

# COMMUNITY COORDINATOR BULLETIN

December 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!*

A map of South Wales is shown in the background, with callouts pointing to various locations. The callouts are as follows:

- Nia Cynon**  
07580 869946  
nwiliams@interlinkrct.org.uk
- Meriel Rhondda Valleys**  
07580 865938  
mgough@interlinkrct.org.uk
- Claire Merthyr Tydfil**  
07580 866547  
claire.williams@vamt.net
- Deanne Health**  
07580 869983  
deanne.rebane@vamt.net
- Karen Taff Ely**  
07580 869970  
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](mailto:mgough@interlinkrct.org.uk)



### **Sing Well Feel Well based at the Health and Wellbeing Centre at Ysbyty George Thomas Treorchy**

All Welcome! 1:45 pm -3:30 pm every Thursday

Refreshments included. £2 per person

For more details contact 01443 443033

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### **Care 2 Chat Group**

Are you a Carer? Do you feel isolated or alone? Do you need to chat?

An informal group of people who chat to each other about what they are experiencing. Make new friends, even have a laugh and relax over a cup of tea or coffee. Every second Thursday of the month starting on:

Thursday 10th January 2019 2 – 3 pm.

Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS

Contact Carolyn on 07944 082642.

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### **Hafal Mental Health Support and Advice**

Do you know anyone or have a mental health illness yourself?

Pop along to a coffee morning at Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS. 10 am -1pm Monday 3<sup>rd</sup> December 2018. For more information telephone 01685 884918

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### **Rhondda Historical Society**

South Wales Tornado of 1913-A talk by Steve Brewer. Saturday 1<sup>st</sup> December 2018.

11am Porth Library, Porth Plaza, Pontypridd Road, Porth, CF39 9PG

Rhonddas@yahoo.com / 07810 277048

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**Rhondda Indoor Bowls Club** at Ystrad Sports Centre is currently offering free coaching-this is a gentle exercise and suitable for those recovering from illness or new to exercise. All coaches are fully qualified and equipment will be provided. Fridays from 5-6pm. Ring Lionel on 07538154800 or Gwyn on 01443 433019 for information.

## **Launch of a NEW Dementia Café in Maerdy**

Dementia Friendly Maerdy invite you to the launch of their new cafe for people with dementia and their Carers on Friday, 7th December 2018 at Seion Chapel Maerdy at 2 pm. Refreshments will be available.

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## **Valleys Steps Courses**

### **Stress Control**

Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS

Time- 1:00-2:30 pm

Session 1 – 08/01/2019    Session 2 - 15/01/2019    Session 3 - 22/01/2019

Session 4 – 29/01/2019    Session 5 - 05/02/2019    Session 6 - 12/02/2019

### **Mindfulness**

Acts Community Church - Tylorstown

East Road, Tylorstown, Ferndale, CF43 3DA.

Time- 10:00-11:30 am

Session 1 – 09/01/2019    Session 2 - 16/01/2019    Session 3 - 23/01/2019

Session 4 – 30/01/2019    Session 5 - 06/02/2019    Session 6 - 13/02/2019

## **Cynon Valley**

**Contact: Nia Williams**

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



**Age Connects Morgannwg** are holding a Christmas party on Tuesday 18th December 10.30am - 3pm at Cynon Linc (formerly St Mair's Day Centre). If you are aged 50 or over, why not come along and join us for a fun-packed day of entertainment and fabulous food! Admission is by ticket only. The cost is £5 and this includes dinner, dessert and entertainment. For further information, please contact: 01685 881007.

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**Penywaun Paraders**, a world champion jazz band now meet at Penywaun Community Centre each Monday and Thursday from 5pm-6.30pm - if you wish to join come along to rehearsals at these times- All are welcome!

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**The Parish of St Fagans Aberdare** are once again holding a lunch on Christmas Day for people who would otherwise be on their own. The day starts with coffee and mince pies at 11am, then a two course traditional Christmas lunch, followed by tea

and cake. The day ends with watching the Queen's broadcast on a big screen. The event takes place in St Fagans Community Hall, Windsor Street, Trecynon. Transport is available to those who need it. The event is free but a £5 deposit is required to book a place - returnable on the day. Booking is essential, please contact Fr Richard Green on 01685 881435 or email [vicar.stfagans@btconnect.com](mailto:vicar.stfagans@btconnect.com) to book a place. Volunteers are also required for the day, please also contact Fr Richard if you are interested in helping out.

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**Cynon Valley Vision group** meets every Monday 1.30-3.30pm at Cynon Linc (St Mair's Day Centre) in Aberdare. For further information, please contact Jeanette Higgins on [janhiggins53@gmail.com](mailto:janhiggins53@gmail.com).

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**Cwm Taf University Health Board**-do you have Diabetes or care for someone who does? Cwm Taf University Health Board is setting up a Patient Reference Group to help them develop services. Do you want a say in the future of Diabetes care? Contact [lynn.hudson@wales.nhs.uk](mailto:lynn.hudson@wales.nhs.uk) or ring 01443 744800 or contact Wendy Gane MBE on 01685 883246 or email [wendygane@gmail.com](mailto:wendygane@gmail.com).

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**Diabetes UK Cwmbach Group** meet locally in Cwmbach! If you need up to date information on Diabetes, please contact Carol on 01685 873290, Alan on 01685 878692 or Wendy on 01685 883246, and come along to our friendly group.

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**Coffee and Chat!** Everyone welcome! 10-12 noon Perthcelyn Training Centre, Glamorgan Street, Perthcelyn. Drop in and have a free cuppa and a chat and find out what is going on in your community. For further information, please call 01443 420962

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**Housing Surgery with PCSO's at Penywaun Community Centre** - every Thursday 12-1pm - call in and see your local housing officer if you have any problems.

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**Penywaun Passionate Performers** presents Cinderella the Pantomime at Aberdare Community School. Doors open 6pm, 12th and 13th December 2018. £5 a ticket available from Penywaun Community Centre.

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**The Stroke Community Steps Coffee Meeting;** 4th and 18th December at Marty's Cafe (Inside Cynon Valley Museum), Depot Road, Aberdare CF44 8DL - 10.00-11.30am. For further information or to book a space contact Lauren on 07932265274.

# TAFF ELY

Contact: Karen Powell

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



**Salem Church, Tonteg** have the following regular activities taking place:

- Every Monday at 1.30pm-2.30pm Knit and Natter
- Every Saturday at 11am - 1pm - Shalom Centre - a wellbeing cafe
- 4th Thursday of every month - Soup a Lunch 12pm - 2pm

**Christmas Programme:**

1-2 December - Christmas Tree Festival at Salem Church, 10am - 4pm

9th December - Welsh Learners Carol Service/ Cyngerdd Carolau'r Dysgwyr at 6pm

23rd December - Nativity Service at 11am

23rd December - Carols by Candlelight at 6pm

25th December - All age service at 10am

All are welcome. For more details on any of the activities, please contact Rev Rosa Hunt on [revdrosa@gmail.com](mailto:revdrosa@gmail.com)

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**Christmas Themed Afternoon Tea and Chat** at St Dyfrig's Catholic Church, Treforest on Friday 14th from 2pm-4pm. Anyone who is over 50 is welcome, the cost is £3 including sandwiches, cakes, tea, coffee, sherry, Christmas crackers and a small novelty gift. There will also be a quiz and Christmas songs. For more information or to book a place, please contact Liz Mayo on 01443 209850 or Sue Cleary on 01443 409083. Please also let either Liz or Sue know if you require transport, as this may be provided within the local area of St Dyfrig's.

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**The Llanharan Community Council's Annual Christmas Dinner** for senior citizens will be held on 5th December for those who reside in Llanharan and Ynysmaerdy and 12th December for those citizens who reside in Brynna. Bookings can be made in the Corner Shop on the Square, Bryncae Stores and McColls in Brynna. Please make sure that if anyone wants to attend the Llanharan Dinner, but live in Brynna or vice versa, it is indicated on the booking form. The forms will require name, address and whether transport is required. For more information please contact the Community Council on 01443 237243 or email Cllr Chris Parker on [chris.parker@llanharancc.co.uk](mailto:chris.parker@llanharancc.co.uk)

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**Coffee and Chat!** Everyone welcome. Thursdays 1-3pm Gower Davies Court, and 2-4pm Thursday at Ynysybwl Community Centre, Windsor Place Ynysybwl.. Drop in and have a free cuppa and a chat and find out what is going on in your community. For further information, please call 01443 420962.

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**Carers Cwtch** is an informal friendly group for individuals who care for a family member, friend or neighbour. An evening of movies, games, food and fun with the opportunity to meet other Carers for a classic “night in”. No booking needed, just pop in on the second Tuesday of the month from 6.30pm-9pm at St Catherine’s Church, Gelliwasted Road. For more information please call the Carers Project on 01443 281463

## Merthyr Tydfil

Contact: Claire Williams

Tel: 07580 866547 or email: [claire.williams@vamt.net](mailto:claire.williams@vamt.net)



**Christmas Market** at Trelewis Community Centre on Wednesday 12<sup>th</sup> December between 4.30pm and 8.00pm. Free entry with refreshments available to purchase on the evening. We’ll be joined by a 5 piece acoustic group and all money raised goes back in to the centre. For more information about the event, contact Trelewis Community Centre on 01685 727894 (Monday – Wednesday) or email [Community@mvhomes.org.uk](mailto:Community@mvhomes.org.uk)

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**Christmas Event** with Reconnect 50+, Monday 10th December. Doors open at 10am at Hope Chapel Basement. £2 admission, craft and cake stalls and the Salvation Army Band. For further information, please contact Helen on 01685 353999

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**Lunchtime Event** in partnership with Drink Wise Age Well, for lonely and isolated members of our community aged 50+. Wednesday 19th December at the Guest Keen Club, Dowlais. For more information, please contact Claire on 07580 866547

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**Carols in the Castle** join Friends of Cyfarthfa Park & Merthyr Aloud on Monday 3rd December, 2pm at the Castle. £6 entry including free raffle and refreshments. Booking advisable. Please ask at the Museum for tickets.

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**50+ Forum** meeting on Thursday 6th December at High Street Chapel from 10:30 - 12:30. New members welcome. Come along and find out what services are going on in your area. Guest speakers and information stalls.

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**Christmas Fayre** - Saturday 1st December from 2:00 - 4:00pm at Jerusalem Baptist Church, Pentrebach. For more information contact 01443 693759.

**Young at Heart Forever Group**, come along for talks, laughs, to meet up with old friends and enjoy songs and music. Rock Uk Summit Centre, Trelewis on Thursday 6th December and 13th December from 2:00 - 4:00pm

## Health

**Contact: Deanne Rebane**

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



**The Community Pharmacy Sore Throat Test and Treat Service** is a pathfinder service building on the existing Sore Throat service available within the NHS Wales Common Ailments Scheme. The service will be delivered in the Rhondda and Cynon localities in accredited pharmacies only, starting in November 2018 and continuing for 6 months initially. The service aims to

- educate patients to seek advice and treatment from the most appropriate healthcare setting
- improve patient's access to advice or treatment via Community Pharmacy
- reduce GP and unscheduled care workload for this condition allowing greater focus on more complex and urgent medical conditions
- educate patients with the aim of reducing requests for inappropriate supplies of antibiotics while promoting the role of self-care in the management of common ailments.

For further information please contact your local pharmacist or Emma Williams, Lead Pharmacist, Community Pharmacy [emma.williams34@wales.nhs.uk](mailto:emma.williams34@wales.nhs.uk)

## CWM TAF GENERAL INFORMATION

### **Drink Wise Age Well**

Does your service support people over 50? Have you ever had concerns about their drinking but never felt confident in raising the issue or know what advice to give? Drink Wise, Age Well aims to reduce alcohol-related harm in later life by helping people make healthier choices about alcohol as they age. We offer **free** training to

front-line workers and professionals who meet people of this age range who use alcohol. From our courses you will learn about the extent of the alcohol problem in the ageing population; the reasons why the over 50s are at risk from increased drinking and learn how to recognise and respond through brief interventions.

**Contact** Jamie Bradbourne

Normal opening hours Monday-Friday 9am-5pm

Drink Wise, Age Well, 35 Taff Street, Pontypridd, CF37 4TR

Office Number: 01443 561980 / Mobile Number: 07585 703131

***Articles for inclusion in the January 2019 bulletin to be received by 14th December.***

***Thank you.***