

MAY 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 with callouts for community coordinators in various areas. 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!

CONTENTS

	Page no
Rhondda Valleys	2
Cynon Valley	3
Taff Ely	4
Merthyr Tydfil	5
Health	6
Cwm Taf General	7

Rhondda Valleys

Contact: Lucy Foster

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



RCT Older Persons Grant Scheme -The Older Persons Grant has been purposely set up for community organisations/groups based in Rhondda Cynon Taf working with people aged 50 and over. This grant enables organisations/groups to apply for funding that meets one or more of the objectives set out in the Eligible Activities. Contributions of up to £1,000 will be available through this scheme. For full details, how to apply and eligibility please contact Hannah Watson on 07799 132179 / 01443 744847 or email Hannah.L.Watson@rctcbc.gov.uk **The closing date for applications is 5pm on Friday 7th June.**

Health and Wellbeing Centre Ysbyty George Thomas Treorchy CF42 6YG

Fire Safety Sessions on the first Monday of every month between 2-4pm

Sing Well Feel Well every Thursday 1:30 – 3:30pm £2 per person & Refreshments

Crafty Knitters Tuesdays 10:30am – 12 noon

Indoor Kurling 'New Age Kurling' for everyone fortnightly, Tuesdays 10am – 12noon

Contact Hayley Cartwright, Sian Hall, Steve Hall: 01443 443033

Cambrian Lakeside Friendship group

A Cuppa, Chat and activities at the Cambrian Lakeside Café Bar

Monthly leisure trips, meet new friends and learn new skills.

6 - 8.30pm Every First and Third Thursday of the month.

Happy To Chat - Are you over 50 and interested in staying active, healthy and well?

Come along to our activity session in Porth with a free cuppa and cake.

Porth Library, Porth Plaza, Pontypridd road every Tuesday 2pm – 3.30pm.

For more information, call 08001615780

Cynon Valley

Contact: Nia Williams

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



The Diabetic Dragons - children and parent's diabetes support group are holding a Family Fun Day at the Michael Sobel Centre on Saturday 11th May from 10am - 2pm. There will be fun activities for children including bouncy castles and sports, and also pamper sessions for parents. Professionals including a Paediatric Diabetes Nurses and a Dietician will be on hand to offer advice.

Lunch and snacks will be provided - to book your place please contact Wendy on 07939 311645.

Cruse Bereavement Care - 'Drop-in' and 'Wellness Event' at Cynon Linc (formerly St Mair's Day Centre), Seymour Road, Aberdare on Tuesday 21st May from 10am-1pm. There will be trained Cruse workers and other organisations present, lots of activities taking place, as well as the opportunity to have a cup of tea, slice of cake and a chat.

Abercynon Community Centre activities:

Tea Dance: 8th May from 1pm-5pm at Abercynon Community Centre. Tickets are £5, pop along for an afternoon of dance and bingo, bring along friends, get moving and enjoy tea and cake. For more information and to book tickets, please contact Mr Glyn Bennett 07866271939

Zumba Gold Every Tuesday at 1:00 to 2:00. Trained Instructor suitable and can be graded for different abilities. Improve your fitness for this summer. Refreshments included £1 per session.

Aberdare Friends of Tenovus Cancer Care - Line Dancing with Mandy.

An evening of Line Dancing with teaching and walkthroughs is to be held at 7pm on Friday 10th May at Aberaman Band Club, Cardiff Road, Aberdare CF44 6RE. Tickets are £5 and available from Aberaman Band Club, Mandy at Flicks 'n' Kicks Dancers, Walton's Wool & Welsh Shop in Aberdare Market or by contacting Carol on 07501 339244 or carol.williams@tenovuscancercare.org.uk

All abilities are welcome!

Activate Your Life courses - Living well, with and beyond cancer.

If you or a loved one have been affected by cancer, you may find yourself struggling to cope. The following FREE courses of 4 weekly sessions starting on Tuesday 7th May can help:

1.45pm - 4pm at Cynon Valley Museum, Aberdare CF44 8DL or

5.45pm - 8pm at Saron Chapel, Aberaman, CF44 6PY

To register your interest or to find out more, visit

www.tenovuscancercare.org.uk/activateyourlife or call Freephone 0808 808 1010.

TAFF ELY

Contact: Karen Powell

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



A Time and Place - support group for those living with dementia and their Carers. For more information, please contact Erika on 01443 491848 prior to attending. This information was shared last month but the frequency of the meeting was incorrect. Please be advised that the group meet on the third Wednesday of the month from 12.30pm at Elm Street, Rhydyfelin with Valleys Kids.

Taff Ely 50+ forum is holding an armchair yoga session on 21st May at 1-30pm in St David's Uniting Church, Pontypridd, it is free of charge. To find out about more sessions in the future, please contact Angela Tritschler, the Forum's Chair on email angela_tritschler@yahoo.co.uk

Pontypridd Library Book Club meet on the first Friday of the month from 2pm-3pm. Free tea and coffee. All welcome to come along, read great books and make new friends. Contact the library on 01443 486850 for more information.

Slimtone class every Tuesday from 5.30pm-6.30pm with Heather at Brynna OAP Hall. Fabulous recipes with a fantastic teacher. A fun, social evening to which all are welcome. For more information, contact Ann Davis on annjoe02@btinternet.com

Shine Adult One Stop Support - Shine Cymru is running One Stop Support Sessions on Friday 10th May (and Wednesday 4th September) at Rhydyfelin Children's Centre, Holly Street, 9.30am-4pm for anyone with or cares for someone with spina bifida and/or Hydrocephalus. You can book one to one sessions to discuss ways of managing your health condition and offer support and advice on benefits, education, health etc. For more information contact Helen Allen on 07894394322 or email helen.allen@shinecharity.org.uk

Ynysybwl Community Centre
Bingo-Mondays 1-3pm and Thursdays 7-9pm

CISWO group-Social group for anyone who worked or had family who worked in the coal mining industry. Every other Wednesday between 2-4pm at the community centre. Includes free trips, entertainment, quizzes.

Friday Friends group

Social group for anyone 50+years, socially isolated and looking for help and advice on keeping healthy. Includes craft, indoor curling, guest speakers and quizzes. Meets on Fridays at 10am-12pm at the community centre. Run by Drink Wise Age Well.

Lunches Monday-Friday from 12 midday, £2 for a meal, run by volunteers.

Busy Bees Sewing Group Wednesdays at 6.30-8.30pm at the community centre.

Contact Amanda on 07821 441229.

Enterprise Project Group of volunteers who organise events in Ynysybwl including August Bank Holiday festival, Christmas events, craft fayres etc. – always looking for volunteers.

Merthyr Tydfil

Contact: **Claire Williams**

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



Sing away the blues: Penydarren Social Club on Thursday 2nd May from 2:00pm. £2.00 entry

Carers Coffee Club: Every Tuesday from 10am - 12pm at Lunah Tearooms@ Flocks, Pontmorlais. All carers are welcome to attend. It's a chance to receive carer support, make new friends and relax in a welcoming environment.

In the footsteps of Dic Penderyn: May 25th from 10am - 12noon, meet outside Redhouse, Highstreet. Join local historian Viv Pugh for this free guided walk through Merthyr Tydfil as he takes us to places where the leaders of the rising would have met to formulate their plans and to the locations of several flashpoints during the rising.

Merthyr Rising - a music, arts and ideas festival that celebrates working class culture and resistance at the birthplace of the red flag. 24th, 25th & 26th May at Penderyn Square. Tickets available online at www.merthyrising.uk

Dementia Friends - a group for carers of family or a friend with dementia.

Trelewis Community Centre - Mondays 9:30 - 11:30

Calon Las Gurnos Community Hub - Mondays 1:00 - 3:00

For more information contact Ruth Bridge on 01443 875444

Health

Contact: Deanne Rebane

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



Diabetes UK - Cwmbach Diabetes Group Adult Diabetes Conference

This conference is being held on Tuesday 21st May at Abercwmboi Rugby Club, RCT, CF44 6AX. Admission is £2 which includes a buffet, tea & coffee.

Registration is from 9am with the conference starting at 9.30am and finishing at 2.30pm. The programme for the day includes presentations from a range of professionals, an opportunity to put questions to the panel, and also information stalls from many local organisations. Places must be pre-booked in advance.

To book your place please email, post or telephone:-

Wendy - wendygane@gmail.com Tel 01685 883246 or 07939 311645

Wendy Gane, 97 Bryn Hir, Cwmbach, Aberdare, CF44 0ES

Allan - jones.34@tiscali.co.uk Tel 01685 878692 or 07495 253906

Dying Matters Week 13th - 19th May 2019

Every year in May, Dying Matters and their coalition members host an Awareness Week, which gives an unparalleled opportunity to place the importance of talking about dying, death and bereavement firmly on the national agenda.

In 2019, the week will run from 13th to the 19th of May and the theme is "Are We Ready"?

Events planned during the week include a stand in Royal Glamorgan on Tuesday 14th May and Prince Charles Hospital on Wednesday 15th May and smaller events in YCC and YCR. Teams within our advance future care planning community of practice are also hosting events and information stands during the week including our Parkinson's Team, @Home Services and our Community Hospital ANPs, GP Practices, and a coffee morning/afternoon tea in at least 2 local care homes.

If you want to know more or could support Byw Nawr (Dying Matters in Wales) during the awareness week or in the future please contact

Rebecca.spicerthomas@wales.nhs.uk Senior Nurse for Advance/Future Care planning, Tel 01443443766.

Dementia Action Week 2019

Almost all of us know someone affected by dementia. But too many people living with dementia report feeling cut off from their community, losing their friendships and facing dementia alone.

Having dementia shouldn't mean an isolated life, and it doesn't have to. Simple actions from us all can create supportive communities, where people living with the condition can continue to socialise with others, hop on the bus, go to their favourite shops or take part in local activities for as long as possible.

We all have a role to play in making the UK a dementia-friendly place to live and that's what Dementia Action Week is all about.

For more information on Dementia Action Week and how to get involved, please visit www.Alzheimers.org.uk/DAW

Cervical Screening Walk-in Smear Clinic at Morlais Medical Practice.

Women aged 25 - 64 are invited for their smear test every 3 years (aged 25-49) or 5 years (aged 50-64). There is a walk-in smear clinic on the first Tuesday of every month 4pm – 6pm at the surgery at Berry Square, with no appointment needed.

Love your Liver is a British Liver Trust campaign - If you are worried about liver disease, then pop along to this free health event for one day only. The event is taking place at the Sobell Leisure Centre, Aberdare from 10am-4pm on Friday 10th May with a chance to have a free FibroScan. For more information click onto their website www.loveyourliver.org.uk

CWM TAF GENERAL INFORMATION

Step Out for Stroke is a sponsored walk taking place on Sunday 12th May @ Ynysangharad Park, Pontypridd. It is a great event for stroke survivors, friends and families to take part in a mile walk together, with plenty of stops on the way around if needed. For more information or to sign up please see www.stroke.org.uk/stepout

RNIB Time To Share Groups are designed to help you find out more about your local services in the RCT and Merthyr Tydfil areas whilst also learning and sharing experiences with others. Over the course of four 1 hour sessions the topics covered include:-

Making the most of your sight, aids and adaptations. local support available, technology, and independence and emotional wellbeing.

If you are interested please call Chris 07702 961775 or Sue 07884 362834

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