

COMMUNITY COORDINATOR BULLETIN

March 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!

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Merthyr Tydfil
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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



Seasons Dance Spring Sequence Dance

Tuesday 6th March 2-4pm, NUM Tonypany, Llwynypia Rd. Live music with an organist. Bar will be open for light refreshments. Entry £2. **Everyone Welcome.**
Contact Lynda: 07927 038 922

Over 50's Walking Group Maerdy

Every Thursday from 10:30am – 12:30pm at Teify House, Station Terrace, Maerdy, Ferndale, CF43 4BE You're sure of a friendly welcome!
To find out more call 0800 161 5780 or email wales@drinkwiseagewell.org.uk

Walking Football Programme in Clydach Vale

This is a new programme: The group meet at 11am until noon every Tuesday at the 3G pitch Clydach Vale. Qualified Coaches oversee the group. Everyone welcome!
The first three visits are free and then £2 each thereafter.
Contact Cori Williams 01443 442743 / 07791 038918
email: cori.villagetrust@yahoo.com

Actif Woods Treherbert: Come and try out some woodland activities for FREE!

12-week woodland activity programmes in the Treherbert/RCT area. sessions are run by Woodland Leaders and activities are for Carers and people aged 54+
Come and try out some woodland activities, learn new skills, meet new people and see how woodlands can benefit you! Woodland activities range from short, easy walks, woodland crafts to basic bushcraft skills and woodland management. All activities will be tailored to suit the abilities and needs of the group.
For more information contact Nico Jenkins Treherbert Woodland Mentor
07902523567 Email actifwoodstreherbert@smallwoods.org.uk

Grow Rhondda Project

A gardening for better health and wellbeing project at Ysbyty George Thomas Hospital, Treorchy on Fridays 11am to 1pm. For further information contact Dave Harris:

Davetharris3@aol.com / mensshedtreorchy@gmail.com

Benefice of Rhondda Fach Uchaf Daffodil Festival and Concert

St Dunstan's Church Ferndale, Thursday 8th March from 9.30 am.

The Festival remembers lost loved ones, memorial cards are placed on vases that hold daffodil bulbs which are blessed. Entertainment and refreshments are provided by local schools and are available until 2.30 pm. At 7.15 pm an Evening Concert is held at the same venue with Cor Meibion Morlais, tickets £5. Memorial Cards (£2 each) are available from church members or outlets Debbie's Discounts and Gary's Hairdresser, Ferndale.

High Street Social

Hot drink and cake special offer available to people aged 50+ every Thursday afternoon

204, High Street, Treorchy, Rhondda CF42 6AT

Contact 01443 778352 / www.highstreetsocialtreorchy

Welcome Friends Activity Groups – New members welcome!

Free activities at Ty Dewi Sheltered Housing, Ton Pentre every other Tuesday 10am – 12noon. Includes craft, knitting, art, calligraphy and IT .

Family Tree/ Local History Group at Ferndale Library weekly on Thursdays 11am-1pm

For further information contact Tony and Sandra 01685 810863

Cynon Valley

Contact: Nia Williams

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



Men's Shed in Hirwaun

Meets every Tuesday 11am, at the YMCA, Manchester Place, Hirwaun CF44 9KB. A space where men can connect, converse and create with activities that are similar to those in garden sheds such as carpentry, arts, amateur radio and model making.

For further information please contact Ray on 07375 408604 or email info@mensshedscymru.co.uk

EMPOWER Disability Advice and Support Surgery - provide information and support for people with disabilities and their families on a drop in basis. They can provide information and support on a range of topics such as education, benefits, social care and housing.. They meet at Hirwaun Village Hall on the first Wednesday of every month 11am-1pm. **Next session: Wednesday March 7th 2018. Please call 01685 810432 or visit www.accessible-news.co.uk for further information**

Cwmdare Mission - Cwmdare Road, Cwmdare Aberdare CF44 8RD host a coffee morning on Thursdays between 2.30pm-4.30pm. Everyone welcome! For further information **please call 01685 884162.**

NEW Drink Wise, Age Well peer support meeting for over 50's.

New 50+ Peer Support meeting launched in Mountain Ash for those affected by alcohol. Providing a regular non-judgmental safe space to come along and meet with like minded people over the age of 50. **Meeting at: YMCA Mountain Ash, Duffryn Road, Mountain Ash, CF45 4DA**
Every Wednesday from 1pm – 3pm.

TAFF ELY

Contact: Karen Powell

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



Walking Rugby @Pontypridd RFC - Starting on **Thursday 1st March at Sardis Road, Pontypridd at 11am - 12pm.** Suitable for ex-players, non-players and mixed abilities. For more information contact Paul Nagle on paulnagle@tabstraining.co.uk

Past Carers Group RCT meet on the **2nd Friday of every month at Pontypridd Museum from 10.30am.** The group offers companionship and friendship, there will always be someone at the end of a telephone if needed. The group arranges lots of outings and day trips. Just drop in or call 01443 491850 for more information.

Taff Ely 50+ Forum have their next meeting on **Thursday 29th March at 1.30pm at St David's Uniting Church, Gelliwastad Road, Pontypridd at 1.30pm.** There will be a speaker from Trivallis Housing association present, all are welcome.

Social afternoons are also taking place on **1st, 6th, 15th and 22nd March from 1.30pm at St David's Uniting Church.** Armchair exercise and armchair yoga are some of the activities. All are welcome to join in. For more information on the social afternoons or enquiries about the 50+ Forum contact Angela Tritschler on

angela_tritschler@yahoo.co.uk

Crown Hill Women's Guild meet on the **2nd Monday of the month at Crown Hill Community Hall at 8pm**. All are welcome. To find out more, contact Karen Powell at kpowell@interlinkrct.org.uk

Drink Wise, Age Well peer support meeting for over 50's, for those affected by alcohol providing a regular non-judgmental safe space to come along and meet with like minded people. Meeting at **Muni Arts Centre, Gelliwastad Road, Pontypridd, every Tuesday from 1pm -3pm**. For more information call our advice line on 0800 161 5780.

Welcome Friends Volunteer Supported Weekly/Monthly groups:

Lunch Club at Norton Bridge Church, Nr Pontypridd on the last Friday of the month, booking required. Call Gill on 01443 486169

Craft/Social Group at Norton Bridge Church, Nr Pontypridd.

Call Gill on 01443 486169 or Diane on 07788 310445 for more details

Afternoon Tea and Social Club at St Dyfrig's Catholic Church Hall, Treforest. Call Sue on 01443 409083 or Liz on 01443 209850 for booking and checking next date.

Craft/Social Group at Cafe 50, Pontyclun, every Monday from 9.30am-12pm

Social Group meet twice a month at Glyncoch Rugby Club from 10am-12pm.

Crafts, Bingo, tea and cake. Ring Rachel for more information on 07492 204670

Merthyr Tydfil

Contact: Elaine James

Tel: 07580 866547 or email: elaine.james@vamt.net



50+ Dance Fit Class at the Redhouse, Merthyr Tydfil on Tuesdays 11am -12pm. Classes cost £3.50. For further information contact the Redhouse on 01685 384111 or email info@redhousecymru.com

Getting Healthy the Woodland Way - Actif Woods is a project working to improve the health and wellbeing of people in Wales, by harnessing the power of one of our most precious resources - Trees!

Actif Woods Wales is currently offering a variety of activities in Merthyr Tydfil, and community events are being held across the borough, at sites in Vaynor, Bedlinog, Merthyr Vale and Cyfarthfa Wards, and every Saturday a Mindfulness walk takes place in Cyfarthfa Park.

This **March** an exciting new project kicks off, offering 12-week woodland activity programs throughout the year. Over the course of each 12 week program local people will be introduced to a variety of woodland sites, and get the chance to try out an interesting menu of activities such as green woodwork, wild food foraging, campfire cooking, bird watching, willow work, charcoal making, and lots more. Whatever your age, location, ability, or fitness level, Actif Woods will have something to offer you. Get in touch with the local Woodland Mentor Carys Solman on 07387 738 607 or ActifWoodsMerthyr@smallwoods.org.uk and do something positive for your wellbeing this year.

Introduction to Venture Out - short sessions are held on Thursdays from 9.30 am to 1pm. They also have a **Volunteering Project** at the **Community Garden** in Cyfarthfa Park every Thursday from 10am - 12.30pm, everyone is welcome to attend. Activities take place on Mondays and Wednesdays and are listed below:

5th March - Margam Park Walk, steep terrain

7th March - Aberthaw Power Station, Barry

12th March - Sugar Loaf Walk, Abergavenny. Steep walk 596 mts

14th March - Archery, Dowlais Community Centre, 12.30 - 3.30

19th March - Canoeing Brecon Canal, Canadian open boats.

21st March - Castell Coch, 19th century gothic estate

26th March - Camp Craft, local forest survival.cook up

28th March - Raglan Castle

Coffee at Caffi Calon - Open every Monday between 10.30am and 1pm at Hope Church, High Street, Merthyr Tydfil. Everyone is welcome to call in for a cuppa in a warm and friendly atmosphere, 50p for a cuppa and a biscuit.

Phoenix Friends Peer Support Group - Are you experiencing mild to moderate anxiety or depression? If so, you are welcome to join a new peer support group who meet every Tuesday from 10.30am - 12.30pm at St Tydfils Court, Caedraw, Merthyr Tydfil CF47 8HP. This is a friendly group who provide mutual support, information and advice on how to manage symptoms.

Depression Busting - If you, or someone you know has, or has had, depression or has been feeling low and are willing to put into practice some lifestyle changes, this is the course you need. The course explores the symptoms of depression and finds the right tools and strategies to enable you to maintain your long term health and wellbeing. Courses will be held on 6th and 20th March at St Tydfils Court, Caedraw Road, Merthyr Tydfil, CF47 8HP from 10.30am - 12.30pm. For further information on the above, please contact Maria Abson on 01443 846200.

Health

Contact: Deanne Rebane

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



Community Resource Room available free of charge for 3rd sector use at Dewi Sant Health Park If your group or organisation is interested in using the room and having a presence please contact me as above. More Primary Care services are now being delivered from the health park with increasing numbers of patients using the hub. This is a great opportunity to engage directly with patients aged 50+ and raise awareness of third sector support and services available in the Taff Ely Cluster area.

March is Ovarian Cancer Awareness Month!

Ovarian cancer is the UK's biggest gynaecological killer. A woman dies every two hours from the disease, and there is currently no national screening for it. Currently awareness is the only tool we have in the fight against the disease.

An E-bulletin and information about how to raise awareness of the signs and symptoms, along with slides for GP Practice screens are to be sent to all GP Practices.

Hard copy GP training packs designed specifically for GP's and primary care will be distributed to Practices directly.

Ovarian Cancer Action - Walk In Her Name - help raise £10,000 towards scientific research. The walk is at 11 am, Sunday 11th March Cardiff Bay 5km. Registration is £10.

Please contact Alicia@ovarian.org.uk | 07761511927

Joint Care Programme - the next Merthyr Tydfil programme starts on Thursday 1st March 10am at Merthyr Leisure Centre.

Patients need a BMI of 28+ and to be suffering from hip / knee pain. Referrals to the programme must be via a health professional.

For further details contact Carla Jackson Tel 01685 727442

email carla.jackson@merthyr.gov.uk

Cwm Taf general information

WELCOME FRIENDS - Volunteers urgently needed across RCT and Merthyr Tydfil areas!..Could you spare an hour of your time per week to give a little companionship to an elderly, isolated person for a friendly chat over a cup of tea?? If so please contact **Diane Matheson for more information on 07788 310445 or email dianematheson@volunteeringmatters.org.uk**.

Valleys Steps Self Help Courses host community based courses that are available across RCT and Merthyr Tydfil. They are free and are delivered in partnership with Communities First and supported by Cwm Taf UHB. **For more information and course dates please see their website www.valleyssteps.org or give them a call on 01443 803048**

Low Vision Service Wales - If you have impaired vision we can help you make the most of your sight. **Please call 01267 248793 or visit www.eyecare.wales.nhs.uk for more information.**

CRUSE MERTHYR TYDFIL/R.C.T AREA IS RECRUITING VOLUNTEERS TO WORK WITH THE BEREAVED. The Awareness in Bereavement Care Foundation training course commences 27th March 2018 at the Royal Glamorgan Hospital. For further details and an application form please contact:-
Sally Anne Evans, Area Co-ordinator
AT Cruse Merthyr Tydfil/R.C.T, 3 Canon Street, Aberdare, CF44 7AT
Tel: 01685 876020 email: merthyr.rct@cruse.org.uk
Alternatively please contact Elizabeth on 07986 117 716

Carers Information and Support Programme(CrISP) - Do you care for someone with Dementia? Would you like to learn more about dementia? Join us on our Carers Information and Support Programme on Thursday 15th March and Friday 16th March from 9.30 to 3.30 at Hawthorn Leisure Centre, Pontypridd, CF37 5LN. You will be able to find out more about what is dementia, supporting a person with dementia, local services, legal and financial affairs, looking after yourself. You will also be able to meet other carers, gain support and share your experiences. If you would like further information, or to book a place, please contact the Carers Project on 01443 668813 or email carerssupportproject@rctcbc.gov.uk

Articles for inclusion in the April 2018 bulletin to be received by 23rd March.

Thank you

