

COMMUNITY COORDINATOR BULLETIN

October 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

Meriel
Rhondda Valleys
07580 865938
mgough@interlinkrct.org.uk

Claire
Merthyr Tydfil
07580 866547
claire.williams@vamt.net

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Health
07580 869983
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Karen
Taff Ely
07580 889970
kpowell@interlinkrct.org.uk

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



Rhondda Food Bank Annual Scenic Walk 2018

Join us on Saturday October 13th at 10am at Acts Community Church, Tylorstown

A beautiful 5 mile circular route taking in river, lake and mountain walks

To Donate: £10 registration fee on the day or sponsorship

(download forms from the website BT Mydonate -Search for Rhondda Foodbank)

Telephone: 07928 451374 / www.rhondda.foodbank.org.uk

The Arts Factory @Trerhondda, High Street, Ferndale

Health and Well-Being Group

Monday 1pm - 3pm

First Monday of every month - Tea Dance

Second Monday – Arts and Crafts

Third Monday Guest Speaker

Last Monday Bowling at Tylorstown Sports Centre

Thursday 10am – 12noon

First Thursday (of every month) Yoga and meditation

Second Thursday Tai Chi

Third Thursday Basic Resistance

Last Thursday Group Circuit

To attend the Wellbeing Group contact Beverly@artsfactory.co.uk

Telephone: 07578 921319

Rhondda Historical Society Courses for September 2018

Ten week courses cost £50

Local History Monday's 10-12 noon **Treorchy Library**

Local History Thursday's 1-3pm **Porth Library**

Gartholwg will enrol you telephone 01443 570075

Contact: Lisa Powell: 07810277048

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

Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS

Monday 9am -4pm Hafal Mental Health Outreach- Telephone for details

Tuesday 9:30 - 11:30am Community Café

Wednesday 9:30 -11:30am Community Café

10-11am Computer use

1-3:40pm Bingo and Lunch Club

Thursday 9:30am - 3pm Community Café

12:30 - 3:30pm Computer Club

1-4pm Craft Club for all ages

1-2pm Tai Chi

1-3pm Cope in the Community (Mental Health Wellbeing Group)

Follow Canolfan Pentre on Facebook / Telephone: 01443 307455

Blaenycwm Chapel, Wyndham Street, Tynewydd, Treherbert, CF42 5BT

"Pay as you Will" cafe is now open on Thursdays from 9am to 3pm

Food has been donated to this project that is near its sell by date: it is made into delicious nutritious food which is available at the cafe free of charge or you may make a donation of your choosing.

Everyone is welcome! **Follow Blaenycwm Chapel on Facebook**

Park and Dare Theatre Presents Treorchy Male Choir with special guest Lloyd

Macey Thursday 18th October 2018 7:30pm

Tickets available from: 030000 040444

Depression Busting Course - a new 6 week course starts on Monday 8th October, 1.30pm - 3.30pm at TooGoodToWaste, Ynyshir, CF39 0AT.

For further details or an enrolment form please contact Tracy Thomas at New Horizons Tel 01685 881113 or 01443 681881

www.newhorizons-mentalhealth.co.uk

Festy Porth Friday 19th to Sunday 21st October 2018

Porth will be hosting over 20 different creative and entertaining events in several different venues throughout the town.

Events include:

Live Music, Pet Photography, Art in the Attic, Crochet Workshop, Choirs, Dinners, Street Art, Painting, Acoustic Music

For further information on time, date, place and bookings for the events visit:

www.avant.cymru/theatre

Cynon Valley

Contact: Nia Williams

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



Concerts and Cakes! a series of these events will be held at The Coliseum, Aberdare. They will be held on Wednesday October 10th 1pm. Live music now are hosting the events. Tickets are £4! **Please call 03000 040 444 to book.**

The Cwm Taf World Mental Health Day Event 2018 is being held on **Friday 12th October** at the **Cynon Valley Museum, Depot Road, Aberdare, CF44 8DL** from 9.30am to 3.30pm. Exhibitors will have half an hour set up and take down either side of the event opening times to the public; 10:00am – 3:00pm. It is important for us to appropriately cater for all attendees so, if you are an organisation exhibiting on the day, please **contact Sabine Ingeborg**, (sabine.ingeborg@outlook.com) or call 01685 881113

Cwmbach Diabetic Group are meeting on Wednesday October 10th at Cwmbach OAP Hall, where they are hosting a guest speaker, Professor Rhys Williams, who will be sharing his knowledge about Diabetes across the world. Everyone is welcome! **For further information, please contact Carol on 01685 873290 or Wendy on 01685 883246**

TAFF ELY

Contact: Karen Powell

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



TOP - Free professional help and advice to those with income tax queries and problems. Helping older people on low incomes with their tax problems. Regular surgeries are held throughout the year. To get help via the telephone helpline or to get details of the nearest surgery please call 01308 488066.

To book an appointment at Pencoed Library please call 0845 6013321.

Welcome Friends supported groups and activities:

Lunch Club/Afternoon Tea Norton Bridge Methodist Church, Cilfynydd.
Book by calling either Gill on 01443 486169 or
Diane on 07788 310445

Monthly

Afternoon Tea & Social Club St Dyfrig's Church Hall, Treforest
Book by calling Sue on 01443 409083 or
Liz on 01443 209850

Monthly

Free Craft/Social Group Cafe 50, Pontyclun
Mondays 9.30am-12pm. Tea/Coffee 50p
For more information call Diane on 07788 310445

Weekly

Llanharan and Brynna Wimbles have been working in the Community Garden, beside Brynnau School for the past 12 months. To view the garden, follow the path towards Brynnau Woods beside Brynnau School. Check out their Facebook page for news of the Wimbles work. <https://www.facebook.com/Llanharanandbrynnawimbles/>

Merthyr Tydfil

Contact: Claire Williams

Tel: 07580 866547 or email: claire.williams@vamt.net



World Mental Health Day event Wednesday 10am - 2.30pm 10th October at Merthyr College. Merthyr & the Valleys MIND and Valleys Steps will be at the

college providing information and advice, and also running two mindfulness sessions. There will also be information available from many local organisations on the day. For further information, or if you would like to exhibit at the event, please contact Merthyr & the Valleys Mind on 01685 707480 or email ayne.young@matvmind.org.uk

FREE Indoor Bowls sessions at Merthyr Tydfil Indoor Bowls Club at Merthyr Tydfil Leisure Centre (Rhydycar). 2 hr sessions every Tuesday morning from 10.30am - all age groups and abilities welcome. Coaching, along with shoes and bowls hire is also free. For further information tel 01685 383451 or go to www.merthirtydfilindoorbowlsclub.co.uk

NEW Reconnect 50+ Activity Hub - if someone is feeling alone or isolated, they will receive a warm welcome at the Hub on Mondays 10.00 - 12.00 at Hope Chapel Basement, High Street, Merthyr Tydfil, CF47 8UG. £2 entry includes tea and biscuits.

Xmas event for lonely or isolated older people. Community Coordinators are working in partnership with the Drink Wise Age Well Project to put on a free Xmas lunch and entertainment at the guest Keen Club in Dowlais. If you know of anyone who is living alone in Merthyr Tydfil and is not currently attending any community groups or activities, then please contact Claire Williams on 01685 353984 or 07580 866547 for more details.

Visual Impairment Merthyr Tydfil Open Day - if you have or know anyone with sight loss, then please visit this Open Day from 10am to 3pm on Wednesday 3rd October at Keir Hardie Health Park.

Health

Contact: Deanne Rebane

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



October is Breast Cancer Awareness Month - an annual international health campaign organised by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

Mobile Breast Screening Units are currently at Keir Hardie Health Park and Ysbwty Cwm Cynon for patients living in Merthyr Tydfil and the Cynon Valley. Women aged 70+yrs can continue to request screening by telephoning 029 2039 7222.

Flu Clinic dates please! Calling all GP Practices to contact Deanne with dates of planned flu clinics, in order that arrangements can be made for local 3rd sector organisations to come along with useful information for patients on local support and services..

Flu vaccinations for Carers - Many carers are not aware that they are entitled to a free flu vaccination. If you are a Carer, or if you know of anyone who is a Carer, then please help raise awareness and encourage Carers to take up the opportunity for a free vaccination.

CWM TAF GENERAL INFORMATION

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@valleyssteps.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**

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**

WALKING FOOTBALL! - Love Football? Want to stay active?....Meet new people and have fun! It is great for all ages and abilities and sessions are open to

men and women... The long term health benefits are a reduced heart rate and lower blood pressure. Sessions cost £3 per week on a Thursday, and **they start on October 4th 1-2PM at The University Of South Wales Sport Park, Treforest Industrial Estate, Pontypridd, CF37 5UP**

*Articles for inclusion in the November 2018 bulletin to be received by 19th October.
Thank you.*