future.
- **'The BIG Challenge - Doing More with Less through Collaboration, Efficiency and Innovation'** which took place in October 2010, Cornerstone Church Centre, Cwmbach.
- **'Voice 2011!'** which was held in March 2011 at Coleg Morgannwg, Rhondda Campus, Llwynypia and explored the role of service users, active citizens, communities and the Voluntary Sector in decision making in RCT.

Developing Skills through Training

With courses ranging from Customer Service to First Aid and from Soft Skills to Tendering for the Terrified, it has again been a bumper year for Interlink's training programme. We delivered **53** courses to **533** participants with 98% of attendees rating the quality of the training as very good or excellent.

Simon James
Chief Executive Officer

Information, Support and Funding

More Than Money

Interlink's AGM and Funding Conference 'More than Money' had speakers from local communities as well as Lottery distributors and workshops around funding. **54** people attended from **39** organisations. The feedback was again very positive:

- 'Workshops – very well presented'
- 'Good networking opportunity. Opportunity to talk to funders.'
- 'Nice to meet funders and fellow volunteers. Not too far to travel, well organised.'



Arts Council – a bespoke funding event was held on the 1 December with the Arts Council of Wales.

Lisa Hocking from Gwalia Care and Support, said *'this kind of surgery gives us the opportunity to meet and discuss our funding proposal with a potential funder.'*

50+ Forum - *'I thought you might like to view (50+) Forum's new website. Under tuition and along with a couple of others I have been involved with the set up. I thought you might be interested because without the grant for the laptop from Interlink I would have been greatly disadvantaged. The site is in its infancy, a lot more to do but at least we are on our way. Thanks again for all your past help.'*

Thank you via email, Anna Brown

Visit: www.fiftyplusforumrct.com

We gave guidance and information to **106** groups on matters of governance, policies, constitutions and lots, lots more! A few examples are:

- **Glyntaff Tenants and Residents Association (GTRA)** - legal issues related to the Ilan Centre has been a major problem for GTRA for many years, and they approached Interlink for help. Interlink worked with GTRA, Rhondda Cynon Taf County Borough Council and other local partners. The issues was eventually resolved by people working together and the help and support of the local Councillor; with GTRA agreeing to lease an annex to continue their work supporting the community, and the Council taking overall responsibility for the building as a whole.
- **Rhondda Housing Association** approached Interlink about helping the Tenants and Residents Groups to access funding. Interlink Development Officers delivered bespoke training on applying for funding for their Tenants and Residents Groups.
- **Rhydyfelin Amateur Football Club** was supported in developing a constitution and policies around Safeguarding Children and Young People.
- **Rhondda Breast Friends** developed a range of policies including Safeguarding and Health and Safety.
- **Cynon Valley Vision**, a group for partially sighted people, was supported with its constitution and applying for funding.
- **CASE (Care And Support Each Other)** are a young carers group who were supported with guidance on governance.

Key Figures

We dealt with 263 enquiries, 157 around funding and 106 with issues about governance. £2,386,090 applied for by voluntary groups. £2,115,462 obtained by voluntary groups.

Information, Support and Funding

Interlink has awarded £50,000 of grants to 23 voluntary and community groups. Grants ranged from musical instruments, small renovations, IT equipment and environmental projects. Llantrisant Amateur Boxing Club, through Darren Wilson, received £3,216 for a suspended ceiling to keep the heat in for the young people during the winter.

Darren explained 'The small grants scheme from Interlink will make all the difference to our project during the winter months. Our club membership declined during last winter because it was too cold for our younger members to train. Our membership is essential to our sustainability.'



Community Capital Grant Project Fund Successes!

Aberdare Children's Contact Centre - Computers, storage units, toys, games - **£1,779**

Bryncynon Community Centre - New central heating boiler - **£2,500**

Cancer Support (Cynon Valley) RCT - Building refurbishment - **£5,000**

Capel Farm Resource Centre - Play equipment, bookcase, outdoor equipment, computer and accessories - **£1,289**

Cor Meibion Morlais - Multi Media system - **£2,000**

Cwmparc Out of School Club - Indoor/outdoor play equipment - **£1,500**

Cynon Allotments - Irrigation project - **£2,950**

Cynon Valley Church, The Lighthouse - Storage, coffee machine, bistro partitions, video camera, computer - **£842**

Dylan's Den - Storage, fridge, building repairs, play equipment - **£2,970**

Glyncoch Community Centre - IT Equipment - **£3,129**

Glyntaff Tenants and Residents Association - Computers - **£3,591**

Llantrisant Amateur Boxing Club - Suspended ceiling - **£3,216**

Llantrisant Ladies' Choir - Piano and accessories - **£1,553**

New Horizons - Gardening Project - **£2,560**

Plugged in Magazine - Computers - **£1,500**

Pontypridd Children's Contact Centre - Play equipment and signage - **£955**

Pontypridd YMCA - Towards refurbishment of their building - **£2,836**

Trealaw Village Trust Ltd - Marketing stands, display boards, printer - **£850**

Trehafod Community Village Hall Ltd - Computers, various building upgrades, wireless microphone, portable white boards - **£2,240**

Upper Rhondda 50+ Forum - Computer - **£517**

Valleys Furniture Recycling - Building works - **£3,224**

Village & Valleys Community Transport - Mobile phones, computers, office equipment - **£1,000**

Ynysybwl Ladies' Choir - Piano - **£1,995**

Volunteering

The RCT Volunteer Awards Evening took place in June 2010 at Abercwmboi Rugby Club.

Jane Davidson presented certificates to 150 volunteers to celebrate their contribution to their communities.



The RCT Volunteers' Centre has seen a 4% increase in the number of volunteers placed in local organisations.

'Thank you very much, I wouldn't be where I am today if it wasn't for you'
Russell Davies, volunteer.

The Volunteer Centre has given help and support to new services and existing organisations. We've supported organisations as they work towards the Investing In Volunteers Quality Assurance standard and delivered training in volunteer management.

'Thank you for all your help, you helped me to get my life back again' **Louise Gaw, volunteer.**

Key Figures

216 Volunteers placed in RCT.

'When I was asked by my local Job Centre Plus if I had ever considered volunteering by a very enthusiastic advisor, my initial thought was 'absolutely not, why would I want to work for free?' Naturally I couldn't say what I thought and I let her suggest some causes in the area. I said that I would prefer to be involved in something that could complement my background and assist in my search for work. About a week later I got a call from a Volunteer Coordinator who advised me of a local company toogoodtowaste who were looking for someone to assist with their website. I rang the volunteer manager and set about organising a taster session the following week to see if I would like it.

The first thing that impressed me was the manner and attitude of all the people in the building towards volunteering. And after a very warm introduction I was set to work. The place is a hive of activity with members of the public entering their showrooms to buy reconditioned furniture and electrical items that have been donated by the local community for the local community. But what the public don't always see is the support that the volunteers receive. The management are fully aware of their reliance on volunteers to help run the business and as such their commitment is genuine and forthcoming with a healthy dose of compliments and encouragement.

*Where preferences are mentioned there is an effort to utilise the volunteers strengths and place them in sectors of the business that are most suitable. All in all the ethos of development and work-based learning is a process designed to empower the volunteer with additional employability. All this while working in a friendly and mutually supportive environment. How do I feel about my particular role and what I gain? My role suits my skills and it is something that I enjoy doing but the real benefit for me is to have a place to make a small contribution to a charity that gives a lot more back. So, my final thought on volunteering.....Do it!' **Sion (sourced from Sion's Blog)***

Young People's Volunteering

The Vol Factor 2010/11

75 local young heroes from Rhondda Cynon Taf were recognised at Interlink's 'Vol Factor' celebration evening, held at the Muni Arts Centre in Pontypridd, in March 2011.

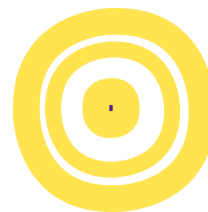
The event celebrated the contributions young volunteers aged 16-25 made to the ten projects which received funding from Interlink's The Vol Factor grants in 2010-11 supported by GwirVol, the Welsh Assembly partnership promoting Youth Volunteering.



All the groups involved gave excellent presentations, explaining how their projects had changed the lives of volunteers and communities. The Vol Factor's Grants Panel consists of young people and they handed out a total of £6,700 to projects including:

- **Treforest Wholesome Food Association** were supported to apply for the national GwirVol Grant Scheme, receiving £8,500 to deliver environmental volunteering opportunities to young people.
- Successful volunteering fayres were held with Ysgol Gyfun y Cymmer and the University of Glamorgan.

- **Wicid.tv** - a marketing project to get more young people to join wicid.tv
- **Paddy's Youth Sport Development** - to buy kit and equipment to support football teams in Penywaun
- **'Rock School'** - young people teaching young people to play music - The Band, Penywaun Enterprise Partnership
- **Hair and Beauty Salon** in Cwmparc - Alison House Youth and Play Project
- **Fashion Recycling Course and Showcase** at Llwynypia Campus Auditorium - Arts Factory
- **Peer Education DVD** - the DVD will share film making skills and promote timebanking and volunteering - Trealaw Village Trust
- **'Jack and the Beanstalk'** at Garth Olwg Lifelong Learning Centre - Ysgol y Pant
- **Global Citizenship Project** covering child poverty and sustainability - Fernhill Youth Project
- **Newydd Youth Challenge** - an exciting day out at Oakwood for young people from Glyntaff - Newydd Housing Association
- **Sporting Taster Event** - young people enjoyed taster sessions including swimming, football and Zumba at Tylorstown Leisure Centre - RCT People First



Key Figures

- 115 young people were interviewed
- 63 young people were placed as volunteers
- 27 were registered as Millennium Volunteers, hosted by 10 different organisations.



Engagement Gateway

Interlink has supported 23 Engagement Gateway projects to get off the ground across the third sector in RCT amounting to £1,556,183 worth of activity! RCT has the highest number of live Gateway projects in Wales engaging with 1023 participants and there are more on the horizon! RCT has also seen a huge amount of collaboration between Gateway providers pulling together a wealth of information and expertise to deliver quality projects for those economically inactive and unemployed living in RCT.

Ann, participating in Too Good to Waste's Gateway project says *'The Gateway project has made me realise I am still capable of coming out and working, I now feel a lot better about myself. I have got back into the swing of things and would say to anyone to try this project – it is marvellous! This Gateway project has inspired me, given me new skills, a new interest in IT and a lifeline!'*

Engagement Gateway is a European Social Fund project administered by WCVA.

Future Jobs For Young People

The Future Jobs Fund has been an outstanding success, putting 75 young people into jobs with 16 member organisations (not including Interlink itself who had 2 jobs!), building the capacity of the Sector and providing more local activities in communities in RCT.

Rhondda Taf Citizens Advice Bureau: The FJF really helped us to increase our capacity and a high proportion have been successful in securing paid work which both interests them and makes good use of the experience they gained with Rhondda Taf CAB.

Clean Stream Carpets: Our FJF employees helped us to build our social enterprise to a stage that would have been impossible without them. It was a great success and led to us creating a permanent post for one of our 3 placements.

Rachel Holland joined Rhondda Breast Friends on 21 February 2011. Rachel has fitted in very well with our organisation and has 'blossomed' in her role as Administrative Assistant. It has been a very fast learning curve for our 21 year old, as this was her first administration position since leaving University. She has attended a few of our training courses which have helped her enormously in dealing with our members and various people who drop into our Centre for advice. She is a kind and caring person, which is an asset in our environment.

Rachel Burton

Found permanent employment during her time as Administrative Assistant for TEDS, *'Thought I would let you know that I have found a permanent full time job at Insync Healthcare down at Thornhill in Cardiff. I am really pleased that I have found something and am not out of work, but I will miss TEDS and all the people here. I have really enjoyed myself here and made some life long friends. If a permanent job was to come up in TEDS I would definitely come straight back.'*

The Gilfach Goch Community Association was successful in securing a contract through Interlink and since then, has been able to offer 25 young people six months paid employment at the centre. During the six months they have been supported with learning new employability skills. They all completed a number of training courses and were given advice and support with writing CVs. Of the 25 placed 18 were successful in gaining employment with other organisations at the end of their six month contract, and a further 6 went back into full time education.

Key Figures

75 young people into jobs by 31 March 2011 (120 in total).

Health, Social Care and Wellbeing

The Health, Social Care and Wellbeing Forum

The Forum brings together people from public and voluntary sectors aiming to improve services through partnership working. The Forum acts as a conduit for the flow of information and acts as a platform for accountability for the various focus groups which sit under it along with providing a networking opportunity and a place to increase knowledge and awareness of current initiatives. This year's key themes included Active Adults, Maintaining Independence - the new Health Social Care and Wellbeing Strategy for 2011-14 and Digital Inclusion.

Cancer Focus Group

The Focus Group has continued to grow and develop, with the Chairperson of the Group, Diane Raybould, winning the Macmillan in Wales Campaigner Award for campaigning ceaselessly to improve patient centred cancer services, and working in partnership with other organisations in Rhondda Cynon Taf and nationally to be a source of support for patients and to make sure their voices are heard.



The Charity (Rhondda Breast Friends) would like to acknowledge the substantial amount of work undertaken by Cancer Leads in Cwm Taf to achieve compliance with the Standards and also thank their members; the community and member organisations of RCT's Cancer Focus Group for their enthusiastic and passionate support; Christine Chapman AM; and the Welsh Government's Petitions Committee for their determination and tenacity to ensure procedures were put in place to report on and progress compliance with Cancer Standards across Wales.' **Rhondda Breast Friends.**

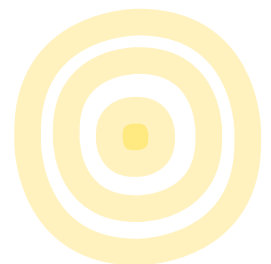
The latter part of 2010 saw the establishment of Cwm Taf Disability Focus Group to bring together organisations with an interest in disability issues in RCT and Merthyr. The Focus Group has started to explore the potential for innovative and collaborative local solutions to issues of disability through cooperative and social enterprise models in social care.

Crystal Trophy Awards

The Health Challenge Awards recognize the achievements of local groups in addressing health, social care and wellbeing. Maerdy Fat Club received the coveted first prize of £1,000 for 'Sensible Slimming', supported by Communities First Maerdy. The Club was established to educate local residents about healthy eating, nutrition, healthy cooking, budgeting for food and physical activity.

'This is an excellent example of a grass roots project that is making a huge contribution to health and well-being . . .' **Nicola John, Director of Public Health at Cwm Taf Health Board.**

The second prize of £500 was awarded to Tonyrefail Food Co-operative based in Capel Farm and the third prize of £250 went to Dragon Savers for their new Credit Union in Perthcelyn.



Mental Health Service Development

Support was provided over the year to assist and prepare organisations for the re-configuration of Mental Health Day Services as a result of the Day Service Review carried out by the Cwm Taf Health Board. This was achieved through Mental Health Forum meetings and the development of a strong Steering Group to support the development of new and existing services. Partners are now working more collaboratively to bridge identified gaps in service provision. A new pathway of Mental Health services has been established, via a consortium arrangement, to secure future services. There is agreement to access additional funding and explore social enterprise opportunities. The Day Service Review Consortium Memorandum of Understanding was drawn up on 17 March 2011.

Good working relationships were developed with others to achieve a consistent and transparent approach to commissioning by facilitating access to training, inviting key managers to Mental Health Forum meetings and establishing further dialogue at Joint Planning Group and Steering Group meetings. The Steering Group worked closely to provide case studies and commissioning good practice reports for the Commission Accomplished website, particularly around the local tendering processes for the re-configuration of Mental Health Day Services.

Over the year work has been ongoing on an online Mental Health Service Directory, visit:

www.mentalhealthsupport.co.uk

'I found the online directory of local mental health services really useful and very user friendly'

Key Figures

Two consortium workshops on contract structures were delivered by Gareth Cole from WCVA in September and November 2010 to support the Day Service Review and a workshop was delivered by Margaret McLaughlin on Results Based Accountability monitoring systems on 25 March 11.

The World Mental Health Day in October 2010 brought mental health issues to public attention by tackling misinformation and common misconceptions. The Event enabled collaborative working to address the needs of local communities and opportunities for service users to engage with providers of services. It gave local organisations and partners a chance to showcase the quality and quantity of services available within the Cwm Taf area. The Event featured 60 stall holders, 300 attendees and raised £900.



'World Mental Health Day was a great day out and I picked up some useful information about groups I could attend in my area that I didn't know about before.'

A series of Digital Story workshops have been held at Interlink over the year in partnership with Communities 2.0 for service users to be involved and tell their stories, contributing to the site in a powerful way while actively promoting services and challenging stigma.



Mental Health Service User Involvement Project

Service users have been involved in a wide variety of opportunities such as service users groups, joint working groups, mental health, awareness raising, training and recruitment.

SURF (Service User Recovery Forum)

Regular monthly SURF meetings have been rotated in different community venues to allow service users from across RCT and Merthyr to share their experiences, to respond to consultations and to collect feedback about mental health services.

'It feels really good to be a part of something.'

Joint Working Groups

Five service users have been involved in groups, such as the RCT and Merthyr Joint Planning Group, the Psychology Service User and Carer Committee and Care Planning Approach (CPA) Monitoring Group.

Mental Health Awareness Raising

During World Mental Health Week in October 2010, service users gave a presentation at 'An Audience With' event at the Muni Arts Centre about their experiences of service user involvement and participated in fund-raising activities.

In October 2010, 6 service users were involved in 'living libraries' in 3 libraries across RCT. This is an innovative method designed to promote dialogue, reduce prejudices and encourage understanding about mental health to the general public. Service users prepared chapters from their lives and became 'human/living books', recounting their experiences of using mental health services.

Training and Recruitment

Service users participated in the training of home care workers, student nurses, clinical psychology students and took part in the teaching and assessment of 'Approved Mental Health Practitioner' students.

Service users were also involved in recruitment of students for a clinical psychology course, staff at Interlink, the tendering process for Routes to Recovery and organisations to supply Home Care.

As well as delivering training, service users have received various training such as equality and diversity, the role of an approved mental health professional, questioning techniques, confidence building, presentation skills, digital story telling and preparation for living libraries.

'I am a person who has a mental health problem and you are the person who has done professional training and has a set of knowledge and skills that can help me. We can go on together constructively.'

Stronger In Partnership

The Stronger In Partnership group was successfully launched in January 2011. This group is attended by service users, carers and mental health service providers with a shared vision for promoting service user and carer involvement in mental health services across RCT and Merthyr.

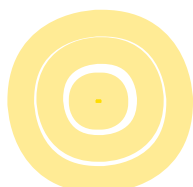
As part of the launch of Stronger In Partnership, a participation workshop was held in March 2010 to map current involvement across RCT and identify new involvement opportunities for service users.

'Stronger In Partnership is looking like the right tool to take service user involvement forward.'

Several new ideas emerged including establishing a service user presence on in-patient mental health units and a 'Your Day Your Say' event for service users and providers to meet and discuss different mental health services.

Key Figures

15 active service users, including 4 new service users.



Expert Patients Programme

Expert Patients Programme

A FREE self help programme for people and their carers who live with any long-term health condition. The course is designed to improve the quality of life and takes place in a relaxed and friendly atmosphere. People who live with many different conditions come together to work through techniques to help them manage their lives. Trained volunteer tutors, who themselves live with a long-term health condition, run a 6 week course of 2 ½ hours per week.



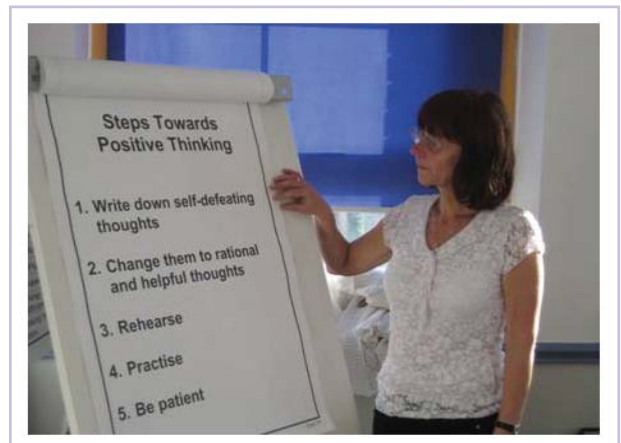
'I came here thinking I would not get anything out of the course. I cried for 3 weeks then something clicked and I felt so much better. Using self management and better communication has helped me with my family. The group are going to stay in touch as we all got on so well.' (LS)

'My heart disease came as a complete surprise, I had no warnings. It got to the stage where I could not leave the house and lost friends. Attending the course, I was able to get out and make new friends. It helped me come to terms with my problem.' (PW)

'I have been suffering badly with depression this year. I had isolated myself. I have found this course very beneficial with my motivation and communication skills and will continue with the tool box and revert back to my handbook on a daily basis.' (AJ)

'I have suffered with depression, stress and anxiety since as long as I can remember, the course has taught me different ways to manage and cope with day to day situations. Before, I would become frustrated and angry with myself, I now feel I have the tools to help myself and to realise I'm not odd or stupid. I just need to take control of my illness.' (HW)

'18 years of pain, undiagnosed arthritis, despite requests for help from doctors, I was continually dismissed. The course has helped me to understand I am not making a fuss and do deserve to be heard and understood.' (LF)



Key Figures

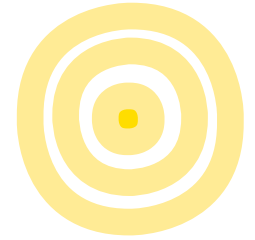
5 courses ran over RCT in Porth, Abercynon, Pontypridd, Aberdare and Upper Boat (Interlink) with a total of 39 participants completing the course. One new volunteer tutor recruited, taking the total to four in RCT.

See CHANGE – Empowering Active Communities in RCT

The Big Lottery funded project started in November with the aim is to build the capacity of communities through community development, developing skills through training and providing support in communities to ensure that local needs are addressed by local people.

The project is titled **SEE C.H.A.N.G.E**, after the following 6 CHANGE outcomes:

- C** - Change through Leadership programme
- H** - Helping Hands
- A** - Accounting for Change
- N** - Networked Communities
- G** - Global Citizenship, Sustainability and Well-being
- E** - Empowered Communities



Interlink has been lucky to benefit from the strength of the Steering Group which includes people from local and national groups and has helped to develop a highly effective start to the project. Strong relationships have already been developed with communities in Maerdy, Penrhys, Abercwmboi, Perthcelyn and Glyncoch.

'It's so much better learning from someone who has actually worked in Community Development' **Learner on Community Development Training in Penrhys**

One of our achievements is that we were asked to deliver an accredited course in Community Development after a successful taster course to young volunteers in Abercwmboi. We want to congratulate everyone that has taken part in this exciting project and we look forward to building on what we have already achieved in the coming year.

'I think it's really good that we get an opportunity to talk about these things' **Learner on 'Understanding Local Politics' course in Maerdy**



Key Figures

Despite only starting delivering training in 2011, by 31 March the project has already delivered 8 courses at various levels from short tasters to a Level 2 accredited OCN, training 56 people in:

- Community Development
- Research skills
- Evaluation
- Understanding Local Politics
- Participation



Children and Young People Development

Children and Young People Development (CYD) Network

The CYD network has continued to develop over the year with a range of information, including a consultation on the Children and Young People's Plan 2011-2014 and four events were held during 2010/11, including:

'**Planning for the Future**' took place on the 22 April 2010 in Trehafod Community Church Hall and provided the Sector with the chance to better understand 'Canopi' and how they can contribute at a local cluster level.

'**Back to Basics**' took place on the 16 September at Mountain Ash YMCA and allowed the members to reflect on the achievements of the Network as well as the launch of the Participation Strategy to the Sector.

'Safeguarding is Everybody's Business'

This Sector has fully taken this message on board with the growing number of Safeguarding Courses that have been requested by community groups over the year. The Local Safeguarding Children Board endorsed 'Safeguarding Level 2 Course' has been delivered to 13 groups, three courses as part of Interlink's Training Programme and all Interlink staff have received training. This proves how proactive the Sector is in respect of its safeguarding commitments towards children and young people in RCT.



Young Peoples Participation

Many children and young people were involved in the consultation process for the second Children and Young People's Plan for RCT. A wide variety of Children and Young People were consulted including both English and Welsh schools; the Voluntary Sector organisations; youth clubs; specialist groups; as well as numerous other settings were asked for their views and opinions on the priorities for the new Plan. In total over 50 settings contributed to the consultation and informed the final version of the new Plan.

'Most young people are just like adults in that they are not all hoodie wearing jobs, and we do understand that we have responsibilities as well as rights.' **Young people's training group**

'There should be more awareness of real poverty in our communities, because there are still some people who are very poor. You need a computer and a printer now just to do your homework and not everyone has a computer let alone a printer. I think people should be shown how harsh it is to be poor, because poor people are afraid to speak up.'

Pupil Ferndale School

It is clear from the information received that the children and young people have very definite views and like to have their voices heard and their opinions valued. They are very aware of the current economic climate and are particularly concerned about their communities. Feedback from the whole consultation was given to everyone who participated.

'We need to learn more practical things, such as cooking, politics, dealing with money and paying bills'
Pupil Ysgol Gyfun Llanhari

Play Development Project

'The Playwork training really changed my views towards supporting children to grow through play, both as a parent and a Playworker. I discovered that it is really important to create environments that enable them to freely explore the world for themselves with as little adult restrictions as is possible.'

Learner on Playwork training

Bumper Year for Play in RCT, with ...

- 319 people trained in Playwork.
- A really successful Playday in August 2010 in Michael Sobell Leisure Centre attended by 1,200 people from across RCT.



'It's lovely to see the children playing freely like we used to.'
Grandparent from Maerdy at Playday.

'Playable Spaces'

- A partnership project between Interlink, Tri-County Play Association and Chwarae Plant was successful in securing £500,000 to develop playable spaces across the Heads of the Valleys area.

'The support from Interlink has been great in helping us to develop and deliver our exciting play projects in RCT.'

Ben Grennaway, Executive Officer, Chwarae Plant



- Chwarae Plant were supported to secure £979,511 from the Big Lottery Fund for developing play in RCT and £240,000 for play training from the Lottery's People and Places Fund.
- 20 organisations were directly supported to develop play activities.
- 30 organisations were visited during the summer with the Flying Squad.

'The Flying Squad were great, their enthusiasm and skill sharing were really beneficial'
Sian, Llanharran Drop-in Centre

Interlink Training Programme

What have we delivered?

- ACAS - Redundancy and Managing Change
- Arts Council of Wales - Funding Surgery
- Committee Skills - How to run effective meetings
- Consortia and Sub-contracting workshop
- Customer Service
- Digital Storytelling
- First Aid
- Food Hygiene - Level 2
- Food Safety - Level 2
- Health and Safety in the Workplace
- Introduction to Business Planning
- Introduction to Project Management
- Introduction to Volunteering and Preparing for Volunteers
- Making Minutes
- Media Training
- Mental Health Awareness
- Performance and Outcomes
- Presentation Skills



- Safeguarding Children and Young People
- Safeguarding Vulnerable Adults
- Social Networking
- Soft Skills and Distance Travelled
- Supervision and Appraisal
- Tendering for the Terrified
- Train the Trainer
- Trustee Training
- Writing a Press Release



What you told us:

Ann, a trainee housing officer, said that the knowledge gained from our safeguarding training will be *'invaluable in this job'*.

Chris, from Too Good To Waste, said the retail skills training had been *'a fun and efficient day... very laid-back but completely effective!'*

Commission Accomplished

The Commissioning Policy Development Project continued apace with the production of a Public Sector Code of Practice for Commissioning Third Sector Services in Rhondda Cynon Taf and Merthyr Tydfil and an online toolkit.

www.commissionaccomplished.co.uk

What is the Code of Practice?

It is a commissioning framework, for public and third sector organisations, which includes good practice in commissioning which can be broadly applied. It has been designed to work alongside existing commissioning frameworks and guidance.

It is intended to contribute to:

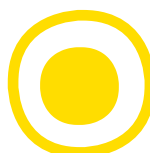
- Improving commissioning and service planning processes.
- Designing and delivering public services that are citizen centred, needs based and outcomes led.
- Identifying and removing barriers to third sector involvement in public service delivery.

The project support:

On a Mission Briefing - newsletters about project progress were produced on a quarterly basis.

Training Needs Analysis - survey forms were widely circulated to determine the training needs of staff from both the public and third sectors to translate into a comprehensive training programme.

Cracking the Code - consultation on the draft Code of Practice was held between May and July 2010 and included a workshop event on 28 June, with speakers from both local authorities, Cwm Taf Health Board and the Welsh Government. The Code of Practice was formally accepted by the Joint Local Service Board in November 2010.



Executive Committee

Executive Committee 2010 to 2011

Jean Harrington	TEDS	Chair
Pauline Richards	Valleys Kids	Vice Chair
Thea Lewis	Pontypridd Talking News Association	Treasurer (<i>until December 2010</i>)
Lynne Herbert	DEWIS	Treasurer (<i>from December 2010</i>)
Vince Price	Cynon Valley Crime Prevention	
Michelle Lenton Johnson	The Strategy	
Ian Dennis	Groundwork Merthyr and RCT	
Robin Cook	Treforest Wholesome Food Association	
Rhian Dash	Rowan Tree Cancer Care	
Erika Helps	Rhondda Taf CAB	
Kate O'Sullivan	Gilfach Goch Community Association	
Lyn Bond	Glyntaff Tenants and Residents	
Huw Langford	Merthyr and The Valleys MIND (<i>until December 2010</i>)	
Wayne Carter	Penrhys Partnership (<i>from December 2010</i>)	
Geoff Bell	Brynewel House (<i>from December 2010</i>)	
Wendy York	RCT Community Arts	

'I found the course gave me a better understanding of my Bi-Polar and how to control it rather than it control me' **Participant attending the Bi-Polar Awareness Training Course**

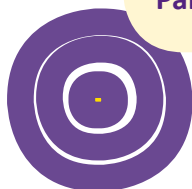
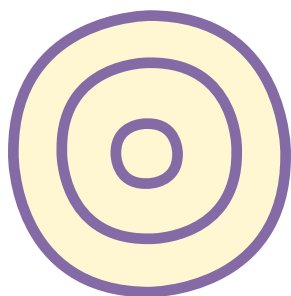
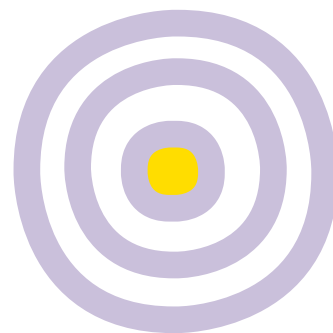
'A good course, useful for any organisation wanting to be more media savvy' **Participant attending the Media Training Course**

Staff Team

Simon James
Ann Philpott
June Williams-Sykes
Kath Price
Alisa Davies
Cara Jordan-Evans
Rebecca Wright
Lauren Baker
Phil Barrett
Joanna Markham
Jayesh Parmar
Christine Davies
Thomas Crockett
Sam Griffiths
Jenny Thomas
Meriel Gough Rogers
Matthew Cook
Maria Prosser
Sue Phillips
Maria Abson
Helen Rees
Rachel Wyatt

Minu Mandora
Anne Morris
Kelly Daniel
Helen Green
Interlink Cleaners:

Chief Executive Officer
Operations Manager
Finance and Resources Manager
Office Manager
Administrative Assistant
Administrative Assistant
Administrative Assistant (*until December 2010*)
Receptionist/Hospitality Assistant (*from December 2010*)
Capacity Building Development Officer
Information and Support Development Officer
Social Enterprise Development Officer (*until June 2010*)
Volunteering Development Officer
Volunteering Development Officer
Volunteer Centre Administrative Assistant
Future Jobs Development Officer
Engagement Gateway Development Officer
Play Development Officer
Children & Young People Partnership Development Officer (*hosted by Interlink*)
Fframwaith Participation & Involvement Officer (*hosted by Interlink*)
Mental Health Development Officer
Mental Health Service User Involvement Officer (Support)
Mental Health Service User Involvement Officer (Development)
(*from September 2010*)
Expert Patients Programme Trainer/Coordinator
Health and Social Care Facilitator
See Change Coordinator and Trainer (*from November 2010*)
See Change Participation Officer (*from February 2011*)
Jan Thomas, Maria Davies, Mandy Jones



'Very friendly and committed team of trainers, who have a large knowledge base and experience in the subject matter'
Participant attending the Safeguarding Child Protection Course

Balance Sheet As at 31 March 2011

	2011 £	2010 £
Fixed Assets		
Tangible Fixed Assets	<u>56,008</u>	<u>59,737</u>
Current Assets		
Debtors and Prepayments	40,287	71,511
Cash at Bank and in hand	<u>449,693</u>	<u>407,607</u>
	489,980	479,118
Liabilities:		
Amounts falling due within one year	<u>30,020</u>	<u>91,006</u>
Net Current Assets	459,960	388,112
Net Assets	<u>515,968</u>	<u>447,849</u>
Funds		
Unrestricted Funds	474,177	431,679
Restricted Funds	41,791	16,170
Total Funds	<u>515,968</u>	<u>447,849</u>

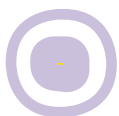
These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the Charity. For further information the full accounts, the independent auditor's report on those accounts and the trustees' annual report should be consulted. Copies of these can be obtained from Interlink, 6 Melin Corrwg, Cardiff Road, Upper Boat CF37 5BE Telephone: 01443 846200.

To the Members of Interlink

In the opinion of the independent auditors, Williams Ross Limited, the summarised accounts given in this document are consistent with the full annual accounts. The independent auditors' report on the full accounts was unqualified.

WILLIAMS ROSS LIMITED Chartered Accountants and Registered Auditor, 4 Ynys Bridge Court, Gwaelod y Garth, Cardiff, CF15 9SS.

These accounts were approved by Interlink's Executive Committee at its meeting on 9 November 2011.



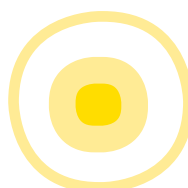
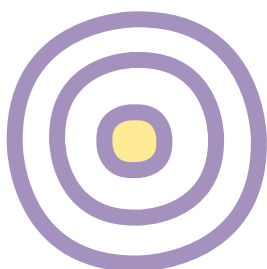
Accounts

Summary Income and Expenditure Account Year ended 31 March 2011

	2011 £	2010 £
Gross income from normal continuing operations	814,069	782,349
DWP Future Jobs Fund	<u>485,910</u>	<u>161,487</u>
Total income of continuing operations	1,299,979	943,836
Total expenditure of continuing operations	<u>1,231,860</u>	<u>930,957</u>
Net income for the year	<u>68,119</u>	<u>12,879</u>

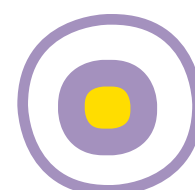
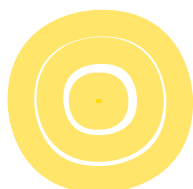
Analysis of resources expended

	Staff Costs £	DWP Future Jobs Fund £	Other £	Depreciation £	Total £
Support Costs	519,342	452,594	233,256	9,036	1,214,228
Management and administration expenditure (including governance)	10,636	-	6,996	-	17,632
	<u>529,978</u>	<u>452,594</u>	<u>240,252</u>	<u>9,036</u>	<u>1,231,860</u>



Statement of Financial Activities For the year ended 31 March 2011

	Unrestricted £	2011 Restricted £	Total £	2010 Total £
Incoming resources				
Incoming Resources from Generated Funds:				
Activities for generating funds:				
Trading income	10,594	-	10,594	1,182
Rent and accommodation income	-	-	-	2,605
Bank Interest	361	-	361	456
Incoming Resources from Charitable Activities:				
Grants and contracts	393,652	370,504	764,156	765,973
DWP Future Jobs Fund income	-	485,910	485,910	161,487
Other incoming resources	<u>38,958</u>	<u>-</u>	<u>38,958</u>	<u>12,133</u>
Total Incoming Resources	<u>443,565</u>	<u>856,414</u>	<u>1,299,979</u>	<u>943,836</u>
Resources Expended				
Charitable Activities	508,939	252,695	761,634	761,471
Governance Costs	17,632	-	17,632	19,618
DWP Future Jobs Fund payments to providers	<u>-</u>	<u>452,594</u>	<u>452,594</u>	<u>149,868</u>
Total Resources Expended	<u>526,571</u>	<u>705,289</u>	<u>1,231,860</u>	<u>930,957</u>
Net (Outgoing) / Incoming resources before Transfers	(83,006)	151,125	68,119	12,879
Transfers between Funds	<u>125,504</u>	<u>(125,504)</u>	<u>-</u>	<u>-</u>
Net Movement in funds	42,498	25,621	68,119	12,879
Funds brought forward	<u>431,679</u>	<u>16,170</u>	<u>447,849</u>	<u>434,970</u>
Funds Carried Forward	<u>474,177</u>	<u>41,791</u>	<u>515,968</u>	<u>447,849</u>



Membership

Interlink Membership to 31 March 2011

12th Pontypridd Scout Group; 1st Aberdare St Fagans Scout Group; 1st Pontygwaith Scout Group; 1st Tonyrefail Scout Group; Aberaman Amateur Boxing Club; Aberaman Bowls Club; Aberaman Newydd Tenants Association; Abercwmboi Community Revival Group; Abercwmboi Village Improvement Partnership; Abercynon Action Team; Abercynon Partnership – TARCA; Abercynon RFC; Aberdare and District Radio Society; Aberdare Childrens Contact Centre; Aberdare Cricket Club; Aberdare Scribblers; Aberdare Town Branch - National Assoc of OAP's; Aberdare Town Centre Project; Aberdare Trefoil Guild; Abergorki Community Hall; Aberllechau Community Association; Abernant Community Interests Group; Access Mondial; Accessible Caring Transport; ACT 1 Theatre Group; ADD-LIB; ADREF LTD; Advocacy Matters; Age Action Mountain Ash and Penrhiwceiber; Age Concern Cymru; Age Concern Morgannwg; All Wales Forum; An Open Door; Arosfa Senior Citizens Guild; Arts Factory; Ashfield Close Tenants Association; Ategi; BETH Beyond Everything There's Hope; Bethel Place Residents Association; Bethlehem Baptist Church; Blaenrhondda Community Association; Boys and Girls Clubs Of Wales; Breast Cancer Care Cymru; Breathe Easy Rhondda; Briars Bridleways; Britannia Street Watch; British Deaf Association; British Heart Foundation Cymru; British Red Cross; Bronwydd Ladies Bowling Club; Bryn Golau Caerwlerlas Tenants and Residents; Brynawel House Alcohol Rehabilitation Centre; Bryncynon Community Centre; Bryncynon Litter Pick Group; Bryncynon Walking Group; Bryntirion Graveyard Fund; Bryntirion Tenant and Residents Association; Bwl Drama Group; Camau Bach Outdoor Activity Group; Capel Farm Resource Centre; Capel Salem Tonteg; Capel y Tabernacl Cyf; Cardiff Vales and Valleys; Care and Repair Rhondda Cynon Taf Ltd; Cartrefi Cymru; CASE; Castle Square United Reform Church; Cefn Primary Mother and Toddler; Cefnpennar and District Welfare Association; Cemetery Road Tenants and Residents Association; Central Glamorgan Guides; Central Glamorgan Trefoil Guild; Church View Close - Sheltered Housing Trust; Churches Counselling Service in Wales; Chwarae Plant; Chwarae Teg; CIC (Cynllyn Ieuenctid Y Cymoedd); Cilfynydd Art Society; Cilfynydd Kids Club; Circles Network Wales; Cleanstream Carpets CIC; CLIC CYMRU; Clwb Carco; Clwb Gymdeithasol Cymraeg Cwm Cynon; Coal Industry Social Welfare Organisation; Coalfields Regeneration Trust; Coed Ely Community Centre Steering Group; Community Cancer Services; Community Development Cymru; Community Logistics; Community Mediation Services RCT; Connect 141:121; Cor Meibion Morlais; Cor Meibion Pontypridd; Cornerstone Church; Craftyways Society; Crime Reduction Initiatives; Crossroads Rhondda Cynon Taf; Cruse Bereavement Care Merthyr Tydfil / Rhondda Cynon Taf; Cwm Clydach Development Trust; Cwm Clydach Outdoor Activity Group; Cwm Cynon Women's Aid; Cwm Taf Credit Union; Cwm Taf Alzheimer's Society; Cwmaman Health Group; Cwmaman Institute Silver Band; Cwmaman Public Hall and Institute; Cwmbach Choir; Cwmbach Scouts and Guides; Cwmparc Branch National OAP of Wales; Cwmparc Community Association; Cwmparc Old Age Pensioners Association; Cwmparc Out of School Club; Cwmparc Treorchy and Ynyswen Community Regeneration; CYD; Cylch; Cylch Meithrin Efail Isaf; Cylch Meithrin Llanhari; Cylch Meithrin Nant Dyrys/Treherbert; Cylch Meithrin Porth; Cylch Meithrin Thomastown; Cylch Meithrin Tonypany; Cylch Meithrin Treorci; Cylch Meithrin Tynewydd; Cylch Meithrin/Ti a Fi Aberdar; Cylch Ti a Fi Treorchy; Cymdeithas Gymraeg Llwynypia; Cymdeithas Rhieni y Cymer; Cynon Allotments Association; Cynon Culture; Cynon Taf Community Housing; Cynon Valley Area National OAP's Association of Wales; Cynon Valley Childminding Group; Cynon Valley Citizens Advice Bureau; Cynon Valley Crime Prevention Association; Cynon Valley Model Railway Society; Cynon Valley Neighbourhood Watch; Cynon Valley PALS; Dai Davies Community Centre; Darranlas Residents Association; Dewis Centre for Independent Living; Diabetes Peer Support; Diabetes UK Cymru; Diabetes UK Pontypridd and District; Disability Wales; Dragon Savers Credit Union; DRIVE; Drugaid (Swapa Ltd); Dylan's Den; Early Start; Eating Disorders Wales; Efail Isaf Village Hall; Elim Cynon Valley Church; Elite Supported Employment Agency Ltd; Ely Valley Junior Football Club; Epilepsy Wales; FADS - A Family Service; Fairbridge Cymru; Fernbank House; Fernbank Residents Group; Ferndale and District Boys and Girls Club; Ferndale Court Residents Fund; Ferndale Home Improvement Service; Ferndale Old Age Pensioners; Ferndale Skate Park; Fernhill (Rhondda) Conservation Group; Fernhill Association of Residents; Fernhill Family Flats; Fernhill Play Organisation; Fernhill Youth Project; Fforest Uchaf Horse and Pony Rehabilitation Centre and Pit Pony Sanctuary; Firebrake Wales; Forum of Older People in Cynon Valley; Friday Youth Club; Friends of Caerglas Resource Centre; Friends of Craig yr Hesg Community School; Friends of Maesgwyn Special School; Friends of the Animals; Friends of The Rhondda Heritage Park; Friends of Tonypany Primary School; Friends of Ynysangharad War Memorial Park; Friends of Ynyshir Primary School; Friends r Us; Gadlys Regeneration Initiative Programme; Garthwen Residents Sheltered Homes; Gatehouse; Gelli Fedi Rise Tennants Association; Gelligaled Bowls Club; Gilfach Goch Community Association; Gilfach Goch Welfare OAP Association; Gilfach Goch Youth Committee; GingerBread WALES; Glamorgan Blended Learning; Glamorgan ME Support Group; Glamorgan Mission to the Deaf; Glan Road Neighbourhood Watch; Glancynon Gardening Group; Glasbrook Recreation Committee; Glyn Aman Neighbourhood Watch; Glyncoch Community Centre; Glyntaff Serenades; Glyntaff Tenants and Residents Association; Gofal Cymru (Rhondda Cynon Taf); Graig Community Centre; Greenhill Allotments Society; Greenmeadow Riding for the Disabled Group; Groundwork Merthyr and Rhondda Cynon Taf; Groundwork Wales; Group for Environmental Awareness in Rhondda; Grow Enterprise Wales; Growing; GTFM; Gwaunruperra Residents and Community Group; Hafod Care Association Ltd; Headway Cardiff; Heartbeat 95; Heol Keir Hardie Neighbourhood Watch; Hirwaun and Penderyn Community Council; Hirwaun OAP Association; Hirwaun Welfare Football Social Club; Hirwaun YMCA Youth and Community Centre; Homestart RCT; Ilan Diamonds Jazz Band; Kyber Colts ABC; Laburnum Court Residents Association; Lan Woods Environmental Protection Group; Learning Disability Wales; Lewis Merthyr Band; Library Close Senior Citizens; Llanfair Uniting Church; Llanharan Community Development Project Ltd; Llanharan OAP Association; Llanharan Recreation Ground Trust; Llanharry and Tylagarw Community Association; Llanilltud Feardref Art Society;

Interlink Membership to 31 March 2011

Llantrisant ABC; Llantrisant History Society; Llantrisant Ladies Choir; Llantwit Fardre Football Club; Llantwit Lions Skater Hockey Club; Llwydcoed Band; Llwydcoed Community Centre; Llwynypia Boys and Girls Club; Llys Catwg Residents Association; Lower Trealaw Branch OAP Maes Yr Haf; Maerdy Archives; Maerdy Community Centre; Maerdy Infants Taskforce Environment; Maerdy/Ferndale Tenants and Residents Board; MDF the BiPolar Organisation Cymru; Meadow Crafts; Mencap Cymru; Menter Iaith Rhondda Cynon Taf; Merthyr and the Valleys Mind; Mid Fach River Care Group; Mid Glamorgan Area Scout Council; Mid Glamorgan Scouts; Mid Rhondda Band; Mid Rhondda Modelling; Miskin Art; Miskin Regeneration Trust; Mountain Ash YMCA; Mudiad Ysgolion Meithrin Rhondda Cynon Taf; Nant-y-Fedw Tenants and Residents; Nantgarw OAP Association; National Council of YMCA's in Wales; NCH Action for Children Penwaun Family Centre; NCH Action for Children Rhondda Family Project; Nebo Chapel; New Horizons; New Life Community Church; Newlink Wales; Newtown Llantwit Allotment Association; Newydd Housing Association; Nip it in the Bud Ltd; Nixons Welfare Institute and Social Club; Nurse Bowen Memorial Trust; Oasis Church; Ogwr DASH; Old Bridge Photographic Society; Old School Community Centre; Older Peoples Advisory Group; Parc and Dare Band; Parc Craft Club; Parent Teacher Association of Pont Sion Norton School; Parents Association Llwynypia - Youth Section; Parents Staff Association of Ysgol y Cymer Rhondda; Parkinson's UK Cymru; Penderyn Community Hall; Penderyn Senior Welfare Committee; Penderyn Sports Association; Penrhwiweiber Community Revival Strategy Group; Penrhwiweiber Institute and Community Society; Penrhys Partnership; Penygawsi OAP Branch; Penygraig Boys and Girls Club; Penywaun Community Centre; Penywaun Enterprise Partnership; Person to Person Citizen Advocacy; Perthcelyn Community Centre; Platform Arts; Plugged in Magazine; Pontyclun Bosom Pals; Pontyclun Football Club; Pontyclun Youth Partnership; Pontygwaith Community Centre; Pontypridd and District Mencap Society; Pontypridd South Road Championship Club; Pontypridd Talking News Association; Pontypridd Women's Aid; Pontypridd YMCA; Porth Infants Kids Club; Positive Steps; Prime Cymru; Providence Baptist Church; RCT Access Group; RCT Eye to Eye Youth Counselling Service; RCT Homes; RCT Young People First; Recreation Ground Sports Association; Retired Senior Volunteer Programme; Rhigos Community Sports Association; Rhigos Kidz n Youth Group; Rhigos Neighbourhood Watch; Rhondda 50+ Forum; Rhondda Against Illegal Drugs; Rhondda Against Nantgywyddon Tip; Rhondda Animal Aid and Cats Protection; Rhondda Apostolic Mission; Rhondda Breast Friends; Rhondda Calligraphy Society; Rhondda Community Credit Union Ltd; Rhondda Community Development Association; Rhondda Community Garden and Enterprise Scheme; Rhondda Cynon Taf Aspergers Syndrome Parent Support Group; Rhondda Cynon Taf Community Arts; Rhondda Cynon Taf District Scout Council; Rhondda Cynon Taf Parent and Carer Network; Rhondda Cynon Taf People First; Rhondda Cynon Taf Tenants and Residents Federation; Rhondda Disabled Riding Group; Rhondda Fach Housebound Club; Rhondda Housing Association; Rhondda Housing Maerdy Tenants Association; Rhondda Indoor Bowls Club; Rhondda Jazz; Rhondda League of Children's Marching Bands; Rhondda Listening Friends; Rhondda Radio; Rhondda Rocket Cheerleading Group; Rhondda Sea Cadets; Rhondda Taf Citizens Advice Bureau; Rhondda Tennis Club; Rhondda Volunteer Information Centre; Rhondda Women's Aid; Rhydyfelin Community Woodland Group; Rhydyfelin Methodist Church; Rhydyfelin AFC; RNIB Cymru; Rotary Club of Rhondda; Rowan Tree Cancer Care; Royal British Legion Ynyshir Branch; Safety and Crime Prevention; Salem English Baptist Chapel; Save the Children Cynon Valley; Scope Cymru; Seion Baptist Chapel Maerdy; Showcase; Skillforce Wales; SNAP Cymru; Soar Chapel Ladies Guild; South East Wales Backcare; Speakeasy Advice Centre; Spectacle Theatre; Springfield Social Club; SSAFA; SSAFA (Aberdare); St Catherine's Church, Pontypridd; St David's Foundation; St David's Uniting Church; St John Ambulance; St John Council for Rhondda Cynon Taf; St Matthews Church; Sunday Funday Gang; Surf Lifesaving Association of Wales; Survivors of Domestic Abuse (RCT); Taf Ely Crime Prevention; Taf Ely Neighbourhood Watch Association; Taf Ely Victim Support; Taffs Well Breastfeeding Support Group; Taffs Well Community Garden; Taffs Well Village Hall; Talbot Green Playgroup; Tanglewood; TEDS; Telecentre and Business School Ltd; The Ark Youth and Community Project; The Big Issue Cymru Ltd; The Boilerhouse Project Ltd; The Down's Syndrome Association; The Heritage Singers; The Kiddie Club; The Phoenix Singers; The Prince's Trust Cymru; The Strategy; The Vibes Foundry Brass Band; The WAK Club; Time Out Group; Ton and Gelli Boys and Girls Club; Ton Pentre Recreation Association; Tonteg Senior Citizens Association; Tonypandy and Llwynypia OAP Group; Tonypandy Albion Football Club; Tonyrefail Environment Association; Tonyrefail History and Folklore Society; Tonyrefail Homing Society; Tonyrefail Information and Advice Scheme TIAS; Tonyrefail Ladies Choir; Tonyrefail Welfare Football Club; Too Good To Waste; Total Care Support Solutions Community Interest Company; TraVol Community Transport; Trealaw Village Trust Ltd; Trebanog Older Peoples Group; Trecynon Institute; Treforest Community Voluntary Group; Treforest Old Age Pensioners Association; Treforest Residents Association; Treforest Wholesome Food Association; Trehafod Community Village Hall; Treherbert Quilting Group; Treherbert Rugby Club; Treorchy Senior Citizens Club; Treorchy Women's Institute; Trerhondda Arts Factory stay and play; Trothwy Cyf.; Ty Rhiw Restoration Fund; Ty Rhondda-Young Single Homeless Project; Tylorstown Communities First; Ultimate Stage Company; Upper Rhondda Brass Band; Urdd Gobaith Cymru; Valley of Hope; Valleys Kids; Valleys Regional Equalities Council; Valleys Women's Ethnic Minority Support Group; Village and Valleys Community Transport; Village and Valleys (RCT) Community Transport; Vision 21 (Cyfle Cymru); Viva Project; Wales PPA; Welfare Hall and Institute; Welsh Perry and Cider Society; Women's Royal Voluntary Service; Workers' Educational Association; Ynyshir and Wattstown Boys and Youth Club; Ynyswen Senior Citizens Club; Ynyswen Welfare Institute; Ynysybwll Community Centre; Ynysybwll Community Project; Ynysybwll Ladies Choir; Ynysybwll Neighbourhood Watch Association; Young at Heart Thursday Club; Young Ones Parent and Toddler Group; Ysgol Feithrin Gilfach Goch; Ysgol Feithrin Pontyclun; Ysgol Feithrin Ynysybwll; Ystrad Boys and Girls Club; Ystrad Old Age Pensioners Association; Ystradyfodwg Art Society



Get In Touch

For further information on Interlink's activities
and membership details, visit:

www.interlinkrct.org.uk
[www.facebook.com](https://www.facebook.com/interlinkrct)
www.twitter.com/interlinkrct
www.interlinkrct.tumblr.com

Contact us on 01443 846200
Fax No. 01443 844843
E.mail: info@interlinkrct.org.uk

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Registered Charity No: 1141143
Company Limited by Guarantee No: 07549533

