

APRIL 2019

COMMUNITY COORDINATOR BULLETIN

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 regions. The callouts are as follows:

- Nia Cynon**
07580 869946
nwilliams@interlinkrct.org.uk
- Lucy Rhondda Valleys**
07580 865938
lfoster@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: Lucy Foster

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



A warm welcome to the latest addition to the Cwm Taf Community Coordinator team! Lucy starts today and may be contacted as above.

Making it – learn new skills: Craft Group every Monday and Wednesday from 1pm-3pm at All Saints Church Hall, Rhys Street, Trealaw. A free activity - everyone welcome, tea and coffee provided. A very friendly group where both men and women attend which is supported by a professional Artist. This group produces really high quality items that are often sold at community venues and events. Activity provided by Trealaw Village Trust. For more details contact Joy Rosser on 07977 012784.

Walking Rugby - new! Started in March, at The Play Yard, Ynyswen, Upper Rhondda (old Burberry site) from 11am-Midday on Tuesdays. Whether you have played for Wales or never played at all, come along and try it. All welcome, male and female. Meet new friends, have fun and keep active. To find out more, please contact James Watts-Rees on 07392 072115 or email james.watts-rees@peopleandwork.org.uk

Cynon Valley

Contact: Nia Williams

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



Dementia Support Group for those who have had a diagnosis of dementia and their Carers- meets on the 1st Monday of each month at St Therese Church Hall, Hirwaun. For further information on the meeting time, please contact Claire Ford on 01685 351170. This group is supported by the Memory Clinic from Ysbyty Cwm Cynon.

Cwmbach Diabetes UK Group are holding a family quiz night on Wednesday 10th April at 7pm at Cwmbach OAP Hall. The quizmaster is Geraint Price and entry is £4 per team so please bring along your family and friends. Refreshments available. For further information contact Carol on 01685 873290 or Alan on 01685 878692

Cynon Valley Singing for Lung Health - a singing group for people living with chronic obstructive or restrictive respiratory disease.

Research shows that singing can improve breathing capacity for those with respiratory conditions. MUSIC NOW together with the British Lung Foundation is seeking to further evaluate the positive effects of singing on breathing patterns and have formed an arts and health activity group, which aims to help improve the quality of life of people living with lung disease, with less reliance on medication and fewer GP and hospital visits.

The group meets at 11am - 12.00 on Wednesdays at Abercynon Community Centre, Station road, Abercynon, CF45 4TA. Participants are asked to make a £3 donation per session. For further information please contact Tanya Dower Mob 07463 580558 Email Tanya.dowermusicnow@gmail.com

Cynon Linc (formerly St Mair's Day centre) – Seymour Street, Aberdare Town Centre:

Monday	Aberdare OAP Association 1.30-3.30pm (first Monday of the month) Deaf Group 10am-12pm (weekly) Cynon Valley Vision 1.30pm-3.30pm (weekly)
Tuesday	Aberdare OAP Association 1.30-4pm (first Tuesday of the month) Craft class 1.30pm-3.30pm (weekly) 50+ Forum 1.30pm-4pm (third Tuesday of the month)
Wednesday	Digital inclusion group –1pm-3pm (weekly) Learning Curve Dance Group 9.30pm-11am (weekly) Hard of Hearing Club 1.30pm-3pm (third Wed of the month) Contact Carol Phillips 01685 873290 Gadlys OAP 1.30pm-3pm (fortnightly)
Thursday	U3A Welsh Class 11am-1pm (last Thursday of the month) Ladies Guild – Bingo 1.30pm-3pm (weekly)
Friday	Cynon Valley Old Age group 2pm-4pm (weekly) Friday Dance Class 1.15pm-3pm (weekly) Singing for the Brain 10am-12pm (weekly)

Cynon Linc Café opening times: 9am-3.30pm.

Light breakfast: 9am-11.30am

Lunch: 12pm-2pm (£4 for one course/£5 for two courses)

Drinks and snacks: All day.

For more information about any of the community groups or if you would like to use Cynon Linc as a space for your local group to meet, call 01685 881007 or email cynonlinc@acmorgannwg.org.uk

TAFF ELY

Contact: Karen Powell

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



Tea Dance: April 11th from 2pm-4pm at Garth Olwg Learning Centre. Tickets are £5, pop along for fun with friends, get moving and enjoy tea and cake. For more information and to book tickets, please contact the centre on 01443 570075

Armchair Yoga every other Wednesday at Cafe 50, Pontyclun from 10am. Back due to popular demand! To find out more and to book your place, please contact Tara on 01443 238500 or email cafe50@pontyclun-cc.gov.wales

A Time and Place - support group for those living with dementia and their Carers, meet every Wednesday from 12.30pm at Elm Street, Rhydyfelin with Valleys Kids. For more information please contact Erika on 01443 491848 prior to attending.

Cilfynydd Art Society is holding their annual exhibition of their own work at Pontypridd Museum from 1st - 27th April. Pop along and see the work the group produce. If you would like to find out more, please contact Chris Williams on 01443 403116 or join them at Trallwn Community Centre, Tuesdays from 10am-12pm.

Hub Cafe at New Life Church, Tonyrefail every Monday, Tuesday, Thursday and Friday morning from 9.30am - 12.30pm. All are welcome to pop in for a cuppa and friendly chat. For more information contact Dawn on dawnparkin545@yahoo.co.uk

Defibrillator Awareness Session is taking place on Friday 5th April at Hawthorn Community Centre, 6pm for 6.30pm start. Demonstration of the centre's defibrillator which is now accessible to the whole community. Refreshments available. Session provided by the Cariad Charity.

Bereavement Group - On the 1st Wednesday of every month Treforest Funeralcare will be holding a bereavement group at Taff Meadow Community Centre (opposite St

Dyfrig's RC Church), Broadway, Treforest, CF37 1DB. Between 9:30am and 11:30am

Come and join us for a tea, coffee and supportive chat with our caring and experienced team, free of charge. For more information please contact Treforest Funeralcare (Basil Jenkins) 95 Broadway, Treforest, CF37 1BE 01443 402946

Merthyr Tydfil

Contact: Claire Williams

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



CAB for Carers - Citizen Advice Merthyr Tydfil has a new project aimed at helping carers. CAB want to help those identify that they are a carer and make sure they are getting the help & support they need. Specialist advice to carers is offered regarding benefits, debt, housing, carers assessments, hospital discharge, energy & utilities, discrimination and employment. If you would like further information, contact the adviser Jack on 07950 946 605. Jack is available to meet at both Prince Charles Hospital and Ysbyty Cwm Cynon.

Memory Lane - New support group for individuals who have a diagnosed memory problem and their families will be running the last Tuesday of every month from 1:00pm - 3:00pm at Penydarren Social Club

50+ Social Evening – April 16th, 5pm At M&S Café, Cyfarthfa Retail Park. Available for people over the age of 50 and completely free of charge, the evening provides an opportunity to meet new people and have a chat over a coffee and cake. There will be entertainment provided by Age Connects Morgannwg and the opportunity to find out about local services available in your community, as well as refreshments provided by Marks and Spencer. If you would like to find out more information you can call 01443 490650 or email Jackie.prosser@acmorgannwg.org.uk.

Woodland Crafts - Free woodland craft sessions for all abilities. Every Tuesday from 10:00am - 1:00pm at Cyfarthfa Park. What's on offer: Green Woodwork, gentle exercise, wildlife walks, crafts, foraging and mindfulness. Contact Actif Woods on 07387 738607 or email ActifWoodsMerthyr@smallwoods.org.uk

Health

Contact: Deanne Rebane

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



April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of bowel cancer, the bowel screening programme in Wales, and the symptoms we all need to look out for.

Young, old, female or male – it affects us all. Bowel Cancer UK will be shining a light on the varied and many people affected by bowel cancer, as it doesn't just impact the person diagnosed. It affects families, friends and colleagues, doctors and nurses, scientists and researchers.

Community Coordinators will be supporting the campaign throughout April by providing information from Bowel Cancer UK and Public Health Wales at GP Practice surgeries in Cwm Taf, and also delivering "myth busting" sessions to local community groups. For further information or to arrange a talk for your group, please contact Deanne.

European Immunisation Week 2019 24th - 30th April

Every year, the WHO European Region marks European Immunisation Week to promote immunisation as vital to preventing diseases and protecting life. This year, one of the key messages is that raising awareness about vaccines saves lives.

Working with the Immunisation Lead for Cwm Taf, the Community Coordinator team will continue to raise awareness of all vaccines for people who are 50+ in Cwm Taf, especially in communities where the take up rate of vaccines is lowest.

CWM TAF GENERAL INFORMATION

Drink Wise Age Well hold free alcohol awareness workshops. The workshops consist of learning how to calculate alcohol units, calories common in alcoholic drinks and how alcohol affects us more as we age. There will also be tips for a healthier relationship with alcohol and the benefits of making changes. To book a free alcohol workshop for your group contact on 0800 161 5780 or email wales@drinkwiseagewell.org.uk Website address: www.drinkwiseagewell.org.uk

Hafal Carers Link Service is a new project aimed at providing help and support for anyone who may be identified as a Carer. Whether it be help with accommodation, finance & money, personal care and physical wellbeing, medical treatment for your mental illness or other matters, Hafal will be able to point you in the right direction for help from the right people. For more information or to make a referral, contact either advisor below:

Gill 07976 624332

gill.bundy@hafal.org

Donna 07805 665527

donna.evans@hafal.org

The advisors are available at Ysbyty Cwm Rhondda and the Royal Glamorgan Hospital.

Volunteering with Age Connects Morgannwg

Can you spare an hour or so a week to visit an older person who is feeling lonely or isolated? Age Connects Morgannwg are looking for volunteers to become befrienders for the Reaching Out programme. The programme aims to reduce loneliness and improve wellbeing by providing support and company to people who need it the most. For more information, please call 01443 490650 or email

Jackie.prosser@acmorgannwg.org.uk

Age Connects Morgannwg's **Charity Quiz and Curry Night** on the 25th April, 2019, starting at 7.30pm, at the Juboraj, Abercynon (off the A470 northbound). Tickets are £15, which includes a delicious 3 course meal, a quiz, and lots of great prizes to be won. To get tickets online follow this link: <https://bit.ly/2yAIWKd> or email fundraising@acmorgannwg.org.uk for more details.

Cruse Bereavement Care Drop in sessions:

Week 1 (2nd April) Cwmclydach Community Centre, Rhondda, CF40 2BD

Week 2 (9th April) Dewi Sant Hospital, Pontypridd, CF37 1LB

Week 3 (16th April) St. Mary Magdalene Church, Cwmbach, CF44 0LS

Week 4 (23rd April) VAMT Building, 89-90 High Street, Merthyr Tydfil, CF47 8UH

All sessions run from 10:00am - 2:00pm

***Articles for inclusion in the May bulletin to be received by 22nd April.
Thank you***