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**All information contained in this bulletin is correct at time of publishing.
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Rhondda Fawr Valley

Find us on Facebook as “Rhondda Wellbeing Coordinators” for all the latest help, support and advice:
[Click for Facebook link](#) 

Gardening with Dave: Dave will be ready to meet you at 10am every Thursday with hints and tips on growing, nurturing and lots more. If you would like to join in, please click on the link below to register.
www.forms.office.com

Blaen-y-cwm Chapel ‘pay as you feel’ café: Now open for sandwiches, cakes and drinks until 2pm every Thursday. Contact 07939206143 for more information.

Mens sheds Treorchy: community project which enables men to meet in a relaxed environment over a cup of tea and engage in a variety of planned projects that benefit the community and themselves. They have ‘unlocked the shed’ and will be running again at Ysbwty George Thomas every Friday from 11am-1pm. Please contact Chris or Dave for further details at mensshedtreorchy@gmail.com or 07867767400.

Simply together project: A new project that has been set up by Age Connects to combat loneliness and isolation for people aged 50 and over. The project can help people to overcome barriers and achieve personal goals by receiving support and mentoring over the telephone (or via video calling/facetime options if preferred). This project could help support people with low confidence, anxiety/depression and other social issues that may be having an impact on their overall wellbeing. Contact your wellbeing coordinator (contact details on front page) for further information.

Rhondda Foodbank: This is now a home delivery service, where-by an e-voucher is needed. In crisis please contact Wellbeing@interlinkrct.org.uk whereby staff members are able to issue e-vouchers and can arrange for food parcels to be delivered after a short assessment.

Cwm Farm Shop: Collection or local delivery of hot and cold meals including soft drinks. Contact Tel: 01443 778106  [Click here](#)

Canolfan Pentre: Canolfan Pentre is a community social and learning hub, run by community members. Providing services for Pentre and RCT. They are helping residents of Pentre with flood relief. They are also providing a variety of care and activity packages for children and adults. Email: canolfanpentreteam@outlook.com Contact Tel: 01443 307455  [Click here](#)

Cwmparc Community Centre: Offering a buddy system for shopping/medical supplies in the Cwmparc area. Offering a collection Café food service of hot and cold food. Food Hampers also available. Contact Tel: 01443 772044  [Click here](#)

Tonypandy: RHA (formally known as Rhondda Housing Association) are running a project called Be Active, it involves; wellbeing, yoga, mindfulness and chair-based activities. They are also running a weekly quiz, gardening and Pilates. For more information contact: Steph on 01443 424272.  [Click here](#)

Rhondda Fach Valley

People of Maerdy and Ferndale gifting group: This is a group set up for the village of Maerdy and Ferndale and immediate surrounding areas. The group is for people to gift free items and receive free items. It not a selling site but free gifted items only to help local communities. Recycling of goods to those in most need. [!\[\]\(1d3a1175dd4902218e694b9c098adb83_img.jpg\) Click here](#)

Arts Factory: Providing support including Rhondda Foodbank vouchers for the community in the Rhondda via telephone Monday to Friday. Please contact Louise on 07498 980117 or Angharad on 01443 757954.

The Arts Factory are providing a limited number of Fareshare food parcels to people within the Rhondda community who are struggling financially. Requests for the parcels can be made on a Monday by contacting 01443 757954.

Each week Arts Factory staff are contacting all volunteers and group members via, telephone calls, text messages, video calls and Facebook messages to offer support. Arts Factory members are encouraged to get in touch if they need further support. They are able to support people in RCT with debt, housing issues, mental health issues and social isolation as well as providing regular contact through this difficult time.

Cynon Valley

Find us on Facebook as ‘Cynon Wellbeing Coordinators’ where we post up to date information, support and advice from around the Cynon Valley: [!\[\]\(cbe2492b119e39e02a1dab2af4a4b296_img.jpg\) Click here](#)

Aberdare Market is back open as of 5 August with Social Distancing measures in place.

Aberdare Market Café: Welcoming customers old and new, take away, pop in and collection only. Social distancing measures are in place for staff and customer safety.

Let’s talk Men’s Mental Health: Celebrating their second anniversary of supporting Men within our communities. Organising Skype call meet up’s regularly. [!\[\]\(5361750c22c4e047a52f4eac1ec2d4cc_img.jpg\) Click here](#)
New group starting in Back 2 Front Physiotherapy, Aberdare soon.

Cynon Valley Organic Adventures – Contact Janis Werrett on 07880 837465. They are running placements with qualifications for vulnerable young people aged 14 plus. Wellbeing is central to the programme and children are usually referred via Careers Wales through the school. They are also running an outdoor course next month, a Level 1 course in Personal Wellbeing. They can also provide volunteer placements with accredited learning, employability support and a focus on wellbeing. [!\[\]\(870f5d5e9c0d57485634be3ecf52f3ca_img.jpg\) Click here](#)

Aberdare Lake side Café: Back open following advice from the government and council. Open 10am Daily. Alongside new Mini Golf area in Aberdare Park

Church Village Caterers: Offering delicious platters of party food for 4 people, Grazing boxes and Sunday Roasts. Order your treat boxes by contacting them on 07525658728

Dave Family Butchers: Open with a range of meats ready to be taken away. No need to contact just pop into the store and collect your BBQ or roasts meats.

New Horizons: Online Peer Support for mental health available on zoom to access this service follow their Facebook page where they post the meeting codes [!\[\]\(7d1d6890825e83a6a4a51febe2dcc7f3_img.jpg\) Click here](#)

Penrhiwceiber Hall bingo nights are back. Tuesdays and Thursdays at 7.00pm.  [Click here](#)

Taff Ely

Find us on Facebook as “Taff Ely Wellbeing Coordinators” for all the latest help, support and advice:  [Click here](#)

Families 2gether For Wellbeing (Valleys Steps) - 6-week family focused course promoting mental and emotional wellbeing for parents and young people. This is a free course designed for young people aged 14 to 18, accompanied by a parent or carer living in the Taff Ely areas of RCT and registered with a Taff Ely GP practice. The course is taught online (via Zoom) to a group of up to 10 young people and 10 parents/carers for 6 weeks. Starting on Thursday 17 September (6.30-7.45pm) and running for 6 weeks until the 22 October. The aim of the course is to improve knowledge of stress and anxiety, understand ways to improve wellbeing and learn about mindfulness and how it can support wellbeing. To express an interest in the course, please contact info@valleyssteps.org or call 01443 803048.

Communities for Work (Taff Ely team) - still offering 1-to-1 mentoring support to clients remotely and are accepting referrals. Providing support to all ages with gaining employment, training and volunteering. The mentoring support is mostly via telephone, email and text but they are looking into other ways of offering support such as via webcam/video. The Triage Officer will ring the client in the first instance to establish what support is required and then the client will be allocated to a mentor. Contact the team to make a referral on 01443 425761 or email: cfw@rctcbc.gov.uk

Cilfynydd Community Pantry – Summer trial of a new project reduce food waste and save money, working with community volunteers, the Community Centre and the Little Lounge Team. £2 suggested donation for a bagged selection of fresh food (will typically include a loaf of bread, fruit and vegetables). Collection from the Little Garden between 10.30am-12.30pm on Thursdays and Fridays. As part of the environmental focus we are encouraging people to arrive on foot rather than drive. Please remember to social distance, hand sanitiser will be at the entrance.

Art of Generation Project (Artis Community) - an intergenerational project exploring the unique relationship between grandparent and grandchild through the arts. Do you have any special memories? Are there any smells or foods that remind you of them? Do you have any favourite objects or heirlooms passed to you? Share your stories and memories with us – send us a photo, picture or poem. Look out for our tutorials and join a series of special zoom sessions with our tutors. All work created will form part of a documentary film and exhibition in October 2020. Email: hannah@artiscommunity.org.uk by 31 August.

Pontyclun Walking Rugby – sessions restarted on Monday 3 August following WRU Covid return to play protocols. Fancy playing a bit of low impact rugby? Get your body back and improve your fitness without a gym. Suitable for all, no experience needed, ex-players and newbies, men and women. Come along to any of our sessions on Monday evenings at 6.30pm at Pontyclun RFC and Wednesday mornings at 10am at Pontyclun Park. For more information please contact pontyclunwalkingrugby@gmail.com or message via the Facebook page  [Click here](#)

Library Order + Collect Service – As of Thursday 20 August, Church Village and Llantrisant Libraries will be open to operate an order and collect service. You can find a full list of the libraries offering the service and details on how to use it [here](#). Or you can call:

Church Village Library - 01443 570088

Llantrisant Library - 01443 237842

After 10am on Thursday 20 August.

Across Rhondda Cynon Taf

Staying Well at Home Scheme - the 'Stay Well @home' Service started in Rhondda Cynon Taf in April 2017 and consists of multidisciplinary hospital based team made up of Social Workers, Occupational Therapists, Physiotherapists and Therapy Technicians within Royal Glamorgan and Prince Charles hospitals- The service operates 7 days a week between 8am and 8pm and supports patients during this time to remain at home where a stay in hospital can be avoided. All General Practitioners within Cwm Taf University Health Board are able to refer to the service.

Your Medicines, Your Health Campaign - Many of us are gradually adjusting to the way the world has changed following Covid19 and the challenges that we have faced. Lots of us will be anxious about our health and the health of our loved ones for a long time to come. This campaign has advice which will help you:

- Manage and store your medicines safely and effectively
- Get the best from your medication for yourself and those you care for
- Get more advice and support if you need it.

At this time, it is more important than ever to take all available steps to keep yourself well, and the YMYH campaign is urging you to **get your Flu Vaccination** as soon as it is available from your GP surgery. For more information go to the [Your Medicines Your Health](#) website or [Beat flu](#).

Martin Davies (YMYH Lead Pharmacist) said: *'Flu will make YOU very ill and you could pass it on to RELATIVES and FRIENDS. Getting the flu jab is extremely important to protect you and your loved ones. The flu vaccine is safe, easy and free to those in at risk categories (over 65s, pregnant, care home residents, certain medical conditions and carers). You can get the flu jab from your GP surgery or community pharmacy. So, DON'T catch Flu, DON'T give it to somebody else. GET THE FLU JAB'*.

Sporting Memories - Rhondda Cynon Taf Zoom club meets every Friday 1.00 - 2.00pm, everyone welcome, irrespective of age. Contact Julie Williams Julie.Williams@thesmf.co.uk or on 07809467512. For password and meeting ID the link is:

<https://us02web.zoom.us/j/87581143385?pwd=SW5UNGJ5YU5KVEhzR095VTVRaHhyUT09>

Rowan Tree Cancer Care - RTCC Centre has been open throughout the pandemic and we have a listening year at the end of the phone. The charity continues to provide: Free transport to any cancer related hospital appointment and emotional support through telephone counselling by a trained counsellor. All group support, therapies, creative workshops are postponed until further notice. [Click here](#) or contact on **01443 479369**.

Valleys Steps - have a full programme of online workshops on a range of topics from Stress Awareness, Anxiety Management, Breaking Free from Fear, Mindfulness and from the end of July/beginning of August a new six-week programme of Mindfulness for everyday. They have also just launched a new online workshop called Managing Difficult Thoughts. The aim of this session is to explore common types of difficult thoughts we might experience, the effect these thoughts might have on us, and tools we can use to manage them. Details of the online programme can be found via the following link:

www.valleysteps.org/online-sessions

Audio and downloadable resources can be found at: www.valleysteps.org/resources/downloads

Self-help resources can be found at www.valleysteps.org/resources/downloads/

Fflecsi Transport Service - Stage Coach have teamed up with Transport for Wales and RCT Council and replaced Service 152 with 'Fflecsi' from 20 July 2020. Fflecsi is really easy to use, you can either book through the **app** or call **0300 234 0300**. Rather than wait at a bus stop for a bus to turn up, you simply book a journey when you need it and the app will show you where to catch the bus and when it will be arriving. You can even track the bus as it approaches the pick-up point. Most importantly we can work out what size vehicle we'll need to ensure everyone on the bus can maintain social distancing to ensure their safety. Rhondda Fflecsi 152 covers Hendreforgan, Tonyrefail and communities to Tonypandy. You can travel anywhere within the zone. Your usual bus fares apply, you can pay with contactless, mobile tickets or exact fare and concessionary travel card holders travel for free. Already got a smartcard ticket? you can just tap & go.

Digital Support (Newydd) - providing digital support to help people make the most of their digital device and to be confident on the internet. A Digital Inclusion Google Classroom and Digital Support Q&A Facebook group has been set up. Through these different support avenues, the learner will be supported by tech-savvy volunteers to learn everything from making the most of your digital device, emails, internet and more to more tailored support providing answers to your individual queries. To take advantage of this support, the person will need to download the Google Classroom app from any smartphone or tablet and use the joining code: **qp4dgmc**. Alternatively, join our 'Digital Support Q&A' Facebook group and post a query today. To receive detailed instructions to access the Digital Inclusion Google Classroom, Facebook group or to get assigned a digital mentor to support you with this process, please contact Scott Tandy on 07584 501 216.

Power Up! Energy Advice - our main aim is to help those who could be potentially vulnerable in the event of a power cut across South and Mid Wales to save money and keep warm. We can offer a range of income, tariff and energy efficiency support and advice to help you save energy and money off your energy bills. Free and impartial advice on getting the best deal, no matter who supplies gas or electricity to your home. We can perform a benefits entitlement check to see if you are getting all the benefits that you're entitled to. Energy saving advice for a warm and healthy home and affordable bills. Gas and electricity use reduction, finding a better tariff or switching suppliers. Referrals to schemes offering grant funded cavity wall and loft insulation, and advice on replacing old, inefficient boilers. Advice on managing your money and any debts you may have, including getting you help from specialist debt advice services. A home visit service if you find it easier to speak to someone in person.

Referrals or enquires can either be sent via email to WDPowerUp@est.org.uk or you can use our online referral form [Power Up Referral Form](#). Contact number: 0808 808 2274.

Sight Life (formally Cardiff Institute for the Blind) - all face to face activities in RCT have been suspended until further notice, but we have reinstated the Contact and Advice Line for clients for support and signposting. Also looking in the next couple of weeks to introduce some special interest and social telephone groups to people for continued peer support. If you would like further information about the support Sight Life can offer in RCT, please contact Carys Groves on **07753 305631** or email: carys.groves@sightlife.wales or contact Sight Life head office in Cardiff **02920 398900**.

RNIB National Helpline: 0303 123 9999 is open 8am-8pm weekdays and Saturday opening times have been extended to 9am-5pm. You don't have to be an existing member or service user to contact them.

Good Things Foundation - the website contains over 30 free courses designed to help beginners get started with the online basics - using a mouse, keyboard, setting up email accounts and using internet search engines - while also offering plenty to help people develop their digital skills further.

www.goodthingsfoundation.org

Women's Aid RCT - Face to face meetings with clients are now being offered in our Aberdare and Tonypany offices, subject to pre-booking and Covid risk assessment and mandatory use of face masks. Only one client can attend at any one time which means no additional support i.e. family, friends, children. On arrival clients are subject to a mandatory non-contact temperature check and will need to use hand-sanitiser or wear gloves. No 'in-person' groups running for the foreseeable future, all are being facilitated via Zoom. IRIS project: telephone support is currently the main support provision. Referrals can be taken from GPs or other surgery practice staff for anyone in need of support around current or historic domestic abuse. Contact **01443 400791** for more information or support.

Reconnect 50+ Project – This project aims to alleviate loneliness and isolation by mentoring/encouraging and motivating people to venture out of their homes. They are currently offering weekly/fortnightly telephone support calls to individual clients as well as doorstep visits after initial 2-3 phone calls made called 'knock and step back' by appointment only. Please contact Helen Mcshea for further information on 07498187810 on Mon/Tues 8am-5pm and Wed/Thur 8am- 3pm or email: hm@smt.org.uk

Barod (Drug & Alcohol Support) - have 2 office bases open in Cwm Taf, in Aberdare and Merthyr. These are also where we provide Needle Exchange services, which are classed as essential services and have been open every day Monday- Friday, opening times are 9am-5pm Mon-Thursday and 9am-4.30pm on Fridays since March. We also have our single point of contact line available for referrals (adults and young people). DASPA is a single point of access for advice, information and an easy route into services for those affected by substance misuse in the Cwm Taf area. Telephone 0300 333 0000 (free from land lines, local rate from mobiles) or visit the [website](#). We also have a Drop-in Centre based in Pontypridd Town Centre, which is currently closed and we aim to get this service open by September.

Prime Cymru - dedicated to providing practical support to people aged 25 and over who want to become and remain economically active and particularly to over 50s. Provide tailored 1-to-1 support whether someone wants to start their own business, return to the workforce, help to source re-training or volunteer to develop skills and confidence to move closer to economic activity. We work with people age 25 and over who are either economically inactive, not working, unemployed and receiving benefits and who either have a WLHC (work limiting health condition) or low skills (academically). The support we offer to all clients is confidence building and tailored to individual

needs, help with writing a CV, job searching, applying for jobs and interview skills and support with IT skills.

If individuals wish to look at starting their own business or self-employment, we have a team of business mentors which will support them through their idea to running of the business. Contact Jeff Jones on 07535 487078 or jeff@primecymru.co.uk

Citizens Advice Rhondda Cynon Taff (CARCT): free, independent, impartial and confidential advice to support people across Rhondda Cynon Taff. Housing problems in both the private and public rental sectors are increasing. Rent arrears, disrepair and possession claims being amongst the most common issues that we see. We aim to take a proactive approach to tackling these issues by providing a group training opportunity for private landlords and an awareness training session for tenants. Contact Bethan Huish on 01443409284

Grants to help with School Uniforms: Get £125 to buy school uniform, equipment, sports kit and kit for activities outside of school for your child. Learners eligible for free school meals can apply for this grant for the 2020 to 2021 academic year if they are:

- entering reception class or year 3 in primary school
- entering year 7 or year 10 in secondary school
- aged 4, 7, 11 or 14 in special schools, special needs resource bases or pupil referral units

For Year 7 learners the grant is £200, recognising the increased costs associated with starting secondary school. Funding for looked-after children is available in every school year. To apply for this grant please contact your local authority.

Breathe-UK: Wales Council for Voluntary Action has given Breathe a grant to offer up to eight free counselling sessions for people who have been furloughed or made redundant as a result of Covid19. Contact 02920440191 for more information.

Cymru Versus Arthritis - Do you need support, advice or just someone to talk to? We're here for you whenever you need us. Call our free helpline on 0800 5200 520 from 9am-6pm between Monday to Friday. You can also email the helpline at Helpline@versusarthritis.org

Our arthritis virtual assistant, AVA, is available to help you 24 hours a day, seven days a week. Visit us online to start chatting: www.versusarthritis.org/in-your-area/wales Do you have questions about how COVID-19 could affect people with arthritis? You can also chat to our COVID-19 virtual assistant, COVA. Also supporting people with arthritis with virtual delivery of activities. So far, we've held digital sessions on gardening, tai chi and seated exercise. We've also held virtual support groups. For those who need software to join in with our activities, we're working to provide tech support.

'All About Me' Courses – run by RCT Adult Education throughout lockdown via Microsoft Teams. Two courses for September running on a Tuesday morning 10am-12pm and Tuesday afternoon 1pm-3pm will start week commencing 21 September 2020. All learners will have to enrol by going on the Garth Olwg website and booking through www.bookwhen.com/gartholwg Once booked on participants will be contacted via email with an invitation to join the group. Learners will need to have a computer, laptop or a mobile phone all with internet access.

The sessions are as follows:

Week 1 - How stress affects the body, introduction to anxiety and low self-esteem, triggers such as loneliness, social media, money and stress and how to improve self-esteem.

Week 2 - Food and Mood, taste tests and what foods to avoid on certain medication.

Week 3 - Confidence Building and information on activities running in local Leisure Centres.

Week 4 - Mindfulness and how this can help. Demonstration of different relaxation methods.

Week 5 - Therapeutic activities and a craft session.

Please pass this bulletin on to colleagues that would be interested in receiving this information. If anyone would like to receive the bulletin please contact info@interlinkrct.org.uk to be added to the database. Please let us know if you would like to unsubscribe from receiving this bulletin.